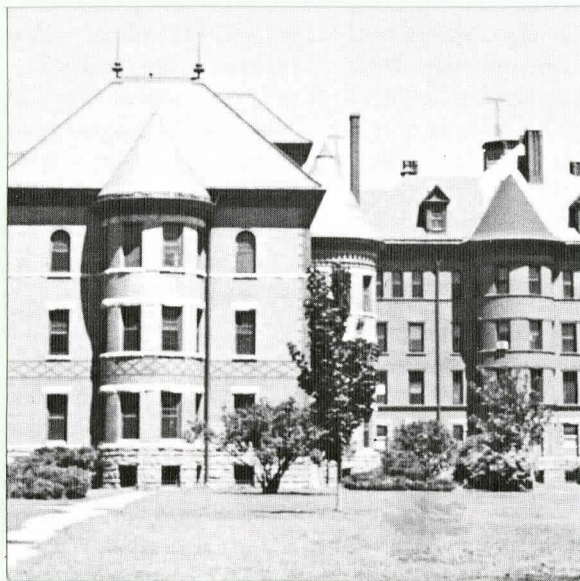


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Cherokee Mental Health Institute

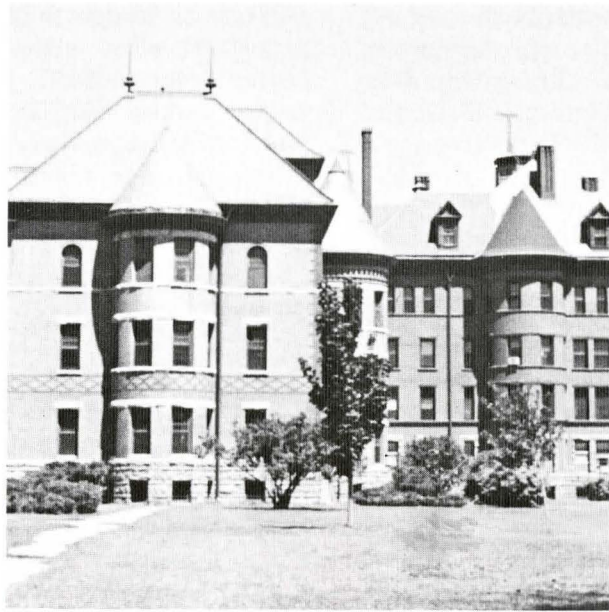
TAKING A CLOSER LOOK...

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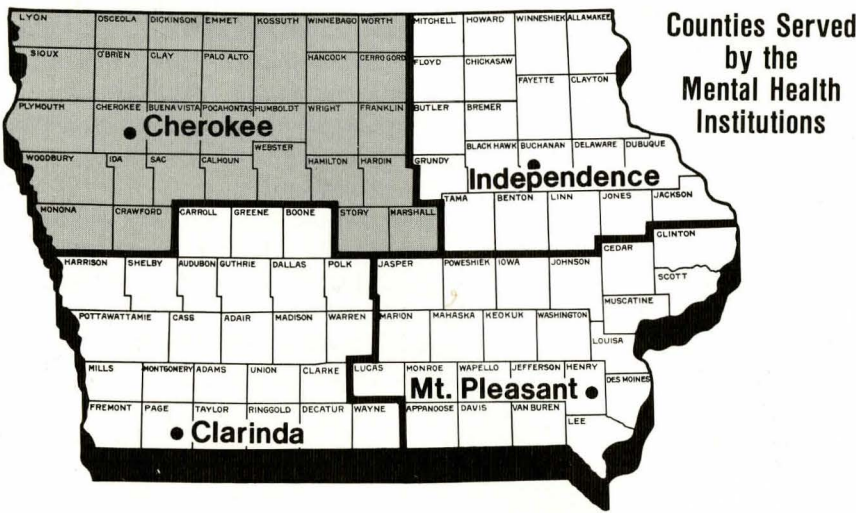
STATE LIBRARY OF IOWA



Most people who have never visited a psychiatric hospital or who have not seen one for several years, are pleased with the programs they find. Today's resident is encouraged to accept responsibility for personal behavior, possessions, treatment progress and future plans. Rules are set up to give the resident as much freedom as possible. All treatment programs emphasize the resident's preparations for discharge and return to the community.

