



Inpatient Handbook

Amenities

Treatment can be challenging, which is why our beautiful 50-acre campus has been designed as a safe, soothing environment in which you can create your path to recovery.

When we created this campus, we planted more than 650 trees, making it a lush oasis in an urban metropolis. Colorful beds full of bright flowers greet you as you walk to the Dining Room or to the Wellness Center. A spectacular labyrinth beckons you for reflection, while a sculpture garden invites you to sit and meditate for a while.

When you step inside, you'll step into restful, comforting spaces. From the double-height great rooms on each program to the adjoining terraces and group rooms, you'll find calming spaces designed with wellness in mind.

Bedrooms are equally calming. You'll enjoy luxurious, high-thread count linens, a comfortable reading chair and an en-suite bathroom.

Beyond the beauty of your program's public and private spaces, you can enjoy a host of other amenities:

- A state-of-the-art Wellness Center, including a saltwater pool and regulation-size half-court basketball court
- A sunny fireside lounge
- Labyrinth
- Sculpture garden
- Personal training
- Massages
- Hairstylist
- Personal pet visits

Spirituality

Menninger has long been known for its commitment to the biopsychosocial model of care. Tending to patients' spiritual dimensions is also an integral part of our treatment model.

Pastoral Counseling

If you have a clinician's order for a consultation and pastoral counseling, you'll meet with one of The Clinic's chaplains, who will become a part of your treatment team, as patients' spiritual issues impact treatment and wellness.

On-campus Services

Weekly Christian and interfaith services are held on campus for both adult and adolescent patients. A Catholic deacon offers communion for Catholic patients each week and arranges for a priest to visit for confessions. Once a month, a rabbi leads a Jewish service and is available to meet with patients as needed. A Buddhist monk conducts meditation classes regularly and is available to meet with patients. When a patient asks to see clergy of their faith community, a chaplain makes the arrangements. Thanks to Houston's diverse faith community, we can fulfill most requests.

Menninger's Interfaith Chapel is home to many of these services. With seating for 32, the double-height space is entered through a beautiful stained-glass door. Stained glass also adorns panels on each side of the lectern. It features a custom-dyed tapestry by artist Carol LeBaron and enjoys a view onto a peaceful meditation garden.

Values & Meaning Groups

Treatment-focused Values & Meaning groups are available on most programs. You'll explore your own values, beliefs and perspectives, complementing what you learn in other educational and therapeutic groups. These groups are designed to help motivate you to commit to achieving and sustaining wellness.

Wellness and Recreational Therapy

At Menninger, we want to help you be well in body and in mind. Exercise is an important aspect of treatment, as it's been proven to improve mood, reduce stress, improve sleep habits and influence self-esteem.

Our recreational therapy team addresses your specific leisure interests with activity-based interventions, including a customized fitness program, to restore and improve physical, cognitive, social and emotional well-being. Our bachelor's-prepared and certified therapeutic recreational therapists introduce these activities to encourage development of skills, knowledge, self-confidence and independence.

Recreational therapy activities include:

- Creative expression — reading of plays and book discussions
- Leisure awareness and lifestyle coaching
- Pet therapy
- Arts, jewelry making and crafts
- Yoga and PIYO (Pilates and yoga)
- Aerobic fitness — boot camp, Drumba®, pool aerobics, fitness equipment, sand volleyball, indoor basketball, tennis, volleyball, etc.
- Line and Latin dancing
- Family game night
- Holiday and seasonal activities

Your program may not include all of these activities; ask your treatment team which ones you can participate in.

Wellness Center

At nearly 2,000 square feet, the Wellness Center offers a workout area with wall-mounted televisions, an exercise room with a shock-absorbing wood floor, a regulation-size half basketball court with five basketball goals and a recreation area with arcade games. The Wellness Center also boasts a saltwater pool so that you can cool off on hot summer days.

No matter what inpatient treatment program you're in, you'll have scheduled time in the Wellness Center, where you can also participate in classes like yoga, stretching and relaxation.

