

Admissions information

To help make your admission and stay as comfortable as possible, we ask that you read this information carefully and refer to the packing guide so you arrive with all the required documents and personal items. If you have any additional questions, please call 262-646-4411 and ask for the Admissions Department.

Expectations

Rogers' inpatient program provides intensive treatment for children and adolescents with eating disorders. The program is co-ed, so both girls and boys may be participating in groups. Some of the many reasons people may require inpatient treatment for an eating disorder are abnormal blood work; being significantly underweight; out-of-control bingeing and/or purging; feelings of harming themselves or others; and/or having significant medical conditions because of an eating disorder. Because of the intensive monitoring required at the inpatient level of care, there are certain things to expect:

- All of your belongings will be thoroughly checked by a staff member to ensure that your clothing and personal hygiene items are safe and appropriate for use (see the "Packing guide" section below).
- Some of our rooms have two beds; therefore, you may have a roommate. All patients will be appropriately roomed based on age and gender.
- Food from the outside is not permitted (unless a therapeutic family meal is ordered by the treatment team).
- Cell phones are not allowed, and parents will be asked to take them home.
- The entrance doors to our program are locked for the safety of our patients. Bathrooms are locked and bathroom time may be supervised by trained staff. The majority of our programming occurs on the unit or within the main hospital building; you will be escorted by staff whenever you leave our program area.
- Based on a series of detailed assessments given shortly after admission, the treatment team will develop your individual treatment goals and then facilitate and monitor your progress during your inpatient stay. The length of time you will be in the program will be determined by your treatment team and you.
- Due to the serious health conditions that people in this level of care experience, there are no formal exercise programs (including, but not limited to, stretching and yoga).
- The program's attending physician needs the most current information about your health, including blood work and an electrocardiogram (EKG). Even if you have had these tests completed recently, we may require you to have them repeated at a local medical hospital or within our facility.
- The length of stay is typically 14 days for medical and nutritional stabilization; however, there are many variables to be considered such as past history, current status and stage of illness, support systems, resources, risk factors, response to treatment, etc. Transition to a lower level of care within the Rogers Behavioral Health system is recommended.

Family and visitor guidelines

Families and visitors are welcome and considered an important part of your child's treatment.

- Family sessions may be scheduled within 24-48 hours after admission to the program.
- Families can participate in multi-family sessions with therapists, dietitians, and nurses on the weekends in the afternoon.
- We do ask that families observe the daily visiting hours listed on the schedule; however, visiting outside the scheduled time is permitted with prior approval of the treatment team.
- Visitors include family members; non-family members need approval by the treatment team to uphold confidentiality on the program and allow patient to focus on self and treatment.
- Parents/guardians will be called for consent with any new medications or treatments (i.e., tube feeding).

- Please be aware that Rogers Behavioral Health's Oconomowoc campus is smoke-free. Family members and visitors are unable to smoke anywhere on campus.
- Visitors are asked to leave their cell phones in their vehicle for confidentiality purposes.

Billing information

We want to make you aware that your family will receive separate invoices for any consultations, medications or lab services ordered by the physician. These invoices are your family's responsibility. Your family will receive a statement of these charges, regularly, while you are in treatment. If you have any concerns about this, please contact patient financial services at 262-303-2180 or CS-PFS@rogersbh.org.

Packing guide

As part of your orientation, a staff member will thoroughly check all your belongings with you. Please note that, for safety reasons, belongings may be put in locked storage until they can be inspected with staff. Upon inspection with staff, some items may be returned to you immediately. Some items will have to stay in storage for the duration of your hospitalization but may be checked out if needed. Any items that cannot be used while you are at the inpatient program will be secured by Rogers' staff until your discharge.

Mandatory items:

- Latest copies of medical records, blood work and electrocardiogram (EKG) as directed by our admissions department. These results must be faxed to 262-646-7877 and reviewed prior to admission.
- Immunization records
- Names, addresses, and telephone numbers of your current outpatient providers (Primary care physician; pediatrician; Psychiatrist; Therapist/counselor; Dietitian)
- Name of school, teachers, guidance counselors, and telephone numbers along with current textbooks and other materials related to continuing education needs
- Insurance card, insurance claim forms
- An accurate list of all current prescription and over-the-counter medications. Please include the following information: medication name, dosage, and how often the medication is taken (for example, Prozac, 20mg, one tablet every morning).