On the next pages you will see a glimpse of our hospital. The vital services which this facility provides reflect our commitment: we are here to help persons with psychiatric problems deal more effectively with the world outside their doors.

- is a state-operated psychiatric hospital located on a 146-acre campus in Cherokee.
- serves persons in 31 counties in northwestern Iowa.
- provides treatment services for all psychiatric disorders including the problems of children, adolescents, drug abusers, alcoholics, adults and the elderly.
- provides a fully-accredited training program in psychiatry for resident physicians and nursing students, in addition to a training program for chaplain interns.



- admits patients 24 hours a day, seven days a week on a voluntary or commitment basis.
- has a 40-day median length of stay per patient.
- is approved by the Joint Commission on Accreditation of Hospitals and meets the requirements of all other accrediting or licensing agencies.
- has a total capacity of 360.

HISTORY - CHANGING PHILOSOPHY

Construction of a hospital to serve the citizens of northwest Iowa was begun in the 1890's and in August, 1902, the hospital admitted 450 patients. These patients were transferred from the three other mental health institutes already established in Independence, Mt. Pleasant and Clarinda.

Many significant changes in psychiatric treatment have taken place over the years. Hydrotherapy and massage used in the Roman days, were popular methods in early years. Electrotherapy and insulin coma therapy were developed in the 1930's and first used in the 1940's. A variety of medications discovered in the 1950's has been highly effective in the treatment of mental illness and has helped to bring about dramatic changes.

Due to new medications, increased professional staff and more community resources available in the late 1950's and early 1960's, the hospital reduced its population. Many custodial patients were placed in more appropriate facilities. Thus, Cherokee MHI began to offer short-term, active and intensive treatment.

The days of custodial care are gone; the citizens of Iowa receive progressive care for their mental problems. The Mental Health Institute acts as the hub of mental health care in northwest Iowa, providing services that are not available within the community.



Types of admissions vary:

- A. **Voluntary Admission:** A person may enter the hospital on his/her own request or upon referral by another person such as a family physician, clergyman or school counselor.
- B. **Involuntary Admission:** When a person in need of treatment or care is unable or unwilling to seek treatment, it becomes necessary for a member of the family or another interested adult to sign an application with the Clerk of the District Court. Following a hearing before a judge or judicial referee to determine need for hospitalization, a person may be ordered to the Mental Health Institute as an involuntary patient.



- C. **Other Types of Admissions:** A person may be admitted as a confidential or nonconfidential substance abuse patient in accordance with provisions of prevailing law.
- D. **Court Evaluations:** A person who has violated the law may be sent by the court for psychiatric evaluation in order to assist in future disposition.

Anyone desiring additional information regarding admission procedures should contact the Clerk of the District Court in the local County Court House or the Admissions Officer at the hospital.

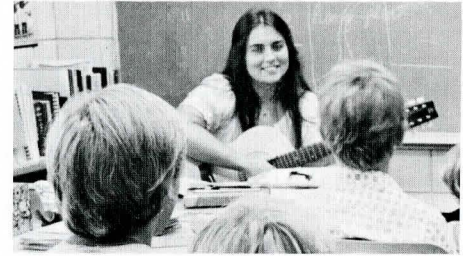
ORGANIZATION OF SERVICES

The hospital offers a comprehensive program for all ages. Patients are evaluated, diagnosed and treated by a professional team consisting of doctors, psychiatrists, psychologists, social workers, nurses, activity therapists, chaplains, vocational rehabilitation counselors, industrial therapists and school teachers.



Children's Unit:

This unit is designed for children ages 6-14. Each child benefits from a special school program as well as recreational and occupational therapy. The goal of the treatment team is to help the child return to his or her highest level of functioning. Families are actively involved during the child's stay. Since the length of stay for children in this unit is usually four months, planning for discharge begins soon after a child is admitted. Following release from the hospital, a child may be referred to a variety of community agencies including mental health centers and voluntary social agencies.



Adolescent Unit:

Teenagers admitted to this unit, usually age 15-18, suffer from a variety of emotional disturbances which present problems in social relationships, school and the community. Each patient has an individual, intensive treatment program that includes school, occupational and recreational therapy and group and individual counseling. Families of the patients are actively involved in the treatment program as much as possible.

