

**Address**

Emergis MC I  
Oude Boomgaard 5, Kloetinge  
T 0113 26 75 50 and 0113 26 75 60

**Postal address**

PO Box 253  
4460 AR Goes

# Welcome to MC I

Medium care I

Name:

Name practitioner:



© Emergis, mentale gezondheid en welzijn  
Postbus 253, 4460 AR Goes  
Oostmolenweg 101, 4481 PM Kloetinge  
T 0113 26 70 00  
F 0113 21 66 26  
emergis@emergis.nl

[www.emergis.nl](http://www.emergis.nl)

Een uitgave van de dienst communicatie  
February 2024



MC I stands for Medium Care I. This unit consists of both an inpatient and an outpatient unit for people aged 18 and over with mental and psychiatric problems. MC I provides acute and intensive psychiatric care to people whose first priorities are safety and protection. Admission to MC I can be either voluntary or compulsory.

### Medium Care I: the unit

MC I accommodates 24 patients and is divided into two units of which there are 16 beds in a closed department and 8 beds in an open department. Once you are at MC I, we, in cooperation with you, will do our utmost to take away the immediate danger as quickly as possible. We will then work with you on your recovery to enable you to resume your daily routine once you have left the clinic.

### Special attention

At MC I, friendly care, patient centricity, as well as the involvement of family and relatives are considered very important. All of this helps to reduce tension and increase your sense of well-being. Within a few days after your admission to MC I, a care coordination meeting (ZAG) takes place. In this meeting, you, your practitioner and your family or relatives will discuss the treatment goals, the duration of your stay at MC I, the various caregivers you will meet, and the kind of support you can expect from them.

### The MC I team

The team of MC I is multidisciplinary, which means that it consists of various staff with various functions: a psychiatrist, a unit physician, a psychologist, a nursing specialist, nurses, welfare workers, counsellors, a social worker, a peer worker and, possibly, a caregiver in training.

### Your treatment

The main objective of your treatment is to help you stabilize your condition by means of:

- conversations with the psychiatrist, unit physician, nursing specialist, nurses, and counsellors;
- care alignment conversations;
- medication;
- supportive or structural counselling;
- support regarding day care and activities.

If necessary, and in case things are not going so well, the care offered to you can be intensified.

### Crisis alert plan

In cooperation with you, the nurses or counsellors draw up a crisis alert plan (CSP). It describes the various phases of tension you are going through and teaches both you and us how to deal with them.

### Private room

At MC I, you have your own private room. A shared bathroom and toilet, as well as a communal living room are at your disposal. You will be invited for meals in the dining room. If you prefer having your meals in the privacy of your room, please discuss this with the nurse or counsellor. You participate in our daily program. Your participation is desired. Our daily program is visible at the informationboard in the clinic.

### Additional information

In the central hall of MC I is a rack containing leaflets with information on diagnoses, psychiatric disorders, your treatment, your rights and obligations as an Emergis patient, as well as information on the confidential counsellor (pvp). The pvp is your contact person in case you have questions or disagree with something.

### Rules for social interaction during your stay at MC I

To find out more about our rules for social interaction, please read our house rules. You will find them in the admission information folder and elsewhere at MC I.