



A GUIDE FOR FAMILIES

THE PEDIATRIC INPATIENT MEDICAL PSYCHIATRIC PROGRAM



Hasbro Children's

BROWNHealth
UNIVERSITY

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The Pediatric Inpatient Medical Psychiatric Program at Hasbro Children's

Welcome to the Pediatric Inpatient Medical Psychiatric Program at Hasbro Children's. We understand that having your child admitted to the hospital can be a stressful experience for your family. Our team of experienced, compassionate professionals is here to support not only your child, but your entire family through the care process.

We have created this handbook to provide detailed information about our program and to help you understand what to expect during your child's hospitalization. We value your input and consider you an integral part of your child's treatment process. We look forward to collaborating with you on a treatment plan that best meets your child's and your family's needs.

This unit has been thoughtfully designed to provide a nurturing environment for your child while prioritizing safety. Our structured program addresses both the medical and psychiatric needs of each child and includes individual, group, and family therapy, along with therapeutic milieu activities that support

development and use of healthy coping skills and socialization. Treatment plans balance group-based work with individualized therapy plans specific to your child's challenges. We also incorporate school into each day to support your child's academic progress while he or she is hospitalized.

We look forward to the opportunity to work with you and your child, and we are committed to providing supportive and compassionate care to your child and family. Please let us know if you have any questions or concerns and we will be happy to address them. The program phone number is 401-444-6061.

Sincerely,

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Mission Statement

The mission of the Hasbro Pediatric Inpatient Medical Psychiatric Program is to provide family-based, integrated care to children and adolescents who have complex medical and psychiatric illness. Interdisciplinary acute care empowers children and families by developing a shared understanding of medical and psychological challenges, establishing safety, and identifying a plan for forward movement after discharge.

Program Description

The Pediatric Inpatient Medical Psychiatric program is a unique inpatient unit designed to offer a safe and therapeutic environment to children and adolescents who have medical and emotional challenges. We are committed to treating children in comfortable, safe, and healing surroundings and with therapies that contribute to stabilization and emotional growth, allowing a safe return to the home environment or the next level of care.

The patients coming to our program are experiencing a high level of distress caused by issues with behavioral, emotional, and physical functioning. Our patients are diverse and are from a variety of family backgrounds and life experiences. Our staff is expertly trained to care for these patients. The healing environment we create for patients is called a milieu (mil-yoo). Our milieu is designed to be therapeutic and provide opportunities for patients and families to work on their health in a constructive manner.

Your Child's Treatment

Treatment Team

Your child will be treated by a large team of professionals. Each child is assigned a child and adolescent psychiatrist and a primary therapist (psychologist or clinical social worker) to provide assessment and treatment using family, individual and group therapy. As part of The Warren Alpert Medical School of Brown University, trainees (medical students, residents and fellows) will also be involved as part of your child's team. In addition, our team of nurses, mental health workers, and child life specialists will provide supervision and support for your child's individual plan as well as their participation in milieu activities.

Because we are in a hospital setting, your child will also receive medical care through pediatric and other consultative services as needed. Additional services may also be incorporated into your child's treatment plan, including nutrition consultation, physical and/or occupational therapies and recreational/educational activities.

The patient and family are important members of the treatment team, and treatment recommendations from providers will be discussed with the patient and family to allow for collaborative decision making.

Communication with the Treatment Team

All these professionals work as a team and communicate closely to ensure the highest level of coordinated care for your child. Please direct any questions, concerns, or treatment input to the treatment team. Families and team members identify outpatient providers with whom the team can coordinate aftercare.

If you would like to reach a member of the team, you can call the main unit number at 401-444-6064 and ask to speak to any member. A message will be relayed to call you back or you will be connected to a team member's voicemail.

Admission and Assessment

Upon admission, your child will receive a comprehensive medical and psychiatric assessment. This process will include patient and family interviews, collaboration with other providers, review of available records, questionnaires, observations, and assessments from the milieu. All members of the treatment team will be observing and assessing your child's progress, and this information will be used to develop your child's dynamic treatment plan. Every child will undergo a routine physical examination as part of the medical and developmental assessment. This examination may lead to additional laboratory tests and procedures as needed.

During the admission process, we will also ask you to share with us your guardianship/custody paperwork, if applicable, and ask you to fill out release of information forms to be able to include all of the parties needed. Allowing us to discuss your child's medical history with all their providers gives us a more comprehensive understanding of their needs.

Remember: it takes a village to raise a child.



