

**mental health<sup>+</sup>resources**  
**a student's guide**

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to Mental Health Hospitalization  
at the University of Michigan



# Acknowledgments

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Please note that the following topics may be helpful for *some* students to think about now or in the future. It is best to check with your treatment team to see if this will be helpful or not.

## What Now?

If you have just been admitted to the inpatient adult psychiatry unit at the University of Michigan Hospital, you probably have tons of questions. While every patient has their own circumstances and reasons for being admitted to the 9C unit, as a student at the University of Michigan, you may have some specific questions and concerns about your hospital stay:

“When will I feel like myself again?”

“What about my classes?”

“Why am I here?”

“How is this place supposed to help me?”

“Should I call my friends and family? What should I tell them?”

“What is mental illness anyway?”

“What am I going to do while I am here?”

“How can I cope with this whole thing?”

# What's Going to Happen in the Hospital?

You may be wondering what exactly is going to happen while you are here:

- First, a member of the nursing staff will provide a general orientation. Feel free to ask this person any questions about any concerns you might have.
- When you are admitted, you will be assigned an individual treatment team consisting of professionals who will take care of you during your stay. If you would like a written list of their names, you can ask your nurse.
- During the day, you will meet with the members of your treatment team, including your doctors and social worker.
- You will also attend different groups organized by the activity therapy staff throughout the day. These can include anything from exercising in the gym to learning about various leisure activities that can help you when you aren't feeling well. You will learn skills in these groups that you can use when you leave the hospital. To figure out which groups you are supposed to attend, check the whiteboard across from the nursing station.
- You will be checking in with your nurse throughout the day. If you have any questions, your nurse is a good place to start. He or she will also be the one who gives you your medication. Nurses change throughout the different shifts, but they will always introduce themselves at the beginning of their shift.
- Throughout the day, you'll also have the opportunity to meet other patients. Many times, it is very helpful to talk to other people and realize that you are not the only one dealing with these concerns.
- At the end of your stay, during the discharge process, a social worker will help you with what you are going to do once you leave the hospital. This could include finding an out-patient psychiatrist/therapist, support groups, community resources, and more.

# First Things First: Getting Organized After Admission

You have taken a very important step towards your recovery. You may be feeling overwhelmed and that's completely normal. Getting organized means having some important information all in one place.

**First, some very important things to remember:**

- Your treatment on 9C is considered **private and confidential**. Staff will not give out any information about you. **People can only reach you if they have your room number** (which YOU give them).
- YOU are an important member of your treatment team. Ask questions anytime you need to. The staff will encourage you to be an active participant in your treatment and discharge planning.
- **If you are feeling unsafe for any reason, please notify your nurse.**

## Who's on My Treatment Team?

My attending physician's name is \_\_\_\_\_.

The resident in charge of my case is \_\_\_\_\_.

My social worker's name is \_\_\_\_\_.

# Goals of My Hospitalization

Before my hospitalization, I was having difficulties with these activities and issue:

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I am hoping that this hospitalization will enable me to:

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I am afraid of these issues:

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## **A Quick Note About School:**

Doing well in school may be very important to you. It may be distressing to not be able to get your usual amount of studying done while you are in the hospital. This is all very understandable, but it's important for you to get well. You will be much more productive in your classes once you get stabilized. In the meantime, you can do easy (but necessary) tasks like making flashcards.

# Communicating...

Room Number: \_\_\_\_\_ Phone Number: \_\_\_\_\_

You will usually be able to use your phone from 8:00am – 10:00pm.

## How to use your phone:



- To make a local call, first dial 9. You will not be charged for local calls.
- If you want to make a long distance call:
  - First dial 9 and then 0
  - Then dial the area code and the phone number.
  - An automated operator will instruct you on how to charge the call (i.e. collect call, calling card, etc.).
- Having a phone card can be very helpful when you are making long distance calls.

If you feel comfortable doing so, call the friends and family members you want to inform about your being in the hospital. You do not have to pressure yourself to call anyone you don't want to. You might want to take some time for yourself, before calling anyone, which is perfectly okay.

