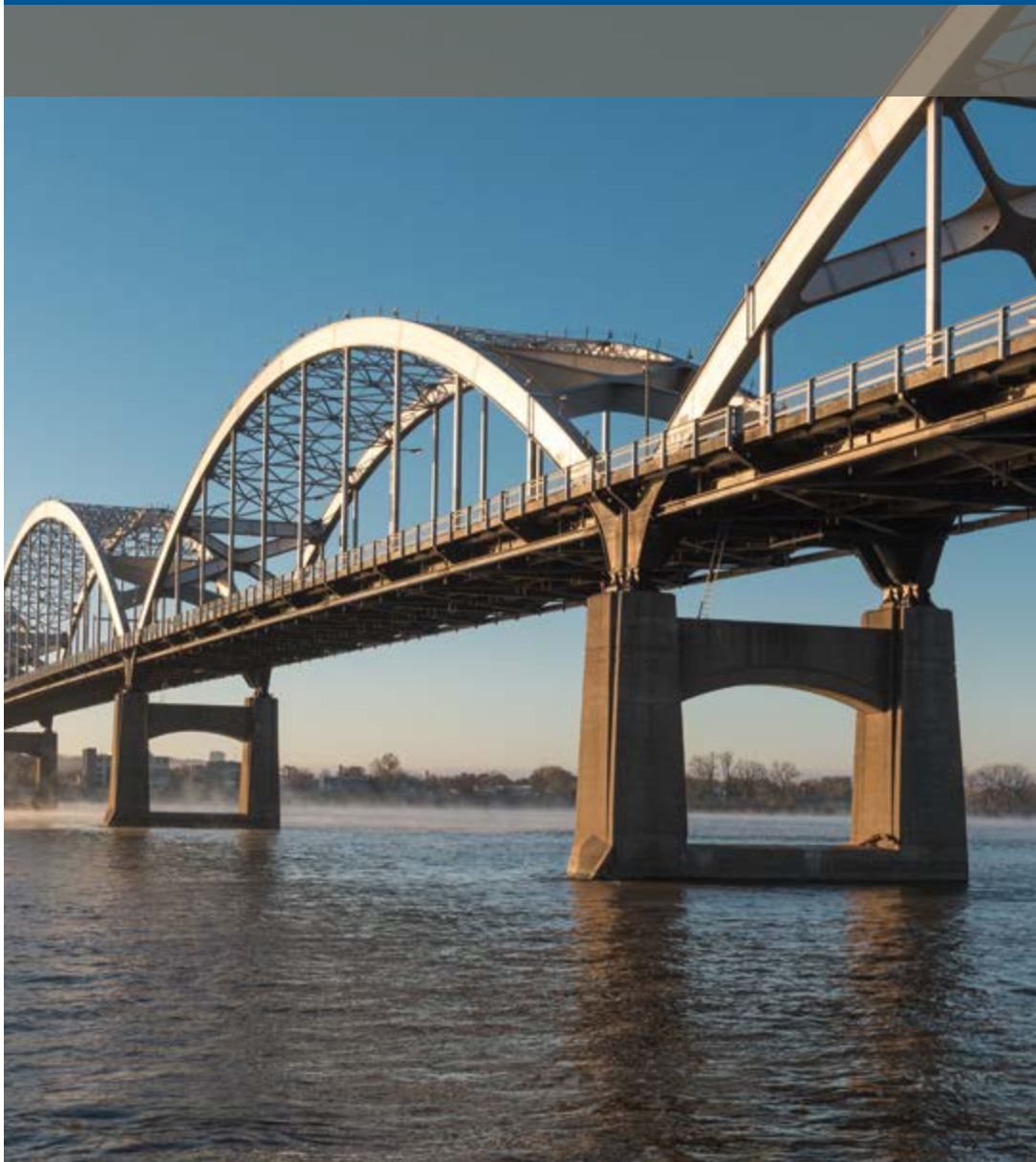


# BRIDGES PROGRAM GUIDE



Oregon  
**Health**  
Authority



OSH Bridges Program Guide  
Revised January 2019

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**Disclaimer:** This document is updated each winter. Please talk to staff for information on recent policy changes that affect the contents of this guide.

