

## What do patients do at PMC?

A typical schedule for a patient looks like this:

**8 a.m.** – breakfast

**9 a.m.** – morning community meeting

**10:30 a.m.** – fitness group

**Mid-morning** - activity/treatment groups

**Noon** – lunch

**Afternoon** - activity/treatment groups

**4:30 p.m.** – afternoon community meeting

**5:00 p.m.** – dinner

**Evening** - activity/treatment groups

## What can I do to help?

One of the biggest challenges for friends and family members is feeling helpless during your loved one's illness. We recommend that you:

- Listen to your loved one and seek places where you can agree.
- Be positive and supportive.
- Research the mental illness and try to understand the struggle of living with this illness.
- Respect the patient's desire for limited contact, if requested. (This often changes as treatment progresses.)
- Offer to bring clothing or personal items that will help the patient get back to a normal routine.
- Offer to bring a favorite meal and share it with your loved one.
- Send cards of encouragement and concern.

## For more information, please call:

Social worker:

Phone:

## PSYCHIATRIC MEDICINE CENTER

# Family information guide



### SALEM HEALTH PSYCHIATRIC MEDICINE CENTER

1127 Oak St. NE  
PO Box 14001  
Salem, Oregon 97309

PMC is located in Building E  
on the Salem Health campus.

#### VISITATION HOURS:

12:30 to 2:30 p.m.  
5:30 to 7 p.m.  
503-814-7445



# Welcome to the Salem Health Psychiatric Medicine Center.

We are proud to have the opportunity to serve you with our program. We are a community of people committed to the promotion of mental health and wellness for everyone who comes to us for help. We want each stay to be as safe, productive and comfortable as possible for patients and their families.

Our diverse team of experts strives to provide people in crisis with a positive, stabilizing experience. Each person comes to us with unique problems and circumstances, but our goal is always the same: to help people achieve the highest level of safety, functioning and independence.



## Frequently asked questions

### Can I visit?

Yes, see visitation hours on the back of this brochure. When you enter PMC, we will ask you to place your valuables and personal items in a locker for the safety of your loved one and other patients staying at PMC. Minors are not permitted on the unit but may visit in a group room with an adult present.

### Can I check on my family member without visiting?

Family can call PMC at 503-814-7445 anytime during the day. To reduce communication errors, it can be very helpful to designate a family spokesperson who will call each time.

### Can I call my loved ones at PMC? Can they call me?

Yes, there are four phones on the unit that patients can use. Free long-distance calling is available from PMC.

### When does a patient see the psychiatric provider?

Each patient sees a provider every day (including weekends) at PMC. The exact time will depend on several factors, including individual patient needs.

### What is my loved one's diagnosis?

If this is an initial hospitalization, any diagnosis that is made will be provisional. The diagnosis could change based on symptoms. Your loved one's assigned social worker can help you understand any diagnosis or medical

information you receive. The social worker works with the doctor and treatment team and will be your main contact with them.

### When will we know how long the stay will be?

PMC is a short-term facility. The average stay for patients is six to eight days. The length of stay depends on many factors, including the patient's legal status, symptoms, response to medication, home situation, and community resources.

### What happens when someone is admitted to PMC?

**Admission.** Patients are admitted to PMC on a hospital hold or voluntarily. This process is sometimes confusing and frustrating for families. A social worker can help you understand the process and explain any unfamiliar terms. The philosophy of our unit is to encourage healing, self-care and responsibility.

**Assessment.** During the first few days of the hospital stay, staff will meet with the patient and ask many questions to help understand his or her challenges and strengths. During this time, a treatment plan will be created to address symptoms.

**Treatment.** Each patient has a treatment plan tailored to his or her particular needs. This typically includes medication for symptoms, group meetings and activities. Individual therapy is not provided at PMC — this is best done in an outpatient setting.

**Group programs.** The focus of treatment at PMC is healing and recovery. Everyone is encouraged to attend all scheduled groups to receive benefit from the program and to develop needed skills. Classes and groups focus on a variety of topics, including socialization, relaxation, self-esteem, communication and relapse prevention.

**Discharge planning and community follow-up.** A discharge plan is developed from the beginning of each stay. The purpose of the plan is to arrange for continued care and to follow-up on any issues which are not resolved at the time of discharge. The length of stay is determined by the severity of the challenges, achievement of treatment goals as well as the available resources in the community.

We strive to recommend the best resources available to increase the likelihood of continued success.

Community services may include mental health counseling and medication monitoring, placement in a new living environment, home health care, financial assistance, and community transportation.