

FAMILY GUIDE

West Springs Hospital



WestSpringsHospital.org



Dear Family Members,

Welcome to the new West Springs Hospital and thank you for the opportunity to assist your loved one during this difficult time. We are proud to now offer a world-class healing environment in addition to our world-class care. Our skilled and compassionate treatment teams, headed by Medical Director Frank Lotrich, MD, are experts in trauma-informed care and passionate about helping your loved one stabilize and heal.

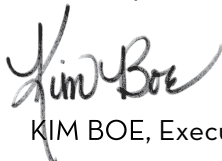
During their stay at West Springs Hospital we will make them as comfortable and engaged as possible. Working with a personal treatment team of psychiatrists, psychiatric & family nurses, case managers, therapists, mental health clinicians and peer specialists your loved one will develop a personal care plan which may or may not include medications. They will be seen by our psychiatric team each day during their stay, and also participate in group therapy.

You are highly encouraged to participate in your loved ones' treatment, and participation is **REQUIRED FOR FAMILIES OF CHILDREN AND ADOLESCENTS**. You and your family's involvement is of the utmost importance to a minor's treatment and ensures better outcomes for all. Our caring staff will help you understand your loved one's illness from different perspectives and this helps promote healing and stability.

Admissions to West Springs Hospital may be voluntary or involuntary. Involuntary admissions typically happen when one is a danger to themselves or others, or becomes gravely disabled and unable to engage in normal activities of life. If you would like to know more about involuntary admissions I'm happy to speak with you, or you can find more details at WestSpringsHospital.org

Your thoughts and comments are valued. We always appreciate input and ideas to improve patient treatment and experience. Please let us know if you have any suggestions. You have our pledge to do all we can to restore your loved one's stability and return them home to you safely as soon as possible. Thank you for the opportunity to serve your family.

Sincerely,

A handwritten signature in black ink that reads "Kim Boe". The signature is written in a cursive, flowing style.

KIM BOE, Executive Vice President, West Springs Hospital



CONFIDENTIAL & COMPASSIONATE

We transform lives every day

HOSPITAL DIRECTORY

Main	970.263.4918
Admissions	970.201.4299
Business Office	970.683.7131 or 1.888.320.5218
Medical Records	970.683.7144

PATIENT ADVOCACY

A very important person in the hospital is our patient representative who serves as an advocate for our patients. Our patient representative is available to patients and/or loved ones to help in clarifying needs, linking inquiries to the right resources and assisting understanding of information, both given and received. They will help you with both grievances and compliments, patient rights, and the quality of care & service received during a patient's stay.

Patient Representative: 970.683.7114

Office of Patient Advocacy: 866.470.5928 (Toll-free)

ADDITIONAL RESOURCES

Colorado Crisis Services:

A trained crisis counselor is available to talk with 24/7/365

1.844.493.TALK (8255) or text TALK to 38255

MHAcOLORADO.org:

Mental Health America of Colorado

Mystrength.com:

Online tools and resources to deal with anxiety and depression - use payer code WELLNESS GJ

Namiws.org:

National Alliance on Mental Illness, Western Slope Chapter

Western Colorado 2-1-1:

One call accesses hundreds of Health and Human Services Resources.

While your loved one is a patient at West Springs we highly encourage you to call and visit them. Having visitors and being in touch by phone helps patients feel supported and cared for by those who are important in their lives.

All visitors must be **age 12 or older** and only immediate family members are allowed to visit with any patient under the age of 18. To contact your loved one, please call the hospital main number at 970.263.4918 and their treatment team will be able to tell you the best time to visit and/or call.

VISITING

The new West Springs Hospital offers many comfortable areas to spend time with your loved one, both indoors and outside if the weather is nice. As structured days are part of your loved ones' treatment, we encourage you and close family members or friends to visit in the evenings and weekend afternoons.

THINGS TO KNOW

- Patients have the right to determine their visitors and all visitors must be on the patient's approved contact list.
- Visits by the patient's clergy, attorney or physician will not be restricted or denied at any time.
- All visitors must read and sign a confidentiality statement indicating understanding of patient confidentiality rights.
- You are required to leave all valuables in your car. Purses, backpacks, cell phones, pens, pencils, illegal items and outside food & drink are not allowed in the hospital. Please refer to the list of items considered contraband and leave them at home or in your car.
- Items such as keys will be inventoried by staff, kept locked during visit and returned to visitor upon departure.
- In the event that a visitor is suspected of passing drugs to a patient, the visitor will be asked to leave the premises immediately. Should the visitor resist, law enforcement will be called for assistance.
- Visitors who smell of alcohol and/or drugs, or exhibit any symptoms of alcohol or drug intoxication, will be asked to leave the premises immediately. Should the visitor resist, law enforcement will be called for assistance.

