

GUARDIAN HANDOUT



This handout is meant to be a quick guide to information you need to know about your child's treatment on Orcas Cottage at Child Study and Treatment Center. **The Program Manual has more information!**

OVERALL GOAL

The primary goal of long-term hospitalization is to help your child manage their emotions and behavior by learning the necessary skills to safely rejoin the 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 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 Orcas. Your child and family will practice these new skills during therapeutic leaves off campus that you will plan with your family therapist.

TREATMENT PLAN REVIEWS (TPRS)

Upon admission, each child 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 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.

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 your child's treatment, medications, and progress toward goals. TPRs are an opportunity for the group to discuss services needed post-discharge and any legal issues that may be relevant. *It is important that you attend all TPRs or let the Treatment Team know if you need to reschedule!*

DISCHARGE

Discharge is an ongoing discussion that starts at admission. When your child is consistently showing safe behavior and using new skills, they will begin the transition process toward discharge. Transition is an approximately 60-day or 90-day period where the Treatment Team, your family, and the community team work together to make sure necessary supports are in place after discharge. When transition starts to take place, the Treatment Team on Orcas will work with you to schedule additional discharge planning meetings.

VISITS, PASSES, AND THERAPEUTIC LEAVE

Family and community members are an important support for children throughout treatment. Adults aged 18 and older and siblings aged 7 and older who are on the Approved Visitor List are welcome to visit through pre-arranged visits. These visits can be coordinated through the Treatment Team. There are no set visiting hours but in general, visits and passes should end by 8pm. 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.

Therapeutic Leave (TL) may be for a few hours (a Day Pass) or a few days (Overnight) depending on your child's needs, your child's level of safety, the appropriateness, 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, identify 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 provides an opportunity for you to practice providing behavioral feedback to your child. As your child approaches discharge, passes of increased duration will be planned in order to support the transition process. All TLs must be confirmed between the family and family therapist no later than Wednesday for the coming weekend to allow for time to prepare the your child's belongings, order medication, and complete safety planning.

QUESTIONS? PLEASE REACH OUT!

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