Levels of Responsibility

The safety of our patients is our number 1 goal. To help us with this goal, our programs include levels of responsibility (LORs) for all patients. Simply put, LORs help us ensure that you're ready for increasing levels of less-supervised care.

When you first admit to The Clinic, you'll find that you'll always be in the company of others, including staff, except, of course, when you're sleeping. This gives you the security of knowing that trained professionals will be with you as you adjust during your first days and weeks at Menninger. This also gives the staff the chance to get to know you, your unique presentation of symptoms and your level of functioning.

As your treatment progresses and you begin to feel better, your LOR will change. You'll find that you can then participate in certain activities without being accompanied by staff. You'll most likely start by joining a fellow patient in activities outside your program, and then as you continue to improve, you'll have more unrestricted time on your own.

Your treatment team will give you more details about the LOR system when you arrive.

Living Healthier Together

All graduates of our programs are invited to join our patient affinity group, Living Healthier Together, which is coordinated by a peer recovery specialist who is a former patient.

The group is a great way to continue the connections you form with fellow patients. Keeping those connections alive helps you as you transition to life back home. It gives you the chance to celebrate your progress and share your challenges with others who have experienced Menninger treatment.

Living Healthier Together offers two options for continuing those connections:

- An online all-recovery support group that meets on Saturday afternoons
- A Living Healthier Together app

You'll learn more about the group from your treatment team.

Visiting Hours

Your family and friends are encouraged to visit you whenever you're ready for company. Visiting hours vary by program, but every program allows daily visits.

Talk to your treatment team about the visiting hours for your program.

Phones

Because we respect every patient's privacy, no photos are permitted. We provide a camera-less phone for you to use while at Menninger.

Saturday Education Forum

A long-time tradition is our Saturday Education Forum for adults. Held in the morning, it's a great way to start your weekend. Featuring Menninger clinicians or former patients, you'll learn about a host of mental health topics, which have included stress, burnout, mentalizing, shame, resilience, family dynamics and many more.

Get the most out of your time at Menninger by participating each Saturday.

What to Bring – Adult Patients

As a psychiatric hospital, we take patient safety very seriously. That's why we offer such a specific list of acceptable – and prohibited – items that can be brought onto campus. For questions about any of these items, contact your Admissions coordinator.

Permitted Items

- Photos of family, friends and home (without glass in or on the picture frames)
- Wireless earbuds (Units have a supply of wireless headphones available for your use.)
- Small craft or art materials, which may require use under supervision
- Drawing materials
- Playing cards
- Plastic mirrors
- Single-serving packages of snack foods
- Beverages in plastic cartons
- Mouthwash without alcohol
- Cell phone – Menninger provides phones for calls made to/from the unit.
- Personal cell phones are stored and retrieved from the vault in the Menninger Cashier's Office. Access to personal cell phones will be permitted only when going off grounds. Staff will obtain the patient's mobile number and provide the patient with Menninger's phone number to ensure communication access while off campus.
- Musical instruments, if brought, will be kept in a supervised area and/or be used under supervision of clinical staff.
- Flower arrangements or plants in plastic vases or containers, not glass, including flowers sent by family
- Only iPod and MP3 models with music download and playback ability (No video recording or photography models are permitted.)
- eReaders, such as Kindle, with existing books and other downloaded materials

Restricted Items

The following items are kept at the Nurses' Station in a secure location. Patients may check out these personal items.

Appliances and Home Goods

- CDs
- Chargers
- Corded personal care items or entertainment devices, such as hair dryers or earbuds (Each program offers battery-operated hairdryers.)
- Glass bottles, including makeup, nail polish and perfume, which will be dispensed with staff supervision
- Metal and plastic needles of all types (Knitting, crochet and looming needles will be limited to use in the day room.)

