The **Strong~Hope** Military Program
Welcome Packet

[www.saltlakebehavioralhealth.com](http://www.saltlakebehavioralhealth.com)
The Strong~Hope Military Program

Strong~Hope is a specialized mental health and substance abuse treatment program for Service Members, veterans, and military families. We provide evidence-based treatment of PTSD, focusing on areas of military sexual trauma, childhood trauma, and combat trauma. In addition, we tailor individualized treatment in the areas of addiction, dual-diagnosis, depression, anxiety and other behavioral health needs.

Our web site has helpful information for service members along with directions to our hospital. To learn more, please call our Military Care Coordinator at (877) 640-0220.

Our specialized Military program, on average, is a 4-6 week program. Programs for family members and veterans vary. Please call the Military Care Coordinator to determine the estimated length of stay for the program you will be attending.

While in our long-term Military Programs, service members who are safe to leave the unit “under supervision” may do so as part of planned group therapeutic outings. They must have a physician’s order. Permission to participate in outings can be revoked at any time if safety concerns arise.

Our inpatient program is in a locked environment. Most service members are able to focus on their treatment goals in spite of these limitations.

At Salt Lake Behavioral Health, our Strong~Hope Women’s Program for female service members are programmed separately than the male service members in our Strong~Hope Men’s Program. All of our treatment teams include male and female staff members. Both of our Military programs are dedicated milieus.

Please make financial arrangements for your bills to be paid during your stay. There is limited access to the web for bill pay purposes only.

For additional information, visit us at: www.saltlakebehavioralhealth.com.

To speak with our Military Care Coordinator, call (877) 640-0220
Dear Military Member:

I would like to take this opportunity to welcome you as our guest to the Strong~Hope Military Program.

As you become involved in your treatment program, we are very interested in your feedback about how well we are meeting your needs. In light of this objective, we will ask you to complete a Patient Satisfaction Survey at the end of your stay. Please take the few minutes required to complete this survey. The information you provide is carefully reviewed and analyzed for incorporation into the performance improvement activities of the hospital.

It is the policy of Strong~Hope to explain at the time of admission the patient advocacy policy and procedure to the patient and their families and/or significant others.

If you need assistance while a patient at Strong~Hope please request assistance first from the Charge Nurse or Therapist, Program Director, and then the Patient Advocate.

We welcome your comments and suggestions to assist us in further improving the quality of care received by Strong Hope.

Respectfully,

Amy Crawford, PhD, LMPT

Strong~Hope Military Programs
Director of Clinical Services
Salt Lake Behavioral Health
801-633-3308
Strong–Hope House Standards

• All Service Members are expected to actively and appropriately participate in ALL groups unless there is a medical reason with a doctor’s order not to go. This means that you show up ON-TIME with your supplies and assignments ready. Therapists should not have to round you up for programming. Lack of appropriate participation will result in consequences including not going on the weekly walks and possible report to your command. This is your current duty station and you are expected to treat it as such.
• All Service Members must go to all meals in the cafeteria unless there is a medical reason with a doctor’s order not to go.
• Service Members and Staff are expected to be respectful to themselves and each other.
• Service Members are ONLY allowed in their rooms during designated room times. Rooms will be locked when SMs are not in them, and during all programming times.
• Service Members MUST have the doors open with at least a fist’s-space opening at all times when in rooms.
• Service Members’ beds are to have the head of the bed facing out so that 15-minute checks can be easily done with less interruption of sleep. Furniture may NOT be moved.
• Service Members’ rooms will be searched daily. Service Members WILL be given the opportunity to be present for an in-depth ROOM SEARCH. Staff may walk through rooms at any time and take items in plain sight that appear to be contraband.
• Phone calls and television time are allowed when group is NOT in session and must end 5 minutes prior to group beginning. Phone calls should be limited to 5 minutes and are not allowed between 2200-0800. (Exceptions will be made for overseas and command calls. Adjustments to length of time on phone various on number of women on the unit)
• No outside food or drink allowed on unit, unless coordinated by Program Director and kitchen.
• Blankets from home and stuffed animals are NOT allowed.
• No sleeping in the day room.
• Visits may NOT take place on the unit and, unless special arrangements have been made with Program Director, must only happen during regular visitation hours.
• iPods may only be used in the gym. No other electronic device is ever allowed.
• When bringing food up from the cafeteria, only bring what you will consume that day. You must eat your meal in the café and not use the entire time to smoke.
• Computer use is limited to an AS-NEEDED basis, only to be used to pay bills, check bank accounts, or for official, required, military business. Joe is the only staff who can facilitate computer time.
• No pens, markers, or mechanical pencils are allowed. Full-length pencils may not be kept in rooms. They must be turned in prior to bed-time.
• Service Members are required to keep their rooms clean and orderly.
• No foods of any kind (including gum) or drinks (other than water) are allowed in Service Members’ rooms. This is a health-code regulation.
• Service Members are expected to participate in PT one hour per day/5-days a week, in accordance with their profiles. Staff MUST be present in the gym.
• Service Members are only allowed to enter their own rooms and are not allowed to enter any other Service Members’ rooms.
• Service Members are to respect appropriate physical and emotional boundaries. Remember: some people have a hard time saying “no.”
• Service Members are expected to shower and exercise a basic level of personal hygiene every day and dress appropriately in clean clothes.
• Service Members are not allowed to loiter at the nurse’s desk or reach over the desk at any time.
• Service Members are allowed 5 pieces of make-up/facial products and nail polish is not allowed unless part of a recreational activity and the staff will provide the supplies.

