

Welcome to Cambridge Memorial Hospital (CMH)
Inpatient Mental Health Unit

Guidelines and General Information for Clients and Families

CAMBRIDGE 
MEMORIAL
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Welcome to CMH Mental Health Unit:

Our Program provides patient centered, therapeutic, informed care to patients 18 years of age and older. Our Unit consists of 21 beds on the main unit, and 5 beds in our more acute Psychiatric Care Unit (PCU).

My care team members:

Your care team consists of a multiple disciplinary team; including Psychiatry, Nursing, Social Work, Recreation Therapy, Occupational Therapy, Pharmacy, Peer Support staff, Unit Clerk and support staff.

Our goal is to assist you and guide you in treatment options that are best for you in collaboration with your family and community supports.

Visiting on the Mental Health Unit:

Visits from your family and friends can be an important part of your recovery. There are guidelines for visiting on our unit as follows:

- Visiting is permitted on our *main unit only* and must be in the lounge areas closest to the nursing station. There is no visiting in patient rooms.
- The Psychiatric Care Unit (PCU) is an acute unit and does not permit visiting in person until the patient transferred to the main unit.
- Visiting hours: Monday to Friday 3pm- 9pm. Weekends 9am - 9pm
- Children under the age of 18 are not permitted on the unit.
- Patients who have been discharged from the Mental Health Unit within the last 6 months may not visit the inpatient unit.
- To ensure safety, the doors of the Mental Health unit are secured. Visitors need to use the intercom located outside the unit doors to speak with staff and identify yourself and your relationship to the patient.
- At each visit, you will be asked to sign in at the nursing station.
- Recording video, taking photos and recording audio is not permitted on the Inpatient Mental Health Unit or any public space within the hospital.

Safety Checks

To maintain safety and a therapeutic environment for patients, staff and family/friends, the Inpatient Mental Health Unit is a controlled environment within a locked unit. The Psychiatric Care Unit (PCU), has locked rooms, within a locked unit. The team conducts safety checks as necessary, including inspection and monitoring of all property brought on to the unit by you or visitors. The safety checks begin on admission in the Emergency Department or the Inpatient Mental Health Unit. Be an active partner in your treatment by supporting a safe and caring environment for all patients.

Prohibited and Monitored Items on Inpatient Mental Health

- Belts, ties, strings on pants/sweatshirts
- Cameras, video devices
- cigarettes, lighters or matches, vape pens
- personal medications, alcohol, recreational drugs
- electronic devices, iPod, laptops, headphones, radios etc
- high heel boots/shoes
- glass of any kind (mirrors, vase, bottles, cups, picture frames)
- metal cans, containers, water bottles
- sharp items (razors, scissors, knives, nail files, nail clippers)
- personal items such as nail polish/remover, mouthwash, hair spray, blow dryer, curling iron, dental floss, perfume, aerosols
- Plastic bags or reusable bags with handles
- weapons of any kind- legal or illegal

(Not an exhaustive list as staff may use discretion and clinical judgement regarding safety)

Personal Belongings and Valuables:

When bringing in belongings, please limit the amount of personal items and clothing. There is limited space for patient belongings, so only necessary items will remain and the rest will be sent home with family/friends. All belongings will be inspected prior to you receiving them.

Valuables and items not permitted on the unit will be sent home with a family member/friend or locked up until you are discharged home. Please leave all valuables at home as the hospital is not responsible for lost, stolen or damaged property (jewelry, valuable clothing/ shoes etc).

Basic hygiene items such as toothbrush, toothpaste, soap, shampoo etc are available on the unit.

Meals on the Unit:

All meals are served and should be eaten in the dining room. Please let staff know if you have any dietary restrictions or preferences.

Patients and/or family/friends are able to preorder meals with the CBORD Patient Meal Ordering App (information and instructions available on admission to unit).

Group Therapy on the Unit:

Groups that are available on the Inpatient Mental Health Unit have been designed to be a beneficial component of your treatment plan and an important part of your overall wellbeing and recovery. Groups are offered Monday to Friday between 10 am to 3 pm. We encourage you to attend all groups.

Discharge Planning

Our focus on Mental Health is to help stabilize patients with their immediate crisis. We begin planning for your discharge soon after your admission.

This includes partnering with community resources, family members and yourself. The goal is for a safe and supportive plan of care when you are discharged.

Other points of interest:

- CMH is a fragrance-free facility. Please refrain from wearing scents as it may trigger patients/staff with severe allergies
- CMH is a smoke free facility. Visitors may not smoke on hospital property.
- Translation services are available for patients/visitors 24/7. Please ask staff for assistance with providing this service if needed.
- CMH has a zero tolerance for violence in the workplace. Violence and abusive behaviour are not tolerated and may result in discharge and/or criminal charges.