- Visits may be ended prematurely at the discretion of staff if the visit becomes stressful or unsafe. Circumstances such as this will also be documented in the patient's medical record.
- Visitors who have a communicable disease, such as mumps, measles, influenza, chicken pox or lice, or who have experienced a fever, cough, runny nose, sore throat, skin rash, vomiting or diarrhea in the last 48 hours should not visit patients until they are symptom-free and not a risk for transmitting disease. Staff may refuse visitor entry or request a visitor to leave if they are displaying symptoms of a communicable disease.
- Patients discharged from our hospital are not allowed to visit or call remaining patients for 90 days after discharge. Patients are discouraged from sharing personal contact information with each other.

CONTACT BY PHONE

To contact your loved one in the hospital please call the main number, 970.263.4918. If your loved one is unavailable when you call, staff will be able to let you know when your loved one can be reached via phone that day.

MAIL

Patients are able to send and receive mail.

If you would like to send mail to a patient please address to:

West Springs Hospital

515 28 3/4 Road • Grand Junction, CO 81501

Visitation, phone calls and the ability to send and/or receive mail may change or be limited during hospitalization based on the discretion of a patient's treatment team.

If you have any questions please feel free to call the hospital main number: 970.263.4918. Staff will work to address your questions or concerns to the best of their ability.



Safety is always our first concern. Items considered hazardous to our patients, staff or visitors are called “Contraband.” Our current list of items not allowed on our patient care units includes, but is not limited to:

- Any outside food or beverages
- Plastic bags
- Drawstrings or strings in pants, shirts or jackets and shoelaces
- Belts, ties and scarves
- Jewelry – necklaces, watches, earrings or other body piercing jewelry unless authorized by provider
- Clothing with drug, alcohol, sexual themes or potential addicting themes i.e. gambling, tobacco, casinos
- Hard plastic objects
- Books and magazines not approved by the treatment team. Exceptions are materials pertinent to a patient’s religion
- Nail polish and nail polish remover
- Cigarettes, lighters, matches and any other tobacco products. West Springs Hospital is a complete NO SMOKING/ NO TOBACCO facility
- Audio/visual recording devices
- Curling irons or electric hair styling items
- Razors or shavers
- Drugs, unidentified substances or powder
- Knives, guns or metal objects designed as weapons
- Metal or wire hangers, letter openers
- Sewing needles, hooks, safety pins, straight pins, scissors, metal nail clippers or files of any kind
- Glass or metal of any kind, including bottles, cans, frames, make-up in glass bottles and/ or with mirrors, or metal handles of make-up brushes
- Perfumes, cologne or aftershave
- Steel-toed boots and high-heeled shoes
- Hairsprays and any liquids containing alcohol
- Aerosols of any kind
- Cameras, mp3 players, internet-capable electronics, pagers or cell phones. (Cell phones may be used to extract contact information under staff supervision, then immediately returned to facility safe.)
- Any other item considered potentially harmful, non-therapeutic or altered from original use

On admission, a patient has his/her belongings checked in and explanation of the contraband policy provided.

Illegal substances or contraband found in a patient's possession will be turned over to law enforcement and detailed in the patient's personal check-in list. These include but are not limited to:

- Guns
- Knives
- Illegal drugs or unidentified substances or powder

“If it had not been for West Springs Hospital I may have never become grounded again, my ship has landed and I didn't crash. I had a gentle landing, a safe zone to recover mind, body and spirit. Thank you for all the kindness bestowed, your kind and friendly staff are the angels I needed to help bind up and heal the wounds I received in this broken world. The best of the best work here in this hospital.”

