Items Patients May Have

We want your loved one’s stay to be as comfortable as possible; you are welcome to bring in a few personal items that will help them feel more at ease.

Examples of items that may be brought in from home include:

- Clothing without drawstrings
- Clean pillow, comforter, blanket
- Books of non-violent/non-sexual nature
- Cordless radio
- Unframed photos
- Journals

If you have questions, please feel free to speak with staff.

Reporting Changes in a Patient’s Behavior

If you notice a change in your loved one’s condition while visiting please contact a staff member for assistance.

Examples of changes we encourage you to report:

- Increase in anxiety or agitation
- Statements regarding harm to self or others or attempts to harm oneself or others
- Difficulty breathing
- Falls
- Any concerns

Spring Harbor Hospital
123 Andover Road
Westbrook, Maine 04092
207-761-2200 | springharbor.org
Visiting Hours

Spring Harbor Hospital (SHH) recognizes the important role family and friends play in the patient’s treatment and ongoing recovery.

In an effort to support contact with those individuals the patient or their guardian has approved to visit, SHH offers flexible visiting hours.

Our suggested visitor hours are:

1 West, 2 East, 2 West: (Adult Units)
   Weekdays 11am-1pm and 5pm-7:30pm
   Weekends and observed holidays 11am-7:30pm

1 Northeast: (Child/Adolescent Unit)
   Weekdays 11am-1pm and 4pm-7pm
   Weekends and observed holidays 11am-7pm

1 Northwest: (Child/Adolescent Unit)
   Weekdays 12pm-1pm and 5pm-7pm
   Weekends and observed holidays 1pm-7pm

1 East: (Developmental Disorders Unit)
   Weekdays 11am-12pm and 2:30pm-7pm
   Weekends and observed holidays 10am-7pm

Please speak with a member of the treatment team if you need to make other arrangements for visiting.

What to Expect When You Visit SHH

For the safety of our patients, staff and visitors you will be asked to sign in at the front desk. The receptionist will ask for your name and the patient you wish to visit. Only approved visitors will be allowed onto the units.

Once approved, you will be given a numbered visitor badge. Please clip this badge above your waist where it is easily seen and return to the receptionist when you leave.

Before leaving the lobby you will be asked to secure all personal belongings (e.g. purse, coat, cell phone, personal keys, smoking materials, weapons, pocket knives and multi-tools, etc.) in the secure lockers in the lobby. Please take your locker key with you.

You will be greeted upon arrival to the unit.

Items Brought in For Patients

Any items brought in for the patient will be flagged with a red sticker at the front desk. You will be asked to give these items to staff upon entry to the unit so that they may search them as soon as possible. All approved items will be given to the patient. Certain items are not permitted on the unit and include, but are not limited to:

- Weapons (guns, knives, multi-tools)
- Drugs (prescription and illicit)
- Smoking material (cigarettes, lighters, matches)
- Recording devices (e.g. cell phones, tablets)
- Clothing with drawstrings
- Products containing caffeine or alcohol
- Open drink containers
- Items depicting violent and/or sexual themes
- Glass items (e.g. makeup bottles, mirrors and vases)
- Toiletries (hospital provides)