



Camber[™]
Children's Mental Health
KVC HEALTH SYSTEMS

We all need connection.

Welcome



Helping youth achieve mental health wellness

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Welcome to Camber,



Our treatment programs are designed specifically to help you and your family during one of your highest times of need. We offer a unique combination of compassion and expertise that makes it possible for youth to express themselves therapeutically and develop social and emotional skills.

Each year, Camber provides safe and effective psychiatric treatment to thousands of youth through acute inpatient hospitals and residential treatment programs. We have experienced psychiatric, medical and behavioral health practitioners who create a nurturing, therapeutic and thoughtful experience along with a treatment plan tailored to meet your child's individual needs. Camber utilizes innovative, evidence-based treatment approaches and best practice models to ensure each child's safety and wellbeing.

At Camber, our dedication to care for your child and family is a value deeply rooted throughout the foundation of our entire organization. We continually ask ourselves, "What would I want for my child?" In addition to holding ourselves to this standard of accountability, Camber maintains accreditation from the Joint Commission, the nation's oldest and most prestigious healthcare accrediting agency. Furthermore, we partner with national child welfare leaders focused on improving the wellbeing of children, like the Annie E. Casey Foundation and Child Trends, to elevate best practices.

Our team works hard to ensure your experience with Camber is beneficial for your child and family. An important aspect of each child's treatment is that they remain connected to caregivers and family, and you play an important role in helping them reach their full treatment potential. We want you to know that our team of compassionate professionals is always available and ready to help.

Thank you for allowing us the opportunity to work with you and to care for your child.

Sincerely,

A handwritten signature in black ink that reads "Robert Eklofe". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Robert (Bobby) Eklofe
President, Camber

Two Levels of Treatment Provided at Camber

Camber provides two levels of treatment for youth ages 6 to 18 who are struggling with depression, anxiety, suicidal thoughts, the impacts of trauma, and other behavioral or mental health needs.

INPATIENT ACUTE HOSPITALIZATION

When a youth is experiencing a mental health emergency, it is critical that they receive therapeutic and medical services for immediate stabilization. Our treatment teams work to stabilize youth and equip them with coping skills to help them safely transition back to their home to continue receiving treatment in an outpatient setting.

RESIDENTIAL TREATMENT

Youth receive longer-term, intensive clinical services in a structured, home-like environment with 24-hour supervision and support from trained clinicians and staff. Our treatment team teaches youth how to identify and regulate emotions and provides them opportunities to practice these new skills during fun and educational community outings.

In both the inpatient and residential settings, we use neuroscience-based treatments that teach youth about their brains and how to identify triggers, regulate emotions and develop skills to increase resiliency. Camber ensures youth discharge with hands-on tools and resources for continued success.

**We accept all
major insurance for
Kansas and Missouri.**



What to Expect

ADMISSIONS & REFERRALS PROCESS

During the admission process, you will be asked to complete a set of forms, including consents and demographic information. You will also be asked to provide a contact list of any important relatives or positive support people your child will want to have contact with while in treatment with us.

We accept referrals and new client admissions 24 hours a day, 7 days a week. You can start the referral or admissions process by contacting Camber Admissions at **(913) 890-7468** or **admissions@cambermh.org**. Our Admissions department manages referrals for all Camber locations, including Kansas City, KS; Wichita, KS; and Hays, KS.

WHAT TO BRING FOR ADMISSIONS

Please bring the following items to admit your child to a Camber treatment center:

- Healthcare information and immunization records; if available
- Healthcare insurance card; if applicable
- Medication list

Residential Treatment: Additional Items to Bring

Additional items to bring if admitting your child to one of our residential treatment programs (not applicable to inpatient programs):

- Undergarments — at least 7 sets
- Clothing — enough for 1 week
- Shoes and slippers
- Other items deemed important by the child (stuffed animal, books, photos, etc.)



Inpatient Hospital Treatment: No Additional Items Needed

For inpatient hospital treatment, Camber will provide every child with clothing that is safe and laundered by a professional laundry service. Please do not hesitate to ask if you have any additional questions regarding the items your child may need during their stay.

Prohibited Items for All Treatment Programs

To ensure the safety of all clients, the following items are not allowed in any of our facilities. If you have reason to believe that one of these prohibited items should be allowed, please request to speak with an administrator.

