



Together...making health and well-being a reality!

ADULT INPATIENT SERVICES

What if I need to go to the Hospital?

Adult consumers at Aspire Indiana receive a wide range of services. One of the services, that is necessary at times, is hospitalization. There, you will see a hospital psychiatrist and social worker who will care for you and work with Aspire to ensure timely follow up after your discharge from the hospital.

Why would I need to go to the hospital?

The reasons for psychiatric hospitalization primarily revolve around safety. The most common reasons for admission are worsening symptoms which could result in the following:

- Suicidal planning or intent
- Intent to harm others due to a psychiatric illness
- Inability to care for self due to psychotic symptoms
- Difficult medication adjustments that can't be completed at the outpatient clinic

Substance detox services may be performed in the hospital if your provider feels outpatient treatment is not sufficient or safe for you to remain in the community.

How long would I have to stay?

Every admission is different for each individual, but the average length of stay is around 4-5 days. The primary goal of the admission is to address the current safety crisis and arrange for the appropriate treatment resources for you following your discharge.

Will someone talk to my family?

Rules regarding staff communication with family or friends are governed by HIPAA. This means the inpatient staff will not give out information about your care

with anyone outside of the hospital unless you give written permission. There are certain exclusions. Talk to your doctor for more information about this.

Is there visiting on the units?

Yes, visiting is available on most units for family and friends.

Are there smoking areas at the hospital?

Each hospital will have their own smoking policy. Typically, nicotine patches or gum are available if smoking is not allowed during the stay.

What sorts of treatment are provided?

Besides the daily medication review with the psychiatrist, there are a multitude of therapeutic programs provided. The primary mechanism for providing therapy on the units is through group programming. There are scheduled groups daily that you will be encouraged to attend. Most topics involve the development of coping skills and stress management.

Other types of groups that may be provided include medication education, dietary, exercise, addiction, etc. You will continue with your therapist at Aspire for more in-depth therapeutic interactions once you are discharged from the hospital.