

CALIFORNIA DEPARTMENT OF CORRECTIONS AND REHABILITATION

You have been placed in an Administrative Segregation Unit, sometimes called "Ad Seg" or ASU. It can be hard to adjust to ASU because:

- It is a sudden change in housing with restricted property and privileges.
- Although ASU is temporary housing, inmates do not know exactly how long they will be in ASU.
- Some inmates have trouble talking to staff who are new to them.
- Some inmates do not feel safe in ASU.

ADMINISTRATIVE SEGREGATION UNIT

INMATE ORIENTATION

MENTAL HEALTH GUIDE

IF YOU NEED HELP TO READ THIS, ASK STAFF TO HELP*

*All staff members are responsible for ensuring that inmates get help reading and understanding the information in this pamphlet.

SI USTED NO HABLA INGLÉS PUEDE PEDIR ESTA INFORMACIÓN EN ESPAÑOL. DIGALE A UNO DE LOS EMPLEADOS QUE HABLA ESPAÑOL QUE NECESITA ESTA INFORMACIÓN EN ESPAÑOL. TAMBIÉN PUEDE DECIR "I NEED THIS IN SPANISH."

- Some inmates do not understand or agree with the reasons they are in ASU.
- Some inmates are in ASU because they might be in danger from other inmates.
- Some inmates are in ASU because they got in trouble and are worried about getting more time in a lock-up unit or more time in prison.
- Some inmates are waiting for a transfer, and don't know if they will be okay in their new placement.
- Some inmates have family problems, medical problems, personal problems like debts, or other problems, and being put in ASU makes them feel worse.
- Some inmates feel upset, worried, or depressed a lot of the time, and being in ASU makes them feel worse.
- Some inmates are already getting treatment for mental health problems like hearing voices or feeling depressed, and ASU makes them feel worse.

If you are worried, upset, angry, or feeling hopeless, or if you are having trouble eating, sleeping, or thinking clearly, ask to talk to a mental health clinician. You can ask for a medical request form to fill out, or you can ask a staff person to help you fill one out. A licensed psychiatric technician (LP1) or another mental health staff person will come by your cell each day to see how you are doing.

YOU CAN ASK TO TALK TO A MENTAL HEALTH STAFF PERSON IN A PRIVATE SETTING IF YOU CANNOT TALK OPENLY ABOUT YOUR ISSUES.

IF YOU FEEL LIKE HURTING OR KILLING YOURSELF RIGHT NOW, TELL A CUSTODY OR MENTAL HEALTH STAFF MEMBER RIGHT AWAY.

Give yourself a chance to talk to someone about how to deal with your situation without hurting yourself or anyone else. You have made it through a lot of difficult times. Even if things seem really bad right now, your life is important and valuable, and there are reasons you should stay alive. Give us a chance to help you find solutions to your problems. If you don't want to talk to a mental health staff person, ask to talk to a Chaplain or someone else you trust to help you. You will not be in ASU forever, and things are likely to get better if you ask for help.

If you do not already know why you are in ASU, you will be told in a private meeting with a Correctional Facility/Custody Captain sometime in the next 24-72 hours. At this meeting, it is important that you tell staff if you are having trouble coping with being in ASU. If you have questions, they may be answered in this meeting, or you may ask to talk to your Correctional Counselor. Some questions you may want to ask are:

- Who is my Correctional Counselor?
- Why am I in ASU?
- How long will I be in ASU?
- Can I choose a cell-mate?
- What property can I have?
- How do I get a visit in ASU?
- What are the emergency phone call procedures?
- How can I get to the law library?
- Who is my Mental Health Clinician?

ASU is usually temporary housing, and you should be on your way to housing where you will have more property and privileges soon. If you do not need help coping right now, but you end up being in ASU for longer than you expected, you can ask to talk to a mental health clinician at any time.