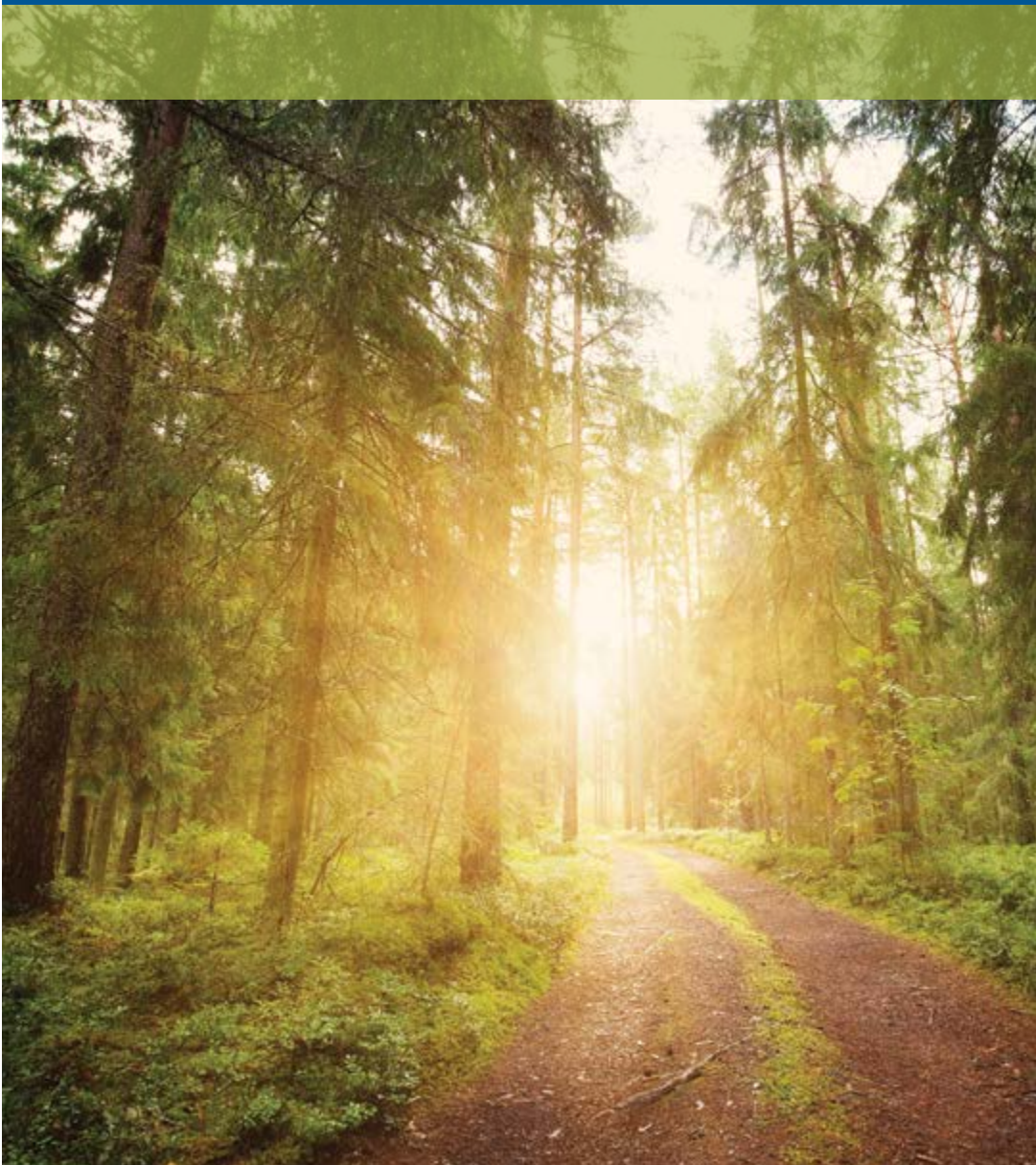


PATHWAYS PROGRAM GUIDE



Oregon
Health
Authority



OSH Pathways 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.

Table of contents

Table of contents	3
Your information	4
Welcome	5
Pathways program	6
Visitation schedule	7
Daily life	8
Market, café and coffee shop	9
Phone calls	9
Television access	10
Computer and internet access	11
Unit community meeting	11
Clothing	12
Contraband and prohibited Items	14
Taking care of yourself	15
Personal property	16
Patient funds	17
Levels of care	17
Map	18

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 Pathways 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 Pathways 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 unit staff member. We are all here to help you.

