

NURSING SERVICES GUIDELINE INPATIENT BEHAVIORAL HEALTH

Guideline: Program Elements



Policy Number Superseded:

Responsibility: All trained Inpatient Behavioral Health staff

Effective Date:
November 2023

Purpose of Guideline: To describe the therapeutic program for all staff, referral sources, and patients and provide a clear overview of the program.

Initial Effective Date:
July 2017

Procedure:

A schedule will be posted in a visible location for staff orientation and patient care. A variety of multi-modal therapies and activities will be used to meet the patient's individual needs. This schedule will include at a minimum the therapies listed below.

- (A) Therapeutic programming includes the following at a minimum:
- (1) Goals Group – attended by qualified staff, purposeful, and on a regular basis.
 - (2) Group Therapy Sessions.
 - (a) Are conducted by a master's prepared/or qualified staff.
 - (b) Focus on dynamic, interpersonal relationships, and problems affecting behavior and actions.
 - (3) Recreational/Activity Groups.
 - (a) Conducted daily or as prescribed by state regulations.
 - (b) Appropriate in relation to the patient's age, cognitive ability, and functional capacity, reflecting multi-track programming as appropriate.

- (c) Focus on mind-body connection, interests, leisure and functioning abilities/capabilities, build on strengths.
- (4) Patient Education Groups.
 - (a) Conducted daily with frequency and type determined by patient needs.
 - (b) Education and resource focus based on individual needs including relapse prevention, anger management, relaxation techniques, stress management, spirituality communication, medication education, crisis management, etc.
 - (c) Educational sessions with staff to work on school requirements for those who need assistance.
- (B) The therapeutic program schedule reflects a minimum of 30 hours of scheduled therapeutic activities for the week. It reflects a minimum of 4 hours daily of active, group-oriented therapeutic activities on holidays (excluding visitation).
- (C) The therapeutic program schedule elements are developed and conducted by all disciplines representing the interdisciplinary team.
- (D) Adequate free time/visiting time is reflected on the daily program schedule.
- (E) When indicated, alternate tracks that focus on specific needs or diagnostic categories are offered to meet the identified needs of the patient population.
- (F) When indicated, alternate tracks that focus on specific needs or diagnostic categories are offered to meet the identified needs of the patient population.

(Program schedule available in unit)

Approved by:
Kurt Kless, MSN, MBA, RN, NE-BC
Chief Nursing Officer

Initial effective date:
July 2017

Review/Revision Completed by:
Tamara Cerrone, BSN, RN, Director
Inpatient Behavioral Health

Review/Revision Date:
August 2020
November 2023

Guideline:
Program Elements

3

Reviewed by Policy & Standard
Committee
August 2020

Next review date:
November 2026