



## INDIVIDUAL RIGHTS

We believe that if you understand and participate in your evaluation, care and treatment, you may achieve better results. Staff has a responsibility to give you the best care and services possible and available, and to ensure that each individual is treated in a manner that respects individual identity, human dignity, and fosters constructive self-esteem by ensuring that Excelsior respects the following rights. No staff person at Excelsior shall violate any of the stated rights, contribute to such violation, or tacitly approve such violation by another person.

- You have the right to necessary food, rest, clothing, shelter, personal protection, health care, and age appropriate recreation.
- You have the right to promote a healthy, safe, clean and comfortable environment.
- You have the right to visitation by parents or significant contacts unless clinically contradicted or restricted by an external legal authority.
- You have the right to be provided reasonable opportunity to practice the religion of your choice, alone or in private, insofar as such practice does not infringe on the rights of others or the treatment program. You also have the right to be excused from any religious practice.
- You have the right to be provided reasonable opportunity to engage in appropriate social activities. You also have the right to be excused from any social activities.
- You have the right to see your clergyman, or physician at any reasonable time.
- You have the right to consideration and treatment regardless of race, creed, national origin, age, sexual orientation, gender, disability, religion or political affiliation.
- You have the right to be reasonably accommodated in case of sensory or physical disability, limited ability to communicate, limited English proficiency and cultural differences.
- You have the right to be treated with respect, dignity and privacy, except that staff may conduct reasonable searches to detect and prevent possession or use of contraband on the premises.
- You have the right to be free of restraint and/or seclusion, except as provided in WAC 246-337-110
- You have the right to be fully informed of the rules and regulations of this organization applicable to the individual's conduct and provided a copy of the Disclosure Statement, as required under RCW 18.19.060.
- You have the right to confidentiality and protection from invasion of privacy, with the exception of those areas outlined in the Disclosure Statement provided to you.
- You have the right to a full explanation of the treatment process and procedures including the risks, side effects, and benefits of all medications and treatment procedures, and possible alternative treatment procedures that are available.
- You have the right to participate in planning your own health care and treatment that considers your own medical and/or mental health advance directives.
- You have the right to develop, with the treatment staff, an individualized treatment plan and to discuss treatment plans and decisions with the treatment staff.
- You have the right to review your clinical record and insert statements into your record according to agency policy.
- You have the right to initiate a complaint or grievance with Excelsior or with the Department of Health without fear of interference, discrimination, or reprisal and to be informed of the process for doing so. If a complaint is filed with the Department of Health regarding of Excelsior, you have the right to choose whether or not to inform Excelsior of this complaint.
- You have the right to access writing letter materials, including postage, and to have staff assist you if you are unable to write, prepare, and mail correspondences.
- You have the right to send and receive unopened mail unless clinically contradicted, such as unauthorized, injurious, or illegal material.



- You have the right to access telephones, both to make and receive calls.
- You have the right to have personal property within the parameters of program guidelines or safety and treatment, and to have a safe place for storage of personal property.
- You have the right to retain and consult with an attorney at any time. If you cannot afford an attorney, the court will provide an attorney for you.
- You have the right to be free from exploitation in employment related training or gainful employment.
- You have the right to be free of any sexual harassment, physical abuse, corporal punishment or other forms of abuse administered against your will including being denied food, clothing, or other basic needs.
- You have the right to be told of any potential clinical studies or research, and to decline participation.
- You have the right to refuse to perform services for the benefit of Excelsior unless agreed to by the individual, as part of the individual health care plan and in accordance with applicable law.
- You shall be given the opportunity to exercise your rights to vote in primary and general elections. The staff shall assist you in obtaining voter registration forms, applications for absentee ballots, and in complying with any other prerequisite for voting.
- You shall be given a copy of Excelsior's policy on individual rights upon request, detailing all applicable rights.
- Each individual has the right to file a complaint with the Department when you feel Excelsior has violated a WAC requirement:

Department of Health  
Health Systems Quality Assurance  
Complaint Intake  
PO Box 47857  
Olympia, WA 98504-47869  
1-800-633-6828