## Your information

**This belongs to:** \_\_\_\_\_

**You will reside on this unit:** \_\_\_\_\_

You are the core member of your treatment team. You and your team will work together to develop your treatment care plan. Your team will also help if you have questions about your treatment while you are at the hospital.

More information about your treatment team is included in the “Treatment Teams” section of the handbook.

### Your treatment team members:

Psychiatrist (doctor) or PMHNP: \_\_\_\_\_

Psychologist: \_\_\_\_\_

Behavioral Health Specialist: \_\_\_\_\_

Social Worker: \_\_\_\_\_

Nurse Manager: \_\_\_\_\_

Registered Nurse: \_\_\_\_\_

Treatment Care Plan Specialist: \_\_\_\_\_

Rehabilitation Therapist: \_\_\_\_\_

Case Monitor: \_\_\_\_\_

### Other support people may include:

Peer Recovery Specialist: \_\_\_\_\_

Community Mental Health Provider: \_\_\_\_\_

Religious/Faith Leader: \_\_\_\_\_

Occupational Therapist: \_\_\_\_\_

Guardian: \_\_\_\_\_

Others: \_\_\_\_\_

# Welcome

Welcome to Oregon State Hospital's Bridges Program. Our goal is to inspire hope, promote safety and support recovery from mental illness.

Our job is to help you get well and return to your life outside the hospital. To do this, you will work with your treatment team to create a plan to meet your treatment goals.

This Program Guide shares information about the Bridges Program. You can find more information about the hospital in your separate Patient Handbook.

It's important that you feel safe and comfortable while you are here at the hospital. If you have any questions or concerns, please reach out to your treatment team or any staff member. We are all here to help you.

Sincerely,

Bridges Program staff

Oregon State Hospital





# Bridges Program

Patients in the Bridges Program pleaded Guilty Except for Insanity (GEI) to a crime and are nearing the point where they no longer need hospital-level care.

Bridges serves patients who are preparing to discharge from the hospital. The goal of the program is to help you achieve your highest level of health, safety and independence as you prepare to leave the hospital to live in a group home or another setting where you will have more independence.

While you are in this program, you will work on living skills through daily treatment mall activities, classes and approved outings. You will also participate in discharge planning with your treatment team members.

## Bridges principles

- All individuals, no matter how ill or how well, have hope for recovery. Hope is a promise that things can and do change.
- There are multiple pathways to recovery based on an individual's own unique strengths, needs, preferences, experiences and cultural backgrounds. No two people will have identical paths.
- Recovery is focused on people's entire lives, including mind, body, spirit and community.
- Recovery isn't a step-by-step process, but one based on continual growth, occasional setbacks and learning from experience.
- Recovery requires that individuals take personal responsibility for their own recovery, often with help from friends, family, support networks and professionals.



## Visitation

### Bridges and Pathways (GEI)—Bridge 1, 2, 3, Bird 1, 2, 3

#### Visitation Location: Kirkbride Café\*

	SUN	MON	TUES	WED	THURS	FRI	SAT	Holiday
Visiting Hours	1-4 p.m.	3:15-4:30 p.m.	3:15-4:30 p.m.		6:30-8:30 p.m.	6:30-8:30 p.m.	1-4 p.m.	1-4 p.m.
Child Visits	9-11 a.m.			4-6 p.m.			9-11 a.m.	9-11 a.m.

If open, you and your visitors are welcome to meet at the Kirkbride Café, where you can buy hot and cold food, snacks and beverages. Vending machines are located in the café areas. Patients cannot take food from the café back with them to their unit.



