



Children's Mercy +



Camber[™]
Mental Health

MENTAL WELLNESS CAMPUS

Welcome



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Welcome to Children's Mercy + Camber Mental Health.



We understand that admittance to an inpatient mental health hospital can be a challenging and emotional experience. Our goal is to provide compassionate, comprehensive care that supports mental health and wellbeing during this critical time. We strive to offer patients as well as their families, loved ones and support systems the education and resources needed for continued care after discharge.

Our multidisciplinary team of psychiatrists, physicians, nurses, clinicians and direct care providers is dedicated to creating a safe and supportive environment. Our goal is to create an individualized treatment plan that addresses each patient's unique needs and equips both the patient and their family for a safe transition back to everyday life. Children's Mercy + Camber Mental Health utilizes innovative and evidence-based treatment approaches to ensure each patient we serve feels safe and connected to learn and grow.

At Children's Mercy + Camber Mental Health, our dedication to caring for each patient is a value deeply rooted throughout the foundation of our organization. We value open communication and encourage questions and collaboration throughout the treatment and discharge processes. An important aspect of each person's treatment is that they remain connected to caregivers and family who play an important role in helping them reach their full treatment potential. Our team works with each patient to keep their support systems and guardians informed about treatment progress and involved in important decisions regarding their care. Confidentiality is paramount, and we ensure all communication respects each patient's privacy and dignity.

Our team works closely with each patient and their family to develop a comprehensive discharge plan that includes follow-up care and community resources to ensure continuity of care and support ongoing recovery.

We are here to support you every step of the way and are committed to providing the highest quality of care.

Warm regards,

A handwritten signature in black ink that reads "Sara Schlagel".

Sara Schlagel, LSCSW, LCSW
Senior Vice President
Children's Mercy + Camber Mental Health

About Treatment at Children's Mercy + Camber Mental Health

Children's Mercy + Camber Mental Health provides 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 conditions.

INPATIENT ACUTE HOSPITALIZATION

When a youth is experiencing a mental health emergency, it is critical that they receive therapeutic services as soon as possible for immediate stabilization. Our treatment team works to stabilize symptoms and equip patients with coping skills to help them safely transition back home to continue receiving treatment in an outpatient setting.

We use neuroscience-based treatments that teach youth about their brains and how to identify triggers, regulate emotions and develop skills to increase resiliency. Children's Mercy + Camber Mental Health ensures all patients discharge with hands-on tools and resources for continued success.

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



What to Expect

ADMISSIONS & REFERRAL 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 a patient is encouraged to have contact with while in treatment with us.

We accept referrals and new patient admissions 24 hours a day, 7 days a week. You can start the referral or admissions process by contacting the Children's Mercy + Camber Mental Health Admissions team at **(913) 890-7468** or **admissions@cambermh.org**. Referrals are not required.

WHAT TO BRING FOR ADMISSIONS

Patients should bring the following items for admission to our hospital:

- ▶ Healthcare information and immunization records; if available
- ▶ Healthcare insurance card; if applicable
- ▶ All medications

Additional items needed:

- ▶ Five sets of underwear and socks
- ▶ We 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 questions regarding the items a child may need during their stay.



PROHIBITED ITEMS FOR PATIENTS

To ensure the safety of all patients, the following items are not allowed in our hospital. If you have reason to believe one of these items should be allowed, please speak with an administrator.

- ▶ Electronics: cell phones, iPods, iPads, MP3 players, laptops, tablets, video games, CDs, DVDs, etc.
- ▶ Books or 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 such as cosmetics, nail polish, hair clips with metal, bandanas, hair dryers, flat/curling irons, etc.
- ▶ Hazardous items: firearms, sharp objects (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.

Children's Mercy + Camber Mental Health is not responsible for any lost or stolen items.

**These items are not allowed to be accessed during treatment but can be held in the patient belonging area until discharge.*

FACILITY SAFETY & SECURITY

Each child's safety is our top priority. We use advanced technology like motion sensors, cameras, and patient ID devices to help keep patients safe while allowing them to move freely.

