

JUNCTION CITY PROGRAM GUIDE



Oregon
Health
Authority



OSH Junction City Program Guide
Revised January 2019

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

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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 Junction City 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 Junction City 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,

Junction City Program staff

Oregon State Hospital



Junction City program

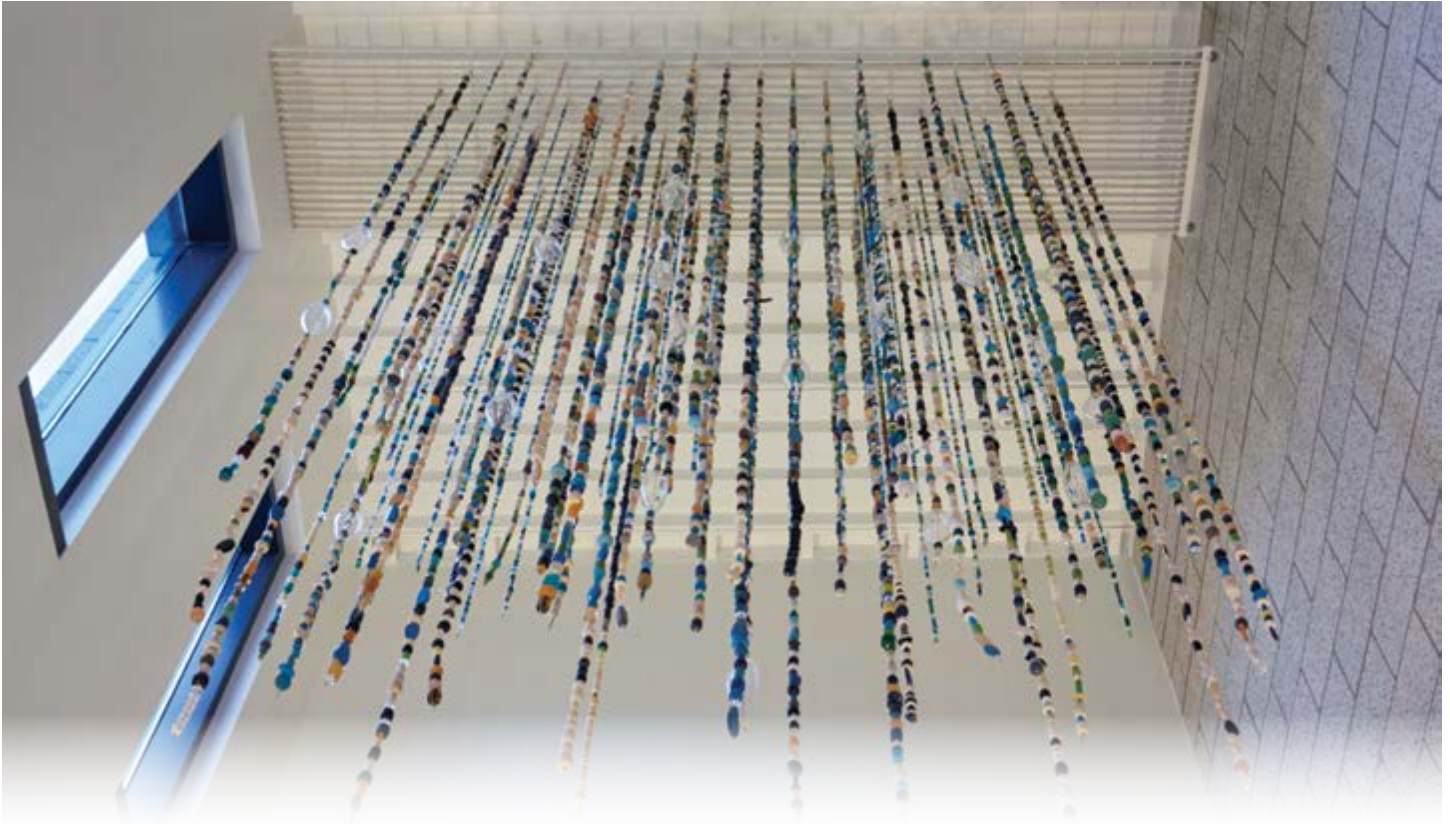
The Junction City Program provides care for patients who have been found guilty except for insanity (GEI) of a crime, who were civilly committed, or who were voluntarily admitted by a guardian.

