

To: Helene Vartelas and Lakisha Hyatt

We come together as a unit to voice our feelings and thoughts about the mayhem on unit 4. We are disappointed in the quality of our lives. We deal with unacceptable conditions, which interrupt treatment and our ability to focus on our own priorities. Example: patients are continuously cleaning up the infectious and unsanitary phones, chairs, and water fountain. We are constantly overwhelmed by the stress that we endure. Many of us feel as if we are on an emotional roller coaster! We fear being assaulted, called racist remarks, and even spit on. At any given moment, we may have to evade an attack and many of us often flee for safety. Removing ourselves from the individual is our best bet, but still patients and staff have to be on constant alert. There is hardly any peace of mind. Also, we find ourselves feeling tired and fatigued due to disturbances that often occur various times throughout the night. We are wakened out of our sleep by a loud ruckus! Screaming, yelling, and turning on the lights are a few examples. As we all know, sleep deprivation can cause numerous symptoms. This can become problematic, leaving us mentally off balance. These create a whole lot of distractions to us. We try to work on our recovery during groups, but our day rooms and group rooms are very filthy. The quality of our treatment is damaged. What is clear is that patients and staff are in fear. Not to mention we are unsatisfied and feel like 18 patients are not as important as this one patient. Staff attention goes predominantly to one patient leaving the rest of the unit feeling let down. Our needs should be prioritized. We feel all of this negative pressure building up is creating withdrawal in our overall well-being. No one likes to feel hopeless and helpless. No one should be able to intrude and sabotage our recovery.

Imagine trying to make an important call to a family member or loved one and being denied because of a patient's disruptive behavior. Many triggers are continually provoked by these sanctions that interrupt our daily needs and entitlements. We do our best to cope with all of the conflicts that we may endure at any given time. The energy on our unit is very negative, impacting everyone and causing major stress. Many of us feel like we should just stay in our rooms to avoid the uncomfortable emotions of being around this patient.

Anything unequal creates feelings of inefficiency! We are suffering from disrespect when we all deserve to be respected. With all said, we hope and believe the both of you will restore a livable community for us to truly recover!

Thank you from unit 4