

CAMANO COTTAGE



GUARDIAN HANDOUT



This handout is meant to be a quick guide to information you need to know about your child's treatment at Camano. The Program Manual has more information!

OVERALL GOAL

The primary goal of long-term hospitalization is to help patients manage their emotions and behavior by learning the necessary skills to safely rejoin their community as soon as possible.

THERAPY

To help your child meet their goals, an individual therapist and a family therapist will be assigned to your child's case. The specific targets of each therapy will be tailored to the needs of the child and the family and developed collaboratively. Your child will also participate in group therapy covering a variety of topics.

Once your child begins to develop new skills to manage their emotions and behavior, it is *critical* to generalize these skills outside of Camano. This is the element that differentiates our program from other inpatient facilities. Your child and family will be expected to practice these new skills during therapeutic leaves off campus that you will plan with your family therapist.

TREATMENT PLAN REVIEWS (TPRS)

Upon admission, each patient is given three milieu goals that cover social skills, emotional skills, and behavioral skills. Their progress on these goals will be monitored by staff each shift and reviewed at each Treatment Plan Review (TPR). As your child progresses in treatment, these goals will be modified to target their specific areas of need to increase their skills to keep themselves and others safe.

Treatment Plan Reviews (TPRs) take place at 14, 30, and 60 days following admission, and every 60 days until discharge. Family and community team members will participate in these meetings by phone or video. At TPRs, the group will discuss the child's treatment, medications, and progress toward goals. On Camano, patients do not attend TPRs but provide their perspective by updating their safety plans, providing feedback on their goals and progress, and sharing any questions that they have. Depending on the patient's progress and needs, treatment goals may be modified for the coming review period. TPRs are also an opportunity for the group to discuss services needed post-discharge and any legal issues that may be relevant. It is important that guardians attend all TPRs and communicate with the clinical team if you need to reschedule.

DISCHARGE

Discharge is an ongoing discussion that begins at admission. When your child is more consistently showing safe behavior and using new skills, they will begin the transition process toward discharge. Transition is an approximately 60-day period where the clinical team, your family, and the community team work together to make sure necessary supports are in place after discharge. When transition starts, the clinical team will work with you to plan additional discharge-specific meetings.

VISITS & THERAPEUTIC LEAVE

Family and community members are an important support for children throughout their treatment. Adults age 18 and older and siblings age 4 and older who are on the Approved Visitor List are welcome to visit at pre-arranged times. These visits can be coordinated through the social worker, Katie. Visits are available Monday through Friday from 2:30-4:30 PM, and Saturday through Sunday from either 9:00-11:00 AM or 1:00-4:00 PM. Visitors may not bring valuables, food, or items that could be used as weapons. We also ask that visitors minimize cell phone use while on campus. Family visits are expected to begin within the first month.

Therapeutic Leave (TL) may be for a few hours (a Day Pass) or a few days (Overnight) depending on your child's needs, level of safety, and the agreed treatment plan. Initial overnight passes are typically arranged for one day and one night. Prior to you and your child going on pass, you will work with your family therapist to develop a specific plan including departure and return times, identify specific goals and skills to rehearse while on TL, and plan for safety. Upon return, you will be asked to rate your child's behavior on their goals during the pass, which will provide an opportunity for you to practice providing specific behavioral feedback to your child. As your child approaches discharge, passes of increased duration will be planned in order to support the transition process.

QUESTIONS? PLEASE REACH OUT!

CAMANO CLINICAL TEAM

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