I am going to call these people, because I think they'll be supportive:

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

**Be sure to tell them your room/phone number if you want them to be able to call back.**

# Having Visitors

If you are feeling up to it, you might want to have your friends and family visit you while you are in the hospital. Of course, you don't have to invite anybody if you are not comfortable. You also have the right to refuse any visitor.

Sometimes visitors can only come to the hospital during a certain time because of work, family, or other obligations. Visitors who need to come outside visiting hours should call the nursing station.

**Visiting Hours:**

**Monday-Friday: 5:30 pm-9:00 pm**

**Saturday, Sunday, and Holidays: 1:00 pm-9:00 pm**

Visitors can also bring you stuff that you might want.

You might ask your visitors to bring things like:

- Extra clothing (sweatshirts, jeans, pajamas, socks, underwear, etc.)
- Slippers
- Magazines
- Books
- Shampoo, toothbrush/toothpaste, shower gel, etc. (while toiletries are provided, you might want your own).
- Extra paper for journaling (but be careful of metal spirals)
- Homework (but only if you're up to it! Don't push yourself)

Be sure to remember that some things are not allowed on the unit, for safety reasons. These include: alcoholic beverages, drugs/medications, razors, scissors, knives, mirrors, other sharp objects, tape recorders, cameras, soda cans, cell phones, computers, etc. Check with your nurse if you're not sure about something.

# The Basics

## **MEALTIMES:**



Breakfast is at 8:00. Lunch is at noon. Dinner is at 6:00.

At breakfast, menus are distributed. You then just circle the items you want and return it. The kitchen is stocked with juice and snacks that you can have throughout the day. Refrigerators are also provided for your own food.

The kitchen is closed after 11:15 p.m.

## **MEDICATIONS:**



Usual Medication Times:

8:45am-9:15am

Noon until 1:00pm

5:00pm-6:00pm

9:00pm-10:00pm

You will request your medications from your nurse.

Be sure to ask questions about your medications, if you have any.

## **BEDTIME:**



At 10:00pm you will no longer be able to use your phone. Your nurse will give you any medications within a reasonable amount of time before lights-out around 11:15. Staff will monitor your sleep during the night and they request that if you are awake, you raise your hand (so they know that you are not sleeping). If you are having a really hard time falling asleep, let your nurse know.

# Roles and Functions of the Staff at the University of Michigan Hospital

**Attending Physician:** The faculty physician who is in charge of your care. He/she will see you briefly each day and will be kept informed of how you are doing by other staff.

**Resident Physician:** The psychiatrist-in-training who will be providing your psychiatric care. He/she will see you everyday during the workweek and will be in charge of ordering your medications and other tests.

**Nurses:** The nurses do much more than give you your medications. They coordinate all of your care, communicate with the physicians and other team members about you, provide counseling and support, and are the people you should turn to whenever you have questions and don't know where to turn. A specific nurse will always be assigned to your care.

**Activity Therapists:** In addition to running some of the group activities on the unit, the activity therapists are active members of your treatment team. They will assess you soon after admission and plan activities for you based on your individual needs.

**Social Workers:** The social work staff works with you to ensure appropriate communication with your family, your outside caregivers, and University staff and officials. Your social worker will lead your family meetings, and will be the primary person working with you on plans for discharge and follow-up care.

**Patient Care Workers:** Assist the nurses in monitoring patients, taking vital signs, supervising meals and other activities, and maintaining everyone's safety on the unit.

In addition to all the people listed above, you may be seen by consulting physicians about any medical problems you have. You may also have a medical student working on your treatment team and involved in your care.

# Notifying People

You might not be sure if you want to tell your friends and family that you are in the hospital. That is okay. You do not have to tell anyone if you do not want to.

Even if you do not want certain people to know you are in the hospital, you might want somebody else to let them know that you are safe.

If you are in a residence hall, you might want to let your RA know that you are safe.

I want these people to know that I am safe:

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I am going to ask \_\_\_\_\_ to contact these people for me.

## A Great Resource:

**OFFICE OF THE DEAN OF STUDENTS**

3000 Michigan Union

**TEL: 734-764-7420**

The staff at the Dean of Students Office can assist you with your return to school. They will also be able to contact your RA, professors, and others if needed. All contacts are made with your permission and with sensitivity to your right to privacy.