### Daily life

In general, you will have 30 minutes for breakfast, lunch and dinner. The cafeteria serves meals at the following times:

**Breakfast: 7:30 to 8:30 a.m.**

**Lunch: 11:30 a.m. to 12:30 p.m.**

**Dinner: 4:30 to 5:30 p.m.**

**Note:** The cafeteria opens at 7 a.m. for residents who are going to work before their units' regular meal schedule.

Complete schedules are posted on your unit to help you plan your day. In addition to meal and snack times, the schedules include information about television hours, quiet hours, treatment mall hours, indoor and outdoor activities, and times when you can get your medication. Talk to unit staff for more information.





## Your responsibilities

More information about your responsibilities is listed in your patient handbook. Here is information on responsibilities specific to the Bridges Program:

- **Be safe.** This is a place of recovery, respect and nonviolence. You are responsible for your own behavior and treatment. If you are a danger to yourself or others, you may be placed under restrictions or transferred to a more secure program. Many of the hospital's rules are intended to keep everyone safe. If you do not feel safe, please let staff know so they can help.
- **Take part in your treatment.** The hospital's goal is for you to recover and return to the community. Your task is to work with your treatment team and **participate in the treatment mall each day.** Each person in the Bridges Program has active treatment participation goals, which are measured weekly. Many group homes look at your participation levels and may expect you to complete up to 20 hours of active treatment each week.
- **Come out of your room for meals, medication and the treatment mall.** Please take responsibility for this without being asked. You may choose from many meal options in the dining hall and many treatment options on the mall. Meal times are also the only opportunity EVS has to clean your room and bathroom.
- **Keep yourself and your room clean.** Shower regularly and wash your clothes. Shirts with sleeves, pants, underwear and footwear are required at all times. Laundry detergent and toiletries are also available on the unit.
- **Participate in unit community meetings.** During these weekly meetings, staff and patients share information and discuss unit outings, activities and concerns. You may also hear from other committees, departments and units. Bridges units are encouraged to form peer councils, which consist of small groups of patients in your program. These councils are responsible for gathering questions, concerns and suggested improvements from people on the unit and discussing them during unit community meetings.
- **Respect personal property.** The hospital discourages buying, selling or trading of property among patients. Before buying or selling anything, you must get permission from your case monitor, all people involved, and in some cases, your treatment team. If you have items that are not on your property list, staff will place them in storage or return them to their original owner. Borrowing and lending of money is also discouraged.

Please talk to staff on your unit for additional information.



# Telephones

## Cell phones

With your treatment team's approval, you may buy and use a cell phone from a hospital-approved vendor.

Your phone must be listed on your property sheet with the following information:

- Serial number.
- Telephone number.
- Identifying information, such as the make, model and color of your phone.

Cell phone plans must be pay-as-you-go. You may use a cell phone in your room during your free time and in the quad during non-activity times. Please set your phone to vibrate, not ring, to reduce noise and avoid disrupting others.

Having and using a cell phone is a privilege that you can lose if you don't follow the "OSH Cell Phone Agreement." You are responsible for knowing and following the rules of the agreement, which include the following:

- Do not take your cell phone to the treatment mall or café.
- Do not use your cell phone during on- or off-grounds activities, unless staff say you may use it for emergencies.
- You may not have a cell phone that takes pictures or videos, or makes audio recordings. A professional business must disable these functions and provide written documentation that it has disabled these features.

- Your treatment team may require you to share records of calls and texts, either randomly, every month, or as needed.
- You must log your cell phone on a separate property page and give the phone number to your unit.
- You may not lend your phone out, sell minutes to peers, or profit from the use of the phone.
- You are responsible for the cost of the phone and the plan.
- You are responsible for the cost of replacing your phone if it is lost or stolen.

Please know that your cell phone is your responsibility. If you do not follow the cell phone rules, you (and others involved) may lose your cell phone privileges.

OSH may change the cell phone policy at any time. If that happens, staff will tell you about the changes, and you will be expected to follow the new policy right away.

