

Navigating an Adolescent Hospitalization

Lancaster Behavioral Health Hospital Adolescent Unit Information



Contact

Approved list of contacts is completed at intake and verified by social services following admission. A five-digit privacy code is provided to be shared with those who the adolescent wants to speak with during their stay. Contact with adolescents can be made by calling the main hospital number 717-740-4100 and providing the individual's name and five-digit privacy code.

The best time for phone calls is between 6:45 pm – 8:45 pm. Calls are not permitted during a group or other scheduled activity. Adolescents will be provided a daily schedule upon admission.

Visitation

Occurs Wednesday and Saturday from 6:45 pm – 7:15 pm (arrive promptly by 6:15 pm). Two adults are permitted per visitation session.

Please contact therapist to be added to the visitation list. Visitation is not permitted for the first 48 hours.

Length of Stay

Typical inpatient stays average approximately seven to ten days. The decision on when to discharge an adolescent is made by the treatment team with the input of the individual and family/guardian(s).

Criteria for Inpatient Admission

Inpatient admission is generally considered for the safety and well-being of the adolescent and others. Criteria for admission can vary, common criteria include imminent risk of harm, severe mental health symptoms, inability to take care of self, unsuccessful attempts at lower levels of care and/or co-occurring medical or substance use issues.

Belongings

Adolescents are permitted three changes of clothing. No hooded sweatshirts, flip flops, drawstrings, metal wires or any form of revealing clothing. No stuffed animals, blankets or hard-covered books permitted. All valuables should be kept at home.

Schooling

During the school year, a teacher provides academic instruction in the morning and afternoon. They reach out to the student's school and inquire about their current need/curriculum. The teacher also coordinates return to school and provides needed documentation. Computers are provided.



We can provide the support your child needs. Call us at **717-740-4100** or visit **lancasterbehavioral.org**.

Lancaster Behavioral Health Hospital



Penn Medicine
Lancaster General Health



Components of Treatment

Roles of Treatment Team

Roles of Treatment Team

Psychiatry

Psychiatrists specialize in finding the right medication, or combinations, to reduce symptoms and improve functioning in many areas of life. A member of the psychiatric team will meet with the individual daily to discuss progress towards goals. A psychiatrist or psychiatric nurse practitioner reaches out to parents to discuss medication rationale, changes, positive and negative side effects.

Social Service Therapist

Social Service Therapists (SST) meet with adolescents to assess presenting problems such as family dynamics, history of treatment and current stresses faced by individuals. SSTs are the main point of contact for families and have regular interactions with the adolescent. Family sessions will be held by phone periodically throughout the stay, please plan to attend these meetings. Social Service Therapists reach out to guardians and other individuals outside the family such as current mental health providers. They also help set up aftercare services when an adolescent is ready for discharge.

Nursing

Nurses administer medications, monitor physical needs, track diet, record sleep patterns and observe interactions between all adolescents to assess for behavioral changes. Observations made by nurses are reported daily to the treatment team.

Behavioral Health Associates

Behavioral Health Associates (BHA's) monitor the daily routines of the adolescents and lead a variety of groups, including psychoeducation and daily reflections. BHA's complete 15-minute checks around-the-clock to help ensure the overall safety of the suite.

Expressive Arts Therapist

Expressive arts therapists provide recreational, music, art and dance/movement therapy. Specialized expressive art therapists use art, music and other media to help adolescents learn about themselves.

Treatment Modality

Group therapy

SSTs provide a daily process group that focuses on a broad range of group topics including identifying/managing emotions, improving communication, self-soothing, enhancing/developing coping strategies, identifying negative reactions to stress, examining roadblocks to change, improving problem solving and exploring ways to develop a better self-image.



No-cost assessments are available 24/7. Call us at **717-740-4100** or visit lancasterbehavioral.org.

Lancaster Behavioral Health Hospital



Penn Medicine
Lancaster General Health



333 Harrisburg Avenue | Lancaster, PA 17603
lancasterbehavioral.org
717-740-4100



Universal Health Services, Inc. (UHS) is a holding company that operates through its subsidiaries. This document has been prepared by UHS of Delaware, Inc. Any reference to "UHS" or "UHS facilities" refers to UHS' subsidiaries. Further, the terms "we," "us," "our" or "the company" refer to the operations of the subsidiaries of UHS. Any reference to employees refers to employment with a subsidiary of UHS. Physicians are on the medical staff of Lancaster Behavioral Health Hospital, but, with limited exceptions, are independent practitioners who are not employees or agents of Lancaster Behavioral Health Hospital. The facility shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 241413-2361 9/24