

# PERSONAL RIGHTS & RESPONSIBILITIES

## YOU HAVE THE RIGHT:

- To live in a safe (physical, psychological, social and moral), clean, healthy, and comfortable environment and to be treated with dignity and respect.
- To be free from physical, sexual, emotional or other abuse, or corporal punishment.
- To be free from discrimination, intimidation, or harassment based on gender, race, color, religion, ancestry, national origin, disability, medical condition or sexual orientation or perception of having one or more of those characteristics.
- To receive services that are respectful of, and responsive to, cultural and language differences.
- To participate in all service decisions and participate in the development of your Treatment Plan.
- To participate in Shared Governance by giving input into decisions, sharing information, and practicing transparency.
- To be informed of the benefits, risks, side effects, and alternatives to planned services through open communication.
- To be offered the most appropriate and least restrictive or intrusive service alternative to meet your needs.
- To receive services in a manner that is free from harassment or coercion and that protects your right to self-determination (make your own decisions).
- To refuse any service, treatment, or medication (unless mandated by law or court order) and be informed about the consequences of such refusal, which may include discharge.
- To receive adequate and healthy food and adequate clothing.
- To wear your own clothing and possess and use personal belongings, including toiletry items following established regulations and to maintain safety.
  - \*If you have things that are very special to you or cost a lot of money, you might want to leave these at home. The Children's Home of Reading cannot be responsible if things get stolen or broken. If you break or misuse your own things, your unit may have rules in place to protect you and/or your belongings (we may hold your belongings in a secure location for a little while).*
- To receive medical, dental, vision, and mental health services.
- To contact family members (unless prohibited by court order) and social workers, attorney, Court Appointed Special Advocates (CASA), Managed Care representatives, and Children & Youth Caseworkers or Juvenile Probation Officers, as applicable.
- To make and receive telephone calls and send and receive mail with approved people.
  - \*Sometimes there might be people that you are not allowed to see, talk to, or write to. The Children's Home of Reading staff will talk with you about this.*
- To practice your religion or to abstain from religious practices.
- To attend school and participate in extracurricular, cultural, and personal enrichment activities, consistent with your age and developmental level; establish your social responsibility in your role in school or the activity.
- To exercise and go outside for fresh air regularly and frequently, except for health and security concerns.
- To receive services and care around the clock, 24 hours a day. An on-call therapist is available at all times should you need immediate clinical assistance.
- To attend Independent Living Program classes/instruction/activities if you are 16 or older.
- To not be filmed, taped, or photographed unless you agree to it.
- To attend court hearings and speak to the Judge, if applicable.
- To be free from unreasonable searches of personal belongings.
- To make complaints, have them heard, get a prompt response, and not receive any threats or mistreatments as a result. *(please refer to Grievance Policy for specifics)*
- To be informed about the rules that will result in discharge from the program, if violated. *(see below)*
  - Assaulting or threatening behavior, frequent and/or serious elopement, frequent and/or serious boundary violations, pattern of dishonesty, lack of treatment progress, or court order.

# **PERSONAL RIGHTS & RESPONSIBILITIES**

## **YOU HAVE THE SOCIAL RESPONSIBILITY:**

- To treat those giving you care with dignity and respect.
- To assist by making and keeping a SAFE and non-violent environment.
- To treat your fellow residents in a respectful manner.
- To abide by program rules and expectations.
- To provide accurate information about your mental health, patterns of behavior, and substance use issues.
- To work with staff in planning, reviewing, and changing your Treatment Plan.
- To report concerns about the quality of care you receive.
- To participate in your treatment.
- To become aware of and practice emotional intelligence.
- To regulate your emotions in order to promote emotional and intellectual growth.

## **WE HAVE THE OBLIGATION AND SOCIAL RESPONSIBILITY:**

- To provide a safe, healthy, and comfortable environment capable of promoting growth and change.
- To treat you and your family with dignity and respect.
- To provide you with high quality services and specialized treatment.
- To provide access to academic classes (either onsite or in the community) that will keep you on track with your home school.
- To keep your treatment information confidential. Only where permitted by law may your records be released without your permission.
- To consistently enforce program rules and expectations but still allow for individualized programming.
- To provide varying recreational activities.
- To provide nutritious meals and snacks.
- To provide weekly opportunities for you to visit with approved family members.
- To provide you with resources and educational materials on healthy living.
- To effectively train and supervise all employees.
- To notify you of any changes to program rules and/or client rights.
- To provide, or arrange for, bilingual personnel or translators, as needed to maintain open communication.
- To abide by all federal, state, and local requirements as well as those set forth by other regulatory bodies.

Sometimes The Children's Home of Reading is told by other people (like your parents, caseworkers, probation officers or judges) that some of these things could hurt you or make you feel bad. For these reasons we will tell you if there are other rules we need to follow about your rights and responsibilities.

The people who work with you the most, and who are helping you with your problems, may sometimes need to talk with you about changes in these rights and responsibilities if it will help you.