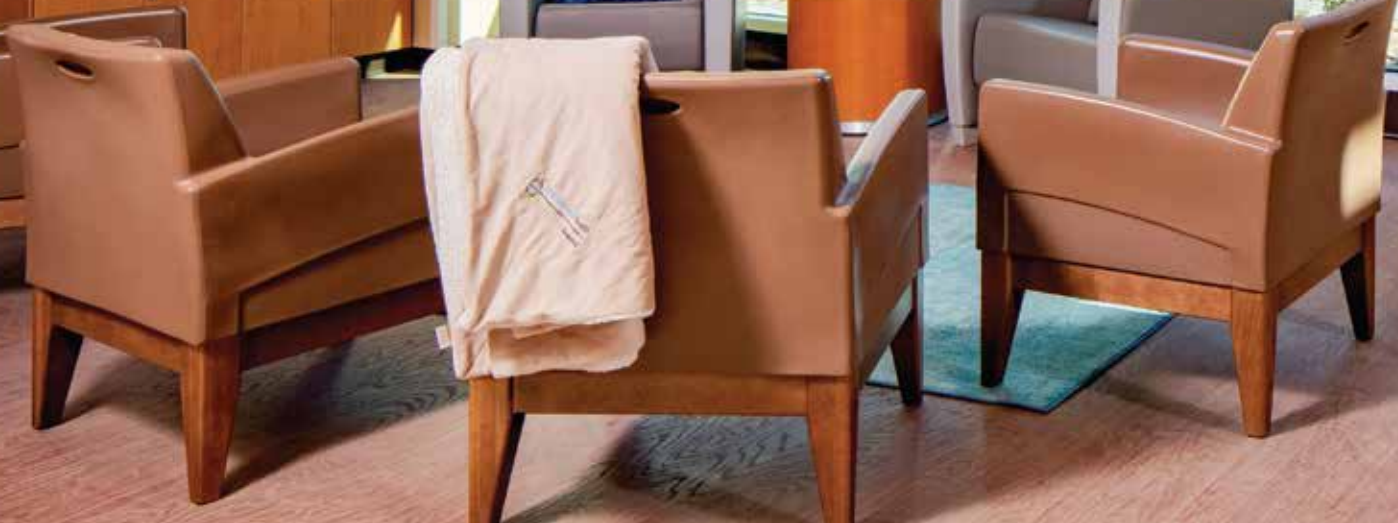
– A.P., Patient

MEDICAL MARIJUANA USE

West Springs Hospital is a smoke-free facility. This policy, as well as the federal statute banning marijuana use, is reviewed with patients.

- Patients admitted to the hospital possessing medical marijuana, associated paraphernalia and a legal Colorado medical marijuana card will have those items recorded, bagged and secured separately from any other items, and the patient's primary care provider will be notified within 24 hours of admission.
- A patient's medical marijuana use will be addressed during treatment planning.
- Marijuana & marijuana-related items not returned to a patient at discharge will be turned over to law enforcement for disposal.
- A patient's identity, privacy and confidentiality will be protected at all times when a request for assistance is made of law enforcement.

A SAFE AND SECURE
Healing Environment



SUGGESTED CLOTHING

Laundry facilities are available for patients' use. We provide laundry soap.

- Up to 3 complete changes of clothing, including socks and underwear
- Shirts must cover midriff
- Pajamas or shorts and t-shirts to wear at bedtime
- Winter coats, hats, gloves and a sweatshirt or light jacket without string ties (during cold weather months)
- Shoes, including gym shoes for recreation time (without laces)

OTHER PERSONAL ITEMS PATIENTS MAY KEEP IN THEIR ROOMS

- Bibles or other religious books
- Books - paperback only
- Notebooks (no wire binders)
- Envelopes, stamps
- Tissues

ITEMS TO LEAVE AT HOME

- Clothing with obscenities, drug, alcohol, gambling, tobacco or casino themes
- Pants with excessively frayed hems or chains, metal studs, straps or clips
- Drawstrings or strings in pants, shirts or jackets
- Clothing that must be dry cleaned or is not appropriate for washing machines
- Belts
- Shoelaces
- Cell phones, pagers
- Video games
- CDs or MP3 players
- Jewelry
- Cash
- Internet capable devices
- Personal care items such as hair brush/comb, toothbrush & toothpaste, shampoo/conditioner, soap, lotion and mouthwash. These items are provided by West Springs Hospital. (Specialty items require a provider order.)

The following are available and may be used with a provider order and under staff supervision

- Hair dryers
- Razors/shavers



WE VALUE

Respect • Professionalism • Politeness

KINDNESS FOR ALL

This list is not comprehensive for all medications that may be prescribed at the hospital.

