



The Adolescent Psychiatric Unit

A Guide for Youth and Families

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Introduction

Welcome to the Adolescent Psychiatric Unit or as it is sometimes called the APU. Before and after arrival on the APU, your youth and family may experience many different thoughts and feelings. Sometimes youth and families feel nervous, scared, or anxious; and so, throughout your youth's stay, staff will try to ensure everyone is as comfortable as possible. At the same time, youth and families often have many questions about the APU. Hopefully, the content of this *Guide to the APU* will answer some of these questions as well as reduce anxiety. Please feel free to ask questions or seek clarification about the information made available in this guide. We are always seeking to improve. In the end, we hope your youth's stay on the APU will be meaningful and beneficial.

What is the APU?

The APU provides assessment and treatment planning for youth from 12 to 18 years of age. We are all here to provide you and your youth with tools to help cope with life's struggles... what's buggin' ya.

What is an Assessment?

Each youth will work with a care team who will be introduced on admission. The care team consists of health professionals that may include a psychiatrist, a nurse, a youth care counsellor, a social worker, a psychologist, an occupational therapist, and a school teacher. The care team forms the 'core' of the assessment. The care team will try to understand any concerns you and your youth may have and the various factors that may contribute to them. Through discussion, observation and testing, your youth's behaviour, emotional responses, abilities and skills in certain settings, will be assessed by the care team.

In order to help the care team, it is vitally important that family are involved throughout your youth's stay. As such, it is important that, on the day of admission and before discharge, both parents and/or guardians meet with the care team. During these meetings, they share information and receive guidance. It may be necessary to take time off work and other responsibilities to attend these meetings.

Approximately halfway through your youth's stay and toward the end of your youth's stay, there will be community planning meetings. Community planning meetings are an opportunity to ask questions and share information. Dates and times for the community planning meetings will be made available shortly after admission.

What is Treatment Planning?

Based on the assessment, the care team will offer detailed recommendations for addressing any concerns. These recommendations form the treatment plan. These recommendations will be discussed at the community planning meetings.

After your youth's stay on the APU, there will be reports available that contain information about the assessment and treatment plan.

Clinical Model – Collaborative Problem Solving

Clinical models form the foundation of the care team's assessment and treatment plan. One particular model the Adolescent Psychiatric Unit uses is known as *Collaborative Problem Solving*. This model was developed by Dr. Ross Greene and was first presented in his book "*The Explosive Child*." This model has been used in a variety of settings including outpatient therapy, schools, residential facilities and more recently, in secure settings. Children facing challenges and difficulties are understood as having cognitive skill deficits that prevent them from achieving success. Treatment is a process of identifying these lagging skills and their related triggers and developing ways of teaching your youth the skills that they lack. While there are many ways to help teach these skills, the underlying component is helping children and those that work with them to resolve issues and difficulties in a collaborative and mutually satisfactory way. During your youth's stay on the APU, staff would be happy to share more information about the *Collaborative Problem Solving Model*.

As a Family Member, what should I do?

Families are an extremely important part of the assessment and treatment planning process. Without your family's involvement, the assessment and treatment planning process cannot take place in a comprehensive way. We need to know your thoughts and feelings in order to better understand your youth's thoughts and feelings. At any time, we welcome your participation! In fact, we will ask and seek out your participation! This point cannot be stressed enough; we need your participation and contribution.

The Who's Who of the APU...

Nurses/Youth Care Counsellors – Nurses and youth care counsellors in the APU have specialized training in caring for the needs of adolescents. They will be on the unit to offer support and to care for your youth's emotional and physical needs around the clock.

Psychiatrist – A psychiatrist is a medical doctor with specialized training in mental health. They are responsible for prescribing and managing any medications your youth may benefit from while on the APU. They also oversee your youth's treatment while on the APU.

Occupational Therapist – An occupational therapist's role is to teach skills to make your youth's life more manageable. They also help youth who have difficulties with tasks such as eating, moving or performing other daily life activities.

Social Worker – A social worker is responsible for working with people who play an important role in the lives of youth. For example, the social worker will work closely with you and your community while your youth is on the APU. They will also assist family members with establishing supports to use once your youth leaves the APU.