## Unit telephones

You may use your unit's phones to make and receive private phone calls from 7:30 a.m. to 10 p.m., except during treatment mall hours, when phones are off. You can also make calls anywhere in the United States and Puerto Rico for free. Please limit your calls to 20 minutes so that others may use the phone.

If you answer the phone and the call is for someone else, please politely check to see if the person is around to let them know. If that person is not around, let the caller know and suggest a good time to call back.

### Television access

There are a variety of times to watch television on the units.

To support patients' attendance at treatment mall, and to respect patients who sleep during nighttime hours, staff generally keep the televisions off during these times.

On each unit, popular vote determines when you can change the channel or reserve a program to watch. If patients cannot agree on a program to watch, staff may get involved to help resolve the issue. Because you live in a community setting, you may not always get to watch the program you want.

In general, staff will not allow patients to watch programs or movies that are pornographic or sexually explicit; that overtly promote criminal, violent or self-destructive behavior; or that overtly express hatred on the basis of race, religion, gender national origin or sexual orientation.

If you're watching content that is potentially inappropriate or upsetting, staff may talk to you about it before changing the channel.

Please be polite, quiet and respectful when people are watching television in these areas.

### Computer and internet access

The hospital supports your responsible use of computers for social networking or personal growth, including homework, research, educational materials and other uses.

You may request computer privileges, which your treatment team must first approve.

Prior to using a computer or the internet, staff will discuss and have you sign the "OSH Internet and Computer Use/Access Contract." By signing the contract, you agree to not use computers or the internet to do many things, such as:

- Share offensive, threatening, harassing, abusive or defaming language and/or images.
- Conduct business to make money.

- Sell or promote illegal substances, such as drugs.
- Gamble, bet or trade.
- View, transmit or download pornography.
- Contact people against their wishes.
- Intentionally transmit worms, viruses or other harmful programs.

Additional information is outlined in the contract.

Flash drives and expanded or external hard drives are also subject to your treatment team's approval.

For more information, please ask staff for a copy of the policy on "Electronic Device and Internet Access for Patients" or talk to staff on your unit.

# Clothing

For safety reasons, there are certain guidelines about clothing based on where you are staying in the hospital.

