

## WELCOME

Dorothea Dix Psychiatric Center located in Bangor, Maine is one of two State psychiatric hospitals under the Maine State Department of Health and Human Services. DDPC is a 51 bed psychiatric hospital serving two-thirds of the State's geographic area that provides services for people with severe mental illness. The Hospital is governed under laws established by the Maine Legislature to provide care and treatment for inpatients, both voluntary and court committed . DDPC is part of a comprehensive mental health system of services in Northern and Eastern Maine, which includes community mental health centers, private psychiatric and community hospitals and private providers.



Honesty, Respect, Integrity, Responsibility,  
Accountability, Compassion, Empathy

**Dorothea Dix  
Psychiatric Center is  
a smoke free  
environment**

**Dorothea Dix Psychiatric Center**  
**656 State Street, P O Box 926**  
**Bangor, Maine 04402-0926**  
**207-941-4000**  
**Visiting hours 11:30 to 8:00**  
**Daily**



Department of Health  
and Human Services

*Maine People Living  
Safe, Healthy and Productive Lives*

## Dorothea Dix Psychiatric Center



## Visitor's Guide

**Dorothea Dix Psychiatric Center**  
**656 State Street, P O Box 926**  
**Bangor, Maine 04402-0926**  
**207-941-4000**

## Guidelines

### Please follow the Visitors' Guidelines to protect the safety, rights and privacy of visitors and patients alike.

- Upon arrival at DDPC all visitors are required to check in, present picture identification and obtain a visitor's pass. The visitor must identify whom they plan to visit and personnel must confirm that the patient can accept visitors before the visitor is allowed to proceed to the unit. Please wear your visitors pass at all times and return it before you leave.
- Visitors must secure all items that are not being delivered to the patient in their vehicle or in a locker (located in the security office).
- Security will do a visual check of all bags and containers being delivered to the patient.
- Security/Switchboard will notify the unit that the visitor has items for the patient. Identified contraband/prohibited items will be presented to Nursing Staff for approval; unapproved items will be removed and secured by security staff or the visitor.

### Patient Food Policy

To promote optimal physical health every patient will have a medical staff order for a diet that meets their medical and nutritional requirements.

Food may be brought in by visitors with the following restrictions:

- ⇒ Based on their individual circumstances there may be limits imposed by the treatment team on the type and amount of food that may be brought in.
- ⇒ Items must be in factory sealed containers - single serving/portion size.
- ⇒ Please no metal or glass containers.
- ⇒ No caffeinated beverages including soda, coffee, energy drinks, etc.

All food and beverages brought in will be inspected by Security prior to a patient receiving it.



The establishment of state mental hospitals in the United States is due in part to reformer Dorothea Dix, a native of Hampden Maine. Dorothea Dix Psychiatric Center officially opened its doors July 1st, 1901.

### Prohibited items include:

- \* Alcohol and alcohol based products such as mouthwash, cologne, aftershave, perfume,
- \* All caffeinated beverages.
- \* Glass items i.e. bottles, jars, mirrors, keepsakes, ceramics vases.
- \* Long chains, pins, necklaces, ties, scarves, shoelaces, clothing with drawstrings.
- \* Unsealed food.
- \* Spiral notebooks, letter openers, tape dispensers, pencils, pens, paperclips
- \* Illegal and non-illegal street drugs including spice, K2, bath salts,
- \* Prescribed medications, over the counter medications.
- \* Flammable items i.e. lighters, lighter fluid, flints, matches, fireworks, etc.
- \* No cans or can lids or pull tabs.
- \* Aerosol cans, paints, perfume, model glue, household chemicals.
- \* Cigarettes, cigars, loose tobacco, chewing tobacco, rolling papers, pipes, snuff e-cigarettes.
- \* Weapons: knives, clubs, tools, etc.
- \* Curling irons, hair dryers, hairspray, nail polish.
- \* Cameras, hand-held video games, personal computers, iPods, tablets, electrical cords, chargers.

**Dorothea Dix Psychiatric  
Center**  
**656 State Street, P O Box 926**  
**Bangor, Maine 04402-0926**  
**207-941-4000**  
**Visiting hours 11:30 to 8:00**  
**Daily**