

# Child & Adolescent Inpatient Hospital

Intensive care for youth and adolescents



**WHAT TO BRING:** Up to 5 sets of clothing, undergarments, socks, and shoes without laces. Washing machines are available for patients to wash clothing during their stay. If you are unable to come, do not worry, we have everything that your child will need!

**WHAT NOT TO BRING:** We appreciate your partnership in helping to keep our units as safe as possible. Please visit our website for a full list of unauthorized items.



**PATIENT & FAMILY LIAISON INFO:** If you have questions or concerns as you transition to our Inpatient Hospital, please reach out to our patient and family liaison, **612-274-7500**

*Providing each individual patient the psychiatric care they truly need.*



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We understand having a child in a mental health program can be overwhelming, and our hope is this brochure will provide information as your loved one comes to the child and adolescent inpatient hospital program at PrairieCare. Our inpatient hospital program provides active and intensive therapeutic services in a coordinated and structured environment, as part of our continuum of care. This acute care setting is focused on the stabilization of your child's psychiatric needs related to the crisis preceding inpatient hospitalization.

**ASSESSMENT & SAFETY:** Upon admission, your child's safety is our first priority. Our team provides a diagnostic assessment, a psychiatric evaluation, a complete history and physical, and devises an individualized treatment plan during an average length of stay of 7–10 days.

**PROGRAMMING & TREATMENT:** Your child will receive family therapy, individual therapy, and they will meet with a psychiatrist during their time here. In addition, they will participate in therapeutic programming such as recreation therapy, art therapy, process group, and school.

**RECOMMENDATIONS & DISCHARGE:** The inpatient treatment team will provide a recommendation on the next level of care that will be most appropriate and effective in treating your child.

Regular attendance and participation in daily programming and group activities is essential to treatment. Your child is expected to maintain appropriate physical boundaries with peers and staff, be respectful towards others, use appropriate language, and engage in appropriate conversations. All children should maintain their personal confidentiality and information. Sharing contact information including last name, school, address, phone numbers, social media, and email address is not allowed.

Each day will include a variety of treatment modalities provided by a multi-disciplinary treatment team. The following is an example of what your child's daily schedule might look like.

# DAILY SCHEDULE

TIME	PROGRAMMING
7:30 am	Morning Routine
8:00 am	Breakfast
9:00 am	Movement Group
9:30 am	Psychoeducation Group
10:30 am	Break
11:00 am	Art Therapy
12:00 pm	Lunch
12:45 pm	Process Group
2:00 pm	School
4:00 pm	Break
4:15 pm	Community Meeting
5:00 pm	Recreation Therapy
5:45 pm	Dinner
6:30 pm	Recreation Therapy
8:00 pm	Relaxation
9:00 pm	Bedtime

*Visit [Prairie-Care.com](http://Prairie-Care.com) for more detailed information about our programs and photos of our hospital.*



PrairieCare

Integrity



Compassion



Determination