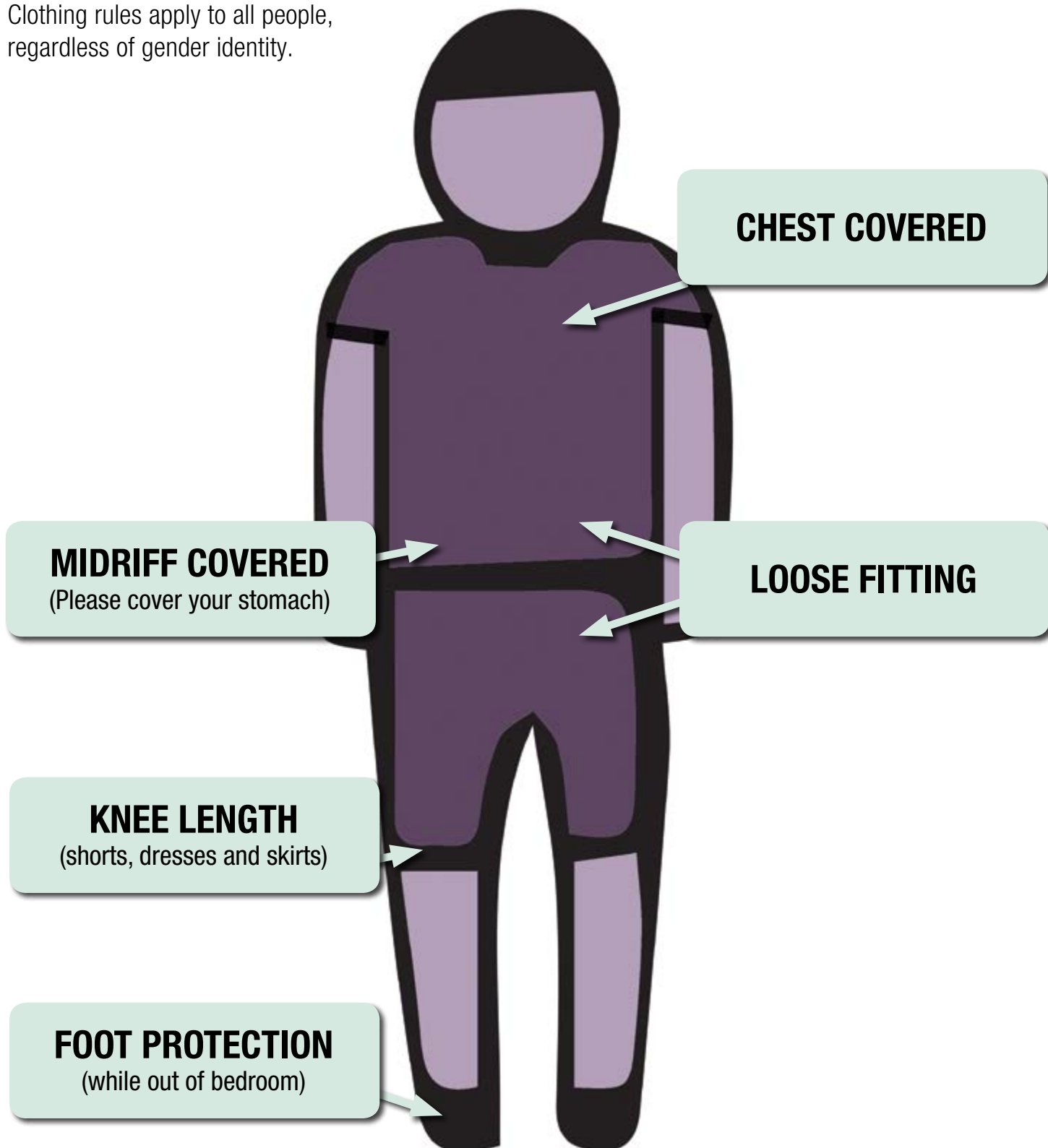
In the Bridges Program, underwear, footwear and appropriate clothing – such as shirts, pants, longer shorts, skirts and tops or dresses – are required at all times. Staff will review clothing items that are provocative or questionable. They may ask you to store those items and not wear them while you are living at OSH.

Please talk to staff on your unit if you have any questions or concerns.



## Clothing continued

Clothing rules apply to all people, regardless of gender identity.





# Tattoos and body piercing

Oregon State Hospital's mission is to provide a safe, supportive environment where you can recover and prepare for your discharge.

While tattooing and body piercing are ways to express yourself, the hospital's first priority is patient safety. The risk of harm and infection is too great to allow you to get new tattoos or body piercings while you are in the hospital's care.

Under rare occasions, removing or revising a tattoo may be allowed. The following conditions apply:

- You receive approval from a doctor
- You receive approval from your treatment team to revise an offensive or disturbing word or image

Please talk to staff on your unit for more information about where the tattoo removals and revisions take place and who pays for the cost of the services, as this can vary.



Art by Carlos, an OSH patient

## Contraband and prohibited items

For safety reasons, there are certain guidelines about what property you may have, depending upon where you are staying in the hospital. These items may be dangerous to you or others, or they could interfere with your treatment and recovery.

Please know that if you move to a different part of the hospital, what you are allowed to have may change. More information explaining the differences between “contraband” and “prohibited items” is included in your hospital handbook.