# Family and Friends Contact Sheet

## **BEFORE THE CONVERSATION**

Today, I want to contact \_\_\_\_\_.

I want to talk to him/her about...

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I am afraid of talking to this person about...

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This is what I am going to say...

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## **AFTER THE CONVERSATION**

We talked about...

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Now I feel...

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# Medical Information



My Diagnosis is: \_\_\_\_\_

How I feel about my diagnosis:

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I have these questions about my diagnosis:

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I think that I need to tell the doctors more about:

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# How Can I Cope With My Illness and Stay Well?

There are a lot of things you can do to stay healthy. This hospitalization will teach you many different kinds of skills to manage your illness once you leave the hospital and return to your life as a student.

The activity therapists on 9C have lots of ideas about coping skills you can try. They will help you think of activities you can do even with your busy school schedule.

As students at the University of Michigan, we all have very hectic schedules. In addition to classes, you may also have jobs and a social life. It is hard to find time for yourself, especially during those stressful times when it seems like everything is due all at once!

## **THE 411 ON STAYING WELL AS A STUDENT**

- Always take your medications as prescribed. Know why you are taking them and what side effects you might have.
- Try to maintain regular sleep as much as possible. It might be very hard during high-stress times like finals, but is still vital.
- Learn as much about your illness as you can. Work with your doctor to figure out the warning signs that might mean an episode is coming.
- Have regular appointments with a psychiatrist and/or therapist that you are comfortable with. Don't be afraid to change therapists if you need to! Always keep your doctor in the loop about what is going on in your life.
- Learn how to take care of yourself. Discover the things you can do when you're not feeling well.
- Have a life outside of your classes, grad school applications, MCAT/LSAT/GRE stress, jobs, etc.

# Which Coping Skills Work Best for Me?

During your activity therapy, you'll start thinking about what YOU can do to help yourself when you aren't feeling well.

What makes you feel better when you're experiencing distress?



Films and television shows that make me feel better:



Music that makes me feel better:



Books that make me feel better (or new books I want to read):



These are my favorite places to relax on campus:



These activities, sports, hobbies, etc. make me feel better:

# Understanding Mental Illness

Many people who have experienced mental illness have done great things. It's always important to remember that there is hope.

## HAVING A MENTAL ILLNESS...

- Does not mean that you will not get through school and go on to pursue a fulfilling career. (If you stick with your treatment, you can do practically anything you want).
- Does not mean that you are crazy, insane, weak, terrible, etc. (You have an illness that is biologically based. That means it is not your fault!)
- Does not mean that there is absolutely no hope. (It means that with proper treatment, you can still have a great life).

Think about what some of these people who have dealt with mental illnesses have accomplished!

Abraham Lincoln

Patty Duke

Robin Williams

Carrie Fisher

William Styron

Sheryl Crow

Jane Pauley

Ray Charles

Sarah McLachlan

Ben Stiller

Ted Turner

Walt Whitman

Georgia O'Keeffe

Lionel Aldridge

# Discharge Plans

It is very important that you work closely with your treatment team on all plans for what to do following discharge. The following notes might be helpful:

I was admitted to the University of Michigan Hospital on \_\_\_\_\_

I was discharged from the hospital on \_\_\_\_\_

Professors and GSIs may require a medical note to excuse your absence. Ask your social worker to help you get a note from the medical staff. The letter is very general and will not give any details of your hospitalization.

If you do not currently have an outpatient psychiatrist and/or therapist, your social worker will assist you with this. You will leave the hospital with a detailed plan of what you need to do, which often includes appointment times.

## **MY PSYCHIATRIST:**

My outpatient psychiatrist's name is \_\_\_\_\_

I have an appointment scheduled with him/her on \_\_\_\_\_

The location of this appointment is \_\_\_\_\_

The phone number of the office is \_\_\_\_\_

Directions to the office

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## **MY THERAPIST:**

My outpatient therapist's name is \_\_\_\_\_

I have an appointment scheduled with him/her on \_\_\_\_\_

The location of this appointment is \_\_\_\_\_

The phone number of the office is \_\_\_\_\_

Directions to the office

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# Medications

Medication	Dosage	Times	Possible side effects

## PHARMACY INFORMATION:

I use this pharmacy: \_\_\_\_\_

The phone number is: \_\_\_\_\_

Resource: **University Health Service (UHS)**  
207 Fletcher Street (between Huron and N University)  
Pharmacy is on the first floor.  
(734) 764-7387  
**[www.uhs.umich.edu](http://www.uhs.umich.edu)**

\*\* You can charge prescriptions to your University account.