**Tobacco Policy**

• Tobacco (including chewing tobacco and cigarettes) may only be used outside during smoke-breaks. It is NEVER allowed in the facility for patients OR staff.
• Service Members will be allowed a 15-minute outdoor break after breakfast, lunch, and dinner. Service Members will also have 3 additional outdoor breaks provided during the day. Smokers may have up to 2 cigarettes per break but must be done within time limits. Chew must be spit-out prior to leaving the designated smoking area. 15-minute breaks INCLUDE TRAVEL TIME.
• Service Members must supply their own unopened pack/packs of cigarettes.
• Only staff members will be allowed to light cigarettes and must be in possession of the lighter at all times.
• Staff members must be in possession of the cigarettes at all times.
• Staff members must be outside with the SMs any time that they are outside.

**Day Room Etiquette**

• The television should only be on during designated free-time or TV time as noted on the schedule. The TV is to be turned off at 2300. If a Service Member wakes up at night and needs to turn the TV on for a few minutes to ground him/herself, this will be allowed and the SM is expected to keep the volume low and will return to bed as soon as he/she is calmed.
• TV volume should be kept at a respectful level.
• Television is allowed **when group is NOT in session and must end 5 minutes prior to group beginning**.
• Couches are for sitting on, not laying down and sleeping on.

**Programming:**

Strong~Hope is an inpatient program specializing in the treatment of combat PTSD, Addiction, Dual-diagnosis, and general psychiatric diagnoses. Strong~Hope offers a CPT treatment track, Addiction treatment track, and depending on the service members presenting problem. The schedule you receive will depend on which track you are working on.
Military patients will need the following items during their stay:

- 5 days of comfortable civilian clothing (washing machine available)
- Physical training clothing (weather appropriate)
- Tennis shoes (no shoe strings are allowed, except during gym and will be secured after PT/running)
- Personal hygiene items (toothbrush, body wash, toothpaste, shower shoes and deodorant. No glass, aerosols or body sprays with alcohol).
- Females: Bring sanitary items as needed and hair accessories (no headbands or anything looped)
- Laundry detergent
- Paper for writing assignments, erasers, (we supply pencils no pens allowed)
- Jacket and sweatshirt
- Warm pajamas
- Warm clothes, thermals/long johns
- Cigarette supply for 4-6 weeks

**Prohibited items:**
- No electronic equipment is allowed on the unit
- IPods are allowed in gym only, it cannot be a device with a camera
- No drawstrings in any clothing
- No underwire bras
- No bobbie pins or metal clips
- No spiral notebooks or binders
- Clothing cannot have inappropriate artwork (such as alcohol, drug or violent phrases or pictures)
- Outside food is prohibited

**IMPORTANT NOTES:**

Please make a list of important phone numbers and addresses prior to arrival as cell phones will be stored away during your stay. You will not have access to your phones during your stay.

Patients may not have access to an ATM machine during their stay.

Questions regarding the packing list should be directed to 877-640-0220
Safety:

For your safety and the safety of others, certain behaviors and items are not allowed. The following are unsafe behaviors and are not allowed:

- Sexual acts or inappropriate physical contact between patients is not permitted.
- Violence of any sort is not tolerated. This includes verbal threats, physical aggression, or destruction of property.
- Drinking alcohol or using non-prescribed drugs or possession of alcohol or non-prescribed drugs is not permitted.

Unsafe behavior will result in a review of the treatment plan and further recommendations.

Also, we have to restrict any hazardous items that could jeopardize your safety or the safety of other patients. The following is a list of items that we either lock up or send home with your family and/or care giver:

- No jewelry (with the exception of wedding band, small religious symbols-if breakaway and safe)
- Items with sharp edges or points
- Glass within picture frames (these items will be sent home)
- Makeup will be kept, but made available as requested (5 items only)
- Alcoholic beverages
- Flammable contents
- Glass vases
- Glass plates and/or cups
- Knives of any type (will be locked up but it would be preferred to leave at home)
- Guns/protection devices (prohibited on hospital property)
- Disposable razors (can be checked in)
- Cell phones, iPods, DVDs, earphones, beepers, recording devices, e-readers, tablets or electronic games, or any other kinds of electrical devices Please bring a hard copy list of important phone numbers
- Any objects that can be used as a weapon (such as under wire bra and shoe strings)
- Shoe laces (Can be used during gym times only)
- Pens/pencils
- **DOG TAGS AND MILITARY ID WILL BE STORED IN THE SAFE**

Please be aware that patients are here for different reasons. Some patients may have additional restrictions. We ask that you do not lend or give out any of your personal possessions.

It is the job of the staff to prevent harm from coming to any patient. You can help and show your concern about others by immediately telling a staff member if you know of someone who is planning to hurt him or herself or someone else, or if you know of someone planning to run away from the facility. Your treatment team will answer your questions about this if the situation arises.