Treatment Plan

The team meets daily to integrate your child's current status, progress, and diagnostic information into an individualized treatment plan. The plan will be discussed by the treatment team with input from you and your child. Your child will receive intensive inpatient treatment that will include individual therapy, family therapy, group therapy and milieu therapy, which includes skills groups and process therapy groups. If required, your child will receive additional specialized treatment, such as physical, occupational, or speech language therapy. The treatment team may recommend medication for your child. We never start any medication without first seeking consent from a parent, except in an emergency. Prior to discharge, the team will coordinate with your specific recommendations for follow-up care and will develop an individualized discharge plan for your child.



Family Involvement

Family Support

Our program philosophy is based on the understanding that family support and relationships are the most powerful forces in your child's well-being. Parents, guardians, and caregivers are the experts on their child, and we want to partner with you to provide optimal care for your child.

Family Meetings

Families and guardians have regular meetings with their child's team of providers. These meetings are designed to provide a venue for family therapy. The purpose of these meetings is to establish, clarify, and work on treatment goals and discuss treatment planning for discharge.

Therapy can be uncomfortable and some of the questions may seem destabilizing at times. Change happens there. Be patient and talk more to your team about the struggles you might be facing.

We also welcome constructive feedback; our goal is to help your family and provide support, and we would like to hear what you think about our work together.

On the day of discharge, please fill out the feedback form and let us know about your experience on our unit. Your comments are very helpful to us, whether they're positive in nature or include suggestions for change.

Your clinicians will reach out to you regularly to schedule meetings and talk to you about progress. Please feel free to also reach out to them with questions.

Please note that clinical discussions cannot occur via email. If we use email, it will be only to schedule meetings.

Individual Meetings

Treatment team providers will meet with your child regularly to discuss his or her treatment, provide psychotherapy, conduct assessments and examinations, and review goals and progress.

Research

Hasbro Children's and Bradley Hospital are committed to improving treatment for children and adolescents who have medical and emotional problems that require medical and psychiatric treatment. You and your child may be asked to participate in specific research studies that are ongoing at both institutions. The studies have been fully reviewed by the hospital research committees and judged appropriate and safe. They are conducted through our affiliation with The Warren Alpert Medical School of Brown University. Your decision to participate is optional but encouraged and will not affect your child's care on the inpatient unit. You always have the right to refuse participation without question.

Parent Support Group

In addition to individual and family therapies, parent support is critical to patients' healing and improvements. The parent support group offers caregivers a forum to engage with other parents and guardians in discussing the challenges of treatment, the challenges of being a parent to a child in treatment, and ways to take care of themselves to provide the best support for their children. Please let your treatment team know if you are interested in being part of the parent support group.

Daily Routine

Schedule

7:30 to 8 a.m.	Wake up / morning care
8 to 8:45 a.m.	Breakfast
8:45 to 9:30 a.m.	Community meeting
9:30 to 10 a.m.	Skills group
10 to noon	School / therapeutic activity
noon to 1 p.m.	Lunch
1 to 2 p.m.	Group therapy
2 to 2:30 p.m.	Snack
2:30 to 4 p.m.	Visiting hours/activity
4 to 4:30 p.m.	The day in review
4:30 to 5 p.m.	Skills group
5 to 6 p.m.	Dinner
6 to 8 p.m.	Evening activity
	Visiting time
8 p.m.	Snack
9 to 9:30 p.m.	Reflection time
9:30 p.m.	Bedtime



Daily Activities

We have developed a comprehensive schedule to provide a variety of milieu activities and groups. Multiple therapeutic groups occur throughout the day, led by a member of the team depending on the focus of the group. Topics covered include skills building, emotional regulation, relaxation techniques, guided imagery, coping, anger management, social skills, communication and psycho-education. We adjust topics to best meet the needs of our current group of patients. In addition, we offer academic support during the week, year-round, by a certified teacher. Computers are available on our unit for school-related use as needed. Recreational activities, including art/music therapy and pet therapy, are also offered. Periods of down time for rest and reflection are incorporated into the daily schedule as well.

Meals and Nutrition Support

At Hasbro Children's, we recognize that you know your child best. We are committed to meeting your child's nutritional needs. We strive for all children to be provided healthy, balanced meal selections. Based on USDA MyPlate recommendations, we encourage selecting items from each category: dairy, protein, grain/starch, fat, fruit and vegetable. To deliver personalized care, our food service system requires that menus be completed by noon the day prior to meal service. For children under 12 as well as for children/adolescents struggling with an eating disorder, parents are required to complete menus. Menus for all children will be reviewed and adjusted by the nutrition team to ensure appropriate balance. If your child is on an individualized menu plan, the dietitian will be an important and integral part of the care team and will meet with you to provide additional guidance. Allergies, religious observances and food preferences will be taken into consideration whenever possible.

