

PSYCHIATRIC CARE: *Inpatient Treatment*

Walden's Thoreau Center treats patients in acute psychiatric distress related to a wide range of psychiatric disorders. It offers crisis stabilization through 24-hour nursing care and daily, active, multidisciplinary treatment, under the direction of a psychiatrist. Patients receive a diagnostic evaluation and participate in a wide variety of individual, group and family counseling programs. They learn new skills, provide and receive support, and understand more about their diseases and available treatments. Treatment teams coordinate with outside clinicians, social service agencies and patients' families to help patients make a smooth transition to less restrictive treatment environments, and re-integrate into the community.

Patients participate in a wide variety of individual, group and family counseling programs. Group programs form the cornerstone of therapy at Walden. Patients learn new skills, provide and receive support, and learn more about their disease and available treatment.

Coordination with outside clinicians, social service agencies and patients' families helps ensure a smooth transition to a full range of community programs including residential, halfway house, partial hospitalization, day treatment and outpatient programs.

WHO IS SERVED

Patients 16 years or older with severe psychiatric symptoms.

GOALS

- Re-establish basic emotional and cognitive stability.
- Develop and implement a comprehensive treatment plan, including medication, therapy and nutrition.
- Begin developing an Individual Recovery Plan (IRP) that identifies specific goals, life changes and effective methods for achieving those goals.

PROGRAM HOURS

The program operates 24 hours a day, 365 days a year.

A TYPICAL DAY

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| 6:30-8:00 a.m. | Wake Up/Shower/Take Medication |
| 8:00-8:30 a.m. | Breakfast |
| 8:30-9:00 a.m. | Fresh Air Break |
| 9:00-9:30 a.m. | Community Meeting/Goals Group |
| 9:45-10:00 a.m. | Current Events Group |
| 10:15-10:45 a.m. | Snack/Menu Planning |
| 10:45-11:00 a.m. | Gentle Exercise |
| 11:15-12:00 p.m. | Education or Didactic Group |
| 12:15-12:45 p.m. | Lunch |
| 12:45-1:00 p.m. | Fresh Air Break |
| 1:15-2:00 p.m. | Process or Skills Group |
| 2:00-2:15 p.m. | Snack |
| 2:15-3:00 p.m. | Dual Diagnosis Recovery Group |
| 3:30-3:45 p.m. | Fresh Air Break |
| 4:00-4:45 p.m. | Project Group |
| 4:45-5:00 p.m. | Medications Administered |
| 5:00-5:30 p.m. | Dinner |
| 5:30-6:00 p.m. | Fresh Air Break |
| 6:00-6:45 p.m. | Dual Diagnosis Workbook/Journaling |
| 6:00-8:00 p.m. | Visiting Hours/Leisure Time |
| 8:00-8:30 p.m. | Wrap-Up Group |
| 8:30-8:45 p.m. | Fresh Air Break |
| 8:45-9:00 p.m. | Snack |
| 9:00-10:30 p.m. | Night Medications Administered/ Free Time |