Psychologist – A psychologist is responsible for various assessments your youth may need throughout his or her stay; afterward, there will be recommendations that may help inform your youth's treatment plan.

Teacher and Certified Educational Assistant (CEA) – School staff are available to your youth while her or she is on the APU to help with education related concerns.

What NOT to wear...or bring

What to bring:

- toiletries- shampoo, conditioner, toothbrush, toothpaste, soap, brush/comb, hair gel, deodorant, feminine hygiene products...etc (no glass containers please)
- adequate changes of clothing that suit the season (we have laundry available)
- **Clothing depicting drugs, alcohol or sexuality is not permitted on the APU, if its not ok for school its not ok for the APU**
- pyjamas- tops and bottoms (no night gowns please) hospital pyjamas are available if needed
- non-skid slippers
- runners, or other proper fitting shoes for outdoor activities and recreation
- seasonally appropriate outside gear such as winter boots and jackets
- school work, journal, books or magazines (we do have some on the unit)
- spending money (only \$20.00 can be kept locked on unit, more than that will be kept in hospital safe)
- current medications (including any birth control as the hospital does not supply)

What NOT to bring:

- cigarettes, tobacco, matches or lighters, chew or other nicotine items (KGH is a non-smoking facility)
- lap tops, cameras, cell phones, pagers, Blackberries or I-Phones (no internet capable devices)
- movies, computer games, or video games (we have a large selection available on the unit)

Please note that any device that is capable of recording audio, video or connecting to the internet will not be permitted on the unit.

All personal video, audio or gaming machines will be checked for their ability to record audio or video prior to their use being permitted on the unit. We take the privacy and confidentiality of all youth on the unit very seriously! We recommend that you bring CDs of your favourite music as we have a supply of personal music players. **We request that parents/caregivers ensure that these items are removed from the youth's possession prior to arrival on the unit, and are not brought back after any off unit passes!**

While on the APU, youth go on recreation outings periodically. We have a recreation fund to cover some of the costs of these outings. **If families are able, we welcome a \$5.00 per week donation to help supplement these outings. Receipts will be provided for donations.**

Youth Rights and Our Pledge...

Youth have a right to:

- Be treated with respect
- Express their feelings and opinions
- Be listened to and taken seriously
- Make mistakes
- Be happy
- Information and explanations you understand
- Privacy; being in the hospital is a private matter, why you are here and your treatment is also private

Our pledge to you:

- We will be patient while you decide if you can trust us
- We will let you tell your story, your way
- We will accept that whatever you have done and whatever you may do is the best that you had to offer and seemed right at the time
- We will see you not as 'a' person, but as 'this' person, unique and special
- We won't judge you as right or wrong, good or bad
- We won't assume to know what is right for you, and accept that you may be confused, but you are still the expert of yourself
- We won't place our expectations on you, and realize you have enough trouble with your own at the moment
- We will hear your feelings, not just your words
- We won't save you; we realize you can do that yourself
- We will help you help yourself

What to Expect Upon Arrival at the APU...

Upon arrival to the APU, you and your youth will likely meet with a psychiatrist, a social worker, and a nurse or youth care counsellor. It will be an opportunity to introduce everyone then share a bit of information about what has been happening for you. Part way through, a nurse or youth care counsellor will provide your youth with a tour of the APU. While that is happening, a psychiatrist and a social worker will meet with you. Afterward, you'll have a chance to get to know the unit.

Getting to Know the Unit...

The staff on the Adolescent Psychiatry Unit (APU) will provide your youth with a friendly and safe environment. Your youth will have access to a TV lounge, a sports lounge, a computer lounge and a family room. There are also laundry facilities, a multi-purpose room, a school classroom and an outdoor courtyard that is equipped with basketball hoop and patio furniture. The APU has a fully equipped kitchen for your youth to practice life skills such as cooking and baking.