Bedtime

Bedtime for younger children will begin at 8:30 p.m. For adolescents, bedtime routines will begin at 9 p.m.

Telephone Calls

Your child is allowed to make and receive phone calls. In some cases, depending on what is most helpful for your child's well-being, phone privileges may be restricted to limit contact with particular individuals, or some phone calls may require supervision. For those children on phone restriction, a staff member will dial the outgoing call to ensure compliance with the approved call list. The children on the unit will manage incoming calls on the community phone. Outgoing calls are permitted with a suggested 10-minute time limit, to allow all patients to have full access. As much as possible, phone calls are made or received during downtime so as not to interfere with the scheduled activities. Due to confidentiality issues and

HIPAA laws, please understand that when you call a hospital number to obtain information or to speak with your child, you may be asked to verify your identity or receive a call back. All patients have the right to call their clinicians, case workers, lawyers, clergy, child advocate or mental health advocate at any time.

Community phone numbers to reach patients:

(401) 444-6076 and (401) 444-3305

Unit phone number to reach staff: **(401) 444-6061**

Mail

Patients have the right to send and receive mail to and from whomever they choose. For the safety of all children on the unit, mail and packages will be opened by staff in front of the child.

Visiting Your Child

We encourage parents to visit during designated visiting hours whenever possible so as not to interrupt therapeutic program time. We understand that there may be times that require an exception from the designated visiting times, and arrangements can be made with advance coordination with the treatment team. Parents and guardians are allowed to visit. Additional visitors will be allowed to visit upon approval by the parents and the treatment team. Please make sure to have approval before nonparents or guardians come to visiting hours.

****All visitors must present photo identification each time they visit. Two visitors are allowed on the unit for each patient at any given time.****

Visiting hours:

Monday to Friday, 2:30 - 4 p.m. and 6 - 8 p.m.

Saturday and Sunday, hospital holidays:

10 a.m. - 12 p.m., 2:30 - 4 p.m., 6 - 8 p.m.

To ensure safety on the unit at all times, it is necessary that all items you bring to your child be checked on arrival to the program. Please give all items coming on to the unit to a staff member to be checked.

For your convenience, lockers are available for safe storage of items that will not be used during visits. Please place **all** personal items in them prior to coming on to the unit.

The following items are specifically prohibited on the unit. If these items are in your possession, please leave them in the lockers during your visit.

1. **Cell phones.** To maintain the safety of your property, maintain confidentiality of our patients, and prevent any inappropriate interactions, cell phones are not allowed.
2. **Coats, hats, handbags.** These items are not allowed due to unsafe items that can sometimes be found in them, even when you are not aware.
3. **Cigarettes, lighters and matches.** Smoking is not allowed on the hospital campus.
4. **Food and drinks.** Many of the children on our unit have special nutritional plans. Therefore, no outside food or drinks are allowed on the unit for patients and families.
5. **Weapons of any kind.** For everyone's safety.

Thank you for your cooperation in maintaining a safe environment. Please enjoy your visits and let us know if we can do anything to improve your experience as you visit with your child.

Please note that these visiting hours and regulations are subject to change during pandemics or other exceptional reasons that would be discussed with you.

Patient Safety

Items not allowed

It is our goal to help your child feel comfortable on the unit. In general, most items are permitted on the unit. However, to ensure the safety, privacy and comfort of all people on the unit (patients, families, staff), we have established some expectations regarding safety issues. Please be advised that the following are not allowed:

- Cell phones, tablets, computers, and other electronics (our unit has computers available for use during school time)
- Belts, drawstrings (in pants or sweatshirts), underwire bras, hats and shoelaces
- Hooded sweatshirts
- Metal jewelry and make-up
- Hair elastics
- Personal hygiene and hair care products, including shampoo, conditioner, lotion, deodorant, etc.
(unless needed for a medical condition)
- Items that have the potential for danger, such as tweezers, razors, lighters, nail files, cigarettes, nail clippers, curling irons, knives or glass objects

Personal Belongings

We recommend providing a five day supply of daytime and bedtime clothing for your child. The following items are recommended for your child's comfort:

- Casual clothes: jeans, shorts, t-shirts, pants (shorts must reach mid-thigh)
- Underwear
- Bras without underwire (such as sports bras)
- Sleepwear
- Slippers or other comfortable shoes without laces
- Socks
- Jacket/sweatshirt (no hoods)

A favorite book, stuffed animal and photos from home are allowed



Clothing with slogans or graphic that are derogatory, offensive, or triggering to others or promote drug or alcohol use is not allowed on the unit. Clothing that is provocative or revealing is not allowed – specifically, no spaghetti straps, tank tops, low-cut necklines (cleavage must not show) or exposed midriffs. Shorts, dresses, and skirts must fall at least to the mid-thigh. Undergarments should not be visible. Pants must be worn properly.

