Halifax Health - Child & Adolescent Behavioral Services

Resource Guide



Halifax Health
Child & Adolescent
Behavioral Services

When it comes to our children's behavior, there are many times we don't know what to do. We want to ensure that our children are safe, but sometimes we are not sure when to reach out for help and where we can go to get help.

This Behavioral Resource Guide has been developed to educate parents (and guardians) on what resources are available in our community. Halifax Health - Child & Adolescent Behavioral Services, is the only hospital in Volusia & Flagler counties that has an inpatient facility, day treatment options and outpatient resources. The mental and physical well-being of children is our top priority.



How do I identify what level of help my child needs?

What if my child is angry, depressed, has anxiety, is being bullied or just not acting like him/herself lately?

The first step is to bring your child in for a free screening, at Halifax Health - Child & Adolescent Behavioral Services here we provide free screenings that are conducted by a Registered Nurse or a Masters Level Prepared Therapist. The screenings are available Monday - Friday from 8:00 am - 11:00 pm at Halifax Health - Child & Adolescent Behavioral Services and on Saturday and Sunday from 8:00 am - 8:00 pm in the Emergency Department. After you register, you and your child will meet together with the screener, followed by one-on-one sessions with the screener. Once all of the information is gathered, the screener discusses and reviews the data collected with the psychiatrist. The psychiatrist then determines the best course of treatment for your child, which could include any of the following:

- Participation in our Outpatient Services
- Participation in our Day Treatment Program – this service is only provided by referral from the Psychiatrist
- Admittance to our Inpatient Program
- They might determine that your child is just having a bad day

Whatever the outcome may be, we always strive to provide follow up services so you have the resources to help keep your child safe.

What if I fear that my child may hurt him/herself or others?

If you ever feel that your child is going to hurt him/herself or others, or if his/her behavior is out of control or dangerous, the first thing you need to do is call 911. This decision can be extremely difficult because there is a "fear of the unknown" factor like what will happen to our children if we call for help. However, the thing to remember is that you don't have to wait until your child is at the point of endangering him/herself or others, you can call for help at any time. Below is an overview of what to expect when you call 911:

- When you call 911, a law enforcement official will be sent to assess the situation.
- If the officer doesn't feel like your child meet the requirements for the Baker Act, he/she may recommend that you take your child to the Emergency Department or Halifax Health - Child & Adolescent Services for a screening. If they have an established relationship elsewhere, they may recommend calling that therapist or Psychiatrist.
- If the officer feels your child is of danger to him/herself or others, and could also have a mental illness, they will institute the Baker Act and take your child to Halifax Health - Child & Adolescent Behavioral Services or to the Emergency Department.
- Parents, it is extremely important you follow your child in a vehicle as the law requires that the officer is only able to transport your child in their car. Your child may be handcuffed, however this is not mandatory but, at the discretion of the officer. The first responder has to do what is necessary for the safety of everyone involved. We are telling you this not to scare you or upset you, but to prepare you.
- Once in custody, your child will go through the same screening process with a Registered Nurse or Masters Level Prepared Therapist. They will interview you together and then individually to assess the situation. You will be asked to sign consent forms on behalf of your child as he/she are a minor and cannot consent to their own form of treatment. It is imperative that you are there with your child to relay any and all information to the screeners. The more information we have to better understand your child the better we can assess what services they may require. Information such as medications they are on, are they currently receiving services from a therapist/psychiatrist or even triggers that bring on certain behaviors. As stated previously, the psychiatrist will determine the best course of action for your child which could mean that they need to be admitted to our Inpatient Program, suggest participation in our Outpatient Services, Day Treatment Program or to lift the Baker Act entirely.



What if my child is at school and their behavior is radical?

› If a child is at school and is posing a threat to him/herself or others, the school will notify the legal guardian of the situation. For the safety of the child and all involved, the school does have the right to call 911 and request that the child receive an emergency evaluation under the Baker Act. There are specific criteria that need to be met before it is determined if the child can be Baker Acted such as having a mental illness and if the child is considered a harm to him/herself or others. The Baker Act can be initiated by law enforcement, physicians, psychiatric nurse practitioners and licensed therapist/counselors.

What if I fear that my child may hurt him/herself or others and this is outside of Halifax Health - Child & Adolescent Behavioral Services screening hours?

› We will never turn a child away. If you call 911 outside of the screening hours and it is determined that your child needs immediate intervention, the first responder will take your child to the Halifax Health Emergency Department. Your child will be admitted and remain at the hospital until the screeners and Psychiatrists are available for assessing the situation. During this process it is recommended to stay with your child as they are a minor and cannot consent to treatment. If you require immediate assistance, a crisis response team can come to your location within 60 minutes by calling 800.539.4228.

What Outpatient Services are available for my child?