If a judge found you guilty except for insanity, the Psychiatric Security Review Board (PSRB) will supervise you for a specific length of time – depending upon your crime. This does not mean you will be at Oregon State Hospital (OSH) for that entire period.

If you were placed at OSH as a civil commitment, or if you were voluntarily admitted by a guardian, treatment teams will help you learn how to manage your symptoms and medications. How long you stay here depends upon your progress toward recovery.

No matter why you are at OSH, the hospital's goal is to help you get well so you can leave the hospital and achieve the goals you've set for yourself.

The hospital offers many treatment groups and activities to help meet your needs. Staff will encourage and assist you in groups and programs that will help you as you work toward discharge and recovery.



Visitation schedule

Visits for all Junction City units will take place at the Valley Café. Visitors may purchase food and beverages when the café is open.

Junction City (GEI and Civil Commitment) Mountain 1, 2, 3, Forest 2

Visitation Location: Valley 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.	3:15-4:30 p.m.	3:15-4:30 p.m.	6:30-8:30 p.m.	9-11 a.m.	1-4 p.m.
Child Visits	9-11 a.m.					4-6 p.m.	1-4 p.m.	9-11 a.m.



Daily life

In general, you will have 30 minutes each for breakfast, lunch and dinner.

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, the REACH store, Alcoholics Anonymous, peer support meetings and spiritual services. Talk to unit staff for more information.



Phone calls

Each unit has phones patients can use to make and receive calls. In general, the phone is available for your use outside of treatment mall hours. Your treatment team may be able to make exceptions if your friends or family are only available for phone calls at a later time.

You may also call the Office of Training, Investigations and Safety (OTIS); Disability Rights Oregon (DRO); Consumer & Family Services; and an attorney at any time of day. Staff will be available to help you, as needed.

You can also make calls anywhere in the United States and Puerto Rico for free. If you need help calling your attorney, please ask staff for help.

Patients are asked to limit calls to about 20 minutes so everyone has a chance to use the phones.

If you answer the phone, and the call is for someone else, please politely check to see if that person is available and tell them about the phone call. If the person is not available, please let the caller know.

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

Mail

A post office, located adjacent to the dining halls, is available for your use during your hospital stay.

When you are admitted, you will receive a post office box number. Your incoming mail will be delivered to your PO box, which you may access daily. Each day staff will post a list on your unit with the names of people who have received mail.

When you have a letter you want to send, please go to the post office and put your stamped, outgoing mail in the mail drop slot. If you need postage, please see a unit staff member for assistance.

The post office is open daily, although the hours do vary. Updated hours are posted on your unit. If you are unable to get your mail when the post office is open, talk with unit staff to schedule an alternative time to get your mail.

Please talk to staff on your unit for more information.

Market, café and coffee shop

You may have **up to \$30** with you to spend at the market, café and coffee shop. Here you can buy a variety of snacks, personal hygiene products and other supplies.

You can go to the market once you receive approval from your treatment team. Additional details about the market, café and coffee shop are also available in your hospital handbook.

Computer and internet access

The hospital supports your responsible use of computers for personal growth – including homework, research, educational material and other uses.

With your treatment team's approval, you may use hospital-owned computers. These computers have filtered internet access. Flash drives may be allowed with treatment team approval. Your treatment team supports your educational goals and is here to help you with your requests.

Additional information about computer and internet access is explained in the hospital's Computer Use Contract, which you will be asked to agree to and sign.

For more information, please ask staff for a copy of the policy on "Computer and internet access for OSH patients."

Television access

Staff will turn off the TVs during treatment mall hours while you participate in treatment. Outside of treatment mall hours, televisions will be turned on at various times according to each unit's schedule.

You live in a community setting, so you may not always get to watch the program you want. However, staff will help make sure people takes turns in deciding what to watch.

If you have concerns about how programs are selected, please bring them up at your next community meeting.

OSH policy restricts access to video or programs 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.



The Welcome Center

Supported by the Peer Recovery Services Department, the Welcome Center is a space for you to hang out, express yourself, and get to know your peers. Here you can practice social skills and form healthy, supportive and long-lasting friendships.

The Welcome Center is in Room F1602, just down the hall from Town Square. Patients decorate the room and decide how the space is used. Drop-in hours, as well as weekly activities, are posted on your unit.