We strongly encourage parents/guardians to take home any items of value to prevent loss or damage. Personal items will be stored in your child’s individual closet. Medicated toiletries are permitted and will be secured by the nursing staff. Hair elastics and personal hygiene products are supplied by the unit.

Contact with Other Patients

Patients are not allowed to have physical contact with other patients nor are they allowed to enter any other child’s room. Additionally, confidentiality is an important aspect of the therapeutic experience and we are committed to helping children stay focused on their own treatment. It has been our experience that when children develop friendships and pursue contact with other patients outside of treatment, their progress can often be negatively affected. As a result, we strongly discourage children on the unit from sharing contact information,

including phone numbers, email addresses, Facebook, etc. If you have any questions about this, please free to ask us at any time.

Seclusion and Restraint

We acknowledge and respect a child’s right to be free from the use of seclusion and restraint. When violent or self-destructive behavior jeopardizes the immediate safety of the child, staff member, or other patients or visitors, seclusion and restraint are considered a last resort after other interventions have failed. All members of our staff have been trained to safely manage these behaviors and to follow strict hospital policy and national guidelines regarding seclusion and restraint. When the situation requires a physical response as the only viable alternative, we will always use the least restrictive, time-limited intervention that is effective in restoring safety. We will keep you informed at all times should this intervention be necessary for your child.

Rhode Island Mental Health

If you would like additional information, or a copy of the Rhode Island Mental Health Laws, please let us know. If you feel your rights have been violated or if you have questions/concerns about patient rights in Rhode Island, please contact:

Department of Health:	(401) 222-5200
Behavioral Health, Developmental Disabilities and Hospitals:	(401) 462-3021
Mental Health Advocate:	(401) 462-2003 1-800-346-2282
Rhode Island Hospital Patient and Guest Services:	(401) 444-5817
Suicide Hotline	988

Community Rules

1. **This is a smoke-free environment.**
2. **Alcoholic beverages and non-prescribed drugs are not allowed** on Hasbro Children's grounds.
3. **No items with the potential for danger**, such as lighters, tweezers, razors, knives, scissors, nail clippers, nail files, hair elastics, curling/straightening irons and glass objects or any other items deemed inappropriate by the treatment team are allowed.
4. **No cell phones are allowed on the unit.** Telephone calls can be made from the community phone.
5. **Metal jewelry and make-up are not allowed.**
6. **Patients are not allowed in each other's rooms.**
7. **Respect, consideration and care should be shown** for all hospital property as well as the property of other patients. No sharing of personal items is allowed.
8. **Patients are expected to use appropriate language.** Using inappropriate language, such as swearing, name-calling, racial slurs, rude comments, threats, etc., is not allowed.
9. **Breakfast, lunch, dinner, and two snacks are provided daily.**
No food or drink items may be brought in from home. Sharing of foods or beverages is not allowed.
10. **Physical and/or sexual contact between patients is not allowed.**
11. **Picture taking or videotaping on the unit is strictly prohibited.**
12. **Outside electronic devices such as tablets or computers are not allowed.**
13. **Clothing that is derogatory, offensive to others or promotes drug or alcohol use is not allowed on the unit.**
Clothing that is provocative or revealing is not allowed. Specifically, no spaghetti straps, tank tops, low-cut necklines (cleavage must not show) or exposed midriffs. Shorts, dresses and skirts must fall at least to the mid-thigh. Undergarments should not be visible and underwire bras are not allowed.
Pants must be worn properly. Belts, drawstrings, and hooded sweatshirts are not allowed.

I acknowledge that I have read and understand these Community Rules.

Patient Signature _____ Date _____

Parent/Legal Guardian Signature _____ Date _____



Brown University Health uses MyChart, an electronic health record system that gives you access to your own medical information and enables private communication with your physicians. Visit brownhealth.org/mychart.



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