Every child and situation is different and the recommended treatment will be directly aligned with your child's needs. Once your child has completed the screening process, and the psychiatrist determines that your child does not meet the requirements for our Inpatient Program, they could suggest any of the following Outpatient Services:

- Evaluate the need for medication
- Determine if he/she need to continue the medication they are already on
- Discuss Therapy Services
- Offer Case Management Services that can be provided in the home
- Reconnect with an existing outside provider and schedule follow up appointment

Wherever the path may lead, Halifax Health - Child & Adolescent Behavioral Services are here to ensure that your child meets all of the recommended follow up services.

Our Services

Halifax Health - Adolescent & Behaviorial Services provides psychiatric services for children and adolescents, ages 4-17 years old, with emotional and behavioral problems. This is accomplished through a full continuum of care, which includes Outpatient therapy, Day Treatment Program, and Inpatient care. The continuum of care is tailored to the specific needs of our patients and serves each child or adolescent in the most appropriate and least restrictive environment.

Intake Assessment - Referral

- All psychiatric services for children and adolescents may include an initial screening by phone, an assessment by mental health official, a consultation with a child/adolescent psychiatrist, and/or a referral to the indicated level of care.

Crisis Stabilization - Inpatient

- On the Inpatient Hospital Units, children and adolescents receive intensive 24-hour mental health treatment in a supervised medical setting for the purpose of crisis stabilization. We are the only designated Baker Act Receiving Facility for children and adolescents in this area.

Outpatient Therapy

- Program Therapists are based in over 22 school sites in Volusia and Flagler Counties and on site at Halifax Health - Adolescent & Behavioral Services. Each patient entering into therapy will have a complete bio-psychosocial history and an individualized treatment plan developed by a therapist.

Physician Outpatient Office Program

- The Halifax Health - Adolescent & Behavioral Serivces physician's practice provides quality psychiatric care and clinical oversight to all programs. Treatments provided include psychiatric evaluation, pharmacological management and consultation both at Halifax Health (HMC) and Halifax Health - Adolescent & Behavioral Serivces.

Day Treatment Program

- The Day Treatment Program is an outpatient therapeutic treatment program for young people with emotional and behavioral issues. Students attend the hospital program during the day and return home at night. A typical day for the participants includes class time, group, individual and/or family therapy, recreation therapy and nursing care.

Targeted Case Management

- Case Managers work closely with children and families who have severe emotional disturbances and meet with patients and families one time per month in their homes and monitor and advocate for other services in the community. Case Managers can attend school meetings, court hearings, FSPT's and other meetings needed to assist patients and families.

Community Action Team

- CAT Team is a clinical team that offers and provides comprehensive, intensive community based treatment to families with young and young adults, age 11-21, who are at risk of out of-home placement due to a mental health or co-occurring disorder and related complex issues for whom traditional services are not/have not been adequate.



Are there warning signs that indicate I need to bring my child in for a screening?

- Impulse Control
- Testing Limits
- Anger
- Depression
- Anxiety
- Bullying
- Suicidal Thoughts
- Cutting

What can I expect if my child is admitted to the Inpatient Program?

If your child is admitted to the Halifax Health - Child & Adolescent Behavioral Services Inpatient Program, the first process is to ensure that they do not have any harmful items with them. Personal belongings, such as jewelry, cell phones, wallets and unsafe clothing will be returned to the parents or be safely stored in a locked area on the unit. A registered nurse will then meet with your child and do an assessment to gather additional information that is focused on their medical and mental health. Within the first 24-hours of admission, there is a Family Therapy Session and the typical daily routine consists of the children attending classes based on the Volusia County School System, participation in recreational therapy, group therapy sessions and individual therapy sessions. Your child will work on daily goals that have been identified and incorporated into their individualized master treatment plan. Registered Nurses and Mental Health Techs are on-site 24-hours a day so all children are constantly being monitored. Visitation hours are daily from 5:00 - 7:00 pm. As part of the therapeutic program, your child is also seen daily by a psychiatrist to evaluate how your child is progressing and to determine when they are ready to be discharged.



When will my child be discharged?

Each child comes here for different reasons, which is why we have individualized master treatment plans that identify the issues they face. There are specific goals that the child will need to work on and achieve on a daily basis while they are a patient here. Based on the daily meetings with the psychiatrist, they will determine when the child has met all goals and is ready to be discharged. Upon discharge, the psychiatrist will recommend follow up instructions to ensure success outside of these walls. This can range from being seen by a psychiatrist here, or with another one they have an existing relationship with, and/or outpatient services including therapy and case management. If they are leaving our care and are on medication, they will be required to see a psychiatrist within 30 days of discharge.

Frequently Asked Questions

How do I know if my child is just going through a phase or needs professional help?