In the Welcome Center, you can connect with OSH Peer Recovery Services staff, Lane Independent Living Alliance (LILA), the Junction City Peer Advisory Council and other community resources. You can also:

- Listen to speakers;
- Take part in workshops;
- Express yourself through art and music, and
- Play cards and board games.

Please talk to unit staff for more information.



Clothing

For safety reasons, there are certain guidelines about clothing based on where you are staying in the hospital. If you have clothing that does not follow hospital guidelines, staff will store it for you or help you send it to a friend or family member.

If you don't have clothing, the hospital will give you what you need from its clothing shop.

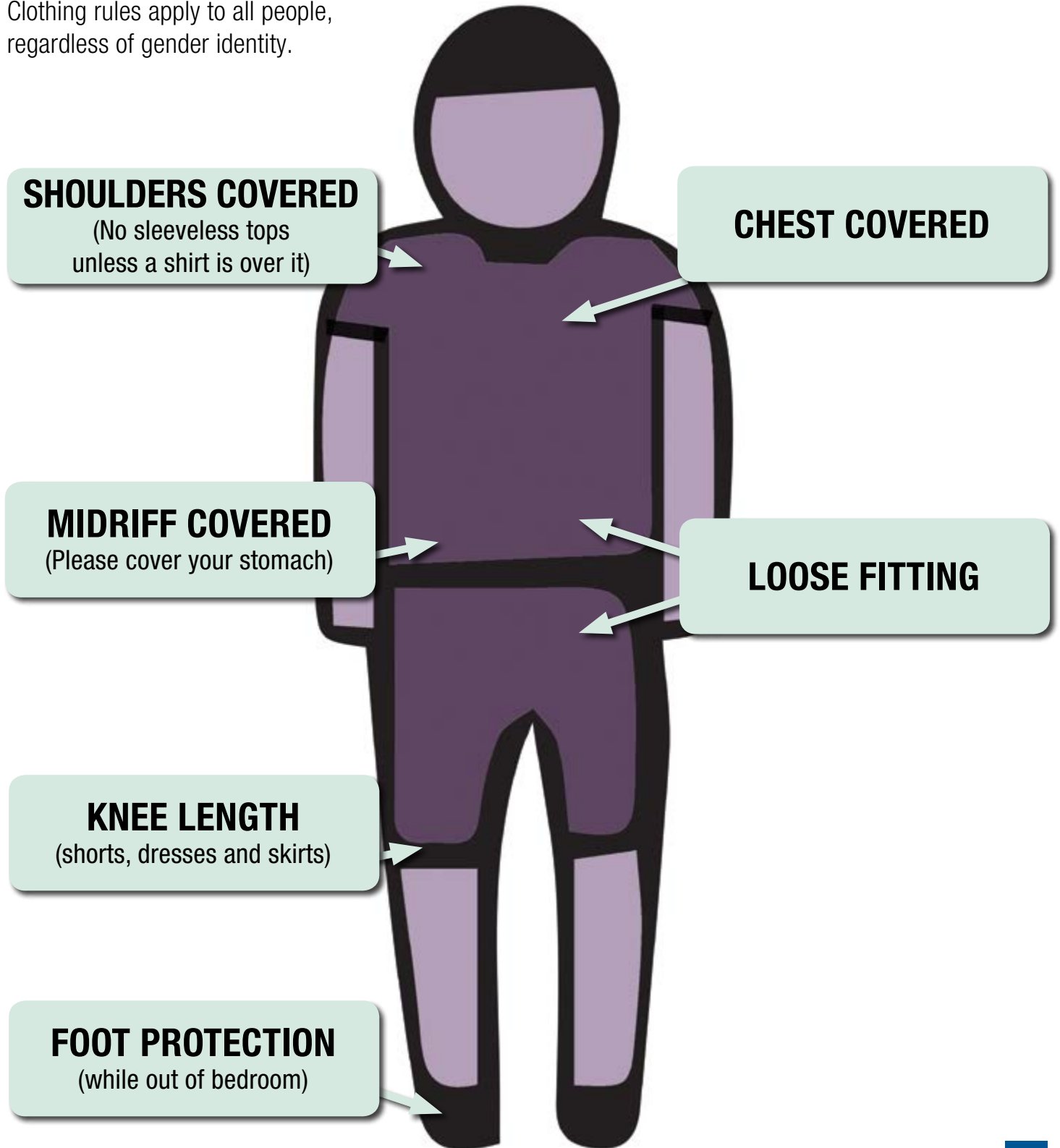
Some items you brought with you to the hospital may be prohibited or restricted, depending on your living unit. These items include shoelaces, suspenders, belts, pantyhose or nylon socks, ties and drawstrings. Clothing with drug, alcohol or gang-related references are also prohibited.

