



**Treatment Team** You will be assigned to a team of highly qualified professionals including a psychiatrist, nurses, social worker/therapist and other mental health professionals. Staff will assist you in answering any questions you may have.



**Treatment Program** The treatment program provides 7 day a week activities. There are regular meetings with the psychiatrist, group therapy, educational groups and activity groups. With your permission, we will include your outside providers and family in your care.

You can expect to participate in a variety of therapy and activity groups on topics including:

- Relaxation Techniques
- Exploration of Coping Skills
- Healthy Eating
- Establishing an Environment of Support
- Leisure Activities to Enhance Quality of Life
- Mindfulness
- Goal Setting
- Communication
- Skill Building



**What to Bring** We recommend that you bring two changes of clothing. We will store additional clothing in the patient effects room. Laundry is done nightly by the staff.

- 2 changes of clothes. Clothing should be free of strings
- 1 pair of pajamas
- Shoes without laces
- Copy of Insurance Cards
- Special Toiletries. Basic toiletries are provided but you are welcome to bring your own.



**Special Needs** Haven respects the differences in our patients and strives to accommodate any of your personal values, beliefs and preferences. Please let us know so that we can make additional resources available for you.



**Visiting** Haven encourages you to have visitors for emotional support and to strengthen relationships. In order to provide our patients with a safe environment and privacy, visitors or family members wishing to see you will need to provide a unique code assigned to you upon admission. **Visiting Hours are from 6:00 PM to 7:00 PM daily.**



**Telephones** We encourage ongoing communication with loved ones and significant others and have designated times on the daily schedule for phone calls. Unfortunately, your personal cell phone is not allowed but phones are available for your use during personal time. Family members may call anytime and speak to a staff member. Callers should always be prepared to give their name and your unique patient code. **The phone number to the nurse's stations is (937) 234-0124.**



**Mail** Mail is distributed daily. Haven staff will monitor the opening of any letters or packages you receive to prevent the possibility of dangerous or restricted items getting onto the unit. Outgoing mail is picked up daily.