Welcome to UK Adolescent Behavioral Health. Our entire staff will work hard to provide you with excellent care. We hope you find the material in this guide helpful. It is intended to answer many of your questions and to make your stay here as easy and stress-free as possible. At UK Adolescent Behavioral Health, we work with you as a partner to achieve the fullest recovery possible.

How long will I be here?
The average patient stay is between five and seven days. Every person’s situation is unique, so your stay may be longer or shorter.

What is my day like?
- Your day begins at 7:45 a.m. At this time, you will get dressed and follow your daily hygienic routine like you are going to school.
- You are allowed to wear your own clothes while on the unit. No pajamas will be worn during the day. The staff can answer any questions about the dress code.
- Before breakfast is served at 8 a.m., a staff member will take your vital signs. We check your blood pressure, temperature, pulse and other key health indicators.
- After breakfast, we begin with a brief yoga session to get your body moving. After that, we will start your day of group therapy sessions with our nurses, psychologist, counselors, social workers, therapist and physicians.
- Every patient meets with our Fayette County school teacher twice a week to stay on track with school and homework. Ask your parents to bring your textbooks and assignments.
- You will attend multiple group therapy sessions each day. Participation in these sessions is the key to achieving successful recovery.
- Everything discussed in group therapy is private. Do not discuss what other people said in these sessions with visitors, on the phone or when you leave the hospital. Group sessions are a safe environment where you can express yourself honestly. Be considerate to your fellow peers.
- In addition to group sessions, you will have at least two individual sessions with your psychiatrist and physicians.
- You are allowed to make and receive one phone call each day between 5:30 and 6:30 p.m. Visitations are Tuesdays and Thursdays from 5:30–6:45 p.m. and weekends from 1–3 p.m. Only two visitors are allowed per visit.
- Three times a day, you are given quiet/free time. During these periods you can read, journal and socialize with the staff and fellow patients.

Medications
The psychiatrist may prescribe medication for you. If prescribed, your medication is an important part of your treatment. Patients who are 16 or older, along with their guardians, have the right to accept or refuse medications. For younger patients, only guardians and doctors can make decisions about medication.

Who will provide my care?
The UK Adolescent Behavioral Health team is a multidisciplinary group of health care providers and staff consisting of:
- Psychiatrists
- Social workers
- A psychologist
- Recreational therapists
- Music therapists

Artwork created by Adolescent Behavioral Health patient.
• A pet therapist
• A chaplain
• A pharmacist
• A crisis prevention instructor
• Nurses

**Meals and snacks**

Three meals and two snacks are served daily.

- Breakfast – 8 a.m.
- Lunch – 12 p.m.
- Snack – 2:45 p.m.
- Dinner – 5 p.m.
- Snack – 7:30 p.m.

All meals are eaten in the unit dining room.

**What are the unit rules?**

- Focus on your own, personal situation. Friendships will be made, but the focus of your stay is to get better.
- Do not give your address, phone number, email or any personal information to other patients.
- Treat fellow patients and staff with respect.
- No physical contact between patients.
- No entering another patient’s room.
- Only nurses and staff are allowed in the nurses’ station.
- Do not borrow items from other patients.
- Your hospital ID band must be worn at all times.
- Be properly dressed before group sessions begin.
- Keep rooms clean.
- Showers are taken in the evening.
- During quiet time, patients must stay in their rooms.

**When will I be discharged?**

The psychiatrist and staff will decide when you can be discharged. Actively participating and working with your psychiatrist will result in a faster discharge. The staff will inform you of your discharge that morning, giving you time to gather your items, clean your room and mentally prepare to go back home. The staff will design a post-discharge plan for you to continue treatment after you leave. After discharge, you are given the option to continue follow-up care with UK Adolescent Medicine or another outpatient program.

**Our commitment to you**

- We are committed to the highest quality patient care.
- We wish to keep you informed to the very best of our ability. Please feel free to ask questions.

**UK Adolescent Behavioral Health**

[ukhealthcare.uky.edu/behavioral-health](http://ukhealthcare.uky.edu/behavioral-health)