My doctor says I might have these side effects:

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If I have the following side effects, I must get medical attention immediately:

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# Discharge Checklist

If you're about to be discharged from the hospital, there are a few last minute things you must do.

- Make sure you have your appointments, you understand where they are and how to get there, and you have a phone number (in case you need further directions or need to change times).
- Make sure you get a note for school, if you need it.
- If you asked your social worker for any information on community resources, make sure you get it.
- Make sure you understand what medications you are taking, why you are taking them, what side effects that you might need to look for. Make sure you understand the dosage instructions. If you are taking certain drugs (like lithium) that require labs, make sure you're clear on when this needs to be done.
- If medications are being ordered from the hospital pharmacy, make sure you have them before you leave. Make sure you have any prescriptions you might need.
- Make sure you have all of your belongings. Your nurse can provide you with plastic bags, if you need them. Make sure to take anything you might have in your bathroom, your bedside table, and your dresser. If you lent anything to anyone, make sure you ask for it back.
- When your nurse returns any possessions you may have had in the hospital safe, make sure you have everything you came with.
- Ask any remaining questions you have. Make sure you leave with a full understanding of what your next steps will be. Know what you are supposed to do if you experience a return of symptoms. Make sure you know how you are going to get home (friend, bus, taxi, etc).

# My Back to School Plan

Once you leave the hospital, it may seem like you have endless things to do. It's completely normal to feel overwhelmed.

## THE FIRST STEPS

- The most important thing is that you take care of yourself. While you may want to jump right back into classes, homework, and everything else you have to do, it is essential that you put yourself first.
- Take some time to rest. Do something relaxing that you enjoy.
- Don't push yourself to do anything. There will be time to get everything done. Be patient with yourself and what you're able to do.
- Don't force yourself to make any big decisions about anything.

Now it's time to make a plan.

The first thing to do is list your courses and how to get in touch with your professors and GSIs:

Course Number	Course Name	Prof/GSI Name	Prof/GSI e-mail

Next, e-mail each professor/GSI requesting an appointment. You could also go to office hours, but since other students might be there then, you might want a private/individual time.

When you meet with your professor/GSI, you don't have to give any information about your condition, if you don't want to. Tell them whatever you feel comfortable saying. Remember, that you will have a note from the hospital saying you were there, but it will not include any information about your condition or why you were there.

**Professors and GSIs are usually very helpful. However, if you run into any problems, contact:**

<p><b>Services for Students with Disabilities (SSD)</b> G-664 Haven Hall, open M-F 8:00-5:00 (734) 763-3000 <a href="http://www.umich.edu/~sswd">www.umich.edu/~sswd</a></p> <p><b>Office of the Dean of Students</b> Associate Dean of Students 3000 Michigan Union Tel: 734-764-7420</p>
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You might feel more comfortable talking to your professors/GSIs if you plan what you're going to say:

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# GSI/Professor Meeting Form

I am going to office hours/scheduling an appointment for this class: \_\_\_\_\_

My professor/GSI's name is: \_\_\_\_\_

Office hours are at this time. Or I have made an appointment for this time: \_\_\_\_\_

Location of office hours/appointment: \_\_\_\_\_

His/her e-mail address is \_\_\_\_\_

I have these concerns about class work:

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This is what I have missed in lecture/discussion:

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I will get the class notes from \_\_\_\_\_

These are the assignments I must complete, in order of importance:

\_\_\_\_\_ Due date: \_\_\_\_\_

\_\_\_\_\_ Due date: \_\_\_\_\_

\_\_\_\_\_ Due date: \_\_\_\_\_

\_\_\_\_\_ Due date: \_\_\_\_\_

\_\_\_\_\_ Due date: \_\_\_\_\_

Advice from my GSI/Professor about make-up work and getting caught up:

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# Academic Resources

One of the best things about the University of Michigan is the fact that students have access to A LOT of resources. Here are a few you might want to check out for yourself.