- Electronics: cell phones, iPods, iPads, MP3 players, laptops, tablets, video games, CDs, DVDs, etc.
- Books/magazines that are violent or pornographic in nature
- Spiral notebooks, binders, mechanical pencils, pens and erasers
- Wallets, personal identification, and credit/debit cards
- Jewelry, including body piercings
- Personal items: cosmetics, nail polish, hair clips with metal, bandanas, hair dryers, flat/curling irons, etc.

- Hazardous items: firearms, sharp items (knives, pins, needles, razors, knitting/crocheting supplies, etc.), tobacco products, drugs, substances containing alcohol or toxic inhalants, ropes, chains, handcuffs, or any other items that could conceivably cause harm.

Camber is not responsible for any lost or stolen items.

FACILITY SAFETY & SECURITY

To support the level of supervision and care needed in our inpatient hospitals, we utilize the Safe Lines program, an electronic monitoring system. This non-intrusive motion sensing system enhances the safety and security of our clients while providing privacy and allowing youth to move freely. All inpatient and residential facilities have access to educational units and visitation rooms. When you enter our facilities, a receptionist will greet you, and you will be directed to a secure area to complete the admission process. After hours, you may access a call button at the front entrance and a Camber employee will escort you into the facility.

Features such as keyless card access; layered door systems; tamper-resistant furniture; and anti-ligature furniture, appliances, equipment, fixtures, etc. ensure your child's safety. We also require elevated staffing ratios with continuous ratio monitoring and constant supervision to ensure the utmost care of your child's needs.

COVID-19 PREVENTATIVE MEASURES

Camber follows all guidelines from the Centers for Disease Control and Prevention and local health departments to prevent the spread of COVID-19 in our treatment centers. We regularly update our infection control policies as we receive new information from these authorities and we provide all staff and clients with the recommended personal protection equipment (PPE) & education.

VISITATION & TELEPHONE CALLS

Visiting and calling your child throughout their treatment is therapeutic and beneficial, and allowed daily. During the intake process, the child's assigned therapist will provide the child's legal guardian with an access code that they can share with other family and friends they want to have communication with the child during their treatment. This code will need to be provided anytime a phone call or visit is made. Additionally, your child's assigned therapist will provide you with program specific visitation and telephone hours, as we typically ask that calls and visits take place around school (for residential programs), meals and activities.

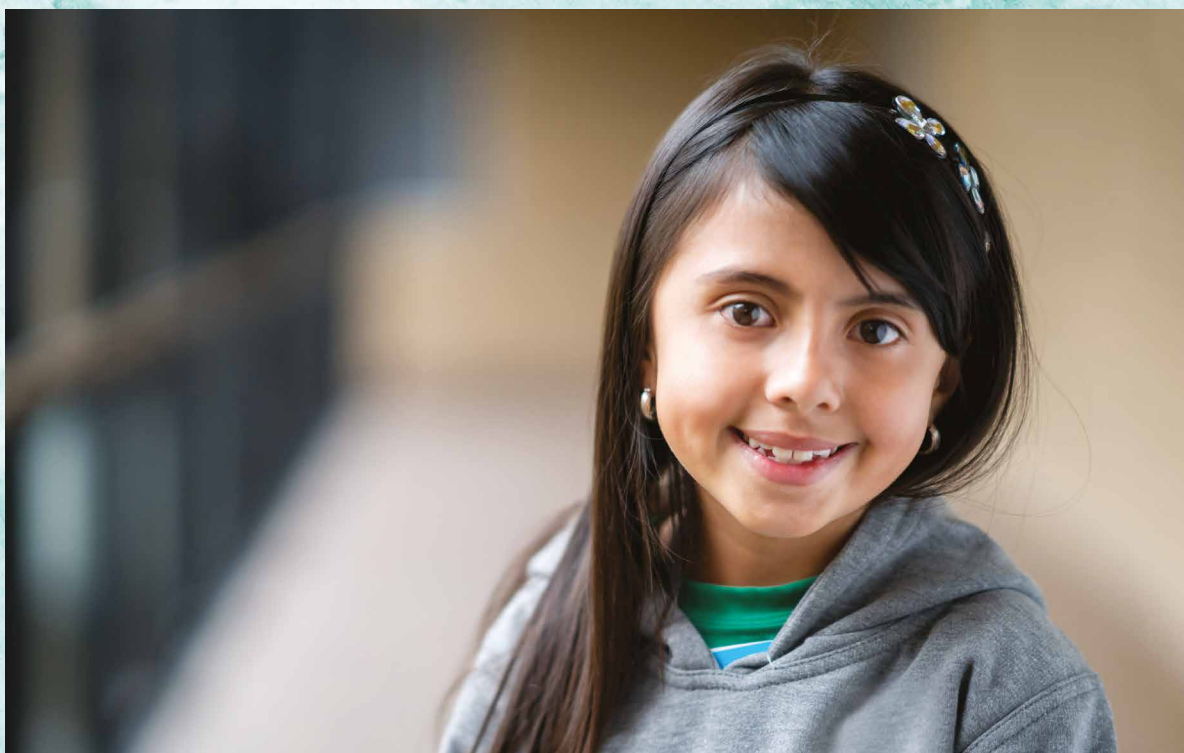
If you have any extenuating circumstances and need to reach your child outside of those outlined hours, please let your child's therapist know. We ask that all phone calls are limited to 10 minutes to allow all youth to receive phone calls. During times of high visitation volume, we may ask that you limit your visit to one hour to allow as many families as possible to spend time together.