Diagnosis - Trade Name (Generic)

ADD/ADHD

Adderall (Amphetamine)	Concerta (Methylphenidate)	Vyvanse (lisdexamfetamine)
Ritalin (Methylphenidate)	Strattera (Atomoxetine)	Clonidine
Dexedrine (Dextroamphetamine)		

ANXIETY

Celexa (Citalopram, Hydrobromide)	Effexor XR	Hydrazine (Vistaril)
Lexapro (Escitalopram)	BuSpar (Buspirone)	Lyrica (Pregabalin)
Zoloft (Sertraline)	Klonopin (Clonazepam)	Neurontin (Gabapentin)
Paxil (Paroxetine)	Ativan (Lorazepam)	
Cymbalta (Duloxetine)	Valium (Diazepam)	

BIPOLAR

Lithium (Lithium)	Tegretol (Carbamazepine)	Seroquel (Quetiapine)
Depakote (Divalproex)	Lamictal (Lamotrigine)	Zyprexa
Depakene (Valproic Acid)		

DEPRESSION

Zoloft (Sertraline)	Effexor (Venlafaxine)	Lithobid (Lithium)
Prozac (Fluoxetine)	Wellbutrin (Bupropion)	Abilify (Aripiprazole)
Celexa (Citalopram, Hydrobromide)	Lexapro (Escitalopram)	Seroquel (Quetiapine)
Paxil (Paroxetine)	Mirtazapine	Risperdal (Risperidone)

OCD/ OBSESSIVE BEHAVIORS

Luvox (Fluvoxamine)	Anafranil (Clomipramine)
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SCHIZOPHRENIA

Haldol (Haloperidol)	Thorazine (Chlorpromazine)	Abilify (Aripiprazole)
Navane (Thiothixene)	Seroquel (Quetiapine)	Clozaril (Clozapine)
Zyprexa (Olanzapine)	Latuda (Lurasidone)	Risperdal (Risperidone)
Geodon (Ziprasidone)	Saphris (Asenapine)	Invega (Paliperidone)
Prolixin (Fluphenazine)		

SLEEP DISORDERS

Lunesta (Eszopiclone)	Ambien (Zolpidem)	Restoril (Temazepam)
Trazadone (Desyrel)	Remeron (Mirtazapine)	Melatonin (Melatonin)

WHAT IS A TYPICAL DAY LIKE?

Each day, patients follow a structured schedule that most-likely includes group and/or individual therapy, recreation activities, treatment plan meetings, family sessions and private time for reflection and working on written assignments. Each patient is seen daily by a psychiatric provider (psychiatrist and/or advanced practice psychiatric nurse and/or physicians assistant). Peer Services, provided by individuals who have walked in patients' shoes, also conduct groups in the hospital as well as share their recovery stories. They also provide aftercare services through Mind Springs Health outpatient care.

ARE FAMILIES EXPECTED TO BE INVOLVED?

Yes, it is extremely important that family members participate in treatment. Family members are essential members of each patient's treatment team and family support assists in healing. It is also very helpful for families to understand and participate in the discharge and aftercare plans. **Once discharged, if you notice any changes in behavior or the safety level of your loved one, please call us and make us aware of your concerns immediately. You may wish to call our 24/7 Crisis Hotline for emergencies: 888.207.4004.**

WHAT CAN ONE EXPECT FROM TREATMENT?

Treatment starts with the evaluation of the situation directly related to the admission, the gathering of patient history and diagnosis evaluation. Patients work on developing the life skills and coping strategies appropriate for their illness and circumstances which they will need to continue to use after discharge. The more a patient and their support system is engaged in treatment and embracing new ways of doing things, the more successful treatment can be.

HOW DO WE SUPPORT OUR LOVED ONE AFTER HOSPITALIZATION?

Your loved one may have ongoing aftercare and follow-up appointments set at the time they leave the hospital. It is very important you encourage them to keep all scheduled appointments and take medications as directed. This will help them to stay well. At the time of discharge your loved one will be provided with the following:

- Aftercare plan with appointments
- Medication list and prescriptions as appropriate
- Their customized safety, recovery and aftercare plan packet
- Community resources as applicable.

HOW LONG DOES TREATMENT LAST?

People respond to treatment differently. Depending on age, willingness to confront problems and the severity of symptoms, the length of treatment varies. Hospitalized adults usually stay between 5 and 7 days. Children and adolescents may stay as long as 10 to 12 days. Case managers and the treatment team work to develop aftercare plans based on the individual needs of each patient.

WHAT IS A TREATMENT TEAM? WHO IS A PART OF IT?

Every patient has a treatment team, also known as a patient care team. This team is made up of professionals whose job is to make sure that all aspects of a patient's care are addressed and coordinated. A treatment team often consists of psychiatric providers (psychiatrist or advanced practice psychiatric nurse or physician assistant), hospital medical director, family nurse practitioners, nurses, therapists, mental health workers & case managers. West Springs Hospital's Administrator, Kim Boe, also is available to be part of the team when needed.