Your child will wear a wristband, similar to a sports watch, that helps staff:

- ▶ keep track of patients' locations
- ▶ check in regularly
- ▶ respond quickly if there is a safety concern

Safety features in our facility include:

- ▶ secure entries with keyless card access
- ▶ layered locked doors between areas
- ▶ furniture and equipment designs to prevent injury

For added safety, we also provide:

- ▶ close staff supervision
- ▶ continuous monitoring
- ▶ high staff-to-patient ratios



MEALS

We serve three hot meals and two snacks daily to meet federally recommended dietary guidelines. Please inform us during the admission process regarding special dietary needs, and we will work with our dietitian and kitchen team to meet each patient's needs.

VISITATION AND PHONE CALLS

Visiting and calling patients throughout their treatment is therapeutic and beneficial, and allowed daily. During the intake process, each patient's assigned therapist will provide an access code that can be shared with other family and friends in order to communicate with the patient during their treatment. This code will need to be provided anytime a phone call or visit is made. Additionally, the assigned therapist will provide program specific visitation and telephone hours.

If you have any extenuating circumstances and need to reach a patient outside of those outlined hours, please let their assigned therapist know. We ask that all phone calls are limited to 10 minutes to allow phone time for all patients. During times of high visitation volume, we may ask that you limit your visit to one hour.

IMPORTANT CONTACT INFORMATION

During a patient's stay, their assigned therapist will be the primary point-of-contact and liaison to the treatment plan. The therapist may be reached by calling the front desk. If the therapist is unavailable, please leave a brief voice message and someone will return your call as soon as possible. You may also contact the assigned case manager for additional information. Their contact information will be provided during the admission process.

MAIL

We encourage the use of personal mail as a way to connect with family and friends. A patient's assigned therapist will review mail for appropriateness. Any mail deemed harmful may be withheld. Patients will not have access to email or social media while staying in our hospital.

PASTORAL SERVICES

All patients 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 religious preference. In the event we are unable to provide pastoral support, we can provide volunteer, non-denominational pastoral services, upon request.



Mental Health Treatment

ASSESSMENT

An initial comprehensive assessment will be completed by members of our multi-disciplinary treatment team within the first 24 hours of admission. This assessment provides information about the patient and their presenting problems. At this time, a patient's parent/guardian will have an opportunity to share their concerns with our team. Although some questions may seem personal, we encourage you to share information with our treatment team as openly and honestly as possible, as information that may seem insignificant can be crucial to us better understanding each patient.

In the days that follow, additional assessments will be completed to determine what type of care and specialized services may be beneficial, including psychiatric, nursing and intake assessments. Every patient receives a complete physical from a medical provider. If needed, further testing may be ordered.

SERVICES

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

This list explains the services available while in our care. A member of our team is always available to answer any questions throughout the course of treatment.



INDIVIDUAL THERAPY

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

GROUP THERAPY

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

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 and enhance a family's ability to support their loved one while providing a better understanding of mental health issues and behavioral concerns.

EXPRESSIVE THERAPY

We utilize innovative expressive therapies like art, music, and recreational therapy. Incorporating expressive therapies into treatment plans gives patients a safe and creative platform to communicate their feelings and engage with therapy while feeling relaxed and regulated.

MEDICATION MANAGEMENT

Each patient will be assessed by a licensed psychiatric and medical provider and medication will be prescribed, as needed, to best support symptom improvement.

NURSING CARE

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

FAMILY EDUCATION

Our treatment team will provide information and resources about various behaviors, medication management, de-escalation techniques, time-out and cool-down procedures and emotion regulation. We help families better understand the treatment process and develop the tools necessary to continue support after discharge.

BEHAVIORAL EDUCATION

Our pro-social behavior program is designed to promote responsibility and self-esteem, measure motivation and enhance positive choices.

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.

RESILIENCE & WELLBEING BUILDING CURRICULUM

Our patients participate in a variety of skill-building 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.





TREATMENT TEAMS

Patients will participate in the treatment planning process. The treatment team, under the leadership of a licensed psychiatric provider, represents the multi-disciplinary team that will provide care and coordination of services to each patient. The treatment team will be primarily comprised of a psychiatric provider, therapist, nurse and direct care providers, 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 can be difficult, it is important to know that treatment and discharge planning begin immediately upon admission. A Children's Mercy + Camber Mental Health therapist will be in contact with you within 24 hours of admission to gain insight and input in the development of the treatment plan. The treatment team will meet regularly to review each person's progress.