While it is natural for children to go through phases where their behaviors can be more challenging, there are some common indicators that a child may need professional help. Halifax Health - Behavioral Services has professionally trained staff that can screen your child to determine if services are needed. Some common indicators they look for are disturbed sleep patterns, poor academic performance, withdrawal from social situations, and unsafe behaviors such as recreational drug use or becoming violent when emotionally overwhelmed. Some children are better at hiding their symptoms than others, so it is always wise to have a professional assessment if you have any concerns.

If my child receives mental health services, does the school have to know?

You do not have to share this information with your child's school. Mental Health Services fall under the category of Protected Health Information.

Do I have to put my child on medication?

Medication is not always prescribed to treat the child's symptoms. However, if the doctor recommends a medication for your child, you have the right to refuse. It is best though to discuss your concerns with the doctor. Often, parents have pre-conceived ideas about psychotropic medications that are untrue.

Will medication sedate my child or make my child act like a different person?

Parents are often concerned that medication will make their child "zombie-like". The goal of medication is not to sedate or alter your child's personality but to treat their symptoms so they can attain a higher level of function.

I am divorced. What if I think my child needs services but my ex disagrees?

If you decide to seek treatment for your child, it is a good idea to involve the other parent as much as possible. Parents do not like to feel helpless or left out in the decisions that affect their children's health. Also, it is helpful to have professionals who are available to answer questions and concerns.

Sometimes when we are arguing, my child will make suicidal statements. How do I know if the threat is serious?

When children, especially teenagers, are emotionally overwhelmed, they may make threats to harm him/herself or others. It can be tough sometimes to discern a real threat from blowing off steam. If you find yourself questioning the seriousness of the statements that is a good indicator your child may need help. It does not hurt to have a mental health screening performed. They are free, and can provide peace of mind to a parent who is afraid the child may act upon the threats.

I think my child needs help, but I am afraid of what my family and friends will say. Who all has to know?

It is up to you if you want to share that information with friends and family. Some children are fine with their friends and family knowing they receive services. Others would like that information to remain private.

What is the Florida Baker Act*?

The Baker Act protects the rights of all individuals examined or treated for mental illness in Florida.

Criteria for involuntary exam are that the individual:

- Appears to have a mental illness;
- Presents a danger to self or others;
- Refuses voluntary exam or is unable to understand need for exam

** A Baker Act should NOT be used for refusing to follow basic house rules. For example: Not putting clothes away, not completing homework, refusing to completing basic chores, similar issues etc...*



Additional Community Resources

If you find that your child is experiencing addiction or has a developmental disability there are numerous resources available right here in our community.

Easter Seals Child Development Center

Easter Seals provides exceptional services, education, outreach and advocacy so that people with disabilities can live, learn, work and play in our communities.

1219 Dunn Ave.
Daytona Beach
386.944.7828

www.easterseals-volusiaflagler.org

The Chase Academy, Inc.

The Chase Academy is a private, special education, coed school in Daytona Beach for grades K - 8.

2400 S. Ridgewood Avenue, #17
South Daytona
386.690.0893

www.tcaofvolusia.org

The Blue Jay Academy

Blue Jay Academy is a private, non-denominational school for children with special needs and Autism from grades K-12 grade.

960 Rooster Road
South Daytona
386-868-1979

www.bluejayacademy.com

The Spectrum of Volusia County

The Spectrum of Volusia County is an online support and resource group for families of children with Autistic Spectrum Disorders and related disabilities.

309 Oakridge Blvd
Daytona Beach
386.295.6795

thespectrum32176@yahoo.com

UCF Center for Autism and Related Disabilities

CARD's Mission is to educate and empower individuals and families throughout the lifespan by providing support, assistance, and awareness within the community, with the goal of optimizing the potential of all individuals with autism and related disabilities; and to provide training that enables professionals to deliver evidence-based treatments to achieve optimal outcomes.

12424 Research Parkway, Suite 365
Orlando
407.823.6011
800.9.AUTISM

cfl.ucf-card.org
ucfcard@ucf.edu

The Arc's Autism Now Center

The Arc is the largest national community-based organization advocating for and serving people with intellectual and developmental disabilities and their families.

Arc Flagler County
PO Box 354412
Palm Coast
386.446.2385

ppearson1@mindspring.com

Stewart-Marchman-Act Behavioral Healthcare (SMA)

SMA is a leader in behavioral healthcare and has over 50 years of experience providing exceptional comprehensive services to individuals living with addiction, mental illness or both.

Crisis Response Team
1120 Willis Avenue
Daytona Beach
800.539.4228

www.smabehavioral.org

NOTES

Halifax Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Language assistance services, free of charge, are available. Call 386.425.3000.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.877.746.4674 (TTY 1.386.257.1700).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1.877.746.4674 (TTY 1.386.257.1700).



HALIFAX
HEALTH

halifaxhealth.org