WILL YOU MEDICATE MY FAMILY MEMBER?

Medications are a powerful and effective tool in treating mental illnesses. Our providers will only prescribe medications after the benefits and any possible side effects of each medication have been thoroughly reviewed with the patient and family (with permission), and after consents have been granted. Medications are closely monitored and their effectiveness is frequently reviewed by the treatment team.

WHY ARE ALL THE DOORS IN THE HOSPITAL LOCKED?

West Springs Hospital is committed to providing a safe, secure environment for all patients. Many patients have illnesses that make it difficult for them to maintain their own safety. We are also committed to maintaining the confidentiality of our patients and must be able to identify any visitors to the hospital before they enter patient areas. Our doors are locked to insure the safety of our patients and to protect their right to privacy.

WHY ARE SIMPLE THINGS LIKE SHOWER CURTAINS OR REGULAR SILVERWARE NOT AVAILABLE?

As West Springs Hospital is a safe and secure environment, anything that could be construed as or constructed into something unsafe is not allowed within the hospital. As an additional safety measure after meals, all utensils are counted and accounted for.

CAN MY CHILDREN HAVE THEIR OWN TOYS AT THE HOSPITAL?

We provide toys, books, etc. for your child to play with during their stay. If you feel it would be important for your child to have a few favorite toys from home, please discuss this with your child's treatment team. Please remember that we are not responsible for toys from home that are lost or broken.

CAN MY CHILD OR FAMILY MEMBER HAVE THEIR MP3 PLAYER, IPAD, SMARTPHONE, ETC?

Due to safety issues, all electronic devices need to be left at home. We are able to provide radios and music for patients on an individual basis, depending upon their treatment needs.

WILL MY CHILD ATTEND SCHOOL?

There is not a school on site; however, we are able to help children with their school work if their assignments are provided. If at all possible, please bring school work at the time of your child's admission, or shortly thereafter. Completed assignments will be given back to parents to return to their child's school.

THERE ARE 2 BEDS IN MANY ROOMS. CAN, OR DO, MEN & WOMEN SHARE ROOMS? CHILDREN & ADULTS?

No, never. Women only have female roommates, men only have male roommates. Children and adolescents have their own unit separate from adults & only room with other children of the same sex and similar age.

WHAT IS A DENIAL OF RIGHTS? WHAT CIRCUMSTANCES MIGHT LEAD TO IT?

West Springs Hospital supports and advocates patients be involved in the planning and decision-making about their care. If the treatment team determines it is in the best interest of a patient to restrict a right, it is the Hospital's obligation to communicate the restrictions, and the reasons for them, to the patient and parent/guardian of minors.

WHAT IS THE COST OF HOSPITALIZATION?

We accept most insurances and VISA or MasterCard. Business office personnel are available to answer questions about the cost or coverage for hospitalization. Please have copies of insurance, Medicare or Medicaid card available. We offer a sliding scale dependent upon each patient's financial picture. You will be asked to provide proof of income to determine whether a discount is appropriate. Payment is required at time of discharge unless other arrangements have been made through the hospital business office.

WHO DO I CONTACT IF I HAVE QUESTIONS?

The case manager or psychiatric provider are the primary contacts during hospitalization. The case manager will coordinate the discharge plan and aftercare.

Nursing Issues: 970.683.7021

Psychiatric Providers/Medications: 970.263.4918

Case Managers: 970.263.4918

Administrator: 970.683.7072

Financial Questions: 970.683.7131 or 888.320.5218

Grievances/Issues/Complaints: 970.683.7114

Admissions to West Springs Hospital may be voluntary, or in some cases involuntary.

INVOLUNTARY ADMISSIONS

The law in Colorado says involuntary admissions can occur

“When any person appears to have a mental illness and, as a result of such mental illness, appears to be an imminent danger to others or to himself or herself or appears to be gravely disabled, then a...intervening professional, upon probable cause and with such assistance as may be required, may take the person into custody, or cause the person to be taken into custody, and placed in a facility designated or approved....for a seventy-two hour treatment and evaluation.”

Colorado Revised Statute 27.65

Called an M-1 hold in Colorado, any physician, officer of the law or licensed mental health therapist, social worker or nurse can place someone under the 72-hour M-1 hold. Our hospital is rarely the one to place a patient under a hold, most often those patients arrive at West Springs with it already in place.

