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Dorothea Dix Psychiatric Center
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Dorothea Dix Psychiatric Center Visitor's Guide

Visiting Hours: 8:30am to 8:00pm, Seven days a week

DDPC is a smoke-free environment.

Welcome

Dorothea Dix Psychiatric Center (DDPC), located in Bangor, Maine, is one of two State psychiatric hospitals under the Maine State Department of Health and Human Services. DDPC is a 51-bed psychiatric hospital that provides services for people with severe and persistent mental illness. The Hospital is governed under laws established by the Maine Legislature to provide care and treatment for inpatients, both voluntary and court committed. DDPC is part of a comprehensive mental health system of services, which includes community mental health centers, private psychiatric and community hospitals and private providers.

Visitor Guidelines

Please follow these Visitor Guidelines to protect the safety, rights, and privacy of visitors and patients alike.

- Upon arrival at DDPC all visitors are required to check in, show a photo ID, and obtain a visitor's badge. The visitor must identify whom they plan to visit, and staff must confirm that the patient can accept visitors before the visitor is allowed to proceed to the unit visitor room. Please wear your visitor's badge at all times and return it before departing the hospital.
- Depending on the nature of the visit, visitors may be asked to sign a Confidentiality Agreement.
- All visitors must be screened upon arrival. All items not being delivered to the patient may be stored in your vehicle or in a locker at the Main Entrance.
- Security/Switchboard Staff will notify the unit that the visitor has items for the patient. Unit staff will then account for and catalogue these items. Any items identified as contraband or prohibited items will be removed from the hospital by Security Staff or the visitor. Unit staff and/or the Nursing Supervisor will assess the situation to determine if visitation is deemed safe at this time.

Patient Food Policy

To promote optimal physical health every patient will have a medical staff order for a diet that meets their medical and nutritional requirements.

Food may be brought in by visitors with the following restrictions:

- Based on each patient's individual circumstance there may be limits imposed by the treatment team on the type and amount of food that may be brought in.
- Items must be in factory sealed containers (single serving/portion size).
- Please no metal or glass containers.
- No caffeinated beverages (soda, coffee, energy drinks, etc.).

All food and beverages brought in will be inspected by Security prior to a patient receiving it.

Prohibited Items

- Alcohol and alcohol-based products such as mouthwash, cologne, aftershave, perfume, etc.
- Long chains, pins, necklaces, ties, scarves, shoelaces, clothing with drawstrings.
- Illegal and non-illegal street drugs including spice, K2, bath salts, etc.
- Cans, can lids, pull tabs.
- Weapons (i.e. knives, clubs, tools, etc.)
- Unsealed food.
- All caffeinated beverages.
- Medications (prescribed and over the counter).
- Aerosol cans, paints, perfume, model glue, household chemicals.
- Curling irons, hair dryers, hairspray, nail polish.
- Electronic devices (i.e. cameras, hand-held video games, personal computers, iPods, tablets, electrical cords, chargers, etc.)
- Glass items (i.e. bottles, jars, mirrors, keepsakes, ceramics, vases).
- Spiral notebooks, letter openers, tape dispensers, pencils, pens, paperclips.
- Flammable items (i.e. lighters, lighter fluid, flints, matches, fireworks, etc.)
- Cigarettes, cigars, loose tobacco, chewing tobacco, rolling papers, pipes, snuff, e-cigarettes.