

MAIL

- Cards and letters allow patients to remain in contact with friends and family, and there is not a limit on the amount of mail you can send or receive.
- Patients will be asked to open their mail in the presence of a staff person to ensure it doesn't contain restricted items.
- The content of incoming and outgoing mail is not screened. On rare occasions, mail may be restricted by order of the court or by doctor's order. If so, the reason for this will be discussed with you.

1239 S. Trenton Ave, Tulsa OK 74120

An option is available for parents/friends to send greetings via e-mail. Go to www.parksideinc.org

MEDICATION AND ILLNESS

Patients should inform staff if they feel ill. The nurse will evaluate patients' condition and determine the appropriate course of action.

RULES AND REGULATIONS DURING HOSPITALIZATION

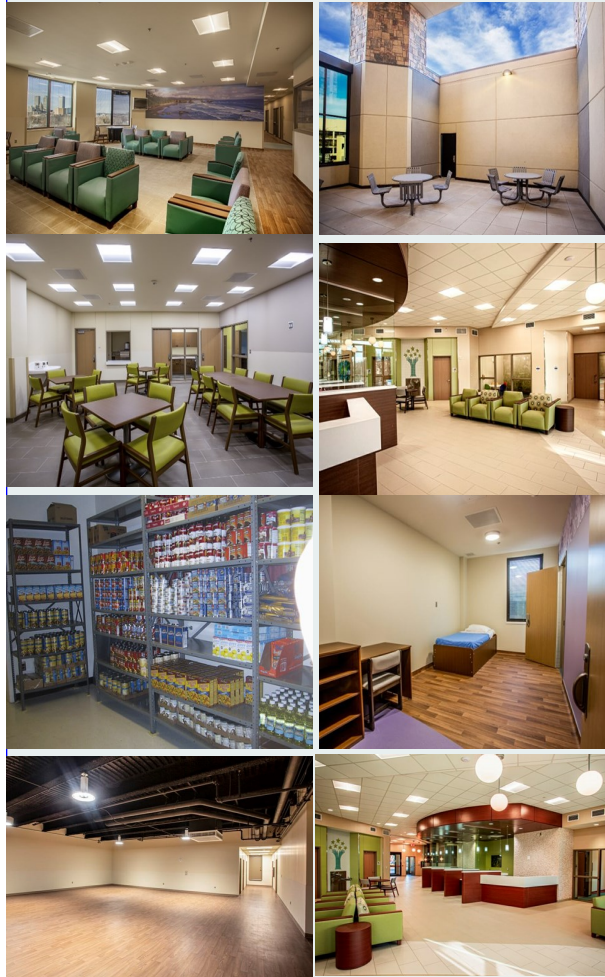
- Physical contact between patients is not allowed. Hands are to be kept to yourself.
- Personal information such as phone numbers, social media, last names is not to be shared. This is for safety and privacy.
- Sharing personal items including clothing, hygiene products and food is not allowed.
- Personal relationships are a distraction to treatment and are not allowed.

GRIEVANCE RESOLUTION

Tyler Doane 918-5864233

BY YOUR SIDE

If you need assistance with food, transportation, or clothing, please let your therapist or Transition Specialist know how we can help.



WELCOME TO PARKSIDE PSYCHIATRIC HOSPITAL INPATIENT

We are eager to begin working with you and your family. We are happy to answer any questions you might have about treatment.

We have prepared this handbook to help you understand what to expect during the treatment process. Please let us know if you have any questions. Thank you!

Children's Unit	918-586-4264
Adolescent Acute	918-588-8873
Youth	918-588-8853
Teen Unit	918-588-8839
Tween Unit	918-586-4256
Momentum	918-588-8890



WHAT HAPPENS DURING HOSPITALIZATION?

As a part of our ongoing commitment to mental health care, all services are designed to offer support tailored to the individual needs of each patient.

- A psychiatrist will meet with the patient in individual sessions.
- Family therapy is vital to successful transition and is provided by a licensed therapist.
- Therapists will contact the family within 24 to 48 hours of admission to schedule.
- Patients engage in various group sessions throughout the day, focusing on strategies to manage their lives post-discharge from inpatient care. These include the following: rehab group therapy, recreational therapy and process groups.

Sleep is an important part of treatment. Patients gain more from their program when they have adequate rest each night.

Patients continue their education while receiving care as part of their daily routine. School attendance and participation is required. Patients receive credit through Tulsa Public Schools, if enrolled.

Leisure time is also important. During designated times, patients can play games, watch themed movies, go to the gym or sit on the balconies or our courtyards designed to allow patients to have fresh air in a safe environment.

Patients are provided balanced meals with nutritious in-between snacks. Accommodation is made for individuals with special dietary needs and allergies.

Appropriate follow-up care is vital to help maintain the progress made during the inpatient stay. Transition Specialists work directly with patients and families to develop connections to after-care resources .

The Treatment Team meets for each unit. Please see your child's therapist for treatment team times and days.

WHAT WE PROVIDE

- Linens
- Non-slip socks
- Laundry services
- Hygiene products (soaps, deodorants, toothbrushes, hairbrushes, combs, feminine products and antibacterial sanitizer)

WHAT TO BRING

Bring comfy soft clothing with a least 1 sweater or long sleeve T shirt if they get cold.

- Pajamas
- 1 small stuffed animal if needed
- 3-4 changes of clothes because we do laundry every other night or more as necessary
- All patients must wear undergarments

WHAT NOT TO BRING

- Hoodies, strings, big zippers or metal buttons
- Scarves, belts, long socks
- Underwire bras
- Leggings, sagging pants or shorty shorts
- Tube tops, crop tops, or off-shoulder tops
- Clothing with inappropriate themes
- Hats, jackets, or coats are not allowed inside
- Vapes, cigarettes, lighters, matches
- Weapons
- Cellphones, iPads, cameras, spiral notebooks or electronics of any sort
- Outside food, beverages, candy/gum
- Jewelry, toys, hardback books/stickers
- Flowers/balloons
- Hair ties, bows, clips, ponytail holders, head bands
- Razors, hairdryers, curling irons, makeup
- Money

*Items vary on our Momentum young adult program. Please contact the unit for specific information.

VISITATION

- Visitors must show their ID.
- Visitors are limited only to the people on the approved list.
- Visitation will start and end on time. We encourage visitors to arrive 15 minutes before your visitation time to be checked in.
- Please limit visitors to no more than two at one time.
- No children under the age of five. Adolescent friends, including boy/girlfriends are not permitted.
- No large coats, purses, bags, cell phones and electronics.
- No outside food, beverages, gums or candy.
- If anyone becomes out of control during a visit or begins cursing, screaming, or begging to be taken out of treatment, visitors will be asked to leave.

South Hall -

Tuesday 6-7pm and Saturday 12:30-1:30pm

North Hall -

Thursday 6-7pm and Saturday 1:30-2:30pm

Check with your nurse to see which group your child is in.

Momentum may be slightly different, please check with your adult patient for details.

PHONE CALLS

Incoming phone calls are made in the evenings between 6pm and 7pm. Outgoing calls are from 7pm to 8pm. The security PIN code must be provided for each phone call.

Please do not discuss other patients on the units. Respect the privacy of others.