

Admissions information

To help make your admission and stay as comfortable as possible, we ask that you read this information carefully. Please refer to the packing guide so you arrive with all the required documents and personal items. If you have any additional questions, please call 800-767-4411.

Rogers Behavioral Health's inpatient program provides intensive treatment for adults with eating disorders. We welcome people who have a variety of struggles with eating disorders to this program, and it is common to encounter a diverse population during your stay. 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.

Expectations:

Because of the intensive monitoring required at this level of care, there are certain things to expect:

- As part of your admission and orientation to the unit, all your belongings will be thoroughly checked by a staff member with you. This is to ensure that your clothing and personal hygiene items are safe and appropriate for use (see the "Packing guide" section below).
- The entrance doors to our program are locked for the safety of our patients. Most of our programming happens 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. Many times, people in our inpatient program will transfer within the Rogers system to residential treatment or to one of our specialized partial hospitalization programs.
- The program's attending provider 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.
- As part of your treatment, all patients will be expected to adhere to the unit rules. A copy of these are included in this packet and will be discussed with you during the admission process.
- If at any time while on the unit it is deemed necessary for your own safety, you may be required to wear paper scrubs.

Nutrition and movement:

- For safety and consistency in care, no outside food or drinks are allowed to be brought in for patients.
- Because patients at this level of care are often experiencing serious health concerns related to malnutrition, formal exercise programs are not part of treatment at this stage. This is to protect patients' medical stability and allow the body time to heal.
- While formal exercise is not included, our program integrates a gentle, "mindful movement" component using Safe Exercise at Every Stage (SEES) principles. This focuses on restoring a healthy relationship with movement, supporting body awareness, and emphasizing safety over intensity or performance. It is designed to help patients learn how to approach movement in a balanced, supportive way as their recovery progresses.

Smoking guidelines:

We recognize that some people who come to Rogers are smokers or use smokeless tobacco / nicotine products. We also recognize that many people with tobacco/nicotine addiction want to quit. Our attending providers are eager to assist you if you decide to address your nicotine addiction while in treatment here.

Vehicles:

You may have a vehicle on the hospital campus; however, it must be registered with our staff and your license plate number recorded. Vehicles must be parked at a remote site in the main hospital parking lot and keys must be turned in upon admission.

Family and visitor guidelines:

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

- Family sessions may be scheduled within 24-48 hours after admission to the program. These sessions will include your therapist, dietitian, physician, and any other necessary team members.
- We ask families to observe the daily visiting hours from 6:30 – 8 pm CT; however, visiting outside the scheduled time is permitted with prior approval of the treatment team.
- All visitors need to be on the approved visitor list. If the visitor is under age 18, they need to visit with an adult on the approved list.
- Please be aware that the 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 vehicles for confidentiality purposes. All personal belongings visitors bring to the unit will need to be locked in lockers.
- All visitors will be screened with a handheld metal detector for safety reasons.
- We are a “can-free” campus. Please do not bring any aluminum cans into the buildings or out on the property.

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 attending provider. 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:

NOTE: *Per hospital policy, no items will be allowed to be brought in post-admission, so please pack accordingly.* During your stay any exceptions to this policy will be determined by the treatment team and will be limited to medically necessary items or appropriate needed clothing.

As noted earlier, part of your admission and orientation to the unit includes having a staff member 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. Any items that cannot be used while you are at the inpatient program will be secured by Rogers' staff until your discharge.

Please do not bring any items of monetary or sentimental value. You are responsible for all belongings. It is best to leave these items at home. *We will not be held responsible for items that are broken, lost, or stolen during your stay.*

Mandatory items to pack:

- ☐ 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)
- ☐ Insurance card, insurance claim forms
- ☐ An accurate list of all current prescriptions 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). If physical medications are brought in, most of them will be asked to return home during the admission process. If you are on a prescribed stimulant, this will be held until evaluated by the psychiatrist.
- ☐ Legal paperwork such as advanced directives, probation/parole, etc.

Recommended clothing to bring:

- ☐ Comfortable clothing appropriate for the season.
 - ✓ 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.

