



Inpatient Adolescent Unit

What is the Inpatient Adolescent Unit ?

Butler's adolescent inpatient unit is a 16-bed co-ed unit designed for adolescents ages 13-17. The program provides crisis stabilization, diagnostic assessments, and brief intensive treatment. Child psychiatrists, social workers, nurses, mental health workers, and occupational and activity therapists work to engage the adolescent in milieu programming from 7:30 a.m. to 9:30 p.m. bedtime. Seven groups are offered each day which provide adolescents with support, education, and skill development. Average length of stay is between seven and ten days, and adolescents are closely monitored 24/7.

What supports are available to adolescents once admitted?

In addition to group engagement and 24/7 safety monitoring, adolescents receive significant psychosocial support throughout the day as we understand that coming to a hospital can be difficult. Adolescents meet with their psychiatrist daily and are assigned a designated staff 'contact person' each shift that will check in with them 1-on-1. Between groups we offer a variety of healthy, structured leisure activities. Completion of treatment-related workbooks and assignments are highly encouraged during designated individual work times.

What is the family involvement?

On the first business day after an adolescent is admitted, a social services clinician will reach out to the family to gather background information. A family meeting will be scheduled at this time. These meetings are used to set treatment goals, coordinate care, and identify appropriate post-discharge services. Frequent family visits and phone contacts are highly encouraged throughout the course of the admission. Families will also be regularly updated by the treatment team, and families may call the nursing station at any time. In some instances, adolescents may work on additional family-based assignments, such as the Family Journal, Family Safety Plan, or Family Relationships work packet.

What is unique about the Inpatient Adolescent Program?

While the program accepts adolescents of all paths, our program uniquely specializes in creating trusting partnerships and positive experiences with families who are less familiar with the mental health system. Due to the brevity of our typical inpatient stay, adolescents with depression, anxiety, and other mood disorders find particular benefit in our collaborative, resiliency-based approach.

What are the next steps?

Know that if you or a family member are ever in crisis, families and adolescents are welcomed to come directly to our Inpatient Assessment Center. For further guidance on mental health services, please call us at **(844) 401 - 0111**.

988 National Suicide Hotline

For more information, use your smartphone's camera to scan the QR code, or go to:

www.butler.org/services/inpatient/adolescent



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