

# What can I have in my room while I am at the hospital?

## Okay at all times to be used for INDEPENDENT play and coping.

COA and the Ireland Center promote positive and therapeutic play as a means of coping with emotions and learning throughout life. These items may be used if the item does not interfere with participation in daily activities. If the item is used inappropriately staff reserves the right to place it in the patient's closet until the child is better able to control their emotions and use the item appropriately.

- Stress ball
- Coloring book
- Soft sided books or magazines without staples
- Cards or letters from home
- Deck of cards
- Puzzles
- Pictures
- Paper
- Jackets and sweatshirts without hoods or strings
- Sweatpants without strings
- Gum

## Sometimes. These items can be used with support from staff or when approved by staff for independent play.

These items can be used with staff supervision or as indicated in a behavior/ unit plan.

- Toiletries and Non-medicated Chapstick (to be locked in closet when not in use)
- Stuffed animals provided by staff
- Washable crayons and markers provided by staff
- Shoes with strings and boots will be locked in a patient's closet and used for outings off the unit.
- Dresses may be worn for religious reasons
- Hair ties without metal (2 max)
- Crafts without wood
- Zip ties provided by staff in place of belts or shoelaces
- Shower radio provided by the staff (to stay locked in patient's closet)
- Pillow cases provided by staff
- Blanket (must be approved by the therapist or charge nurse)
- Playdough (provided by staff)
- Plastic toys (provided by staff)
- Fidget toys (provided by staff)

**Never** – These items are prohibited. If present, these items will remain locked in the patient's closet on the top shelf until discharge.

- Any item staff assess as a potential weapon.
- Belts
- Tight fitting clothing, short shorts, tank tops, sleeveless shirts, clothes with rhinestones, and hats
- Thongs and underwire bras
- Clothing with strings
- Clothing with drug, alcohol, violence, obscenity, or sexually related material
- Jewelry
- Sharp objects and items including glass/ Mirrors
- Rubberbands or headbands
- Nail clippers
- Hard comb or brush
- Aresol spray
- Alcohol based mouthwash
- Plastic shower caps
- Sleep caps with elastic
- Electronic devices including electronic toothbrushes
- Matches/ cigarettes/ VAPE/ drugs/ alcohol
- Plastic bags (including patient belongings bags)
- Binders and clipboards
- Spiral bound notebooks
- Wooden crafts
- Staples, paperclips, or erasers
- Pencil Sharpners
- Outside food or candy
- Plastic bottles/aluminum cans
- Rubic cube/ fidget spinner

The above list of items is a guideline and can NOT be considered as all inclusive. All staff are advised, when in doubt about an item, to err on the side of safety and to consult with a Charge Nurse, Resource BI, or Milieu Coordinator.

Some items are used specifically by staff as part of the treatment plan prescribed by the physician or therapist.