

Youth Discharge Checklist

Getting Ready to Bring Your Child Home

Achieving mental wellness is a journey, and stabilization through hospitalization is a very important first step. To continue along the path of recovery and emotional health, it is essential that your child continues to receive therapy and support after your child's stay with us.

As you prepare to bring your child or teenager home, there are several things you can do while they are still in treatment. Please use the following checklist as a guide to help you strive for an optimal transition after discharge.

Checklist for Parents and Guardians – Preparing for Discharge:

- Contact the child's health insurance company to understand coverage for continued services and medications
- Determine a preferred pharmacy for prescriptions at discharge and throughout continued care
- Notify the child's school that they are in the hospital and discuss school reintegration planning while in treatment
- Identify local community mental health resources you can contact to help in times of need
- Complete Release of Information (ROI) forms for the school and for your child's providers, such as your child's pediatrician and/or counselors. ROIs allow the Children's Mercy + Camber Mental Health staff to communicate with your child's care team about their safety plan.
- Set appropriate expectations for your child and everyone supporting them that recovery is an ongoing process that will take time, so patience and understanding are needed.
- Review the safety plan with the Children's Mercy + Camber Mental Health care team at the time of discharge
- Be aware that the Columbia Suicide Severity Rating Scale can be used to assess your child or teenager's risk for suicide and help determine if readmission will be needed.

Lastly, always remember we are here to help. Call us with any questions you may have: (913) 890-7468.

Camber uses the Stanley-Brown Safety Plan, an evidence-based, research-supported tool. Our safety planning is designed to mitigate immediate safety risk and risk of death. This safety planning focuses on supporting a youth's safe return home and ongoing stabilization following inpatient care. While Camber collaborates with schools when appropriate, this tool is intended to address immediate safety concerns, not long-term academic or school-specific planning. Caregivers and guardians play a critical role in connecting Camber with schools. Communication with the school is facilitated by the caregiver, who serves as the bridge between Camber and school staff to support continuity of care. When a Release of Information is completed for school communication, caregivers are asked to notify the school in advance that Camber will reach out and to identify the appropriate point of contact clearly. This helps prevent confusion and supports more effective collaboration.