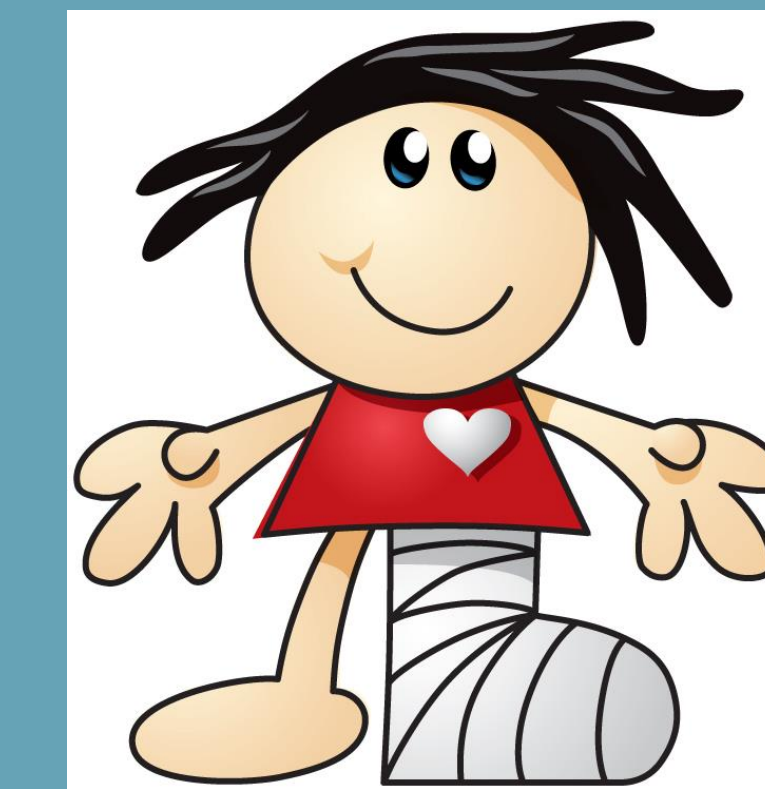


Child and Adolescent Psychiatry Inpatient Unit: Revision of Clinical Resource Portfolio and Parent Brochure

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BACKGROUND INFORMATION

PROJECT RATIONALE:

- Current resources provided to families are brief and do not reflect the high quality care and diverse services offered on our multi-disciplinary staff.
- Thus, it was necessary to review, update, and compile the innovative interventions and programming developed by 4-9000 in order to give staff and families the most accurate resources.
- For example, 4-9000 has developed a strengths-based philosophy over the past decade that draws from several evidence-based frameworks. These include: Collaborative & Proactive Solutions, Acceptance & Commitment Therapy, Dialectical Behavioral Therapy, Mindfulness, Narrative Therapy, and others.
- Information regarding how these theories/treatment approaches are integrated into programming on 4-9000 was not previously presented to families, and resources available to staff was often observed to be outdated or scarce.

COMPONENTS OF LEADERSHIP PROJECT:

- Upon considering the needs of parents and staff, it was quickly apparent that increasing access to resources should be tailored separately to these audiences.
- Therefore, this leadership project included two components:
 1. Staff: Update/Revision of SharePoint Resources
 2. Parents: Creation of a Pamphlet introducing families to general information and programming details on 4-9000.

STAFF RESOURCE:

UPDATE OF SHAREPOINT MATERIALS

METHODS:

- Systematic review of current SharePoint page used by 4-9000 nursing staff was conducted to assess what clinical materials are already available
- A needs assessment was conducted by reaching out to nursing and other psychiatry staff to assess what resources they feel would be beneficial in providing evidence-informed practice.
- Folders were created and updated to include various clinical resources related to intervention materials/protocols, clinical training for various treatment modalities, ACT-based safety planning, and other clinical topics.
- Input from staff was again sought in order to assess responses to the newly added information/resources.

PARENT RESOURCE:

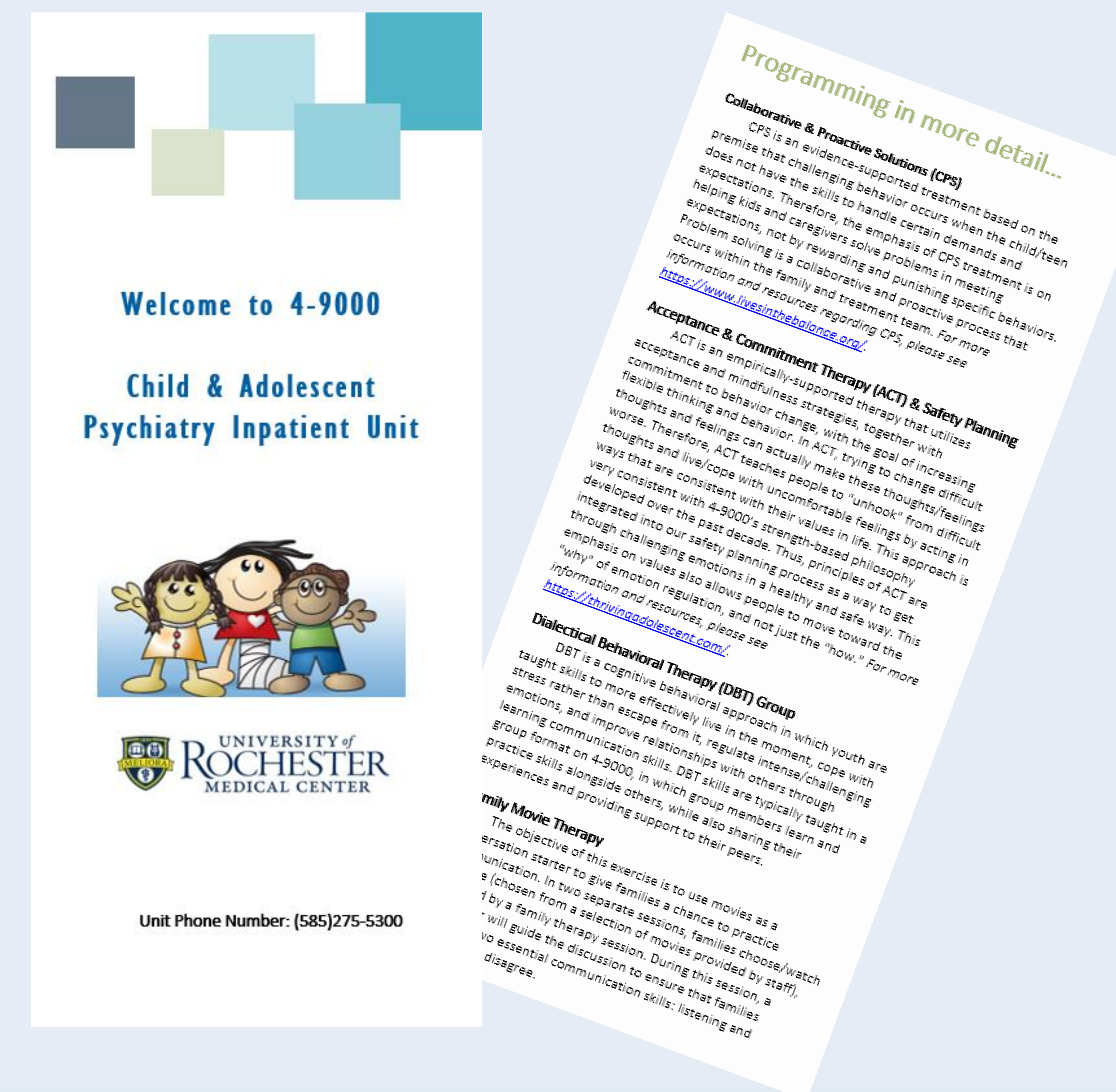
DEVELOPMENT OF INFORMATIONAL PAMPHLET

METHODS:

- Current parent pamphlet was reviewed, and outdated information and areas that could be expanded upon were identified.
- A review of other child/adolescent inpatient unit resources for families was conducted through an internet search of several well-known hospitals, in order to determine what additional information may be useful to include.

INFORMATION INCLUDED IN PAMPHLET:

- Mission/vision of 4-9000
- Communication, safety, and visitation policies
- Daily assessment information, including explanation of an interdisciplinary treatment team and how team members collaborate to assess safety, treatment planning, and progress
- What to expect with regard to daily programming, such as...
 - Ongoing/intensive ACT-based safety planning
 - Daily academic instruction
 - DBT group
 - Teen Expressions group
 - Mindfulness & relaxation skills group
 - Wellness group
 - Art, music, & other recreational groups
 - Pet therapy
 - Narrative therapy exercises
 - Family movie therapy
 - Skills-based individual sessions
 - Brief psychological & cognitive assessments
- An additional insert was also created to provide more in-depth explanations for the above programming.



DISCUSSION

- This leadership project sought to increase staff self-efficacy in providing evidence-based clinical care, as well as improve transparency between staff and families
- Such transparency will also help clarify families' expectations for care while on 4-9000, including what types of services are or are not provided.
- This project also highlights the continued need for collaboration between nursing and psychology, in order to provide the highest level of evidence-informed care to patients.

FUTURE DIRECTIONS:

- Continued collaboration between disciplines, in order to ensure staff feel connected to/knowledgeable about the therapeutic frameworks provided on 4-9000
- Feedback from families regarding how their expectations (based on brochure and other information provided) matched actual experiences, in addition to other information they wished they had received

ACKNOWLEDGMENTS

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