

WELCOME TO THE INPATIENT CHILD PSYCHIATRY UNIT AT [HOSPITAL]

We recognize that this is difficult and overwhelming time for you and your child. Our team is dedicated to providing compassionate, family-focused care in a manner that emphasizes your child's strengths. It is understandable that you may have many questions. We have prepared this handout to begin to answer some of them.

OVERVIEW

Our unit provides short-term, evidence-based care. We focus on stabilizing your child's behavior by focusing on their immediate crisis. Once they are stabilized, we work with you and your child to safely transition them back home and to their community.

OUR APPROACH

We are committed to providing you and your child **family-centered, trauma-informed care**. This means that we view family-involvement in treatment as critical to your child's success. We recognize the impact of past difficult events in your child's life on shaping their current challenges, and incorporate this into our understanding of your child and their treatment plan.

We focus on practical skill building in the areas of emotion regulation, distress tolerance, and problem-solving. We utilize an evidence-based behavioral management approach that emphasizes positive-reinforcement and natural consequences to support your child in skill building.

MY CHILD'S TEAM

Your child's primary treatment team includes a Child Psychiatrist, Licensed Clinical Social Worker, and Case Manager. This team will work with you and your child throughout their stay to develop a treatment plan, coordinate care with their outpatient team, and connect them to additional community resources as indicated. Your child will also interact with nurses, counselors, occupational therapists, and psychologists during their stay.

SERVICES WE OFFER

Our goal is to stabilize behaviors that are preventing your child from functioning safely at home and in the community. To achieve this goal, we will collaborate with you and your child around creating a treatment plan. Our unit offers the following services:

- **Diagnostic Assessment**
 - We help you better understand your child's behaviors and challenges
- **Medication Evaluation**
 - We discuss if medication might be helpful in managing your child's challenges

- **Individual and Family-Based Short-Term Therapeutic Interventions**
 - We support skill-building in various areas including distress tolerance, communication, and emotion and behavioral regulation
- **Connection to Resources**
 - We help your family access resources in the community to support ongoing treatment

A TYPICAL DAY

Your child will follow a daily schedule that includes a variety of therapeutic groups and school sessions. Your child will also meet with their treatment team daily and participate in individual and family therapy sessions as per their treatment plan.

LENGTH OF STAY

We are a short-stay unit focused on the stabilization of acute safety concerns such as aggression and suicidality. **Our average length of stay is 7-10 days**, although each child is different, and this may vary depending on your child's specific situation. From the moment your child is admitted, we will start thinking with you about what services and supports are needed to transition them safely home and back to their community.

As we are a short-stay unit, most children still have symptoms and challenges when they leave the hospital. Our hope is that these difficulties will lessen overtime with ongoing engagement in outpatient care, which we will begin the process of connecting your child to during their hospital stay.

RISKS OF ADMISSION

Our goal is always to provide a safe, supportive, and structured environment for your child to receive treatment in. Our unit serves children who are struggling with emotional and behavioral challenges. As such, your child may witness things they find upsetting including aggression, the use of profanity, and self-harm behaviors. We will work with you and your child to process and address any upsetting events they experience on the unit.

WHEN CAN I VISIT

Parents, caregivers, and guardians can visit at any time. Children are typically engaged in group programming and other treatment activities from 9-5 PM during the business week.

We look forward to working with you and your child.