MAIL

We encourage the use of personal mail as a way for your child to stay connected with family and friends. While your child will be able to receive mail from individuals approved by you, your child's therapist will review all mail for appropriateness. Any mail deemed harmful to your child or other children may be withheld and you will be notified immediately. Your child will not have access to email or social media while at Camber. Please address mail to the appropriate Camber location (see page 8) and make it to the attention of your child.

PASTORAL SERVICES

All children are encouraged to practice their religious or spiritual beliefs as long as observances pose no clinical threat to their safety or the safety of others. At the time of admission, please provide your child's religious preference. In the event you are unable to provide pastoral support, we can provide volunteer, non-denominational pastoral services, upon request.



Our Locations

Our facilities are designed with child-friendly environments that encourage positive interactions and creativity to help each child reach their full treatment potential, while maintaining the highest levels of safety standards. Camber operates the following acute inpatient hospitals and residential facilities serving Kansas and Missouri:

Camber Kansas City *(Inpatient & Residential)*

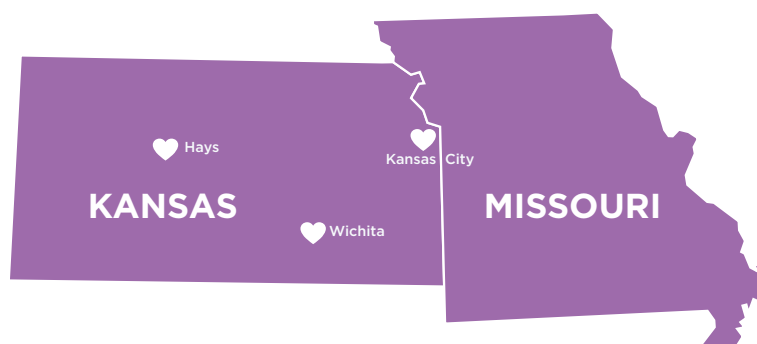
4300 Brenner Drive
Kansas City, KS 66104
Front Desk: **(913) 334-0294**
Accredited by the Joint Commission

Camber Wichita *(Inpatient)*

1507 W. 21st Street North
Wichita, KS 67203
Front Desk: **(316) 221-7310**
Accredited by the Joint Commission

Camber Hays *(Inpatient & Residential)*

3000 New Way Blvd.
Hays, KS 67601
Front Desk: **(785) 624-6000**
Accredited by the Joint Commission



IMPORTANT CONTACT INFORMATION

During your child's stay with Camber, their assigned therapist will be your primary point-of-contact and liaison to the treatment plan. Each therapist may be reached by calling the front desk of your child's location. If your child's therapist is unavailable, please leave a brief voice message and someone will return your call as soon as possible. You may also contact your child's assigned Social Service Liaison/Wellness Coordinator for additional information. Their contact information will be provided when your child is admitted to our facility.