Sincerely,

Pathways Program staff

Oregon State Hospital



Pathways Program

The Pathways Program mostly serves patients who have pleaded guilty except for insanity (GEI) to a crime.

Pathways serves patients who are progressing in their recovery. You will have a treatment care plan and are expected to attend the treatment mall every weekday to achieve your treatment care plan goals. Treatment groups will help you move to lesser levels of care within the hospital and prepare you for your hospital discharge.

During your stay, you will learn how to manage your symptoms and medications and how to develop coping and other skills in collaboration with your treatment team. Programing may also provide educational and employment assistance, therapy, spiritual care and help for alcohol and drug abuse.



Visitation schedule

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.

When it's 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

Schedules are posted on your unit to help you plan your day. Feel free to fill in the blanks below by using information posted on the community board in your unit.

Meals

In general, you will have 30 minutes for breakfast, lunch and dinner. For health and safety reasons, food and beverages are not allowed in your rooms. Please consume your food and beverages in the cafeteria and Kirkbride dining area.

Breakfast hours: _____

Lunch hours: _____

Dinner hours: _____

Treatment mall hours

- 9 to 11 a.m.
- 1 to 3 p.m.

Money-draw submission days:

Access to Kirkbride Café and Market:

Unit community meetings:



Market, café and coffee shop

In the market, café and coffee shop, you can buy a variety of snacks, personal hygiene products and other supplies.

In the Kirkbride Café, you will have your choice of one entrée, one side and one dessert for lunch and dinner.

Each unit has a scheduled time when patients can go to these places. Please know that the times may change if there is not enough staff on your unit.

Please talk to your treatment team for more information. Additional details about the market, café and coffee shop are also available in your hospital handbook.



Phone calls

You can also make calls anywhere in the United States and Puerto Rico for free. So that everyone has a chance to talk with friends, family and others, please be sensitive to people who may be waiting to use the phone. If you answer the phone and the call is for someone else, politely check to see if the person is around to let them know.

Cell phones are not allowed in the Pathways Program, but staff encourage you to stay in touch with your friends and family through the hospital's landline phones.

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

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 night time hours, staff generally keep the televisions off during these times.

The television schedule listed below is subject to change:



	12- 6:30 a.m.	6:30- 9 a.m.	9- 11 a.m.	11 a.m.- 1 p.m.	1- 3 p.m.	3- 10 p.m.	10- 11:59 p.m.
Monday - Friday		TV ALLOWED		TV ALLOWED		TV ALLOWED	
Saturday - Sunday		TV ALLOWED	TV ALLOWED	TV ALLOWED	TV ALLOWED	TV ALLOWED	

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 ask that patients avoid watching 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

If you have approval from your treatment team, you may use hospital-owned computers and purchase a flash drive.

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 prior to receiving computer access.

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

Unit community meeting

Each unit holds weekly community meetings. At these meetings, staff will discuss upcoming events, activities, issues and concerns. You are encouraged to attend and participate. You can also just listen.

Community meetings are set per unit schedule.



Clothing

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

In the Pathways Program, proper dress attire must be worn at all times. See the drawing on the opposite page for more information on what is and is not allowed.

You can have:

- Rubber shoe ties
- Velcro loops for holding up your pants
- Clothing items with draw strings removed

Staff will review clothing articles that are provocative or questionable. They may ask you to store those items and not wear them while you are living at the hospital.

