

RIGHT TO VISITORS



You have the right to speak privately with and receive visits during **reasonable hours** that the facility sets.

Your doctor may restrict your right to visitors for a medical reason. **BUT**, you still have the right to receive visits from an attorney or clergyperson during **reasonable hours**.

RIGHT TO FRESH AIR



You have the right to go outside for fresh air breaks daily. **BUT**, staff do not have to take you outside when there is extreme weather, like excessive heat or cold. Your doctor may also restrict your fresh air breaks if there is a medical reason. The restriction and its expiration date must be documented in your medical records and reviewed every 30 days.

RIGHT TO BE FREE FROM SECLUSION & RESTRAINT



What is restraint? When staff:

- physically put their hands on you to stop you from moving;
- put you in a chair or bed, and use straps to hold you body; OR
- give you a shot of medication to control your behavior.

Can staff restrain me face down on the ground? Staff can NEVER place you face down on the ground UNLESS they are moving you to another position, like turning you over.

What is seclusion? When staff place you in a room by yourself and lock the door OR you believe that you are not allowed to leave the room.

When can staff restrain me or place me in seclusion? When your behavior places you or another person at an immediate risk of violence, injury or danger.

When must staff release me from restraints or seclusion? At the earliest possible time when you no longer have imminently dangerous behavior.



Know Your Rights
Empowering Residents
in Maryland's
State Psychiatric Facilities

ABOUT DRM

Disability Rights Maryland (DRM) is Maryland's designated Protection and Advocacy agency for people with disabilities. DRM has **special access** to psychiatric facilities and residents with mental illness to:

- **monitor** Maryland's psychiatric facilities;
- **investigate** complaints of abuse, neglect, and rights violations;
- provide **individual representation** for cases involving issues within our priority areas; and
- address **systemic issues** in psychiatric facilities to improve the lives & safety of the residents.

Please contact us if you have questions or concerns about your rights, safety, or care in the facility:

Disability Rights Maryland
1500 Union Ave, Ste. 2000
Baltimore, MD 21211

Phone: 410.727.6352
Toll Free: 1.800.233.7201
TTY: 410.235.5387

RIGHT TO BE FREE FROM HARM & ABUSE

You have the right to be protected from harm and abuse, including:

- physical assault;
- sexual assault & harassment;
- verbal & mental abuse; and
- neglect.

RIGHT TO AN ADVOCATE



You have the right to have a person of your choice assist you with your treatment planning and discharge planning.

Can staff ask my advocate to leave? If your advocate is disruptive, harms or threatens you, staff, or other patients, staff may ask him/her to leave.

If you are under 18 or have a legal guardian over your person, then your legal guardian will decide whether you can have an advocate and who can be your advocate.

RIGHT TO AN INDIVIDUALIZED TREATMENT PLAN

You have the right to receive **appropriate and humane** treatment. You also have the right to **be involved** in decisions about your treatment, including:

- attending your treatment team and discharge planning meetings;
- asking questions and get answers about your treatment;
- sharing your thoughts about what helps you and what doesn't help you

RIGHT TO MAIL & PHONE USE

You must have reasonable access to mailing materials and a phone. **BUT**, if a person tells staff that they do not want you to contact them, staff will not allow you to contact that person.

Your doctor may restrict your access to mail and/or phone use if there is a medical reason. The restriction and its expiration date must be documented in your medical records and reviewed every 30 days.

RIGHTS AGAINST FORCED MEDICATION

Medical staff can only force you to take medication under certain, limited conditions. You may also have a right to due process protections. If you are being forcibly medicated and believe your rights may have been violated, please contact DRM to share your concerns.