

Dental

- Report any mouth or tooth pain, and swelling or bleeding gums to the clinic through the health memo process.
- Brush (teeth, tongue) and floss twice daily or after meals.
- Floss is available in the living unit.



Medications and First Aid in Living Units

All medications will be supplied and prescribed by the Harbor Heights medical team.

Emergency Care

Medical staff respond immediately to life threatening medical emergencies. Harbor Heights staff will alert medical staff to medical emergencies.



Young people have the right to refuse medical treatment through the Refusal of Medical Care form. The Health Center provides the form upon refusal of treatment.

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Harbor Heights Health Care



Washington State Department of
CHILDREN, YOUTH & FAMILIES



Harbor Heights Health Center's mission is to provide excellent medical and mental health care with compassion and respect for all patients.

The Health Center provides medical and mental health services. Medical staff are on site 24 hours a day, seven days a week.

Young people receive an intake nursing assessment within four hours of arrival and physical exams within the first week of arrival. Specialists outside the facility are available for acute and chronic medical conditions.

For medical, mental health, dental or vision care:

- Medical, mental health/psychiatric, dental, and vision services are provided on a rotating schedule.
- Medical, mental health, and dental services are available throughout the week. Vision services or eye exams are available monthly.

Physical Exams with a Medical Provider

A physical exam is completed within the first week and every year at Harbor Heights. If a young person refuses the exam, activities will be limited.

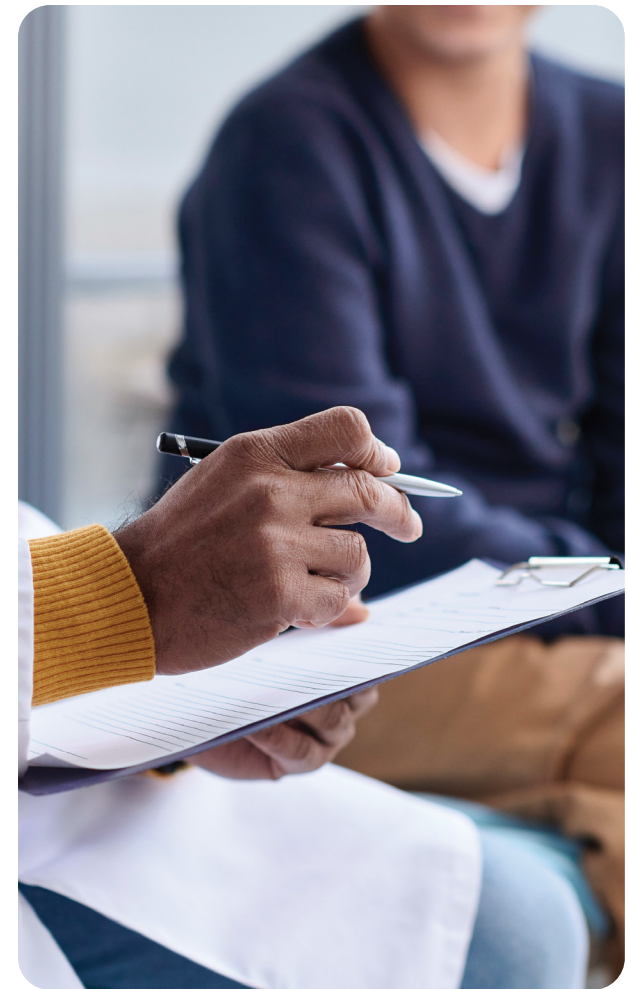
Tattoo Removal

Tattoo removal is available. A young person must fill out a Health Center Request Form and write a letter to request tattoo removal. The Health Center Request Form needs to be sent to the Nurses. The letter must include the locations, a description, and why the tattoo needs to be removed. The letter must be submitted to the Health Center Administrator.

Medications

Medications must be taken with a full glass of water. Staff check mouth, hands, and cups to make sure medications are swallowed.

If there is an attempt to not take medication, the medications may be crushed or discontinued.



Sexually Transmitted Disease/Infection (STD/STI) Testing

Chlamydia and gonorrhea tests are offered during intake to Harbor Heights. Additional testing can be requested on the Health Center Request Form.

Vaccinations

Staff will review vaccinations records. Young people will be up to date on vaccinations before leaving.

Substance Use Treatment

Young people have access to substance use treatment options that include medications, therapy sessions, and support groups.