

TOP 10 THINGS TO KNOW ON WISER

1.	Safety status: Supportive vs. Solo	<ul style="list-style-type: none"> • During your first week in treatment, you are on <i>supportive status</i>. This means that you are accompanied by staff whenever you are off of the unit. Our nursing staff will take everyone out on <i>fresh air breaks</i> during the day. After your first week and dependent upon how your treatment is going, you can apply to advance to <i>solo status</i>. <u>You must attend all groups in order to be eligible for solo status. If you have an unexcused absence from any group, you will immediately be placed back on supportive status.</u> Refer to the schedule for times of solo breaks. • You may NOT leave the VA grounds during a solo pass. If you are caught leaving the grounds, you will be placed back on supportive status. • After each solo pass, please report to the Nurses Station for a routine search. • If your status is dropped to supportive status for breaking rules, then you can reapply to advance back to solo at the next treatment team rounds.
2.	Telephones *Community *Personal Cell phones	<ul style="list-style-type: none"> • You can use the community phone in the day room from 7am to 8am, 12pm to 1pm, and after 430 pm Monday- Friday and all day on Saturday and Sunday when not in group. • No phone calls after 10:30 pm on any day. • Personal cell phones may be checked out between 1-5 pm on the weekends as well as between 730-830 pm on Monday, Wednesday, Friday, Saturday and Sunday. • Cell phones are not to be used during supervised group outings, any nursing accompanied activities, recreational weekend outings, on solo passes, walking groups, or to the gym.
3.	TV Viewing	<ul style="list-style-type: none"> • Times for TV viewing are 7am-8 am and after 4:30 pm Monday through Friday • All day on Saturdays and Sundays except during groups. • No TV after 10:30 pm on any day.
4.	Computer Access	<ul style="list-style-type: none"> • You may have supervised computer access during the day on Saturday and Sunday (**all times depend on staff availability and access is not guaranteed**)
5.	Visiting Hours	<ul style="list-style-type: none"> • For the first weekend that you are in the program, you may have visiting hours only on the unit from 1-5 pm on Saturday and Sunday. • Normal visiting hours for friends and family are from 1-5 pm on Saturday and Sunday and holidays. There are no visiting hours during the week except if there is a prearranged family meeting. • All visitors to the unit must be at least 14 years old.
6.	Weekends	<ul style="list-style-type: none"> • You and your team will decide about eligibility for outings with recreational therapy on the weekends. • During your final weekend on the unit, you may request an off campus pass from 1-5 pm on Saturday <u>OR</u> Sunday. 4-hour passes will be decided by you and your team prior to the weekend. You will need to state a therapeutic reason for taking a pass off the unit before approval (i.e. work on family relationships, work on socialization, or exposure therapy).
7.	Personal Property	<ul style="list-style-type: none"> • Valuables, credit cards, wallets, etc.... may be requested and signed out for solo /fresh air breaks. • If you have a car on campus, you must turn in all car keys to the nursing staff at admission and cannot check them out until discharge. You may NOT go to your car for any reason during admission.
8.	Tobacco	<ul style="list-style-type: none"> • NO cigarettes or other tobacco products will be stored on the unit. Bringing tobacco products onto the unit/hiding them is a major rule violation. • You may not smoke, dip, or chew tobacco while under the supervision of any staff.
9.	Food on the unit	<ul style="list-style-type: none"> • No eating or drinking during groups (except water). • Unopened individual plastic bottles of water, soda, or energy drinks may be brought back onto the unit. Only unopened sodas may be stored in the refrigerator. No open containers (ex: coffee from the coffee stand or cups of soda from the canteen) can be brought onto unit. <u>All liquids will be discarded at midnight</u> regardless whether opened or not. • Unopened bags of food (ex: cookies, chips...) may be brought back onto the unit but must be consumed by midnight of that day. All food brought onto the unit <u>will be discarded at midnight each night.</u> No exceptions will be made. • Food bought in the cafeteria (hamburgers, pizza, etc.) may be brought back onto the unit but must be consumed at that time. This food CANNOT be stored in the nutrition room for any amount of time. • You may order take-out but you must be accompanied by staff to pick it up from the delivery person. No take-out food can be stored on the unit. • No care packages containing food or drinks from friends or family are allowed.
10.	Room Searches	<ul style="list-style-type: none"> • Are conducted randomly during your stay to ensure the safety of the unit • Will be performed by 2 staff members (at least one female on the WISER side). If needed due to personal preference, Veterans may request either a male or female staff member to examine the belongings. Notify the nursing staff of your preference prior to the initiation of the search.