

Keeping Kids Safe ECHO Series

Session Four:



Hospitalization and Follow-Up: What to Expect

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Hospitalization and Follow-Up: What to Expect





Project Disclosure Statement

- ▶ We have no relevant financial relationships with the manufacturer(s) of any commercial products(s) and/or provider of commercial services discussed in this CME activity
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Hospitalization and Follow-Up: What to Expect

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Telehealth ROCKS
Rural Outreach for the Children of Kansas

Mitigating Potential Bias

- ▶ The information and recommendations involving clinical medicine is based on evidence that is currently accepted within the profession

Objectives:

1. Review process of hospitalization for children and adolescents at risk of suicide or suicidal behavior
2. Discuss specialty suicide prevention unit
3. Explore inclusionary and exclusionary criteria for KU adolescent suicide prevention unit.
4. Discuss risks and benefits of inpatient hospitalization.

Question

- ▶ How familiar are you with the hospitalization process for children and adolescents at risk of suicide or suicidal behavior?
 - ▶ A. Not at all
 - ▶ B. Slightly familiar
 - ▶ C. Somewhat familiar
 - ▶ D. Moderately familiar
 - ▶ E. Extremely familiar

- ▶ Are you aware of any inpatient psychiatric hospitalization options for children and adolescents at risk of suicide or suicidal behavior in your community?
 - ▶ A. There is at least one option in my community or in a nearby community within one-hour driving distance
 - ▶ B. There is neither an option in my community nor a nearby community within one-hour driving distance
 - ▶ C. I don't know

Inpatient Psychiatric Admission

- ▶ The AACAP endorses the principle that children and adolescents should be treated in the least restrictive setting appropriate to the individual's clinical needs.
 - ▶ American Academy of Child and Adolescent Psychiatry

Inpatient Psychiatric Admission

- ▶ Inpatient Hospital Treatment of Children and Adolescents (Practice Parameter)
 - ▶ 1989
- ▶ Principles of Care for Treatment of Children and Adolescents with Mental Illnesses in Residential Treatment Centers
 - ▶ 2010

Inpatient Psychiatric Admission

- ▶ The best place for children and adolescents is at home with their families.
 - ▶ Principles of Care for Treatment of Children and Adolescents with Mental Illnesses in Residential Treatment Centers, 2010

Inpatient Psychiatric Admission

- ▶ Criteria for admission:
 - ▶ Acute danger to self
 - ▶ Acute danger to others
 - ▶ In context of psychiatric illness



AACAP Facts for Families (2012): 11 Questions to Ask Before Psychiatric Hospitalization of Your Child or Adolescent -

- ▶ 1) Why is psychiatric inpatient treatment being recommended, and how will it help our child?
- ▶ 2) What are other treatment alternatives to hospital treatment, and how do they compare?
- ▶ 3) Is a child and adolescent psychiatrist admitting our child to the hospital?
- ▶ 4) What does the inpatient treatment include?
- ▶ 5) What are the responsibilities of the child and adolescent psychiatrist and other people on the team?
- ▶ 6) How long will our child be in the hospital, how much will it cost, and how do we pay for these services?

AACAP Facts for Families (2012): 11 Questions to Ask Before Psychiatric Hospitalization of Your Child or Adolescent, continued. -

- ▶ 7) What will happen if we can no longer afford to keep our child in this hospital or if the insurance company denies coverage and inpatient treatment is necessary?
- ▶ 8) Will our child be on a unit specifically designed for the treatment of children and adolescents...?
- ▶ 9) How will we as parents be involved in our child's hospital treatment, including the decision for discharge and after-care treatment?
- ▶ 10) How will the decision be made to discharge our child from the hospital?
- ▶ 11) Once our child is discharged, what are the plans for continuing or follow up treatment?

Inpatient Psychiatric Hospitalization

- ▶ University of Kansas Hospital Marillac Campus
 - ▶ 68 Bed Inpatient C/A Psychiatric Hospital
 - ▶ Specific Units for <12 years of age, >12 years of age
 - ▶ Suicide prevention unit - Insights

Insights Unit at Marillac Campus

Insights: Specialty Suicide Prevention Unit

- ▶ 16 to 32 bed newly renovated inpatient unit on Marillac Campus
- ▶ Distinct admission criteria
- ▶ Comprehensive five day inpatient program
- ▶ Goal reducing future suicide risk
- ▶ Care team includes:
 - ▶ Child and Adolescent Psychiatry
 - ▶ Individual therapy
 - ▶ Group therapy
 - ▶ Expressive therapy
 - ▶ Psychological testing as indicated

R.E.S.E.T.

A model of therapeutic group topics for use in the Insights Program at The University of Kansas Health Systems Marillac Campus

RELATIONSHIP



Improving relationship building skills.

- effective communication
- connection with others and environment
- boundaries
- social safety

EMOTIONS



Improving emotional intelligence.

- emotional regulation
- emotional expression
- understanding emotions
- psychological safety

SELF



Increasing a sense of identity and self-awareness.

- self-expression
- morals and values
- grace
- self-esteem
- self-worth
- defining identity
- moral safety

ENERGIZE



Teaching relaxation and restorative regulation skills.

- sensory experiences
- yoga
- mindfulness
- grounding
- relaxation
- mind-body connection
- physical safety

TOMORROW



Encouraging future-focused thinking.

- goal setting
- hope
- purpose
- meaning
- growth mindset
- macro vs. micro thinking
- future safety

Insights Unit at the Marillac Campus

Admission requirements and who can benefit from the program:

- ▶ Must be between the ages of 12-17
- ▶ Meet clinical criteria for inpatient hospitalization
- ▶ Have an acute concern for suicidal behavior
- ▶ Have a primary diagnosis of depression, affective or anxiety disorder
- ▶ Be able to engage in comprehensive individual and group therapy
- ▶ Able to remain safe around others with supervision

Insights Unit at the Marillac Campus

Patients who would not benefit from insights include:

- ▶ Those who are currently exhibiting psychosis that inhibits their ability to participate in a specific curriculum
- ▶ Those exhibiting physical aggression or who have a history of assaultive behaviors
- ▶ Those who have been diagnosed with an intellectual developmental disability or have autism

Resources

- ▶ American Academy of Child and Adolescent Psychiatry:
aacap.org

Thank You!

See you on next Friday for Keeping Kids Safe
ECHO Series Final Session:

*Supporting Survivors:
How Can Communities Respond?*