



Welcome to 9C Adult Inpatient Psychiatry

Welcome to the Adult Inpatient Psychiatry Program at Michigan Medicine. Our program provides diagnostic evaluations and comprehensive, individualized treatment for patients with a serious psychiatric illness. We strive to make a difference in the lives of our patients and help them improve their functioning at work, school, home, and in their relationships with family and other significant people in their lives.

Our Unit

We are located on the 9th floor of University Hospital. Our secure 25-bed unit offers private and semi-private rooms, a reading library, access to computers with internet, exercise facilities, and all-day dining room access. Several community rooms have flat-screen televisions and comfortable seating. An attached Secure Core allows patients who need more support to be cared for in an environment separate from the general unit. Patients in this area still have access to the same amenities and resources available to all patients.

Length of Stay

The length of stay is based on each patient's individual needs. The majority of patients stay with us for a few days to about a week, and sometimes longer.

Legal Status

- Because 9C is a locked unit, patients must either sign a formal voluntary form or be admitted involuntarily. Sometimes patients are admitted involuntarily when the treatment team is worried that their judgment is so impaired that they cannot comply with the treatment plan (even if they came to the hospital voluntarily). For more information on the involuntary process, please see <https://michmed.org/mV2By>



- Patients who are voluntary sometimes find that the environment does not match their needs or expectations. At that point, a patient may sign a 3-day intent to leave. The treatment team will usually accommodate the request to leave, though it might not happen immediately on signing the form. (We are not typically able to discharge patients in the evenings or on weekends.)

Adult Inpatient Psychiatry

1500 East Medical Center Drive
Ann Arbor, MI 48109
<https://psych.med.umich.edu>

Unit Clerk: 734-936-4950, option #1



McCoy, 9C therapy dog

OUR MISSION

Provide exemplary patient-centered and evidence-based treatment while promoting dignity and respect in a safe and healing environment.

Department of Psychiatry

1500 E. Medical Center Dr.
Ann Arbor, MI 48109



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

Assessment and Treatment

Treatment always includes a full interdisciplinary assessment of a patient's symptoms, strengths and weaknesses, medications and medical history, existing supports and providers, social functioning and interpersonal relationships, and ability to care for self.

This assessment period may involve, with patient permission, contacting family, significant others and outpatient providers to gain more perspective and insight on each patient's unique situation.

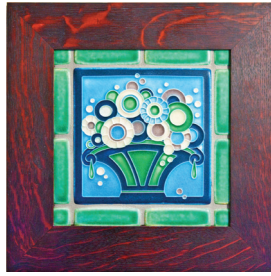
The treatment team includes the attending (faculty) psychiatrist, a resident or mid-level provider, a social worker, nurses, activity therapists, and psychiatric care workers, and sometimes students are part of the team. Patients are referred to specific therapeutic groups to improve their current functioning and to promote healing throughout their treatment process.

Planning for Discharge

We begin conversations very early with patients and families about issues we need to address during the hospitalization to make sure that we are using the time well. As part of that process, we discuss our expectations about length of stay. We collaborate with patients and families to set a target discharge date, and make solid plans in preparation for leaving the hospital.

Family and Community Support

We recognize that friends and family play an important role in recovery. We encourage our patients to identify their social supports, often friends and family, and to allow them to be a part of their treatment process. This may consist of telephone conversations and a family meeting held prior to discharge. These contacts are an opportunity to clarify concerns, treatment goals and discharge plans.



Telephones

Due to privacy concerns, patients do not have regular access to their personal cell phone. Instead, each patient has an assigned unit phone with a dedicated phone number. You can call the patient's phone number directly or call the unit clerk at 734-936-4950 (option #1) to be transferred to a patient's assigned

phone. In order to be transferred, you need to provide the unit clerk with the patient's first and last name, and room number.

Visiting Hours

Monday-Friday: 4:00pm-8:00pm

Saturday, Sunday, & Holidays: 12:00pm-8:00pm

*For anyone under the age of 18, special arrangements for visitation must be made with the Treatment Team. Visitors need to know the patient's room number to be allowed on the unit.

Suggestions for Packing for 3-4 Days

- Comfortable clothes that do not require a belt or have ties/strings
- Shoes that do not have shoelaces and regular socks – no hose or tights
- A sweater or light jacket – the temperature fluctuates sometimes in the community areas
- Paper reading materials (books, magazines, etc.)
- A list of phone numbers for friends, family, and supports

Safety

Our goal is to provide a safe environment for everyone on the unit. A number of precautions have been put in place to keep the unit safe, including a regular schedule for monitoring patient safety and a prohibited item list. There is no smoking permitted on the unit and no opportunity for patients to go outside to smoke during the hospitalization.



Items Provided on 9C

- Cordless phones (do not have texting or voice mail capabilities)
- Laundry facilities
- Medications will be dispensed through our pharmacy. We encourage patients to send original prescription bottles home, or they may be stored by Hospital Security Services.
- Computer access – there are two computers on our unit for shared use.

Items That Cannot be Accepted on 9C

- Personal cell phones or computers including Kindles, iPads, laptops
- Alcohol, marijuana, illicit substances, and tobacco products
- Laces or strings found in shoes, sweatpants, sweatshirts, hoodies
- Scissors, knives, weapons, or sharp objects
- Glass items such as mirrors or vases

This list is not exhaustive. Upon a patient's arrival to 9C, their belongings will be searched and inventoried. Items that cannot be taken onto the unit will be logged and stored in our secure area.

In addition, please keep the following policies in mind regarding personal belongings:

- Although electrical devices like electric razors or curling irons may not be kept at a patient's bedside, they can be stored on the unit and used with staff supervision upon request.
- We recommend that valuables such as watches, jewelry and money amounting to more than \$10.00 be sent home or kept with Hospital Security Services. Patients are responsible for any valuables they elect to keep on the unit.