Recommended clothing:

- Comfortable clothing appropriate for the season, with the following guidelines in mind:
 - ✗ *No hooded sweatshirts or clothing items with ties or drawstrings.*
 - ✗ *No clothes and jewelry that refer to alcohol, eating disorder behaviors, drug abuse or promote violent behavior are not allowed.*
 - ✗ *No clothing that is too revealing, too tight, and/or too short.*
 - ✓ Please consider bringing clothing to accommodate weight restoration if that is a treatment objective.
 - ✓ Temperatures in the rooms may vary; for your comfort, please bring clothing for layering
- Proper footwear for indoor and outdoor activities (no shoelaces or slip-on cowboy boots permitted). *For safety reasons, state health codes require you to wear footwear in public areas of the program.*
- Sleepwear without a drawstring (worn for sleep time only)
- Weather-appropriate outdoor clothing (hat with no strings, mittens/gloves) and footwear for outside time (*these items will be kept in storage and checked out for use at the scheduled times*)

Based on these guidelines, we recommend you plan to pack: 10 tops (i.e., 7 shirts and 3 sweatshirts and/or cardigans); 10 bottoms/pants; 10 pairs of underwear and bras/undergarments; 10 pairs of socks; 7 days' worth of sleepwear (night gowns and/or pajama pants with shirt); slippers

Optional clothing:

- Robe (without a belt or drawstrings) – this may be only worn in your bedroom
- Tennis shoes (if they have laces, the shoes will be locked up and available for use during outside time)

Recommended personal hygiene items:

Note that these products may not have alcohol listed in the first three ingredients.

(Shea Moisture is an example of a hair care brand of products which do not contain alcohol)

- Toothpaste and toothbrush
- Deodorant
- No more than five (5) hair care items such as shampoo, conditioner
- No more than three (3) skin care products

Optional personal hygiene items:

Please do not bring any compacts with mirrors, as these will not be allowed. A mirror is provided.

- No more than five (5) cosmetics/makeup items (if you bring more, these will be placed in storage)
 - No more than five (5) makeup applicators/tools.
 - Blow dryer
 - Electric razor
- } These items will be stored; they may be checked-out and utilized with staff supervision

Other optional items to consider:

- Reading items – we recommend bringing five (5) books (we can send them home and have new books sent if needed). If you have a kindle or other ereader, make sure it does not have internet capabilities.
- Headphones – these will be utilized with staff supervision and with approval from the treatment team
- Coloring books and/or journals
- Fine point markers that do not include metal tips (we have Crayola thin markers available if needed).
- Battery-operated sound machine or clock
- One (1) personal blanket, pillow and stuffed animal – note that these items must be able to withstand extremely hot water temperatures, as they will be run through a sanitary wash / dry cycles upon admission.
- Fidgets that do not contain any metal
- Pictures of family and friends (no glass frames)

Please refrain from bringing the following items as these are not allowed:

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| <input checked="" type="checkbox"/> Sentimental valuables (<i>we will not be held responsible if these items are lost or stolen</i>). | <input checked="" type="checkbox"/> Jewelry (please remove any piercings prior to admitting to the unit; we will provide plastic piercing holders upon request). |
| <input checked="" type="checkbox"/> Straightener or curling wand | <input checked="" type="checkbox"/> Pens and pencils |
| <input checked="" type="checkbox"/> Bladed razor | <input checked="" type="checkbox"/> Electronic video gaming devices or Bluetooth devices such as Nintendo switch, iPad, computers, headphones |
| <input checked="" type="checkbox"/> Nair or other hair removal products | <input checked="" type="checkbox"/> Battery operated fans |
| <input checked="" type="checkbox"/> Aerosol hair care products | <input checked="" type="checkbox"/> Knitting or crocheting items – this may be allowed in residential level of care but not at inpatient level |
| <input checked="" type="checkbox"/> Perfumes or body spray | <input checked="" type="checkbox"/> Personal laundry detergent (we will provide you with hypoallergenic laundry detergent) |
| <input checked="" type="checkbox"/> Belts | |
| <input checked="" type="checkbox"/> Hoodies | |
| <input checked="" type="checkbox"/> Lounge shoes that contain laces | |

If residential treatment has been discussed prior to admission as the next level of care, please feel free to pack a separate suitcase for items you may need. These items will be stored and not be gone through. (Note: we have limited space for storage; if you reside locally, we recommend these items be brought closer to the admission date.)