Family members of patients who come in on a M-1 hold may be contacted by the hospital in order to gather information about the patient within that 72-hour timeframe, whether the patient has signed an authorization or not.

Under an M-1 hold, West Springs has up to 72 hours to provide evaluation and treatment. After 72 hours, a number of things can occur - the patient may be discharged, may opt to stay as a voluntary patient, or the court may be asked to extend the hold.

Regardless of voluntary or involuntary, all patients retain their legal rights.



PRIVACY RIGHTS

Upon admission to the hospital patients receive a Notice of Privacy Practice which describes their rights and outlines certain obligations of the hospital regarding the use and disclosure of health and treatment information.

A patient's medical records, including treatment plans, are confidential and your loved one has the right to control the disclosure of information about themselves. They also have the right to decide who their information can be disclosed to. Except in special circumstances, or when a patient is under the age of 15, a patient **MUST SIGN** an authorization order for West Springs Hospital to be able to disclose **ANYTHING** about the patient with **ANYONE**; including confirming or denying if they are or were a patient. Listening carefully to family members may be all West Springs Hospital staff is able to do during a phone call.

Patients often change their minds and may sign an authorization one day and revoke it the next, which means that contact with family members could change within 24 hours.

Patients retain their right of choice even in cases where family disagrees. In cases where patients and family differ or oppose, patient rights and choices override family preferences and directives.

RIGHTS OF MINORS

All provisions of the Privacy Notice apply to parents, legal guardians or other persons authorized to act on a minor's behalf, with the exception of:

- A person aged 15 to 18 who has obtained mental health treatment without parental consent. Parents or legal guardians may request information about a minor's treatment and their request may be granted, partially granted or denied without the minor's permission if our treatment professional judges it to be in the minor's best interests.
- A minor of any age may consent to substance abuse treatment without parental permission. Parents or legal guardians may only have access to a minor's treatment information with written authorization from the minor.

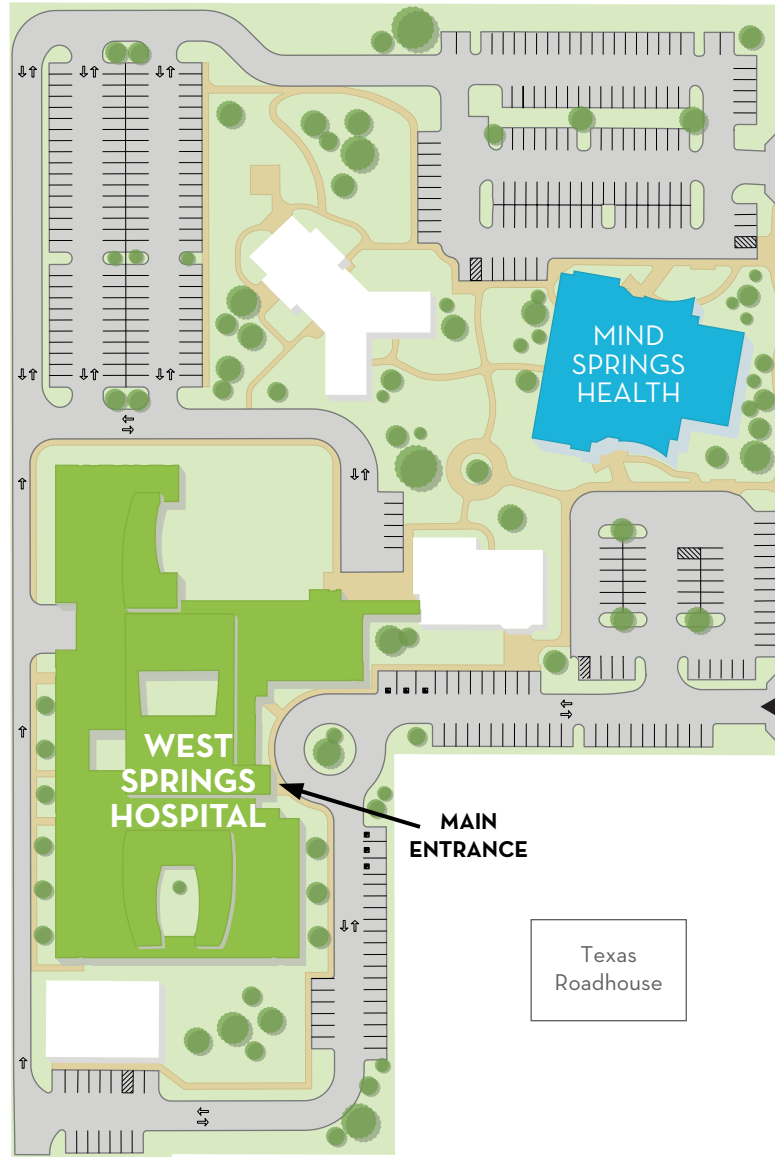
PATIENT BILL OF RIGHTS

What the law in Colorado says:

- 1. YOUR TREATMENT** You will be examined to determine your mental condition. If you understand and participate in your evaluation, care and treatment you may achieve better results. The staff has a responsibility to give you the best care and treatment possible and available, and to respect your rights.
- 2. NO DISCRIMINATION** You have the right to the same consideration and treatment as anyone else regardless of race, color, national origin, age, sex, political affiliation, financial status or disability.
- 3. YOUR LAWYER** You have the right to retain and consult with an attorney at any time. If you are hospitalized involuntarily, the court will appoint an attorney for you (at your own expense, if you are found able to afford one).
- 4. TELEPHONES** You have the right to ready access to telephones, both to make and receive calls in privacy.
- 5. LETTERS** You have the right to receive and send sealed letters. No incoming or outgoing letters will be opened, delayed, held or censored by personnel of the facility.
- 6. WRITING MATERIALS** You have the right to access letter writing materials, including postage. They will be provided, if needed. If you are unable to write, members of the facility will assist you to write, prepare, or mail correspondence.
- 7. VISITORS** You have the right to frequent and convenient opportunities to meet with visitors. The facility may not deny visits at any time by your attorney, clergyman or physician. You have the right to determine a 'visitor's list' of whom you do and don't want to see.
- 8. REFUSAL OF MEDICATIONS** You have the right to refuse to take medications, unless you are an imminent danger to yourself or others, or the court has ordered medications.
- 9. CERTIFICATION** If you are an involuntary patient, you have the right to a review of your certification or treatment by a judge or jury, and you may ask the court to appoint an independent professional person (psychiatrist or psychologist) to examine you and to testify at your hearing.

10. **CLOTHING AND POSSESSIONS** You have the right to wear your own clothes, keep and use your own possessions, and keep and be allowed to spend a reasonable sum of your own money.
11. **SIGNING IN VOLUNTARILY** You have the right to sign in voluntarily, unless reasonable grounds exist to believe you will not remain a voluntary patient.
12. **LEAST RESTRICTIVE TREATMENT** You have the right to receive medical and psychiatric care and treatment in the least restrictive treatment setting possible, suited to meet your individual needs.
13. **TRANSFERS** If you are certified, you have the right to twenty-four (24) hour notice before being transferred to another facility unless an emergency exists. You also have the right to protest to the court any such transfer, the right to notify whom you wish to about the transfer, and the right to have the facility notify up to two persons designated by you, about your transfer.
14. **CONFIDENTIALITY** You have the right to confidentiality of your treatment records except as required by law.
15. **ACCESS TO MEDICAL RECORDS** You have the right to see your medical records at reasonable times.
16. **FINGERPRINTS** You have the right not to be fingerprinted unless it is required by law.
17. **PHOTOGRAPHS** You have the right to refuse to be photographed except for hospital identification purposes.
18. **VOTING** You have the right to the opportunity to register and vote by absentee ballot with staff assistance.
19. **RESTRICTIONS** If you abuse rights regarding telephones, letters, writing materials, visitors or clothing and possessions, these rights may be restricted by your treatment team, and you must be given an explanation as to why the right is to be restricted. Restricted rights will be evaluated for therapeutic effectiveness every seven (7) days.
20. **GRIEVANCES** Grievances or complaints may be submitted to the Colorado Department of Health, the Colorado Division of Behavioral Health or the Legal Center Serving persons with Disabilities. Your patient representative will help you select the proper agency for your complaint or grievance and assist you in preparing the complaint or grievance if you wish.

