



A note for our parents...

What to bring...

Clothing: (please mark your child's initials on all clothing)

- 7 pair of underwear/underclothes (no underwires in bras please)
- 7 pair of socks
- 2 pair of pajamas/night wear
- 5 shirts
- 5 pair of pants/shorts (shorts must reach the knees, drawstrings will be removed)
- 1 pair of shoes (laces will be removed)
- 1 pair of slippers
- 2 sweatshirts without hoods (**NO** "hoodies")

Hygiene Products

We have all basic hygiene products that we can provide for your child. If you bring in theirs from home please adhere to these general guidelines:

- No aerosol cans or pump dispensers
- No glass or metal containers

Please do not bring:

- Pillows due to infection control regulations
- Markers, crayons, coloring/drawing books, toys...we have these items available for patients when appropriate
- Books as we have our own library for leisure reading and provide reading materials relating to discharge goals
- Anything of financial or sentimental value...**WBI does not take responsibility for any lost, misplaced or stolen items.**

Phone Time and Visitation

All youth are given the opportunity to have two five-minute phone calls each night (some will have more time depending on current level). Please keep this in mind when making out your contact sheet and communicating with those listed to ensure that you are one of those callers if you wish to be.

Phone Times - Adolescent: 7pm-9pm; Children: 6pm-8pm

In order to allow all youth the opportunity to have visitors and allow us to maintain a calm, therapeutic environment we limit visitation to four families at a time. Visitation times are limited to 30 minutes on weekdays and 60 minutes on the weekends. There are sign up sheets available on the units for you to reserve your visitation times.

Acute Adolescent Unit Programming

updated 1/12

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 am - 7:45 am		Wake-up		Breakfast		Sleep In; Quiet Room Time	
7:45 am - 8:00 am		Complete Green Sheet for Psychiatric Team Group				Wake-up	
8:00 am - 9:00 am		Psychotherapy with Psychiatric Team				Breakfast; Morning ADL's	
9:00 am - 10:00 am		ADL's/Showering/Clean Rooms/Goals Group				Psychotherapy w/Psychiatric Team	
10:00 am - 11:00 am		Therapist Group				Clean Rooms/Goals Group	
11:00 am - 11:30 am				Skills Group (coping skills, social skills, anger management, emotions, etc)			
11:30 am - 12:00 pm				Lunch			
12:00 pm - 1:00 pm				Relaxation Time in Rooms			
1:00 pm - 2:00 pm		Occupational Therapy Group for social, gross and fine motor skills				Recreation Time (Outside preferred)	
2:00 pm - 3:00 pm		Recreational Therapy for physical activity, team building and social skills				Staff's Choice Group/Activity	
3:00 pm - 4:00 pm				School Time		Staff/RN led Skills Group	
4:00 pm - 5:00 pm				Dinner			
5:00 pm - 5:30 pm				Outside if able; Quiet Time In Room; Group Assignments			
5:30 pm - 6:00 pm				Recreational Time in the Gym (Staff led)			
6:00 pm - 7:00 pm				Activities of Daily Living (i.e. showering, etc)			
7:00 pm - 7:45 pm				Skills Group (coping skills, social skills, anger management, emotions, etc)		Movie Time	
7:45 pm - 8:30 pm				Wrap-up group/Review of Daily Goal; Snack Time; Medications			
8:30 pm - 9:15 pm				Quiet Time in Rooms; Group Assignments		Wrap-up Group, etc.	
9:15 pm - 9:45 pm				Lights Out at 9:45 pm!!!		Quiet Time, etc.	
9:45 pm - 10:15 pm						Lights Out!!!	

Phone Time: 7-9pm

Visiting Time: Please see Sign Up Sheets for Available Times



Youth Acute Program

Patient and Family Handout

Wyoming Behavioral Institute

A UHS Hospital

2521 E. 15th Street

Casper, WY 82604

307-237-7444

1-800-457-9312

www.wbihelp.com

Dear Parents/Guardians,

Wyoming Behavioral Institute (WBI) is dedicated to excellence as a specialized provider and resource center for mental health throughout Wyoming and the Rocky Mountain region. We promote a caring environment, respecting the needs of each other, our patients, their families and the communities we serve.

Having a child hospitalized for treatment is a stressful event for the entire family. We, at WBI, are here to assist not only the patient but also the family through this time of change. With your help the treatment team works quickly to identify strengths and weaknesses that enable us to establish goals for discharge. The length of stay varies on an individual basis with the average length of stay being between 10 and 14 days. The treatment team always strives to keep the stay as short as possible.

The staff at WBI regard the parents/guardians as a valuable part of the team effort in planning the treatment for your youth. Your active participation in family sessions is essential. Obtaining outpatient follow up appointments before discharge is a necessary expectation for maintenance of the positive changes realized in treatment.

This handout provides an overview of the program design for the Youth Acute Unit. Your questions and input can be directed to your youths' therapist, unit nurse or you may also speak to the Youth Acute Nurse Manager, Mandy Blajszczak @ 307-472-2291.

Thank you in advance for your active and essential participation in your adolescent's treatment.

