Welcome to the Child/Adolescent Mental Health Inpatient Programs

Your child’s psychiatrist is: ______________________________________________________

Your child’s treatment coordinator is: _____________________________ Phone: __________

Your family meeting is on: ______________________________________________________

7A Child/Adolescent Mental Health Phone: 612-273-6062
Intensive Treatment Center (ITC) Phone: 612-273-2777

Introduction

We urge you to take an active part in your and your child’s care during the program. Your treatment coordinator will schedule family meetings as needed.

Your treatment team will help you identify problems, explore treatment options, set goals and plan for discharge. We will work with you and your child to meet any special needs. We especially want you to take part in the plans for your child’s return to the community.

When you and your child arrive, we will assess your child. This may include:
- taking a medical history
- taking a social history
- family interviews
- a psychiatric exam
- a medical exam
- psychological tests
- identifying areas that need work, such as:
  - self-regulation
  - sensory processing
  - communication
  - social skills
  - coping skills
  - stress management skills
  - personal safety
  - anger management

If you are deaf or hard of hearing, please let us know. We provide many free services including sign language interpreters, oral interpreters, TTYs, telephone amplifiers, note takers and written materials.
**Team members include:**

- psychiatrists
- nurses
- psychiatric associates
- clinical treatment coordinator
- music therapist
- occupational therapist
- therapeutic recreation specialist
- yoga instructor
- clinical nurse specialist
- pharmacist
- dietician
- chaplain

**Treatment plan**

During your child’s treatment we will:

- Assess your child’s development and how well your child functions within the family.
- Provide support to help you and your child function better.
- Support mental, emotional, physical, spiritual, social and cultural needs.
- Support overall health and well-being. We also teach you, your child, and other caregivers about healthy lifestyles.
- Improve mental and social skills and the ability to interact with peers. This includes work on communication skills, conflict resolution, attention span, and leisure.
- Show you and your child how to cope with pain, stress, fear and anxiety. We will teach your child how to relax, manage stress, and use sensory interventions and self-regulation.

Your treatment coordinator will assess your child’s progress. He or she will attend team meetings to make sure your child receives consistent care.

We offer a number of therapies to help your child function at his or her highest level (see **Daily therapy and groups**).

In addition, your child’s doctor may order special treatment, such as sensory integration, relaxation, and exercise or leisure education. We will be glad to explain any treatment your child receives.
Daily therapy and groups

Music therapy

Music therapists use music to create rapport among the children, inspire them to take part in treatment, identify and manage feelings, and make positive changes in moods and emotions.

Music can help you and your child manage stress, relax, improve communication, and practice problem solving. Your child may take part in music improvisation, active listening, song writing or discussion, music and movement or drawing to music.

American Music Therapy Association, www.musictherapy.org

Occupational therapy

Occupational therapists help children and teenagers improve thinking, social and organizing skills. These skills are required for work, school and leisure.

Therapists will teach your child self-reliance, self-care, and how to develop his or her own interests. We strive to improve your child's attention span, decision-making and problem-solving skills. Your child will practice using all five senses to know what is going on and how to best respond.

Therapeutic recreation

Therapeutic recreation specialists help improve your child's physical, mental, emotional and social well-being. They also help develop skills for taking part in the larger community. Your child will acquire skills, knowledge, and attitudes that foster an independent lifestyle.

Some of these therapeutic groups are offered at the outdoor playground and swimming pool. These groups may include activities such as climbing, running and swimming. These activities use large muscles to lessen tension, stress and extra energy.

American Therapeutic Recreation Association, www.atra-online.org

Yoga

Yoga includes a wide range of mind/body practices that focus on posture, breathing exercises, deep relaxation and meditation. A yoga instructor will tailor these practices to the needs of the children. Yoga is a good way to calm and control the mind.

Classes and skill labs

During these learning groups, the staff will cover topics such as health and medicine, social skills, coping skills, managing stress and other mental health issues. Discussions are led by psychiatric associates or nurses.
## Sample Day Schedule

Patients are grouped by age and developmental level.

