

R Place Resident Handbook

Welcome

The mission of R-Place is to support Residents aged 8-18 in developing self-regulation and transitioning successfully into the community. By providing a safe, nurturing clinical environment and employing advanced relational methods, we foster emotional regulation and rebuild trust in adult care. Our program focuses on therapeutic relationships, sensory integration, and family work to repair relationships and enhance relational capacity, ultimately preparing Residents for life.

R-Place



GENERAL INFORMATION AND EXPECTATIONS

- Respect other's space
- NO physical contact of any kind
- Residents are not to enter other resident's rooms
- Be Kind to others in your actions and words
- DO NOT share food, drinks, clothing, linens or hygiene items
- NO VIOLENCE OR BULLYING of any kind
- Treat property on and off unit with respect

CHORES

As part of the daily routine, Residents are responsible for a daily chore. Chores will be assigned to each resident which will need to be completed on that day.

- Cleaning Tables
- Collecting Trash
- Wiping Down Windows and Door Handles
- Dusting
- Sweeping and Moping
- Laundry
- Clean Bedroom

PERSONAL BELONGINGS AND DRESS CODE

Upon admission, your belongings will be searched and carefully inventoried. Any items considered potentially harmful or that violate our contraband policy will be stored in the contraband closet or hospital safe until your discharge. Each resident will wash their laundry including their blanket with staff supervision.

Items that you are permitted to have

- 5-6 complete outfits (be mindful of the changing weather)
- 1 twin sized blanket
- Shoes: slippers, sneakers
- 1 comfort item

Items that are NOT permitted on the unit

- Cell phones or items that connect to the internet
- Gum or candy
- Torn/ripped clothing or clothing with holes
- Head wear
- Tank tops, crop tops, and low cut shirts
- Steel-toe boots
- Short shorts and skirts
- Jewelry
- Skin tight or overly baggy clothing
- Any clothing with sexual, violent, drug and alcohol, or gang affiliated suggestions
- Any other item deemed hazardous by staff

Shorts ARE permitted but must be at least finger-tip length. You MUST have socks, shoes, or slippers on your feet at all times.

PERSONAL CARE

Residents are permitted to bring your own hygiene items or we will provide them for you. Towels and washcloths are provided each day for showering. In order to promote and maintain a healthy environment, we encourage you to wash your hands throughout the day.

Items that are permitted to bring

- Shampoo
- Lotion
- Conditioner
- Body wash
- Deodorant
- Hair products

All items must be between 16-20oz and sealed

VALUABLES

To ensure that the resident's personal valuables are accounted for we encourage you to send these items home with family. This includes:

- Money
- Credit/Debit/Gift Cards
- Jewelry
- Cell Phones/Electronics
- Any forms of ID

If the resident is unable to send personal valuables home they are kept in the hospital safe. These personal valuables are placed in a sealed slip then witnessed and signed by the staff, resident and security.

PHONE

If you would like to make a phone call ask staff and they will help you. Ingoing and outgoing calls will be dialed by staff and transferred to the resident phone. Phone calls during school and group time are not permitted.

If someone needs to reach you while you are here, they may call 814-375-6280. This number is for the Unit.

SMOKING

Penn Highlands is a smoke free facility so tobacco products are prohibited. Items that are not permitted include chewing tobacco, cigarettes, vapes, and tobacco pouches.

VISITING

- Visiting hours will take place on Sunday from 12:00pm to 3:00pm.
- Visitors are required to have identification prior to entering the unit.
- Visitors under 18 years of age must be accompanied by an adult
- There is a limit of 2 visitors per resident at one time
- Visitors will be wanded prior to entering the unit and will need to leave their belongings in a locker at security
- Only people that you have given consent for will be able to visit, this is completed by the residents guardian at the time of admission.
- Off unit visiting is approved through a physician order.

MEALS/SNACKS

- Meals will be provided in the kitchen at designated times
- Snacks will be provided at designated times
- Please note that snacks given by staff is the only food permitted outside of the kitchen.
- Please do not take any food into your room.

AFTERCARE

The importance of follow up treatment after discharge is VITAL to maintaining the progress you made during your visit with us. It is VERY IMPORTANT that you take your medications as prescribed. You will also be scheduled for follow up appointments before you leave with a provider of your choice. Keeping these appointments is very important in maintaining your mental and physical health.

Local Protection to Advocacy Resources

Children & Youth	814-765-1541
Community Action	814-765-1551
Child Advocacy Center	814-765-3155
Crossroads	814-371-1223

EMERGENCY MEDICAL PLAN

In the event of a medical or behavioral health emergency that cannot be handled on the Penn Highlands PRTF unit the following will occur:

- Penn Highlands Dubois West Emergency Department- 100 Hospital Avenue, DuBois PA 15801
- 911 will be called- Ambulance service will transport to and from PRTF
- Appropriately trained staff will accompany the resident to the emergency department and remain with the resident until they are medically cleared and returned to the PRTF unit.
- Family/Guardian/Custodian will be contacted about the emergency.
- Inpatient cross trained staff would be utilized for any emergency staffing needs

The resident will be provided care from a trauma-informed lenses, promoting safety, trustworthiness transparency, empowerment/choice, collaboration/mutuality, peer support, and cultural/historical/gender competency.

Date of Placement: _____
Physician: _____
Therapist: _____
Social Worker _____
Unit Telephone Number: 1-814-375-6280
Unit Fax Number: 1-814-375-6281
Address: 535 Sunflower Drive, DuBois, PA 15801

NOTES AND THINGS TO REMEMBER

"There is hope, even when your brain tells you there isn't" - John Green