DIRECTIONS TO THE HOSPITAL

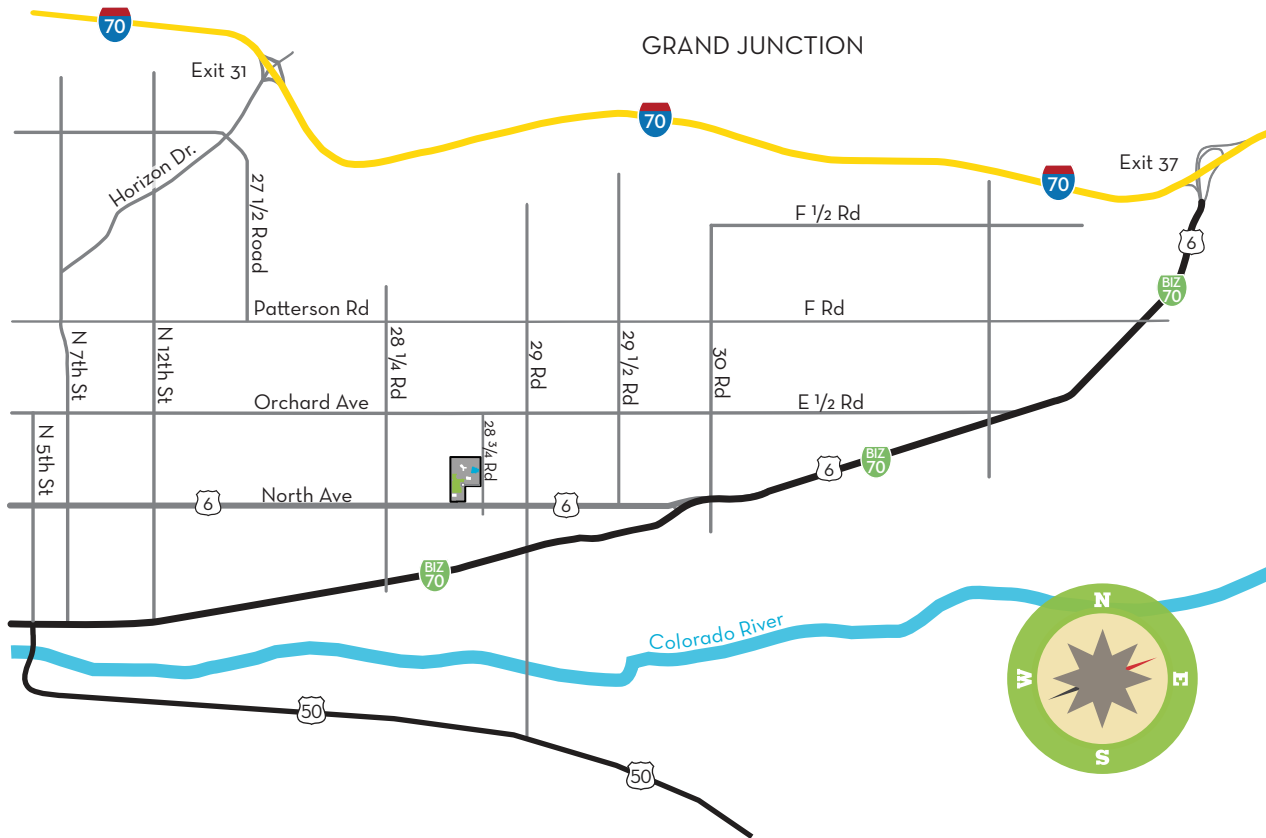


Enter on
28 3/4 Rd.

28 3/4 ROAD



NORTH AVENUE



DIRECTIONS from EAST/WEST


Glenwood Springs	Aspen	Vail/Avon	Steamboat Springs
1 1/2 hrs	2 1/4 hrs	2 1/4 hrs	3 1/2 hrs

- I-70 to Exit 37 Clifton/Grand Junction
- Merge onto I-70 Business Loop/US-6
- In 3.6 miles take slight right continuing on US-6/North Ave.
- In 1.7 miles turn right onto 28 3/4 Road
- In 0.1 mile turn left into West Springs Hospital
- Hospital is directly ahead at roundabout

DIRECTIONS from SOUTH

Delta	Montrose	Ridgway
45 mins	1 1/4 hrs	1 3/4 hrs

- US 50 West
- Turn Right onto 29 Road
- In 3.3 miles turn left onto North Avenue/US-6 West
- In 0.25 miles turn right onto 28 3/4 Road
- In .1 Mile turn Left into West Springs Hospital
- Hospital is directly ahead at roundabout



Everyone here has been so caring and loving
in a time when things may not be going well
or difficult. The kindness and support has been
a blessing and it makes all the difference in
the care. This caring and dedication
of staff is wonderful to have.

—S.Y., PATIENT



WEST SPRINGS *hospital*

Psychiatric Care & Recovery

WestSpringsHospital.org • 970.263.4918