- Your Youth Acute Treatment Team

Treatment Philosophy

The Youth Acute treatment program has been designed to provide a safe and caring environment. This consists of a structured, intensive, educational process for the youth to experience positive change. The goal of this program is for the youth to become a responsible thinker and to find healthy solutions for his or her problems. Through the use of a variety of therapies, social activities, educational programs and peer support we are able to assist the youth in making these needed changes. The youth will be expected to participate in these activities in order to expedite the changes needed in his/her life. Continued outpatient treatment after discharge is expected to maintain and build on the positive changes made. We have established designated phone and visitation times so that your child is able to obtain the greatest benefit from their treatment at WBI.

Components of Treatment

Milieu Therapy

Therapy at WBI occurs all day, every day – this approach is called “therapeutic milieu” and the main method for providing therapy is through groups. Milieu tasks are designed to assist our youth population in developing social and interactive skills for functioning within the community. We encourage the youth to participate and express thoughts and feelings. This validates them as individuals and gives them their rightful roles as responsible members of the therapeutic milieu.

Psychiatric Team Group

The physician team assesses the psychiatric and therapeutic intervention needs of the individual in order to assist in the diagnosis. Arriving at a diagnosis for the presenting complaint is the single most important determinant in the potential outcome for any therapy. The physician uses a group format and, as needed, individual assessments to educate the adolescent on their medication

and psychiatric needs and to assist in evaluation of their treatment progress. Patients attend psychiatric team groups six to seven times per week. The psychiatric team also meets daily M-F with the therapist and other clinical staff to help direct the team in providing individualized treatment. Successful treatment often requires family involvement in sessions with the adolescent, initiation or change in medication and a solid outpatient treatment commitment.

Cognitive Behavioral Group

The Cognitive Behavioral Groups examine thinking errors and tactics used by youth that inhibit personal growth and responsibility. The youth hold each other accountable daily for their behaviors. The youth learn to recognize the restraints in life and what responsible decisions are necessary for growth. They are taught to meet problems and struggles in a responsible and accountable manner. The premise that individuals choose their lifestyle, their peer groups and their behaviors is fostered. Individuals are taught that they are accountable for their behaviors. Team building, self-discovery and self-respect are issues addressed in this group format.

Psycho-Educational Groups

Registered nurses and mental health workers/specialists lead psycho-educational groups. These groups may focus on topics such as anger management, boundaries, stress reduction, effective social skills and problem solving. Nurses provide medication education groups, in addition to individual education, frequently as it is imperative that youth understand the importance of taking their medication appropriately after discharge. These medication groups also teach the youth what medications he/she is taking, why he/she is taking the medication and any side effects that could occur.

Recreation Activities

Recreation sessions at WBI are designed to teach participants that exercise is a vital component to one's mental as well as physical health. Each group has a brief warm-up period followed by a variety of activities available to fit the needs

of the particular population. Areas emphasized include but are not limited to cooperative play, team building, learning new games, good sportsmanship and how to have fun. The physical benefit alone assists the body in battling a variety of negative aspects of psychiatric illnesses. The benefits are taught in a nurturing and caring environment while embedded with the idea of learning how much fun games and organized play can be.

Occupational Therapy

Occupational therapy is provided in a group format directed by a certified occupational therapy assistant in collaboration with the registered occupational therapist. Groups are provided to increase independence and function in all occupations outside of Wyoming Behavioral Institute including school, work, relationships and self-care. Groups are most frequently given in an interactive method. Some skill areas that are emphasized include activities of daily living, independent functioning, community survival skills, work/chore responsibilities, play/leisure skills, educational skills, social participation and sleep/relaxation skills. To achieve success in these various occupational skills, occupational therapy staff address underlying difficulties in motor/coordination skills, sensory processing skills, emotional regulation, communication and relationship skills and cognitive functioning such as memory, organization and sequencing. As needed individual assessments are provided to focus on cognitive, coordination and sensory processing needs of individuals.

Education

The Youth Acute Treatment program has an on-site accredited school with teachers that are certified by the state of Wyoming. Our youth acute population attends school for two hours M-F during the regular school year. All students are given a core curriculum. All youth follow an individualized, self-paced program designed to center on current skills and boost self-esteem and the student's ability to succeed in school.

Upon discharge, meetings facilitate transition to public school with school personnel for verification of materials covered as well as grades and time in class,

allowing the public school to award credit. Any special needs are met on an individualized basis. Parents are encouraged to contact the education coordinator with any questions, Minda Smith (307) 472-2267.

Milieu Expectations

Our philosophy at Wyoming Behavioral Institute is based on the belief that patient's and their families agree to support a nonviolent environment and that they will do this by being safe and respectful on the unit.

Be Safe

Safety is the highest priority at Wyoming Behavioral Institute. In an effort to support a safe and therapeutic milieu we ask that our youth support this by not participating in aggressive behaviors such as throwing objects, threatening, hitting/kicking, intimidating/posturing, etc. We also ask that our youth refrain from "rough-housing" and all other physical contact including things such as hugging as our patients come to Wyoming Behavioral Institute with a variety of needs and triggers. Your youth will be assigned a monitoring level as well as indicated safety statuses based on their treatment needs upon admission and assessed on a daily basis to provide the safest environment possible.

Be Respectful

All patients and their families are expected to demonstrate considerate behavior toward self and others and to refrain from behavior that is intentionally abusive or hurtful to others (verbally, emotionally or physically). In order to respect each other's privacy we ask that they do not share information about their peers with others outside of the facility, including names. We do require that all parents/guardians/visitors respect the privacy of all individuals within the facility. Rather than breach your child's confidentiality, your child will be encouraged to share pertinent information about his/her treatment issues with you in family sessions.