Clothing and Accessories

- Athletic shoes with shoelaces for exclusive use in the gym and fitness equipment area

Personal Care Items

- Cuticle trimmers
- Nail clippers
- Dental floss, which will be dispensed in small amount for each use
- Eyelash curlers
- Scissors
- Shavers (battery operated and electric)
- Toiletries including shampoo, body wash and facial wash (If the label indicates "seek medical attention if ingested," these items will be dispensed in single-use amounts with supervision.)
- Tweezers

Miscellaneous

- Musical instruments
- Earbuds or headphones with cords
- Sports equipment
- Select art supplies based on assessment for safe use

Prohibited Items

Appliances & Home Goods

- Candles, matches, lighters
- Cans—aluminum, aerosol, pressurized cans
- Corded and/or metal heaters and fans
- Curling and straight irons, hot rollers
- Electric blankets or throws, personal heating pads
- Extension cords
- Flashlights, light bulbs, other devices with a light
- Glass items
- Hangers, metal and wire
- Luggage straps, musical instrument straps
- Mirrors, both plastic and glass (Menninger provides safe mirrors.)
- Plastic packaging rings from soft drinks, plastic packaging materials, bubble wrap, plastic bags
- Safety pins, metal sewing needles
- Sharpeners for pencils or makeup
- Spiral-bound notebooks
- Tools: hammers, pliers, wrenches, crafting tools

Clothing and Accessories

- Drawstrings in pants, shorts or swim trunks, belts, scarves, hats with strings, sashes, ties, suspenders, hair ribbons or ties
- Shoes with shoelaces (exceptions are athletic shoes to check out when using the Menninger gym and fitness equipment)
- Survival necklaces and bracelets
- Tank tops

Electronics

- Recording devices for photos, voice, music or video
- Any headphone or earbuds with wires (wireless earbuds or large wireless headphones permitted)
- Laptops, iPads, DVD players, personal gaming systems (Personal cell phones will be kept in the Menninger vault. Menninger provides cell phones.)

Food and Beverages

- Energy drinks, body-building powders, protein drinks and protein bars
- Any beverage or food in a glass or metal container

Personal Care Items

- Nail polish remover containing acetone
- Mesh bath scrubby or any loofah
- Metal nail files
- Dental picks
- Mouthwash containing alcohol
- Razors unless battery-operated or electric
- Laundry detergent, fabric softener or stain remover (Menninger provides powdered detergent.)

What to Bring – Adults

***Note: We will not continue the use of herbal supplements while at The Clinic.**

- For adolescents, immunization records and school assignments for first 3 weeks
- Alarm clock – Must be wind up or battery operated. We encourage self-responsibility in getting up and being on time.
- Journal materials – Wireless notebooks or journals only, no wire-bound notebooks
- Stamps, stationary paper, envelopes and writing instruments
- Copy of Living Will, if one is in effect, or advance directives
- Driver's license, which may be needed as personal identification for appointments off of the Menninger grounds
- Spending money – Do not bring a large amount of cash. We discourage keeping more than \$25 to \$30 dollars at one time.
- You are able to cash checks at the cashier's office while here. No more than one credit card is suggested.
- Medical insurance information, insurance card and prescription information. These may be needed for medical treatment during your stay even if insurance is not paying for treatment at Menninger.
- Jewelry – Minimal amount suggested. You keep this at your own risk.

Suggestions for Clothing

***Note: Pack items that do not require belts or drawstrings. For footwear, bring shoes that do not require laces, such as sandals and/or slip-ons. Athletic shoes with laces are needed to use the gym and fitness equipment and can be checked out for use.**

- Appropriate, casual, comfortable clothing, but no low-cut shirts, short shorts or skirts, sheer, clingy or overly tight clothing, tank tops, clothing with drug paraphernalia or terms, or sexually explicit pictures or wording
- Swim suit and trunks (depending on season – one-piece suits only for women; trunks without drawstring for men)
- Light and/or warm jackets. Clothes that layer are useful for all seasons.
- Sweat shirts (without drawstrings) or sweaters, as it can be cool inside.
- Comfortable walking shoes
- Athletic shoes (required for use of the gym) and athletic clothing suggested (Athletic shoes with laces may be checked out for use in gym since laces are not accepted on the unit.)
- Robe (without belt/sash)

