



11TH INTERNATIONAL CONFERENCE | DALLAS,TX





Hitting a Bump in the Road: Thinking About Psychiatric Admissions

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Professional Disclosure

- I am a Licensed Clinical Social Worker currently licensed for the state of Missouri. I will be providing information for review and discussion today which will be sited by each reference.
- There will be no clinical recommendations provided during this session.
- I have received a speaking engagement fee from the PRISMS Board of Directors and have no relevant nonfinancial relationship to report at this time.



How we will spend our time together:

- Define: Terms & Expectations
- Identify: Information, Needs Assessment, Implementation
- Prepare
 - Parent
 - Child
- Question + Brainstorm Together



Breathing & Ground Rules

- Remember to breathe. This is a challenging topic and your wellness is important so let's make sure we encourage the health of one another and breathe!
- Confidentiality: What is said/asked/discussed here-stays here.
- Kindness: If you need a break, raise your hand-say pickles, and leave the room & grab a drink of water





Envisioning the Possibilities







Definitions:

• Terms:



- Psychiatric
- Assessment/Evaluation
- Inpatient
- Admission
- Unit
- Acuity
- Risk of Harm
- Interdisciplinary Team





Definitions:

• Expectations:



- Time
- Communication with professionals
- Treatment Plan/Plan of Care
- Communication with family/friends/work





Envisioning the Possibilities

Identification: Information

- Curiosity
- Information gathering
 - Discussion
 - Data tracking



Identification: How do I know if my child NEEDS:

- A vacation-
- An evaluation-
- An Inpatient admission-



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Goals of Inpatient Psychiatric Hospitalization

- Stabilization & Regulation
 - Evaluation
- Development of medication plan
- Additional therapeutic interventions



Envisioning the Possibilities



Identification: Implementation

Envisioning • 1st→ the Possibilities • 2nd-->



• Next→

• Last->







Discussion: Child Input and/or Parental Choice Only



Prepare: Parent/Guardian Prep Work

- Mental/Career:
- Physical:
- Relational:
- Spiritual:





Mental-Research:

· Research the hospitals in the area



• Which ER is best for admission to particular psychiatric units.





Physical-Assess for Safety Needs/Prepare for Environment

- Transportation method
- **Envisioning** ER Environment *the* **Possibilities** Inpatient Unit Environment





Relationship:



- Who can I expect to work with while we are at the hospital?
 - Treatment Team includes-family, medical director, psychiatrist, Registered Nurse (RN), Social Worker (LCSW), Psychologist, Occupational Therapist (OT), Physical Therapist (PT)





ER Backpack: For You!

- Extra clothing (warm sweater)
- Tolietries Envisioning the Possibilities
 - **Snacks** •
 - Phone Charger
 - Activities/Books
 - Medications •
 - · Complete list of all providers w/contact info
 - Pad of paper/Journal/Notebook •





Spiritual: Self Care

- What are my expectations?
- **Envisioning** What are my coping strategies? *the* **Possibilities** When will I know I need a break?
 - Who will I call when I need support?



Prepare: Child/Adolescent/Adult Prep Work:

- Mental/Career:
- Physical:
- Relational:
- Spiritual:





















ER Backpack: For Them!

- "All About Me Book"
- Extra clothing (comfy items)
- Toiletries
- Snacks
- Activities/Books
- Medications



All About Me Book:

W



Envisioning the Possibilities

"All About Me Book" Content Ideas:

- Short storyboard
- Communication Style
- Likes/Dislikes (food/activities/sensory items/temp)
- Typical daily/weekly schedule
- Trigger identification
- Support system names/pictures
- *Note: I find it more valuable to have medication and provider contacts on a one page sheet with your papers and/or in your phone to share due to those each changing more frequently than the other items listed above



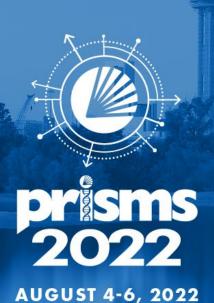
Key Focus Items:

This is short term. Communication is key. Teamwork is necessary.

Note* References will be provided via handout provided by speaker at time of educational session.



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