Your Child's Treatment



ASSESSMENT

An initial comprehensive assessment will be completed by members of our multi-disciplinary treatment team within the first 24 hours of admission to an inpatient hospital or within 72 business hours of admission to a residential program. This assessment provides information about your child, their presenting problems and your concerns. Although some questions may seem personal, we encourage you to share with your child's treatment team as openly and honestly as possible, as information that may seem insignificant can be crucial to us better understanding your child.

In the days that follow, additional assessments will be completed to determine what type of care and specialized services may benefit your child. The initial phase includes psychiatric, nursing and intake assessments. Every child receives a complete physical from a medical physician. If needed, further testing may be ordered including chemical dependency, dietary, or psychological and psychopharmacology assessments.

OUR SERVICES

We provide a patient-centered approach to treatment, which supports and encourages family involvement throughout the treatment process. We believe parents/guardians are significant partners in the treatment planning process and can best support treatment when they are involved in therapy and discharge planning.

The list below explains the services available to your child while in our care. Please remember that a member of our team is always available to answer any questions you may have during your child's treatment.

FAMILY THERAPY

This vital aspect of treatment is conducted by a therapist with the goal of strengthening the family system. Therapists work to improve communication, enhance your family's ability to help your child, and provide a better understanding of mental health issues and behavioral concerns.

INDIVIDUAL THERAPY

Our licensed therapists help your child identify and understand their interpersonal challenges and learn new skills to deal with stress. The overall goal of individual therapy is to improve your child's quality of life.

GROUP THERAPY

Our therapists work with a group of clients to improve social skills, enhance coping skills and strengthen communication. This may take place in a traditional sense or using expressive therapies, such as art, music or recreation.

MEDICATION MANAGEMENT

Your child will be assessed by a licensed physician and medication will be prescribed, as needed, and with your permission, to best provide for symptomatic improvement.

NURSING CARE

Registered Nurses (RNs) and Licensed Practical Nurses (LPNs) provide support for the psychiatric, behavioral and medical needs of your child.

FAMILY EDUCATION

Our treatment team will provide you with information and resources about various behaviors, medication management, de-escalation techniques, time-out and cool-down procedures and emotion regulation. We help you and your family better understand the treatment process and develop the tools necessary to continue supporting your child once they leave our facility.

BEHAVIORAL EDUCATION

Our pro-social behavior program is designed to promote responsibility and self-esteem, measure motivation and enhance positive choices. Your child will learn about our S.T.A.R. matrix designed to teach expectations for Safety, Trust, Accountability and Respect.

PSYCHO-EDUCATIONAL AND GROUP ACTIVITIES

All activities are directed by trained behavioral health professionals. Activities include educational exercises, anger management training, social skills development, empathy training, therapeutic games, recreational exercise and much more.

LEARNING LABS

Youth participate in a variety of educational activities to help them better understand and strengthen their brains. They also learn about the impacts of toxic stress and how to regulate their emotions in difficult situations.

YOUR TREATMENT TEAM

Clients will participate in the treatment planning process while at Camber. The treatment team, under the leadership of a licensed psychiatrist, represents the multi-disciplinary staff that will provide care and coordination of services to your child and family. The treatment team will be primarily comprised of a psychiatrist, therapist, nurse and direct care staff, but the team may extend to include a psychologist, pharmacist, pediatrician, advanced practice registered nurse, dietitian, certified teacher and/or behavioral specialist.



While we recognize that hospitalization or residential treatment can be difficult on a family, it is important to know that treatment and discharge planning begin immediately upon admission. A Camber therapist will be in contact with you within 24 hours of your child's admission to one of our hospitals and within 72 hours of your child's admission to one of our residential programs to gain insight and input in the development of your child's treatment plan. The treatment team will meet regularly to review your child's progress.

TREATMENT TEAM ROLES

Psychiatrist

A psychiatrist is a physician who is responsible for leading and coordinating the care given by the treatment team. The psychiatrist may prescribe medication and/or order procedures that are appropriate for your child's course of treatment and will obtain parental/guardian consent to do so.

Psychologist

A psychologist is a licensed mental health professional with specialized training who may administer psychological testing to aid in clarifying your child's diagnosis and treatment planning.