In the Bridges Program, you may NOT have the following:

- Aerosol spray cans or bottles
- Alcohol
- Any chargers, electronics cords, power strips, surge protectors, extension cords, plug or outlet adapters not approved or issued by OSH
- Cameras or recording devices of any kind
- Cash exceeding \$30
- Clothesline, cords or rope longer than 12 inches
- Clothing with drug, alcohol, gang or overtly violent content
- Duct tape
- Any electronic device not approved per OSH policy 6.030, “Cellphone, Computer, Tablet, Gaming Device and Internet Access for OSH Patients”
- Glass, mirror, or ceramic items
- Items that are broken or altered from their original, intended use
- Keys, other than those issued by OSH, and the keys you keep in storage
- Lighters, matches, incendiary devices, or flammable liquids
- Pornography and “NC-17” or “X”-rated movies
- Pantyhose and knee-high hose
- Plastic bags or plastic wrap
- Prescription or over-the-counter drugs, herbal supplements, or other supplements
- Any item associated with illicit drug use
- Tattooing, piercing or cutting devices
- Toxic glues, paint, alcohol-based products, thinner or solvents
- Valuables and identification documents (they should be in the secured, small storage area in the Reception Center, off the unit)

# Personal property

You may have personal items that fit within your storage area in your room, or in a single container in the Patient Belongings Room. Certain items may be prohibited because of space limitations or safety reasons.

Items you didn't buy yourself need to enter the hospital through Reception. They must be new and in their original, unopened packaging. Items that are too big to fit in the scanning machine will not be accepted. After you fill out a package request form, staff will help you decide whether the items you want will fit.

Your small property – such as keys, credit cards, checks, driver's licenses and other forms of identification – are kept in the hospital's Reception Center. Staff can retrieve these items for you, as needed.

## Personal electronics

Before you order or receive personal electronics, you must complete a package request form. Your case monitor can help you do this. Electronic items will not be allowed on the unit without an approved request form.

**Note:** Recording and camera capabilities must be disabled by a professional business and documented in writing.

Please talk to staff for more information on personal property and personal electronic devices.



# Taking care of yourself

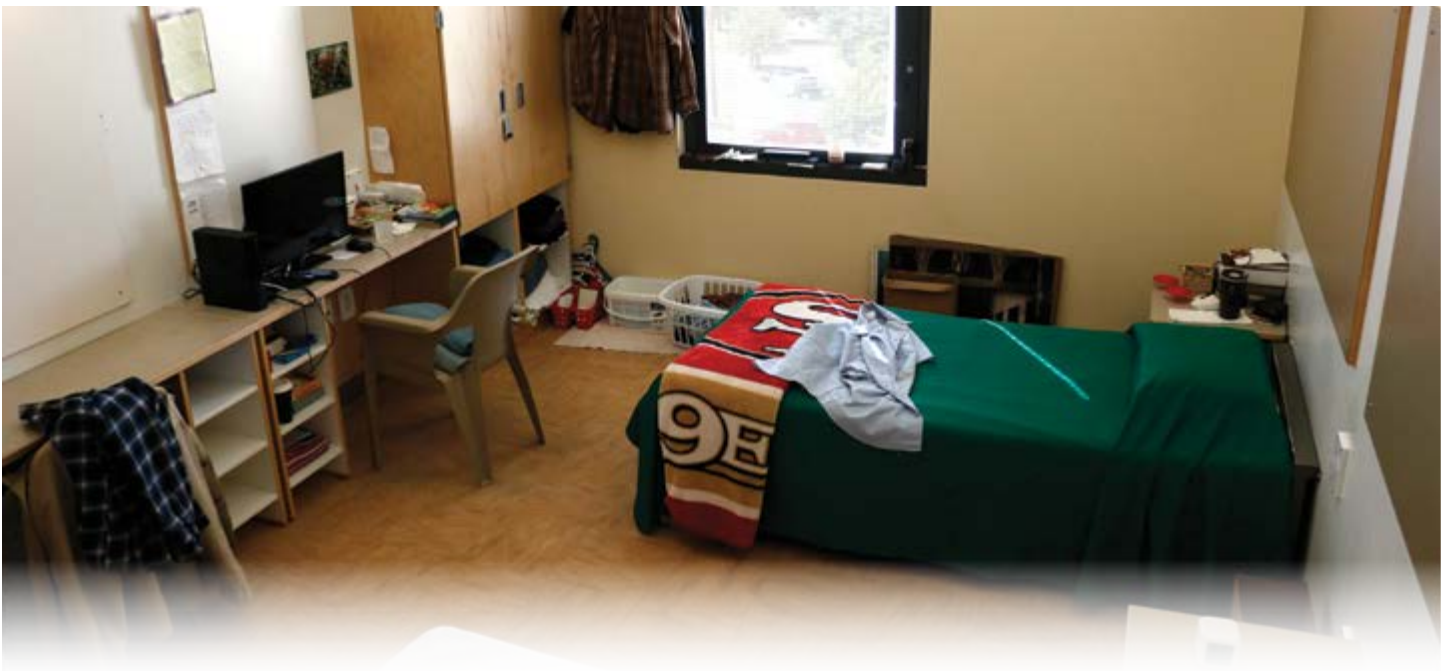
You can keep some personal care items – like shampoo, cosmetics and body wash – in your room. If you are in a double room with a roommate, you must label and separate hygiene products and keep them in your own individual bathroom caddy.