Adult Units:

The Cherokee MHI has one adult unit for males and one for females. Patients in these units suffer from varying degrees of emotional disturbance. Treatment involves individual and group therapy and family, marriage and activity therapy. Major emphasis is placed on discharge planning. Every patient has an after-care plan that may include referral to a private physician, mental health center or public or private agency.

Chemical Dependency Unit:

This unit provides a comprehensive inpatient and outpatient program for men and women who have problems in alcoholism and drug abuse.

Treatment includes detoxification when necessary, psychiatric evaluation, recreational and occupational therapy, educational sessions and family counseling. Alcoholics Anonymous (AA) is a vital part of the program. After-care planning is developed in cooperation with local substance abuse counselors and may involve referrals to Job Service, halfway houses, AA and mental health centers.

In addition to the inpatient and outpatient treatment program, the hospital provides counseling and educational services through a federally-funded outreach program. Counseling services are available to former patients as well as to young people who are drug and alcohol abusers.

Outpatient Services:

The Mental Health Institute provides comprehensive outpatient services as an extension of the inpatient treatment units. These services are available to people living in the community who require psychiatric assistance or to people who have been discharged from the hospital and returned to their own homes.

Anyone who wishes may apply for outpatient services at the Mental Health Institute Outpatient Department.

COST OF TREATMENT

No person is denied treatment services because of inability to pay. Arrangements for payment are varied:

A. **County Support Patients:**

Voluntary and/or involuntary hospitalization or outpatient costs are billed to the county where the patient has legal settlement (one year residence qualifies). The Board of Supervisors of that county may investigate the ability of the patient, or persons liable for his/her support, to determine the amount to be paid.

If the ability to pay is determined by the Board of Supervisors, but no payment is made, a claim may be placed against the patient's estate at the time of his/her death.

B. **State Support Patients:**

Patients who have not established legal settlement in a specific county are considered "state" patients. Although the state-supported patient costs are billed to the state, this does not mean the patient is not liable for support. The state has the responsibility for determining the patient's ability to pay and for billing the patient or persons legally liable for support.

C. **Voluntary - Self-support:**

Treatment costs must be paid by the patient two weeks in advance of treatment. The patient is billed by and makes payments directly to the Business Office.

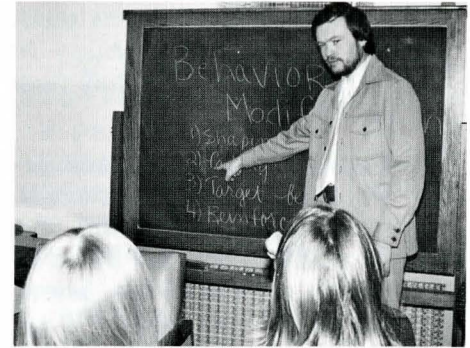
By law those held legally liable for the support of the mentally ill person are the patient; the spouse of the patient; any person, firm or corporation bound by contract for support of the patient; the mother and/or father of the mentally ill minor. (1979 Code of Iowa, Section 230.15)

Patients, parents, guardians or responsible relatives are urged to advise the hospital of insurance policies or contracts which may cover some or all of the hospital or outpatient costs. These payments will be credited and will reduce any financial obligation.

The family or responsible person is urged to discuss specific costs or problems with the social worker.

The hospital has an active Citizen's Advisory Committee representing each of the 31 counties in the Cherokee MHI service area. This board looks at current services provided by the hospital and recommends additional services to meet the needs of the mentally ill.

Cherokee MHI reaches out to the community in other ways. The hospital Speaker's Bureau provides speakers free of charge to community groups. Seminars are offered for mental health professionals.



Training and consultation services are available on request to community agencies such as hospitals, rehabilitation centers, nursing homes and correctional facilities.

Cherokee MHI also serves as a training ground for students of psychiatry, nursing, social work, occupational and recreational therapy, education and chaplaincy.

DISCRIMINATION DISCLAIMER

No person shall be excluded from employment or the receipt of services or benefits on the basis of race, color, creed, national origin, sex, age, religious or political affiliation and physical or mental disability.

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