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



Clothing

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



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. Some items may be dangerous to you or others, or they could interfere with your treatment and recovery.

If you move to a different part of the hospital, what you are allowed to have may change. The list itself is also subject to change. Additional items may be allowed with approval from your treatment team, for check-out purposes, or under staff supervision.

More information explaining the differences between “contraband” and “prohibited items” is included in your hospital handbook.

All residential units

The items listed below are prohibited on your unit. Please talk to members of your treatment team for more information.

- Aerosol spray cans or bottles.
- Alcohol.
- Cameras or recording devices of any kind per OSH Policy and Procedure 7.003, “Photographing or Recording of Patients.”
- Cash exceeding \$30, per OSH Policy and Procedure 4.010, “Handling Patient Funds.”
- 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 not stored in accordance with OSH Policy and Procedure 8.037, “Patient Property and Valuables: Handling and Storage.”
- Lighters, matches, incendiary devices, or flammable liquids.
- Certain media per OSH Policy and Procedure 7.002, “Media Access for Patients,” including pornography and “NC-17” or “X” rated movies.
- Pantyhose, knee-high hose and long socks.
- Plastic bags or plastic wrap.
- Prescription or over-the-counter drugs, herbal supplements, or other supplements per OSH Policy and Procedure 6.055, “Medication Management.”
- 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, unless stored in accordance with OSH Policy and Procedure 8.037, “Patient Property.”

Contraband and prohibited items continued

Mountain 1, Mountain 2 and Mountain 3

In addition to the items listed above, the following items are also prohibited on your unit:

- Any chargers, electronics cords, power strips, surge protectors, extension cords, plug or outlet adapters not approved or issued by OSH.
- Any product in which alcohol is listed as one of the first two ingredients.
- Can openers, can parts, cans.
- Clipboards or notebooks with metal.
- Clothesline, cables, cords, or rope longer than 12 inches.
- Non-OSH-issued clothing hangers.
- Clothing with chains or spikes, or torn clothing (except factory distressed).
- Foil, tin and aluminum (except pre-packaged food wrapping).
- French press coffee makers.
- Incense.
- Purses or bags with strap(s).
- Rulers with metal parts.
- Safety pins and tacks.
- Scarves, including bandannas.
- Sports equipment, unless approved by the Program Executive Team.

Taking care of yourself

The hospital will provide you with certain essential self-care items such as shampoo, conditioner, soap and a toothbrush. If you do not like these items, you may purchase your own items. For safety reasons, items like floss and electric razors are kept in a separate room you can access during scheduled hygiene times.

Your hospital handbook has more information on personal hygiene, sleep, haircuts, laundry, illness prevention and other ways to take care of yourself.



Personal property

You are allowed to have personal items that fit within your storage area in your room or in a single container in the on-unit storage area.

Certain items may be prohibited for space or safety reasons. Please speak to your unit staff to discuss what items you would like to purchase so they can guide you to successfully meet those safety standards.

If you receive property that is not allowed, a member from your treatment team will provide you with options to return, discard or release the items to a support person for storage.

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



Levels of care

During your stay at Oregon State Hospital, you may move to a unit where you have more choices.

Staff's goal is to move you as quickly as possible to the program that can best help you with your recovery. Whether you move depends upon many factors, including available space in the hospital, your regular participation in treatment, and your ability to stay safe.