Unit Nurse

Each nurse is assigned to a specific unit. While working that assigned unit, the nurse will provide care prescribed by your child's physician including administering medication and observing and reporting behaviors at the treatment team meetings. Our specially trained nurses can help your child work through physical and emotional issues.

Behavioral Health Technician (BHT)

This team member is there to listen and encourage your child while assisting them through their daily routine. Our BHTs help guide youth through the treatment process and support them through goal attainment and discharge.

Therapist

Your child's primary therapist is an experienced, licensed social services professional who can provide individual, group and family therapy services. Therapists are active members of the treatment team and act as the liaison between your family and the treatment team.

Social Services Liaison/Wellness Coordinator

This team member works in concert with your child's assigned therapist and will help you prepare for discharge.

SPECIAL TREATMENT PROCEDURES

We believe in using the least restrictive methods possible to help keep your child emotionally and physically safe and regulated. We will ask which coping strategies you have found work well in helping your child maintain a positive sense of self and exercise safe and appropriate behavior. We will work with you throughout the treatment process to continually learn new strategies to help your child cope with stressors such as anxiety, impulse control and self-destructive thought patterns.

Our goal is to avoid the use of more restrictive interventions; however, there may be times when your child's behavior creates a risk of harm to themselves or others. During these times, we may use special treatment procedures designed to help your child regain control. Safe Crisis Management® (SCM) is a comprehensive training program used to prevent crisis events, but if the event cannot be avoided, it also teaches on effectively managing crisis situations and enhancing safety.

SCM utilizes a trauma-sensitive approach with an emphasis on building positive relationships with others. This framework is designed to assist employees with responding to and supporting the needs of all individuals. All Camber direct care employees are trained in SCM and recertified every six months. Special treatment procedures are never used as punitive measures and are discontinued at the earliest possible moment.

EDUCATIONAL SERVICES

We provide educational services on-site via special education certified teachers. These programs provide a positive educational experience for youth who historically may have struggled to attain academic success. We encourage parents to bring homework and school assignments from your child's community school during their residential stay, if possible and clinically appropriate.

SAMPLE HOSPITAL SCHEDULE

MORNING

- Hygiene
- Breakfast
- Community meeting & goals group
- Expressive group therapy
- Learning Lab
- Lunch

AFTERNOON

- Nursing group
- Art, reading or journaling
- Recreation
- Social skills & behavior education
- Dinner
- Hygiene & client check-in
- Quiet free time
- Bedtime

SAMPLE RESIDENTIAL SCHEDULE (varies during the summer)

MORNING

- Hygiene
- Breakfast
- School
- Group therapy
- Recreation
- Lunch

AFTERNOON

- Learning Lab
- Outing
- Dinner
- Skill building
- Activities of daily living
- Bedtime

MEALS

We serve three hot meals and two snacks daily to meet federally recommended dietary guidelines. If your child has special dietary needs, please inform us during the admission process and we will work with our dietitian and kitchen/catering staff to meet your child's needs.

DISCHARGE AND AFTERCARE

To help your child be successful after their stay at Camber, the treatment team will work with you to identify and coordinate follow-up care in your home community.

When possible, we will help schedule these appointments prior to your child's discharge in order to ensure your child has access to the necessary resources upon returning home. We will create a discharge and aftercare plan, which includes a safety plan, with your family and work with local providers to initiate services as soon as possible. The treatment team wants to see you and your child succeed, and we believe aftercare and follow-up services are extremely important to your child's continued progress. Aftercare services might include individual therapy, family therapy/education, specialized educational services, medication management, psychosocial/supportive groups, substance use treatment, attendant care and/or case management services.

If you have any questions or concerns, please discuss them with your child's therapist prior to discharge.

What is Trauma?

At Camber, you will hear your child's treatment providers talk about childhood trauma. We define trauma as any time an individual experiences an event that results in a stress response that the individual is unable to cope with or manage. According to the National Child Traumatic Stress Network, "about two-thirds of children will experience a traumatic event before the age of 16..." Examples of trauma include, but are not limited to: witnessing violence (at home, school or in their neighborhood); being bullied; painful or scary medical treatments; death of a loved one; physical, sexual or emotional abuse and neglect; parental discord, separation or divorce; exposure to drugs/ alcohol while in the womb; unstable home environments; and lack of a nurturing environment.