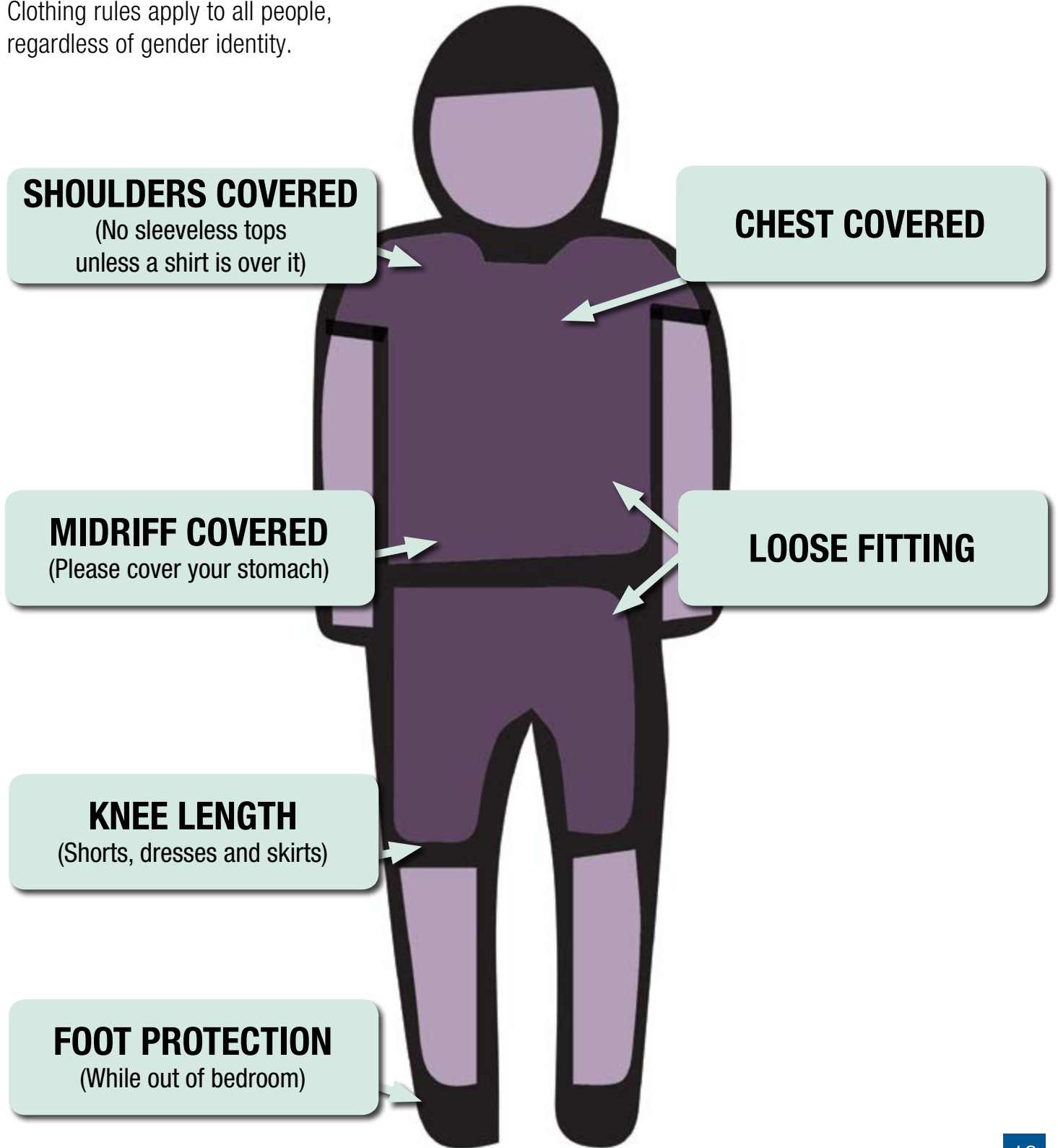
More information on prohibited items is found in the “Contraband and prohibited items” section in this program guide.

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.



Contraband and prohibited Items

For safety reasons, there are certain guidelines about what property you may have, depending on 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.

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

The items listed below are prohibited on your unit.

Additional items not listed below may be allowed with approval from your treatment team, for check-out purposes, or under staff supervision. Please talk to members of your treatment team for more information.

- 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 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

- Any product in which alcohol is listed as one of the first two ingredients.
- Can openers, can parts, cans.
- Clipboards or notebooks with metal.
- 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.

PATHWAYS PROGRAM GUIDE

Taking care of yourself

You can keep some personal care items, such as shampoo 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, nail clippers, curling irons and blow driers – are kept in another room.

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



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.

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

Personal electronics

If your treatment team approves, you may have certain electronic items in your room, such as cordless Bluetooth headphones, an MP3 Player or a hand-held DVD player.

Before you order or receive such items, you must complete a package request form. Please follow up with unit staff for guidelines on the purchase of music and MP3 player content. Your case monitor can help you do this. Electronic items will not be allowed on the unit without an approved request form.

All items must 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.

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



Patient funds

You may have \$30 in cash with you at any time. For safety reasons, patients in the Pathways Program may not have credit cards or debit cards.

However, any money you receive may be deposited in an OSH trust account. You or your legal guardian can fill out a withdrawal form to take money from this account to buy things – with your treatment team’s approval.

Having a trust account is optional.

More information about trust accounts and money is found in the “Patient funds” section of your hospital handbook. Please talk to your case monitor if you still have questions or concerns.