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday/Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 a.m.</td>
<td>Breakfast (for school children)</td>
<td>Breakfast (for school children)</td>
<td>Breakfast (for school children)</td>
<td>Breakfast (for school children)</td>
<td>Breakfast (for school children)</td>
<td>Breakfast</td>
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<tr>
<td>9 a.m.</td>
<td>Community meeting (school for Intensive</td>
<td>Community meeting (school for Intensive</td>
<td>Community meeting (school for Intensive</td>
<td>Community meeting (school for Intensive</td>
<td>Community meeting (school for Intensive</td>
<td>Music therapy or Occupational therapy or</td>
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<tr>
<td></td>
<td>Treatment Center)</td>
<td>Treatment Center)</td>
<td>Treatment Center)</td>
<td>Treatment Center)</td>
<td>Treatment Center)</td>
<td>Therapeutic recreation</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Occupational therapy (school for teens)</td>
<td>Occupational therapy (school for teens)</td>
<td>Occupational therapy (school for teens)</td>
<td>Occupational therapy (school for teens)</td>
<td>Occupational therapy (school for teens)</td>
<td></td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Therapeutic recreation</td>
<td>Music therapy</td>
<td>Music therapy</td>
<td>Therapeutic recreation</td>
<td>Music therapy</td>
<td></td>
</tr>
<tr>
<td>12 p.m.</td>
<td>Lunch/ Phone time</td>
<td>Lunch/ Phone time</td>
<td>Lunch/ Phone time</td>
<td>Lunch/ Phone time</td>
<td>Lunch/ Phone time</td>
<td>Lunch/ Phone time</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Therapeutic recreation</td>
<td>Yoga</td>
<td>Therapeutic recreation</td>
<td>Therapeutic recreation</td>
<td>Therapeutic recreation</td>
<td>Visiting/Movie</td>
</tr>
<tr>
<td></td>
<td>Swim</td>
<td>Therapeutic recreation</td>
<td>Swim</td>
<td>Therapeutic recreation</td>
<td>Swim</td>
<td></td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Music therapy</td>
<td>Therapeutic recreation</td>
<td>Skills lab</td>
<td>Skills lab</td>
<td>Skills lab</td>
<td>Visiting</td>
</tr>
<tr>
<td></td>
<td>Swim</td>
<td>Swim</td>
<td>Swim</td>
<td>Swim</td>
<td>Swim</td>
<td></td>
</tr>
<tr>
<td>3 p.m.</td>
<td>Quiet time</td>
<td>Quiet time</td>
<td>Art studio</td>
<td>Quiet time</td>
<td>Quiet time</td>
<td>Quiet time</td>
</tr>
</tbody>
</table>
Sample Evening Schedule

Patients are grouped by age and developmental level.

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday/Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 p.m.</td>
<td>Community meeting</td>
<td>Community meeting</td>
<td>Community meeting</td>
<td>Community meeting</td>
<td>Community meeting</td>
<td>Community meeting</td>
</tr>
<tr>
<td>5 p.m.</td>
<td>Dinner/Phone time</td>
<td>Dinner/Phone time</td>
<td>Dinner/Phone time</td>
<td>Dinner/Phone time</td>
<td>Dinner/Phone time</td>
<td>Dinner/Phone time</td>
</tr>
<tr>
<td>6 p.m.</td>
<td>Music therapy</td>
<td>Music therapy</td>
<td>Music therapy</td>
<td>Music therapy</td>
<td>Music therapy</td>
<td>Active games</td>
</tr>
<tr>
<td>7 p.m.</td>
<td>Quiet games</td>
<td>Quiet games</td>
<td>Quiet games</td>
<td>Quiet games</td>
<td>Quiet games</td>
<td>Quiet games</td>
</tr>
<tr>
<td>8 p.m.</td>
<td>Start bedtime</td>
<td>Start bedtime</td>
<td>Start bedtime</td>
<td>Start bedtime</td>
<td>Start bedtime</td>
<td>Start bedtime</td>
</tr>
<tr>
<td>8:30 p.m.</td>
<td>Bedtime for kids</td>
<td>Bedtime for kids</td>
<td>Bedtime for kids</td>
<td>Bedtime for kids</td>
<td>Bedtime for kids</td>
<td>Bedtime for kids</td>
</tr>
<tr>
<td>9:30 p.m.</td>
<td>Bedtime for teens</td>
<td>Bedtime for teens</td>
<td>Bedtime for teens</td>
<td>Bedtime for teens</td>
<td>Bedtime for teens</td>
<td>Bedtime for teens</td>
</tr>
</tbody>
</table>

Visits

Parents or legal guardians may visit at any time. So may attorneys, probation officers, social workers, schoolteachers, clergy and counselors.

Other family (such as aunts, uncles, grandparents) must have consent from a parent or guardian.

People who are not family members must have consent from a parent or guardian and a parent or guardian present.

Visiting hours:

Tuesdays and Thursdays: 6 to 7:30 p.m.
Saturdays and Sundays: 1 to 3 p.m.

If you cannot visit at these times, let the treatment coordinator or nurse know, and we will find another time for you to visit. Please limit visits from non-family members to three people at a time.

Visitors must sign in and out of the unit. For the safety of your child and the other children, we ask that you leave your belongings (purses, cell phones, tobacco, lighters, coats, etc.) outside the unit. We have lockers with keys for your use.
Phone calls

We suggest that you make your phone calls during meal times (8 to 9 a.m., 12 to 1 p.m. and 5 to 6:30 p.m.) or before bedtime (8:30 for children age 12 and under, 9:30 for teenagers). We prefer not to interrupt therapy sessions.