WHAT ARE THE EFFECTS OF TRAUMA?

Research tells us that without timely and appropriate treatment and intervention, trauma can affect the development and functioning of the brain. Additionally, trauma can have harmful health implications. The Adverse Childhood Experiences (ACEs) Study shows that adverse experiences play a significant role in determining the likelihood of the 10 most common causes of death in the United States. For example: Individuals that experienced four or more ACEs were twice as likely to be diagnosed with heart disease and cancer. You can learn more about the effects of trauma at cambermentalhealth.org/trauma.

HOW DOES CAMBER ADDRESS TRAUMA?

Trauma Systems Therapy (TST) is a treatment model used throughout Camber for children and adolescents. TST helps youth understand their emotions and behaviors, regulate their emotions, and deal with the ongoing stressors in life. What makes Camber unique is our use of advanced neuroscience-based concepts regarding how stress and trauma impact brain development, and our proven ability to translate this science into innovative tools that guide treatment. Our clients use hands-on tools to learn about their brains, the impacts of stress, and emotion and body regulation. We engage each client's family in this process because we believe youth are most successful when they are able to take home the beneficial interventions utilized during treatment.

Youth engage in science-based education and skill-building while having fun engaging in treatment. Your child's treatment center may offer experiential therapies such as art, music, recreation and virtual reality to express themselves and develop social and emotional skills in an interactive setting.

What are the goals of Trauma Systems Therapy?

- Help youth maintain a regulated state
- Prevent youth from re-experiencing a dysregulated state
- Coach youth in building healthy thoughts to allow positive choices
- Provide ongoing support and resources to youth

YOUR GUIDE TO EMOTIONAL/BEHAVIORAL STABILITY: THE 4 Rs

We will teach your child about the 4 Rs as a part of our work to strengthen their emotion regulation and executive functioning skills.

Regulated (being in control)

You are in a calm, continuous emotional state and engaged with your environment.

Revvng (getting upset)

You have been triggered and may feel unpleasant emotions; you are engaging coping skills to manage your emotions.

Re-experiencing (losing control)

Your coping skills have been overwhelmed and you have entered a state of extreme emotion.

Reconstituting (getting it back together again)

Your state of emotion has diminished; you are using coping skills to manage emotion and to re-engage with the environment.



WHAT IS A TRIGGER?

Events or actions that are perceived as threatening to an individual or others (e.g., witnessing verbal or physical aggression; sensory perceptions that remind an individual of a past traumatic event such as smells, colors, sounds, temperature, darkness, touches, time of day, environment; etc.).

WHAT ARE COPING SKILLS?

Practical strategies or skills that a person may use to help them adjust to changes in life or difficult feelings and situations.

Frequently Asked Questions

Q: How long will my child need to stay at Camber?

A: Your child's length of stay is contingent upon their presenting symptoms, response to treatment, and access to community supports after discharge. It is our goal to make your child's stay as meaningful as possible and only as long as is needed to address the issues that brought them to Camber.

Q: Will my child have a single bedroom?

A: At times, your child may have a single bedroom, but generally every child will have a roommate. Bedroom assignments are made based on presenting concerns, gender and age to assure safety among peers.

Q: Who do I speak to about my child's progress? What if I have questions?

A: If you have questions, please contact your child's therapist or Social Service Liaison/Wellness Coordinator. If one of those team members are not immediately available, please leave a message so that they may return your call at their earliest convenience. If you have an emergency, call the front desk to request immediate assistance. See page 6 for front desk phone numbers. If you have a concern, please ask to speak to a client advocate. We also have grievance boxes located throughout our units so that your child can make a confidential report to be addressed by the client advocate.

Recognize a Camber Nurse for Exceptional Care!

Camber nurses put their hearts and souls into helping every child who walks through our doors. To recognize Camber nurses for their amazing impact, we have partnered with the DAISY Foundation to honor nurses who go above and beyond with a DAISY Award for Extraordinary Nurses. To nominate a Camber nurse for a DAISY Award, visit cambermentalhealth.org/daisyfoundation or use your smartphone's camera to scan the QR code below.



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