For safety reasons, some items – such as disposable razors, perfume and cologne – are kept in the Patient Belongings Room.

With approval from your treatment team, you can check out a razor:

- Staff will ask you to label your razor with your name, cover it, and store it in its own container.
- When you want to shave, talk to staff to check out your disposable razor.
- Staff will check it out to you for one hour only.
- At the end of your grooming session, you must return your covered, labeled razor to staff.
- When necessary, you may ask staff for a new razor from the hospital's supply.

More information on personal hygiene, sleep, haircuts, illness prevention and other ways to take care of yourself are covered in your hospital handbook. You can also talk to staff if you have any questions or concerns.





# Levels of care

Oregon State Hospital's goal is to move patients as quickly as possible to the program that can best help them with their recovery. The level of choices patients have in each program varies.

Below is information specific to the Bridges Program.

### Admission to program

According to state rules (OAR 309-035-0163) you must meet the following criteria to enter the Bridges Program:

- Have a mental or emotional disorder or have a suspected mental or emotional disorder;
- Need care, treatment and supervision;
- Have Risk Review privileges or be on an upcoming Risk Review schedule;
- Have a record of safe behavior and following your treatment for at least 30 days; and
- Show an interest in actively following a program that will lead to community integration and discharge.

### Criteria for removal from program

Under state rules (OAR 309-035-1050), you can be terminated from the Bridges Program and transferred back to a hospital level if:

- Your behavior poses a serious and immediate threat to the health or safety of others;
- Your behavior is continuously and significantly disruptive or poses a threat to the health and safety of yourself or others, and the Bridges Program cannot adequately manage this behavior;
- You continuously and knowingly break rules in a way that significantly disturbs others.

Please talk to members of your treatment team for more information.