Phone calls are limited to parents or guardians. Phone calls may be made with the consent of a parent or guardian. Attorneys, probation officers, social workers, schoolteachers, clergy and counselors may call at any time.

Frequent questions

If I have a question, who should I talk to?

Please talk to your child’s treatment coordinator or one of the nurses.

How long will my child be in the hospital?

This will depend on your child’s needs. Your child’s psychiatrist or treatment coordinator can best answer this question.

Can my child leave the locked unit?

There are three reasons your child may leave the unit:

- **Therapeutic passes**: Children may have passes to leave the unit for trips that affect discharge. These may include a court date, interview at group home, or a residential treatment placement visit. We also give passes for urgent medical treatment that cannot be done here.

- **Tests and exams**: If your child must leave the unit for a medical test or exam, a staff person will go with them. We will tell you in advance and may ask you to go with your child also.

- **Therapeutic activities**: The care team may hold activities off the unit, but within the hospital grounds.

What should my child bring to the hospital?

Bring three changes of clothes. They should be comfortable and suited to mixed group activities. The hospital will supply all grooming aids. Please label all your child’s items.

Due to safety concerns, your child may NOT bring these items:

- Belts, shoe laces, clothing with strings (sweatshirts and jeans)

- Glass, mirrors or sharp objects

- Aerosol cans or hair spray

- Soda or food, except during visiting hours

- Cigarettes, lighters and matches

- Video games, tapes, CDs, DVDs, radios with cords, mp3 players and cell phones

- Necklaces or chains

- Toxic plants.

Please leave expensive items at home. We cannot be responsible for lost or damaged items.
Will the hospital stay be kept private?

The policy of the University of Minnesota Masonic Children’s Hospital is to keep your information private. Information may be released as stated in HIPAA Law.

Are there exceptions to privacy?

Professionals working in mental health are required by law to report to the state or county any knowledge that suggests a child or adolescent is being neglected, or physically or sexually abused. Reported abuses include sexual contact and physical injury of a minor child. Neglect includes failing to provide a child with necessary food, clothing, shelter or health care.

Parking

Families and visitors may park in the Red Ramp or the Yellow Ramp. The Red Ramp is next to the Emergency Department. The Yellow Ramp is connected to the Health Partners clinic. A skyway connects Health Partners to the West Building. We will stamp parking tickets from these ramps. This will give you a lower parking rate.

Direct questions to:

Karen Wendt, Program Director
Fairview Behavioral Services
7A/ITC East Building
University of Minnesota Masonic Children’s Hospital
2450 Riverside Ave,
Minneapolis, MN 55454
612-273-9473

Resources

Metro Children’s Mental Health Mobile Crisis Response

Children’s Mobile Crisis Response comes to your home within 30 to 60 minutes of your call.

They can deal with the crisis, calm down the conflict, help you plan what to do next, make sure your child and family are safe.

Call for help 24 hours a day, 365 days a year.

Anoka County (Riverwind) 763-755-3801
Benton County (4 County) 320-253-5555
Carver County 952-442-7601
Dakota County 952-891-7171
Hennepin County 612-348-2233
Ramsey County 651-774-7000
Scott County 952-442-7601
Sherburne County (4 County) 320-253-5555
Stearns County (4 County) 320-253-5555
Washington County 651-777-5222
Wright County (4 County) 320-253-5555

Services, support, and education

Alcoholics Anonymous (AA) and Narcotics Anonymous (NA)

www.aa.org
www.naminnesota.net
St. Paul: 651-227-5502
Minneapolis: 763-781-5102
Greater Minneapolis: 952-922-0880
Rochester: 507-281-1747

Al-Anon and Alateen

www.al-anon-alateen-msp.org
Greater St. Paul: 651-771-2208
Greater Minneapolis: 952-920-3961

continued
AACAP: American Academy of Child and Adolescent Psychiatry
www.aacap.org

Autism Society of Minnesota
www.ausm.org
651-647-1083

Bridge for Youth – Crisis, Shelter, and Support
www.bridgeforyouth.org
612-377-8800

CHADD: Children and Adults with Attention Deficit Disorders
www.chadd.org
952-922-5761

MACMH: Minnesota Association for Children’s Mental Health
www.macmh.org
800-528-4511

NAMI: National Alliance for Mentally Ill
www.nami.org
Minnesota: www.namihelps.org
651-645-2948 (Minnesota)
888-473-0237 (Minnesota)
Wisconsin: www.namiwisconsin.org
800-236-2988

PACER: Parent’s Advocacy Coalition for Educational Rights
www.pacer.org
952-838-9000
800-537-2237

SAVE: Suicide Awareness Voices of Education
www.save.org
952-946-7998
800-273-8255 (24-hour suicide prevention hotline)

Sensory Processing Disorder Foundation
www.spdfoundation.net
303-322-5550