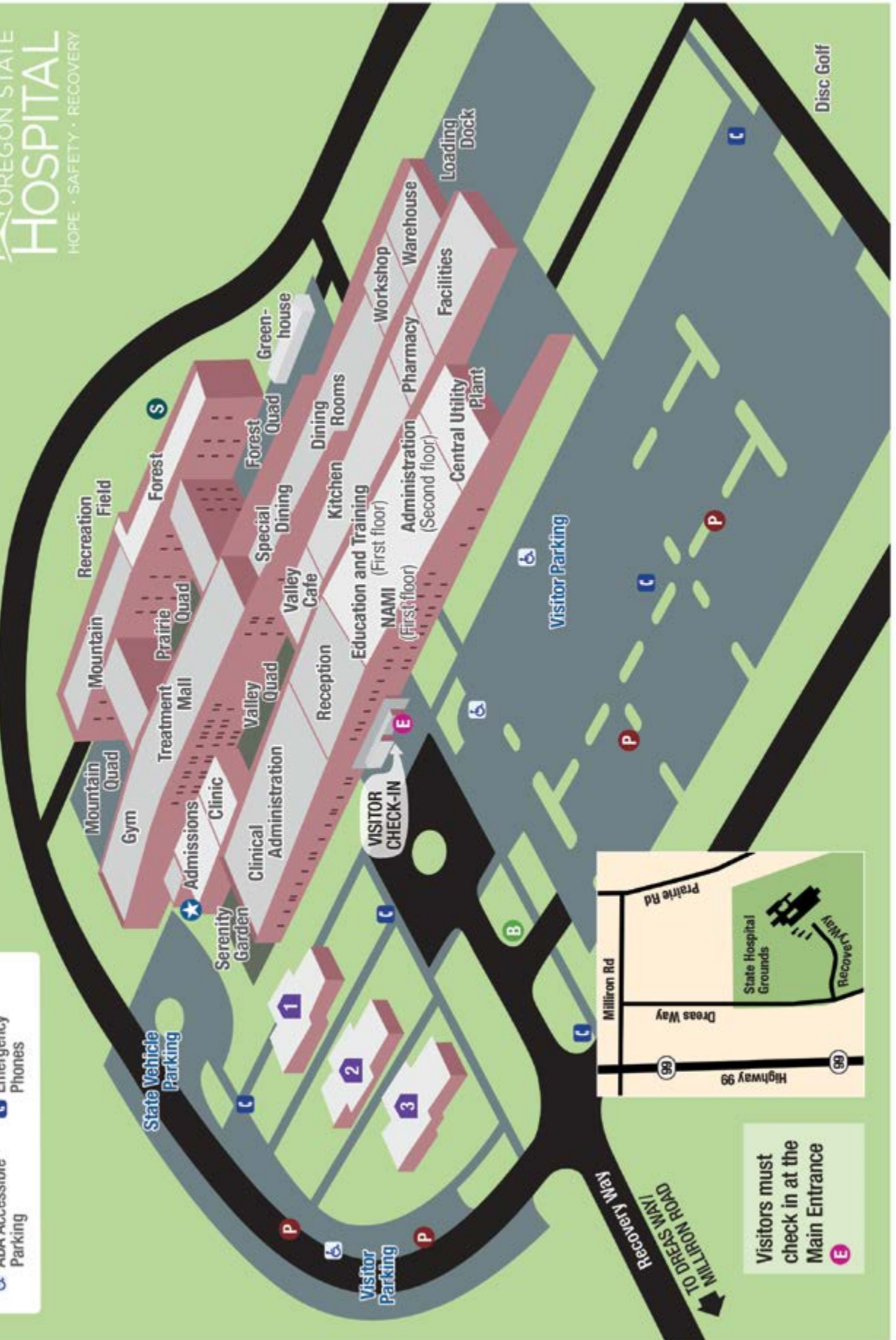
Please know there is no set "checklist" that will guarantee your move to another unit. These decisions are made on a case-by-case basis by your treatment team and other people familiar with your individual history and needs.

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



OREGON STATE HOSPITAL JUNCTION CITY

- ★ Admissions
- B Bus Stop
- S Sweat Lodge
- E Visitors Entrance
- P Parking Areas
- 1, 2, 3 Cottage 1, 2, 3
- ♿ ADA Accessible Parking
- E Emergency Phones



Oregon State Hospital – Junction City

29398 Recovery Way

Junction City, OR 97448

Reception: 541-465-2554

Toll free: 1-877-851-7330

This document can be provided upon request in an alternative format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, contact Internal Communications at 503-947-9982 or OSH.intcom@state.or.us.

Telephone numbers for program directors and unit nursing stations:

Junction City

Program Director: 541-465-3031

Deputy Chief Nursing Officer: 541-465-3030

Mountain 1: 541-465-2704

Mountain 2: 541-465-2714

Mountain 3: 541-465-2724

Forest 2: 541-465-2744

