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**AUGUST 4-6, 2022**

# *Envisioning the Possibilities*

11TH INTERNATIONAL CONFERENCE | DALLAS, TX



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# Hitting a Bump in the Road: Thinking About Psychiatric Admissions

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August 6<sup>th</sup>, 2022

# 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 cited 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



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## Definitions:

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



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## Definitions:

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





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## 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



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## Identification: Implementation

- 1st→
- 2nd-->
- Next→
- Last->



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**Discussion: Child Input and/or  
Parental Choice Only**

# Prepare: Parent/Guardian Prep Work

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



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## Mental-Research:

- Research the hospitals in the area
- Which ER is best for admission to particular psychiatric units.



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## Physical- Assess for Safety Needs/Prepare for Environment

- Transportation method
- ER Environment
- Inpatient Unit Environment





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## Relationship:

- I need to notify the following people: \_\_\_\_, \_\_\_\_, \_\_\_\_
- 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)



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## ER Backpack: For You!

- Extra clothing (warm sweater)
- Toiletries
- Snacks
- Phone Charger
- Activities/Books
- Medications
- Complete list of all providers w/contact info
- Pad of paper/Journal/Notebook



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## Spiritual: Self Care

- What are my expectations?
- What are my coping strategies?
- 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:



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# ER Backpack: For Them!

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





**All About Me  
Book:**

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## “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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