

Frequently Asked Questions and Sample Schedule Child Inpatient Services

What types of issues bring children to the hospital?

As previously stated, we treat a broad range of behavioral health concerns in children. Some of childhood psychiatric problems that this unit addresses include: depression, bipolar disorder, self-harm, social isolation, and physical and sexual abuse. Services for attention deficit hyperactivity disorder and impulse control disorders are also available.

Do the children participate in the same activities at the same time?

On the unit the children are divided into one of three separate subgroups each containing between five and seven children: The groups are called Super Heroes, All Stars and Good Choice Champions. Each group participates in skill building activities, recreational activities, school programming and “activities of daily living” (ADLs). However, the schedule and times are different for each sub-group. For more information, consult the sample schedule below. During the weekdays, there is generally a teacher and a nursing staff member present with each group.

What about my child’s education?

The teachers on the Catlin Unit speak with teachers and counselors from each child’s home school district. The child’s home school system is encouraged to send work directly to our teachers in order for continuity in the educational process to be maximized. The educational focus is tutorial in nature and children usually stay on pace academically during their time on the Catlin Unit.

Do you have a “reward system”?

Our reward system is a vital component of the treatment process. Children are given the opportunity to work through problems by focusing on treatment goals. There is a regular exchange between the youngster and staff members as they work toward achieving their specific goals. The child earns a small token when they exhibit progress, show improvement in their ability to cope with stress and maintain stability in their lives.

How will you keep my child safe?

The Catlin unit is staffed at all times by nurses and mental health workers who monitor the well-being of all the children on the unit. The staff to child ratio is one of the highest in the country for psychiatric hospitals. There is a strict visitation policy and all contact with the children from people outside of the hospital needs to be authorized by the child's legal custodian. The staff is highly committed to the safety of all the children on the unit.

What is “Milieu Therapy”?

The most basic and yet the central part of treatment on the children’s service is what we call “Milieu Therapy”. Milieu simply means “environment or setting”. On the children’s service we work to create an environment (milieu) that is therapeutic. In this kind of setting, therapy is not just done in the therapist’s office or during a group therapy session. Instead, therapy happens throughout the day and in **every interaction** as our nursing staff, therapists, teachers, psychiatrists and each youngster on the unit work together to provide a setting that is structured, physically safe, secure and supportive.

Milieu Therapy, Contd.

Within the therapeutic milieu, children are encouraged to work with our staff, as well as with each other to develop healthier way of responding to the things that cause them stress and create problems in coping. The problems that youngsters experienced in their daily living prior to hospitalization will be experienced in their daily living in the hospital. Because of this, the milieu serves as a “learning center” in which our staff members strive to maintain a consistent and therapeutic relationship with the child and actively seek out opportunities to teach the children how to cope, how to relate interpersonally and how to get along in their environment in order to achieve positive change.

Will my child receive individual therapy?

Individual therapy is another component of the treatment process during a youngster’s stay on the Catlin unit. The individual therapist strives to provide a support, understanding and assistance in identifying and clarifying the youngster’s issues and problems, as well as their strengths. In addition, individual therapy can provide an opportunity for the child to discuss new ways of dealing with stressors in their lives in order to improve overall functioning. Individual therapy with youngsters is often an active therapy and provided in a setting that is most comfortable for the child.

How will I be involved in my child’s treatment?

Each child’s family is encouraged to be actively involved in the treatment process. Family therapy is an important component of a child’s treatment. During your child’s stay, reasonable times are arranged for family therapy as we try to accommodate family responsibilities. In addition to family therapy, families are actively involved in the discharge planning process.

What will happen when my child is ready to leave the hospital?

The youngster’s inpatient therapist, in conjunction with the child’s support system, will coordinate a discharge plan with outpatient providers. The Catlin therapists will facilitate a connection for outpatient therapy and medication management if providers are not already in place.

CATLIN UNIT - Sample of the Daily Program

	Super Heroes	All Stars	Good Choice Champions
6:30 AM	Vitals/morning Personal time	Vitals/morning Personal time	Vitals/morning Personal time
7:30 AM	BREAK / Adl''s	BREAK / Adl''s	BREAK / Adl''s
8:30 AM	School	Reading / educational games	Reading / educational games
9:00 AM	School	Goals / points	Goals / points
9:30 AM	School / wash up	School	Skill building
10:00 AM	Snack-Goals / points	School	Wash up / snack
10:30 AM	Skill building	School- Wash up / snack	school
11:30 -12:00	Lunch transition / Lunch	Lunch transition	Lunch transition / Lunch
12:30 PM	School	Quiet time-Movie / reading	Quiet time-Movie / reading
1:00 PM	Mid day-Goals / points	Quiet time	School
1:30 PM	Quiet time - (movies / reading)	Skills building	School
2:00 PM	Quiet time	School	Mid day-Goals / points
2:30 PM	snack	snack	Skills building
3:00 PM	Inside / outside-Free play	homework	Snack / homework
3:30-4:30	Inside / outside-Free play	Inside / outside-Free play	Inside / outside-Free play
4:30 PM	Shower/bath	Inside / outside-Free play	Inside / outside-Free play
5:00 PM	Dinner	Dinner	Dinner
5:30 PM	Crafts	Shower / bath	Shower / bath
6:00 PM	Points review-store	Points review store	Points review store
6:30 PM	Evening movie	Evening movie	Evening movie
7:00 PM	Snacks	Snacks	Snacks
7:30 PM	Evening movie	Evening movie	Evening movie
8:00 PM	Stories	Stories	Stories
8:30-9:00	Bedtime	Bedtime	Bedtime

During the weekend, activities and skill building will occur in place of the school schedule.