

COLLEGE HOSPITAL CERRITOS' RESPONSE TO DRC REPORT
"LET ME GO: EXCESSIVE RESTRAINT OF PATIENTS AT COLLEGE HOSPITAL"

College Hospital Cerritos ("CHC") appreciates the collaborative working relationship we have had with Disability Rights California ("DRC") for many years and are thankful for the recommendations on how to improve the care, treatment and services we provide to our patients. While there are always opportunities for improvement, CHC disagrees with the findings set forth in the report.

It is important to note that we appreciate but strongly disagree with the perspective that DRC has provided. We must stress that, while restraints are used sparingly, they are a very short-term and last resort option that are used pursuant to a physician's order and only to prevent immediate harm to the patient and or others.

CHC is committed to the provision of quality behavioral health services to our community. We provide a therapeutic environment through an individualized treatment program for each patient. The emphasis is on group, family, educational, and activity therapies, and our dedicated staff treat each patient as a unique individual. Care is provided according to an established code of ethical conduct and strict adherence to patients' rights. Involvement of both the patient and his/her family, as appropriate, as an integral part of the treatment team, is encouraged to promote the patient's optimal level of recovery and function. We are proud of the care that we provide and dispute the allegations made in this report.

CHC is a 187 bed acute psychiatric hospital as defined in the California Health and Safety Code (Section 1250) and licensed under the provisions of the California Code of Regulations, Title 22 (Division 5) through the California Department of Public Health ("CDPH"). CHC is accredited by the Center for Improvement in Healthcare Quality ("CIHQ") and meets the Conditions of Participation for the Centers of Medicare and Medicaid Services ("CMS"). CHC is designated as a Lanterman Petris Short ("LPS") facility by the Los Angeles County Department of Mental Health ("LADMH" or "DMH") to limit individual rights, movement and treatment under California Law (Welfare Institution Codes: W.I.C. 5150, W.I.C. 5585, W.I.C. 5260, W.I.C. 5260, W.I.C. 5270.5, W.I.C. 5300, W.I.C 5353, W.I.C. 5358.).

CHC specializes in the care of patients with mental illness who require intense psychiatric treatment to preserve their safety and well-being in order to return them to a level of higher functioning. ***CHC has the first and only private psychiatric hospital program*** with dedicated units serving individuals with developmental disabilities and mental illness ("DDMI") and/or behavioral problems. The DDMI units referred to in the DRC report are specialty units for both Adult and Adolescent patients.

The DDMI units care for the most behaviorally complex individuals that often have no other placement options due to their past history of severe behavior problems, including aggression, injury to self and others and impulsivity. The DDMI Program is unique because the treatment approach is based around the Applied Behavior Analysis (A.B.A.) model with the treatment goals, active treatment methods and groups having a long-term behavioral focus, rather than the typical medical model of short-term emergency crisis treatment found on other mental health units. CHC is proud of the success we have had with this approach. Individuals with very few options have

found a safe place at CHC where they are well cared for by staff that have dedicated their lives to caring for these vulnerable individuals.

CHC's treatment model includes a strong emphasis on interdisciplinary input in terms of screening, evaluation, diagnosis, and treatment of patients. Each individual has a Psychiatrist with DDMI experience and an Internal Medicine Physician that will address any medical issues the patient may have. Dental screenings for behavioral causes are also available. Staff providing treatment as part of the interdisciplinary team include: the attending psychiatrist, as the leader of the team; the registered nurse; licensed vocational nurse and/or psychiatric technician; milieu therapists; activity therapy staff; social services staff; utilization review staff; registered dietician; mental health workers; pharmacy staff; and behavioral team members such as a Board Certified Behavioral Analyst and Behavioral Facilitators. The interdisciplinary team meets on a regular basis to plan, review and evaluate the patient's treatment and behavior plan. The plans are revised and maintained based on the patient's response to identified interventions and are individualized to meet each patient's unique needs and circumstances.

Individual and group behavior modification planning and programming has been established for all DDMI patients, who are assessed by the Behavior Analyst and/or Behavior Program Facilitator and a crisis intervention Behavior Plan is written and implemented. The Behavior Plan includes treatment goals from the referring agency as well as interventions and strategies for behavior modification. Dialectical Behavior Therapy (D.B.T.) may be used with high-functioning patients who are on the unit. Non-Verbal clients are screened to see if they would benefit from P.E.C.S. (Picture Exchange Communication System) which can be incorporated into their daily routine. Video Conferencing is available and on-site schooling provided by ABC Unified School District is available for youth who are on the unit long term.

The DDMI treatment staff have unique training to provide behavioral interventions on the unit based on the individualized behavior plan designed by the Board-Certified Behavior Analyst. A 30-day clear picture of a patient's behavioral baseline when they entered the unit and their progress across time, as well as the adjustments and types of treatments used to meet the goals in consultation with the Psychiatrist who adjust treatments accordingly.

Daily group therapy is an important aspect of a patient's treatment. The group process is utilized to help alleviate interpersonal and social dysfunction, develop communication and relationship skills and develop identity with allegiance to a group of peers. Other goals of the group include development of group cohesion, reality testing within age-appropriate limits, interpersonal learning, role communication, enhance identification of internal and external behaviors, and develop insight into the interrelationships between internalized feelings and externalized behavior. Groups are provided by members of our Nursing, Social Services and Activity Therapy staff.

In conclusion, it is the mission of College Hospital Cerritos to strive to provide a continuum of superior behavioral healthcare services to meet the needs of our patients. We have taken the recommendations from DRC seriously and look forward to continuing our long term relationship with DRC. **This response is submitted in honor of the wonderful team of caregivers that deserve to be recognized for their dedication and commitment to the individuals that CHC serves.**