

Visiting Hours

Please note the below times are subject to change as a result of changes in hospital policies and procedures and the availability of hospital resources.

7 Days a Week including Holidays

1:00 PM - 2:30 PM

6:00 PM - 8:00 PM

Phone Times

9:00 AM to 9:00 PM

Meal Times

Breakfast: 7:15 AM - 8:30 AM

Lunch: 11:15 AM - 12:30 PM

Dinner: 4:15 PM - 5:30 PM

Notes:



Essex County Hospital Center Patient Brochure

204 Grove Avenue,
Cedar Grove, NJ 07009
Phone: 973-571-2800 Fax: 2807

Joseph N. DiVincenzo, Jr.
Essex County Executive and
The Board of Chosen Freeholders

Frank J. DelGaudio, SASHE
Hospital Director
(973) 571-2801

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(973) 571-2858

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ESSEX COUNTY HOSPITAL CENTER
Institute for Mental Health Policy, Research & Treatment

Introduction

Essex County Hospital Center is a specialized facility providing psychiatric care for individuals 18 years or older. No person seeking admission shall be denied on the basis of race, gender, color, religion, national origin, ancestry, marital status, disability, sexual orientation or ability to pay. We employ a bio-psycho-social approach to the treatment and stabilization of people with acute psychiatric conditions.

ECHC Mission Statement

Essex County Hospital Center is committed to providing cutting edge psychiatric and behavioral health care and support for individuals with serious and persistent mental illness and their families, in order to support their achievement of optimum wellness and recovery.

Vision Statement

To be the leader in providing state of the art, high quality psychiatric and behavioral health care and teach others to achieve the same.

Contraband Cont.

- Wire, rope, twine, metal clothes hangers, cords of all types, including but not limited to headphones and chargers for electronic devices.
- Sharp instruments including nails, razor blades, knives, needles, knitting needles, pins, nail clippers and decorative pins.
- Electrical items including hairdryers, curling irons, coffee/tea pots and razors.
- Inappropriate food items including peanut butter, popcorn, hot dogs, marshmallows and any food not allowed on specific diets (i.e.: candy-diabetics).
- Clothing with removable draw strings or items worn around the neck that do not break away – neckties, scarfs, necklaces etc.
- Controlled dangerous substances including alcohol in any form, intoxicants and paraphernalia associated with their use.
- Fire arms or explosives.
- Any other items specified as dangerous by the treatment team.

Any Violation of the above provisions will result in the termination of visitation privileges and may be subject to legal liability.



Contraband

Certain items are not allowed in the hospital for safety and privacy reasons. This includes any item or material that is unlawful to possess or use or that has the potential to pose a danger to the health, safety or privacy of patients or others.

Specific items not allowed in the hospital include:

- Lighters, lighter fluid, matches, cigarettes, tobacco or tobacco products.
- Cell Phones, laptops, tablets, cameras and all other computer and recording devices.
- Glass containers, mirrors, picture frames and beverage cans.
- Tools including hammers, screwdrivers, scissors and can openers.
- Aerosol sprays, pepper sprays and toxic substances including nail polish or hair remover, after shave/cologne and perfume with alcohol.
- Cleaning products including bar soap and laundry detergent.
- Plastic bags including garbage bags or dry cleaner bags.
- Medications and over the counter drugs including laxatives and antacids.
- Syringes or intravenous equipment.

What To Expect When Admitted

To return to the community as soon as possible and to have a Treatment Team assigned to you to achieve that goal. Your first 7 days will consist of the following:

- You will meet with your nurse, psychiatrist, medical physician, psychologist, social worker, rehabilitation therapist and dietitian.
- You will be asked questions concerning your mental and physical health, living arrangements, financial entitlements, your interests, food preferences, allergies, family members you would like to have involved in your care (consent form must be signed) and religious and cultural preferences. All of the information you provide can help your team understand you and help you achieve your goals.
- You will receive a complete physical and psychiatric examination.
- A treatment plan will be written to meet your individual care needs.
- Your treatment team prescribes therapies for you to meet your short and long term treatment goals. The members of the treatment team will meet with you as often as needed, with a team meeting to be held once a week for the first eight weeks. Your progress will be documented and you and your team will make recommendations regarding your progress, treatment and discharge needs.
- Your psychiatrist and medical doctor will prescribe all necessary medications. These medications will be supplied by the hospital pharmacy and dispensed by nursing at the appropriate times.