Levels of care

The 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.

Whether you move depends upon many factors, including available space in the hospital, your regular participation in treatment, and your ability to stay safe.

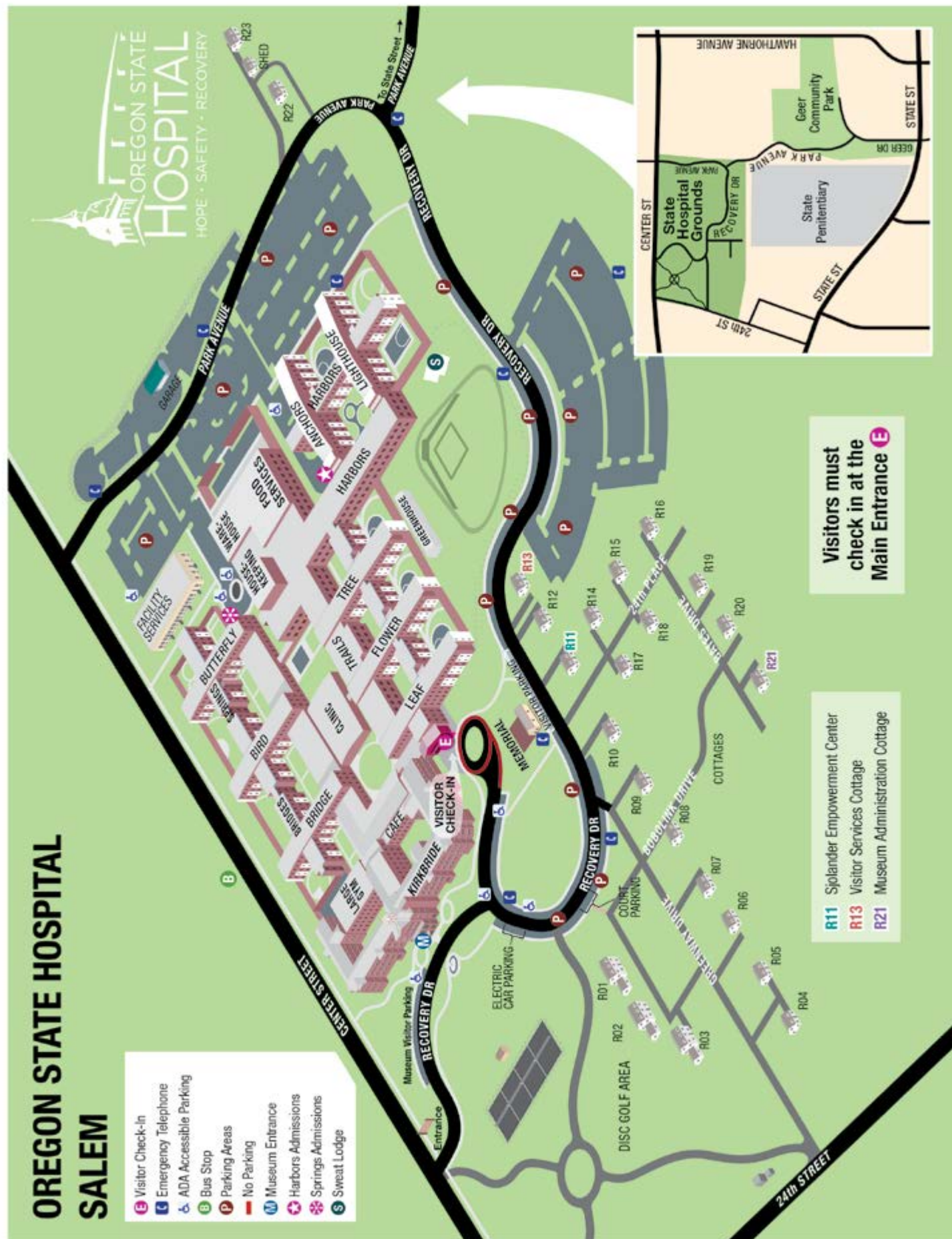
Please know there is no set “checklist” that will guarantee your move to another program. These decisions are made on a case-by-case basis by your treatment team and other people familiar with your individual history and needs.

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

OREGON STATE HOSPITAL SALEM



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



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

- R11** Sjoglander 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

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:

Pathways

Program Director: 503-947-2961

Director of Nursing Services: 503-947-1099

Bird 1: 503-947-3734

Bird 2: 503-947-8118

Bird 3: 503-947-3754