There are eight bedrooms and one safe room. Two rooms have cameras to ensure safety; however, the cameras are only used as necessary. Your youth will always be informed when the camera is used. If not required, the camera will be covered so that it will be blocked. Your youth's room, bed, and cupboard areas are their personal space on the APU. Youth are not to be in each other's rooms (and only one person in the bathroom at a time). Social activities are to be done in the common areas. Rooms and bathrooms are to be kept clean and tidy. The bathrooms are shared, so we all have to do our part to keep them clean. In your youth's room, bedding and clothes are to be off the floor and dirty clothes/towels in the hampers.

Your youth can decorate his or her magnetic wall with photos and posters. Magnets are available from staff or you can even make your own! Tacks, pins and tape are NOT to be used.

Staff may also do periodic room checks when a safety concern arises. However, your youth will be informed before staff check his or her room.

What Happens Each Day?

Wake up calls on weekdays begin at 7:30am; on the weekends, wake up calls begin at 10:00am. During the week, your youth will be expected to be up, moving, fed, and ready to go to school by 9:00am.

Breakfasts are self-serve (cereal, toast...etc) and should be finished by 8:30am. Chores and clean-up should be completed by 8:45am. Youth are expected to eat at the

appropriate tables in the dining room. Please no eating on the lounge furniture...the TV isn't on anyway! Staff will join youth for meals in the dining room. Youth are expected to clean-up after themselves. Remember, school starts at 9:00am!

It is an expectation that youth will do schoolwork, as able, on regular school days from 9:00am to 11:30am. Other recreational activities are not offered during school time and the TVs are kept off.

Lunch trays arrive at noon. After lunch, throughout the week, there will be a variety of group activities. Once a week, there will be a group meal that the youth will prepare in our kitchen.

Dinner trays arrive at 5:00pm. During the evening hours, there will be time to enjoy leisure activities.

Getting enough rest is important. Even though your youth might be up until the wee hours of the morning at home, youth are here to take care of their health. Your youth will be expected to be in his or her room by 10:00pm on Sunday through Thursday and by 11:00pm on Friday and Saturday. The lights should be out and your youth should try to go to sleep within a half an hour. Remember that with school in the morning and all the other activities they'll do, we suggest getting as much sleep as possible. Staff check-in on your youth at night...However, staff try to be as quiet as possible!

What if Someone Wants to Visit?

We request that the parent or guardian of each youth provide the unit with a list of approved visitors. Visitors may be asked to show picture identification as required, and unless otherwise arranged, no more than 2 visitors per youth at one time. Visitors must be 16 and over unless it is the sibling of the youth, and they are accompanied and supervised by the parent or guardian.

The visiting hours for parents, guardians and other approved visitors are from 5:30pm to 8:00pm Monday to Friday and 10:00am to 8:00pm on the weekend. Parents and Guardians may visit outside of the regular hours if it is **prearranged** with unit staff, and not in conflict with unit programming. Visiting on the unit is requested to take place in the family room. After leaving the APU, former APU youth are expected to refrain from visiting the APU for four weeks.

Passes off hospital grounds and weekend passes with parents or caregivers are an important part of the APU program. Passes are an opportunity to practice new skills and stay connected to the world. It is expected that at least once during the admission process your youth will have a weekend pass with family or caregivers. Passes are at the discretion of the unit staff at the time of the pass. We require that the parent or guardian sign a waiver of responsibility prior to leaving hospital grounds.

Upon return from a pass off the APU, items brought for your youth by their guests will be checked by staff.

There will be a youth phone available during free time. The phone number for the APU is (250) 862 – 4346. Please be respectful of the time spent on the phone as it is shared with other youth. Your youth can call long distance to family or caregivers after 6:00pm. However, if your youth has a phone card, he or she can call long distance anytime during free time.

If you have any questions or concerns please feel free to address them with unit staff.

Smoking...You can't! ☺

Please remember that KGH is a **non-smoking facility and not to bring any cigarettes or lighters /matches.** The nicotine replacement will be provided for those who require it. Any cigarettes or lighters brought onto the APU will be confiscated.

Keeping your Personal Information Safe...

The care team works closely with each youth to understand his or her concerns. All staff are available to assist in resolving daily difficulties. NO information about anyone will leave the unit. For these reasons, we ask that no pictures be taken of any of the youth or their families. We also ask that youth refrain from sharing personal contact information with other youth on the APU.

