



Together...making health and well-being a reality!

CHILD/ADOLESCENT INPATIENT SERVICES

Child and adolescent consumers at Aspire receive a wide range of services and one, that maybe necessary at times, is hospitalization. If an emergency situation arises, your doctor may recommend that your child be admitted to a hospital. Below are some common questions and answers about what is involved with a psychiatric hospitalization with Aspire.

Why would my child need to go to the hospital?

The reasons for psychiatric hospitalization primarily revolve around safety. The most common reasons could be that a child's symptoms are worsening and might result in one or more of the following: suicidal planning or intent, intent to harm others due to a psychiatric illness, aggression and behavior changes, or difficult medication adjustments that can't be completed at the outpatient clinic. Substance detox services are generally not considered a primary reason for admission. Other facilities may be recommended if detox is the primary goal of hospitalization.

How long will my child have to stay?

Every admission is different for each individual, but the average length of stay is about five days. The primary goal of the admission is to address the current safety crisis and arrange the appropriate treatment resources for your child following his or her discharge. Your child will also see an inpatient psychiatrist each day.

Who will communicate with me?

The social worker will contact the patient's guardian. There is also a family therapy meeting interaction for each patient. These usually involve the patient, their guardian, and the social worker. There are other points of contact as well. The staff will need to contact the guardian to get medication consent or consent for other activities when it is required.

Is there visiting on the units?

Yes, visiting is available on most units.

Are there smoking areas at the hospital?

Most hospitals are tobacco-free.

What sorts of treatment are provided?

Besides the daily medication review with the Psychiatrist, there are a multitude of therapeutic programs provided. The primary mechanism for providing therapy on the units is through group programming. There are scheduled groups daily that your child will be required to attend. Most topics involve the development of coping skills and stress management, conflict resolution, and relationships. There may also be medication education groups and recreation. You child will continue with his or her therapist at Aspire for more in-depth therapeutic interactions once he or she is discharged from the hospital.