Patient Rights and Responsibilities

As a patient of Essex County Hospital Center, you are entitled to certain rights.

To request a summary of the current New Jersey laws and regulations governing the rights of hospital patients, please see your nurse or patient representative 973-571-2841.

For complete information, consult the New Jersey Department of Health Regulations N.J.A.C 8:43G-4.1 or Public Law 1989 – Chapter 170.



Pastoral Care

Our Pastoral Care Department offers a variety of services to assist you during your stay at ECHC. Worship services are held for different faith groups and regular visits are made to the patient care units by religious leaders. There are also special celebrations on religious holidays.

Weekly Worship Services

Jewish Services:

Consultations scheduled as requested

Muslim Prayer Services:

Tuesday:

1:00 PM - 2:00 PM

Protestant Services:

First & Third Sunday:

9:00 AM - 10:00 AM

Catholic Services:

Second & Fourth Sunday:

9:00 AM - 10:00 AM

HOLIDAY SCHEDULES ARE ANNOUNCED

For additional information, please contact
Pastoral Care Services at 973-571-2819.

The Treatment Team

Your psychiatrist is the head of your treatment team. A medical physician will monitor your overall physical health.

Registered nurses and ancillary nursing staff are available round-the-clock to provide care and treatments.

A psychologist works with your team to provide select clinical interventions to you and your family.

A social worker will deal with matters related to family, children, job, finances and living arrangements.

A rehabilitation therapist will assess your needs and interests and schedule therapeutic groups to help you meet treatment goals developed by you and your treatment team. Specialized rehabilitation therapists will also meet with you if you have a substance-related disorder.

A dietitian will determine your nutritional needs.

An advanced practice nurse (APN) may be part of your treatment team to help you develop self-care skills to deal with complex conditions.

Meet Your Team

Psychiatrist:

Medical Doctor:

Social Worker:

Rehabilitation Therapists:

Responsibilities

While every patient has the right to receive quality, professional treatment, he or she also has responsibilities. The Hospital has a set of rules that must be followed. It is important to follow the directions of the hospital staff particularly during evacuation orders and/or fire drills.

We Value Your Opinion

We encourage you and your family members to actively participate in the care and promotion of safety for all. Please be advised that concerns and suggestions related to safety, care and services can be reported to the appropriate authorities.

Patient Representative

973-571-2841

State of New Jersey Department of Health

1-800-367-6543

New Jersey Division of Mental Health and Addiction Services (DMHAS)

1-800-382-6717

Department of Health and Human Services – U.S. Commission on Civil Rights

1-800-368-1019

The Joint Commission (TJC)

1-800-994-6610

Complaint@jointcommison.org

Legal Status

Patients are admitted to the Hospital Center on the basis of need with a legal status of voluntary or committed.

VOLUNTARY: This is a person who seeks psychiatric treatment on his or her own and comes to the hospital voluntarily. This individual may request to be discharged by submitting a 48 hour written notice. Based on the patient's immediate mental health needs, the treating Psychiatrist will determine whether to honor the 48 hour notice or to commit the patient. If discharge is approved, staff will prepare discharge papers and follow up care instructions. If committed, a court hearing will be held within 21 days.

COMMITMENT: This is a patient who is ordered by the court to receive extended care in a hospital setting. This individual would have been screened and evaluated by two New Jersey licensed physicians and has a court order mandating commitment.

Legal Services

There are many agencies in Essex County that provide legal services. You are free to exercise your right to legal representation at any time. For many patients, these services are free of charge.

All Involuntary and Court Order Committed Patients are provided legal representation by the Office of The Public Defender to ensure that rights are protected. They can be reached at 973-648-3847.



Levels of Supervision

You start at Level I and move to higher levels with more independence as you meet treatment goals, until discharge.

LEVEL I

Programs are provided on unit.

LEVEL II

Programs are provided on and off unit.

LEVEL III

Programs are provided on and off unit Brief home visits are permitted at this level.

LEVEL IV

Programs are provided on and off unit or off grounds. Overnight visits are permitted.