- Slippers
- Pajamas (without drawstrings)

Personal Care Checklist

- Toothbrush (nonelectric) and toothpaste
- Shampoo plus conditioner if desired
- Antiperspirant (non-aerosol)
- Nail clippers and emery board
- Shavers – **electric only**
- Facial cleansers
- Specialty soap (Menninger provides hotel-type hand soap.)
- Feminine hygiene products as needed
- Blow dryer
- Hot air brushes
- Hair care items such as mousse, spray and gels (non-aerosol)
- Lip balms
- Make-up as desired (no glass mirrors)
- Contact lenses (extra pairs) and cleaning supplies

Restricted Items – Adolescent Patients

The following items are kept at the Nurses' Station in a secure location. Patients may check out these personal items.

Appliances and Home Goods

- CDs
- Chargers
- Metal and plastic needles or hooks for knitting, crocheting, looming or sewing, limited to use in the day room only
- Pens, pencils, erasers (The program provides these items.)

Clothing and Accessories

- Earrings (Staff will secure your earrings; you may change out earrings as desired.)
- Body jewelry (Please choose body jewelry that you will wear throughout the duration of your stay. Any extras will be sent home with your family/guardian.)
- Makeup (You may bring one small bag with makeup that you will check out to use when needed.)
- Athletic shoes with shoelaces (Only allowed in gym under supervision.)

Personal Care Items

- Corded care items, such as hair dryers and curling or straightening irons (The program provides battery-operated hairdryers.)
- Cuticle trimmers
- Nail clippers
- Dental floss, which will be dispensed in small amount for each use
- Eyelash curlers
- Scissors
- Shavers (battery operated and electric)
- Toiletries including shampoo, body wash and facial wash (If the label indicates “seek medical attention if ingested,” these items will be dispensed in single-use amounts with supervision.)
- Tweezers

Miscellaneous

- Musical instruments
- Earbuds or headphones with cords
- Sports equipment
- Select art supplies based on assessment for safe use

Prohibited Items – Adolescent Patients

Appliances & Home Goods

- Cans—aluminum, aerosol, pressurized cans
- Candles, matches, lighters
- Corded and/or metal heaters and fans
- Curling and straight irons, hot rollers
- Electric blankets or throws, personal heating pads
- Extension cords
- Flashlights, light bulbs, other devices with a light
- Glass items
- Hangers, metal and wire
- Luggage straps, musical instrument straps
- Mirrors, both plastic and glass (Menninger provides safe mirrors.)
- Pencil sharpeners, makeup sharpeners
- Pipe cleaners
- Plastic packaging rings from soft drinks, plastic packaging materials, bubble wrap, plastic bags
- Safety pins, metal sewing needles
- Spiral-bound notebooks, staples, paper clips, mechanical pencils, “clicky” pens

- Tools: hammers, pliers, wrenches, crafting tools

Clothing and Accessories

- Drawstrings in pants, shorts or swim trunks, belts, scarves, hats with strings, shoelaces, sashes, ties, suspenders, hair ribbons or ties
- Shoes with shoelaces (Exceptions are athletic shoes to check out when using the Menninger gym and fitness equipment with supervision.)
- Survival necklaces and bracelets
- Tank tops

Electronics

- Recording devices for photos, voice, music or video
- Any headphone or earbuds with wires (wireless earbuds or large wireless headphones permitted)
- Laptops, iPads, DVD players, personal gaming systems (Personal cell phones will be kept in the Menninger vault. Menninger provides cell phones.)

Food and Beverages

- Energy drinks, body-building powders, protein drinks and protein bars
- Any beverage or food in a glass or metal container

Miscellaneous

- Alcohol, illicit drugs, drug paraphernalia
- Guns or weapons of any kind
- Tobacco, smokeless tobacco, pipe cleaners, cigarettes, vapors, e-cigarettes
- Toxic substances including but not limited to inhalants, model glue, hair dye, liquid bleach, hair remover (cream and gel)