Please keep the following exceptions in mind:

- ✗ No hooded sweatshirts or clothing items with ties, drawstrings, holes.
- ✗ No clothes and jewelry that refer to alcohol, eating disorder behaviors, drug abuse or promote violent behavior are not allowed.
- ✗ No ripped or torn clothing jeans
- ✗ No spaghetti strap tank tops or crop tops
- ✗ No clothing that is too revealing, too tight, and/or too short.
- ✗ No belts
- ✗ No hair ties, bands, ribbons, hair clips of any kind
- ✗ No jewelry of any kind. Please remove all piercings prior to admission or they will be removed with a nurse upon admission. *For those piercings that require special tools to remove; these must be removed prior to admission to the unit.*
- ☐ Proper footwear for indoor and outdoor activities (no shoelaces, slip-on cowboy boots or steel-toed shoes permitted). *For safety reasons, state health codes require you to wear footwear in public areas of the program.*
- ☐ Tennis shoes (if they have laces, the shoes will be locked up and available for use during outside time)
- ☐ 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 pack:

10 tops total	10 bottoms total	10 pairs of socks
10 bras/undergarments	10 pairs of underwear	
7 days' worth of sleepwear (nightgowns and /or pajama pants with shirt, and slippers)		

Personal hygiene items to bring:

Note: Only **ONE (1)** of each item is allowed and all containers must be **unopened**. *Please check the label to make sure that ethyl alcohol is not listed as one of the top three ingredients.*

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| <input type="checkbox"/> Shampoo | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> Conditioner | <input type="checkbox"/> Toothbrush and toothpaste |
| <input type="checkbox"/> Body wash | <input type="checkbox"/> Electric razor – only allowed if your attending provider orders it and there are no safety concerns. Then it may be checked out and utilized with staff supervision. |
| <input type="checkbox"/> Face wash | |
| <input type="checkbox"/> Moisturizing lotion | |

The following items are not allowed:

× Any item that is prohibited by law

× Alcohol and other substances. This includes:

- Alcohol
- Products that contain or resemble alcohol or controlled substances (nonalcoholic beer, etc.)
- Cannabidiol (CBD) products (oils, gummies, lotions, drinks)
- Paraphernalia, including, but not limited to, pipes, grinders, bongs, hookahs, vapor genie
- Drinkable liquid substances with ethyl alcohol listed in the first three ingredients (mouthwash, shampoo, hand sanitizer, or other similar items)
- E-cigarettes, vapes, and other smokeless cigarettes
- Herbal incense products (K2, HU-210, Spice, etc.) smoked for cannabis-like effects

× Crafting and creative supplies. This includes:

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| • Coloring / drawing / crafting kits or utensils with metal tips or sharp objects | • Scissors |
| • Crochet or knitting items | • Sewing kits |
| • Paints and paint brushes | • Diamond art |
| • Playdough/putty | • Bracelet-making materials |

A variety of coloring books and art supplies are available during your inpatient stay at Rogers.

× Electronic devices. This includes:

- Battery-operated devices (diffusers, fans, heaters, hot plates, kettles, clothing irons, etc.)
- Cell phones, laptops, smartwatches, other audio/video/gaming equipment, or any devices with camera/recording capabilities
- Rechargeable batteries

× Certain miscellaneous items. This includes:

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| • Anything with string, drawstring, spaghetti straps, thread, lace, shoelaces, ribbon, tape, ties, line, rope, cable, cords/cording, wire/underwire, twine, yarn | • Hardcover books | • Reading lamps (battery or electric cord) |
| • Blankets, pillows, stuffed animals | • Hats, bandanas (non-religious) | • Spiral notebooks or notebooks with elastic straps |
| • Crystals | • Latex balloons | • Safety pins, stick pins, or tacks |
| • Fidget spinners / toys with metal parts | • Metal hangers | • Writing utensils, including pencils (mechanical or regular), pencil sharpeners, and pens |
| • Glass objects | • Metal utensils | |
| • Glow sticks or glitter | • Paperclips or staples | |
| | • Picture frames with glass | |
| | • Plastic bags (resealable, grocery, biohazard, etc.) | |
| | • Pornographic materials | |
| | • Rated R, X, and unrated movies | |

X Certain personal care products / toiletries. This includes:

- Bobby pins, barrettes, hair clips
- Curling irons, hot tools, or hairdryer
- Dental floss, floss picks
- Makeup
- Mirrors, including pocket mirrors
- Non-hospital provided hair ties or scrunchies
- Perfume/body sprays
- Razors (bladed/straight)
- Shower loofahs/body scrubber
- Tweezers

X Toxic, flammable, or combustible items. This includes:

- Aerosol sprays
- Batteries
- Butane lighters
- Candles
- Essential oils
- Hair coloring or shampoo with hair coloring
- Hair removal creams or waxes (like Nair)
- Incense
- Lighter fluid
- Liquid nail polish or remover
- Matches
- Nitrous oxide
- Paints or paint thinner
- Permanent markers (like Sharpie markers)

X Weapons. This includes:

- All firearms (guns, rifles, etc.)
- Ammunition
- Brass knuckles
- Explosives
- Knives
- Nun chucks
- Screwdrivers/metal tools
- Swords

Rules keep us safe and make sure everyone is treated fairly.



General unit rules

- Use respectful language – this means no name-calling, teasing, bullying, provoking, etc.
- Use respectful behavior – this means no sexually provocative conduct, no physical abuse, no stealing, no fighting, swearing
- Use materials responsibly – this means no drawing on yourself, your peers, furniture, walls, floor, etc.
- Conversation topics need to be appropriate and respectful of others
- Group attendance and participation is expected
- No entering nursing station/area
- If you are unable to maintain safety on the unit, the use of alternative programming will be discussed with you and your treatment team
- If at any time while on the unit it is deemed necessary for your own safety, you may be required to wear paper scrubs.
- Only packages that are clinically necessary may be sent to the unit. Reasonable access to mail is always available



Phone use

- Phone use is encouraged outside of scheduled programming time
- Calls should be kept to 10 minutes to allow everyone a chance to use the phone
- Phones are to be used in the dayroom side of the nurse's station. Walking away with the phone may cause the call to be disconnected
- Phone calls cannot be shared with peers
- No personal cell phone use is allowed unless it is to retrieve a phone number under the supervision of a Rogers teammate in a safe area off the unit



Meals and snacks

- Wash your hands before eating
- Food is medicine
- A Rogers teammate will get the snack for you from their respective areas
- All utensils handed out during meals and snacks are to be returned directly to staff after the meal or snack. Staff may do pocket checks
- No food is allowed in patient bedrooms or group rooms
- You are allowed 45 minutes to complete meals and 30 minutes to complete snacks
- A Rogers teammate will announce when meal or snack will begin. You are expected to remain outside of dining area until the announcement is made
- Your Rogers teammates follow meal flow sheets and use a sliding scale to determine the amount needed, collaborating with the treatment team. If you have a question, our teammates will do their best to answer or find the answer for you. At times, you may be challenged to sit with uncertainty
- If you are unable to finish a meal/snack, additional items will be served using a sliding scale

- All sliding scale meals/snacks must be consumed entirely for it to be considered meal completion
- A Rogers teammate will provide redirection to ensure all are following these rules and table behaviors (i.e., inappropriate mixing of foods, odd food combinations, hiding/dropping foods)
- Meal/snack switches must be approved by the Registered Dietitian (if RD is not present, no switches will be allowed)
- Both hands must be visible and above the table during all meals/snacks
- All food talk will be discouraged
- If food is dropped or hidden, additional items to eat or a supplement will be provided to ensure that your dietary needs are met, as determined by the treatment team
- You can microwave a meal for 30 seconds once
- Ice is not allowed
- Baggy clothes, sweatshirts, or blankets will be discouraged/removed while at the dining table
- Patients are allowed 6 condiments with meals, and Rogers teammates will determine the appropriateness of these condiments
- If you choose not to eat, you must still be present at the meal. Remember, tolerance to being around food and seeing food is a step in treatment progress
- You are expected to complete your meals and snacks, as well as the sliding scale. If unable to complete, then alternative options for nutrition will be discussed with your treatment team
- No personal items allowed around or on table during meal/snack times
- You must remain seated until meal/snack time is completed or dismissed by a Rogers teammate
- TV and radio are not allowed during meals. A Rogers teammate may play relaxation music from the nursing desk when requested



TVs / Chromebooks

- TVs will be turned off during treatment time to help maintain focus
- TVs can be utilized at specific times, but the content may not exceed a PG rating
- Chromebooks are available for use during evening free time and when authorized for use by a treatment provider for treatment use



Bedroom access

- Doors will be kept shut and locked during the daytime hours unless otherwise determined by the treatment team and level system
- Patients are unable to enter their rooms without permission from their team during unauthorized times of the day
- Patients are not allowed in other patients' rooms