## **Language Resource Center**

2018 Modern Languages Building  
[www.umich.edu/~langres/student.html](http://www.umich.edu/~langres/student.html)  
(734) 647-0759



## **Math Lab**

FREE walk-in tutoring service  
(734) 936-0160  
[www.math.lsa.umich.edu/undergrad/mathlab](http://www.math.lsa.umich.edu/undergrad/mathlab)



## **Science Learning Center**

1720 Chemistry Building  
(734) 764-9326  
Study groups, tutoring, science resources.  
[www.lsa.umich.edu/slc](http://www.lsa.umich.edu/slc)



## **Sweetland Writing Center**

G219 Angell Hall  
Peer tutors, online editing, writing workshops.  
[www.lsa.umich.edu/swc/faculty](http://www.lsa.umich.edu/swc/faculty)

# Mental Health Resources at the University of Michigan

## **CRISIS NUMBERS**

Emergency Response 911  
Psychiatric ER (734) 936-5900  
SOS Crisis Center (734) 485-3222  
SAFE House (734) 995-5444

### **Counseling and Psychological Services at the University of Michigan (CAPS)**

[www.umich.edu/~caps](http://www.umich.edu/~caps)

3100 Michigan Union

Counseling Services. If you have an emergency, ask for the Counselor on Duty when you call.

(734) 764-8312

### **Psychological Clinic**

[www.umich.edu/~psychcln](http://www.umich.edu/~psychcln)

525 East University Street, East Hall, Suite 2463

Counseling services. Payment based on a sliding scale.

(734) 764-3471

### **Sexual Assault Prevention and Awareness Center**

[www.umich.edu/~sapac](http://www.umich.edu/~sapac)

### **University of Michigan Department of Psychiatry**

[www.med.umich.edu/psych](http://www.med.umich.edu/psych)

### **Mental Health Resource Website**

[www.umich.edu/~mhealth](http://www.umich.edu/~mhealth)



# Journal Section

While in the hospital, journaling may be a useful tool for some students. This section is your opportunity to explore your feelings and thoughts. As always, it is best to check with your treatment team to see if journaling will be helpful for you.



# Journal Page

Date: \_\_\_\_\_

My goal for the day: \_\_\_\_\_

Today my nurses' names were: \_\_\_\_\_

Activities I did today were:

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My visitors were:

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I talked to my doctors about:

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I still have these questions and concerns:

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I also feel:

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# Journal Page

Date: \_\_\_\_\_

My goal for the day: \_\_\_\_\_

Today my nurses' names were: \_\_\_\_\_

Activities I did today were:

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My visitors were:

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I talked to my doctors about:

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I still have these questions and concerns:

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I also feel:

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# Where Do I Go From Here?

## SUGGESTED BOOKS:

**Detour: My Bipolar Road Trip in 4-D** by Lizzie Simon

**Prozac Nation: Young and Depressed in America** by Elizabeth Wurtzel

**Girl, Interrupted** by Susanna Kaysen

**Darkness Visible** by William Styron

**An Unquiet Mind** by Kay Redfield Jamison

**The Quiet Room: A Journey Out of the Torment of Madness** by Lori Schiller and Amanda Bennett

**A Beautiful Mind: The Life of Mathematical Genius and Nobel Laureate John Nash** by Sylvia Nasar

**The Noonday Demon: An Atlas of Depression** by Andrew Solomon

**Undercurrents: A Life Beneath the Surface** by Martha Manning

**The Bipolar Disorder Survival Guide** by David Miklowitz

**College of the Overwhelmed** by Richard Kadison

To meet students who are working to address mental health concerns at the University of Michigan, check out these student organizations:

**Finding Voice**

[www.findingvoice.net](http://www.findingvoice.net)

**SHARE** (students Health and Resource Exchange)

email: [SHAREinterest@umich.edu](mailto:SHAREinterest@umich.edu)