TREATMENT TEAM ROLES

Psychiatric Provider

A psychiatric provider is a physician or an advanced practice registered nurse who is responsible for leading and coordinating the care given by the treatment team. They may prescribe medication and/or order procedures that are appropriate for each patient's course of treatment, and if needed, 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 diagnosis and treatment planning.

Unit Nurse

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

Behavioral Health Technician (BHT)

These team members provide direct care and support to patients. They are there to listen and encourage them while assisting them through their daily routine. Our BHTs help guide patients through the treatment process and support them through goal attainment and discharge.

Therapist

Each 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 can act as the liaison between a patient's support system and the treatment team.

Case Manager

This team member works with a patient's assigned therapist and helps prepare patients for discharge.

SPECIAL TREATMENT PROCEDURES

We believe in using the least restrictive methods possible to help keep patients emotionally and physically safe and regulated.

We ask which coping strategies individuals and families have found work well in helping maintain a positive sense of self and exercising safe and appropriate behavior. We will work throughout the treatment process to continually learn new strategies to help each patient 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 might be times when a patient's behavior creates a risk of harm to themselves or others. During these times, we may use special treatment procedures designed to help the patient regain control. Safe Crisis Management® (SCM) is a comprehensive training program used to prevent crisis events, but if an event cannot be avoided, it also teaches effectively managing crisis situations and enhancing safety.

SCM utilizes a trauma-sensitive approach with an emphasis on building positive relationships. This framework is designed to assist employees with responding to and supporting the needs of all individuals. All Children's Mercy + Camber Mental Health direct care employees are trained in SCM and recertified every six months. Special treatment procedures are never used as punitive measures.

We also use the UKERU Crisis Model, which is a trauma-informed, restraint-free crisis intervention approach designed to help team members manage challenging behaviors in individuals. The word "Ukeru" comes from the Japanese word for "to receive" or "to accept," reflecting the model's emphasis on receiving and understanding behavior rather than reacting with physical restraint or seclusion.





SAMPLE SCHEDULE

The following schedule will provide you with a sample of what a patient's typical day-to-day routine might look like.

MORNING

- Hygiene
- Breakfast
- Community meeting & goals discussion
- Expressive group therapy
- Resilience and Wellbeing Building Curriculum
- Lunch

AFTERNOON

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

Discharge and Aftercare

To help each patient be successful after their stay at Children's Mercy + Camber Mental Health, the treatment team will work to identify and coordinate follow-up care in the patient's home community.

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

If you have any questions or concerns, please discuss them with the assigned therapist prior to discharge.



What is Trauma?



At Children's Mercy + Camber Mental Health, you will hear treatment providers talk about 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; neglect; parental discord, separation or divorce; exposure to drugs and/or 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 CHILDREN'S MERCY + CAMBER MENTAL HEALTH ADDRESS TRAUMA IN TREATMENT?

Trauma Systems Therapy (TST) is a treatment model used throughout Children's Mercy + Camber Mental Health for youth. TST helps individuals understand their emotions and behaviors, regulate their emotions, and manage the ongoing stressors in life. What makes Children's Mercy + Camber Mental Health 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 patients use hands-on tools to learn about their brains, the impacts of stress and skills for emotion and body regulation. We engage each patient's family in this process because we believe people are most successful when they are able to take home the beneficial interventions utilized during treatment.

Patients engage in science-based education and skill-building during treatment. Each patient is offered 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 maintain a regulated state
- ▶ Prevent individuals from re-experiencing a dysregulated state
- ▶ Coach individuals in building healthy thoughts to allow positive choices
- ▶ Provide ongoing support and resources

Recognize a Children's Mercy + Camber Mental Health Nurse for Exceptional Care!

Children's Mercy + Camber Mental Health nurses put their hearts and souls into helping every youth who walks through our doors. To recognize Children's Mercy + Camber Mental Health 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 Children's Mercy + Camber Mental Health 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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