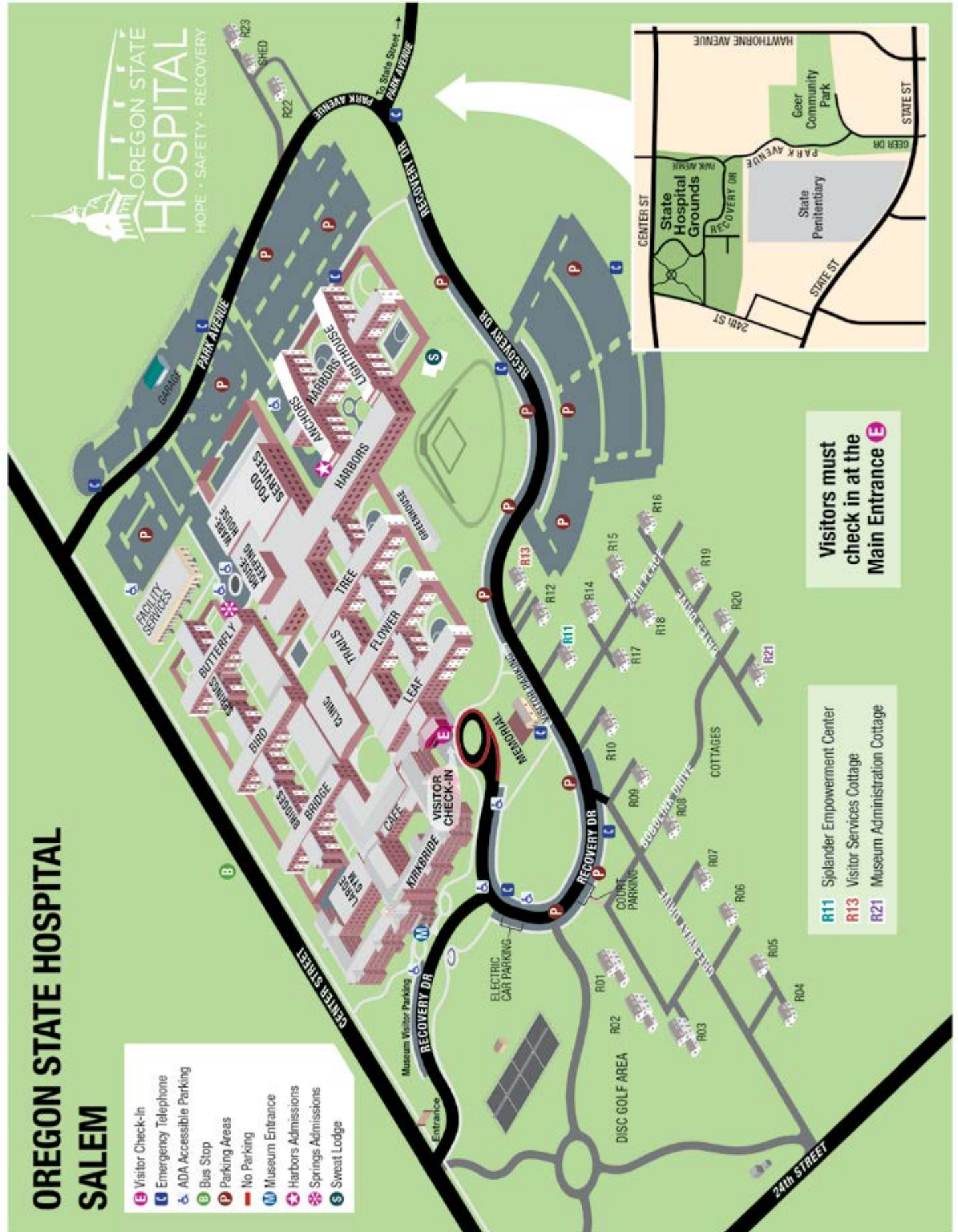




# OREGON STATE HOSPITAL SALEM



- E** Visitor Check-In
- T** Emergency Telephone
- A** ADA Accessible Parking
- B** Bus Stop
- P** Parking Areas
- N** No Parking
- M** Museum Entrance
- H** Harbors Admissions
- S** Springs Admissions
- S** Sweat Lodge



**Visitors must  
check in at the  
Main Entrance **E****

- R11** Spangler Empowerment Center
- R13** Visitor Services Cottage
- R21** Museum Administration Cottage

## **Oregon State Hospital – Salem**

2600 Center St. NE

Salem, OR 97301

Reception: 503-945-2800

Toll free: 1-800-544-7078

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Telephone numbers for program directors and unit nursing stations:

### **Bridges**

**Program Director:** 503-947-2961

**Director of Nursing Services:** 503-990-1923

**Bridge 1:** 503-947-3764

**Bridge 2:** 503-947-3774

**Bridge 3:** 503-947-3784

