

Upon Discharge from the Hospital

Request a discharge planning meeting.

Who is the liaison for parents at the hospital?

Who can I check in with two days from now if I have any difficulties?

What new medications have been prescribed for my child?

What are the potential side effects?

What doctor do I see for prescription renewal?

Where can I get support for myself and other family members?

What paperwork do I need for my child to return to school? I.e. a copy of the discharge plan.

When and where do I follow up?

Who makes the appointment?

Nassau County Resources

Nassau County Children's Hospital Discharge Coordinator

(516) 489-2322 ext. 1318

Children's Mobile Crisis Team

(516) 868-3030

Pathways Home Based Crisis Intervention

(516) 868-3030

Nassau County Department of Mental Health, Chemical Dependency, and Developmental Disabilities

Coordinator of Children's Mental Health Services

SPOA (Single Point Of Access for services)

(516) 227-7057

Nassau County Family Support System of Care

(516) 227-7380

Mental Health Association of Nassau County

Information and Referral

(516) 504-HELP or 504-4357

Nassau County Department of Social Services

PINS Diversion Information and Referral

(516) 227-8404

Long Island Families Together

(631) 264-LIFT or 264-5438

Long Island Crisis Hot-line

(516) 679-1111

Family Support Groups

North Shore Child & Family Guidance Center

Roslyn (516) 626-1971 ext. 348

Family and Children's Association Family Center

Hempstead (516) 485-5914 ext. 2260

Mental Health Association

Hempstead (516) 489-2322 ext. 1234

Hispanic Counselling Center (Hempstead)

Maria (516) 849-0383

Milagros (516) 859-2363

Hempstead Family Resource Center

(516) 566-3966

Office of Mental Health Regional Parent Advocates

(631) 761-2508

National Alliance for the Mentally III (NAMI)

(516) 326-0797

What Parents Need to Know About Your First Child Psychiatric ER Visit

This brochure has been put together by parents who have been where you are and professionals that understand what is going on for you at this time. It is designed to give you information on what to expect at the emergency room and beyond. This is not an easy place to be, and we want to give you encouragement, support and help.

Provided by
**Children's Mental Health
Advocacy Committee
Of Nassau County**

Dedicated to the recognition of children's mental health
timely access to comprehensive, quality services
and equity in treatment

What to Expect in the E. R.

1. You may wait for several hours. Calling someone to support you is beneficial.
2. When you are called in, you will speak with a Child Psychiatrist or nurse. A nurse may take your child's pulse, blood pressure, and urine specimen. You will then have to wait to speak with a Child Psychiatrist.
3. When you meet with the Child Psychiatrist, describe what events or behaviors brought you to the emergency room, and any other pertinent information.
(See "How to Prepare while Waiting")

More waiting...
4. Next, your child will meet with a Child Psychiatrist alone.

More waiting...
5. Then, the Child Psychiatrist will review all the information and evaluations and make a decision about admission to the hospital.

Even more waiting...
6. Finally, the Child Psychiatrist will meet with your family to discuss your options.

NOTIFY THE DOCTORS if your child has ANY suicidal thoughts or self harming behavior, as well as ANY statement about bringing harm to others. NO STATEMENT SHOULD BE TAKEN LIGHTLY!

How to Prepare while Waiting

☆ **Inform all professionals who work with your child (i.e. pediatrician, psychiatrist, therapist, case manager)**

Is there any important medical information and/or issues related to mental health that would help the doctor understand the problem?

Is your child treated at a mental health clinic or by a psychiatrist and/or a therapist? If so, who are they and how can they be contacted?

Do you work with any other agencies? If so, which agency and who is the case manager or care coordinator?

Does your child take any medication? If so, what is the name of the medication, what is the dosage, and how often is it taken?

Does your Child receive any special educational services (i.e. IEP, 504 Plan). What are they?

Has your child been to the hospital before?

When? _____

Why? _____

Are there any other questions that you would like to ask the doctor?

☆ **Make arrangements for other children and pets at home if needed.**

☆ **Take care of yourself and your child. Remember to drink water and eat.**

What to Do If Your Child IS Admitted

- Be Aware discharge planning begins at time of admission. Talk about discharge planning immediately.
- Read all admission information given to you, which includes Patient Bill of Rights, contact information, hospital rules, and visiting hours for your child.
- Notify all relevant parties (i.e. insurance company, psychiatrist, therapist, case manager)
- Contact the Nassau County Children's Hospital Discharge Coordinator at (516) 489-2322 ext. 1318 to assist in the discharge plan.

What to Do If Your Child Is NOT Admitted

- Make sure to get a copy of the ER discharge plan.
- Write down the name of the doctor who did not admit your child and why he made that decision.

- Find out about services or interventions that can help your family. Has a referral to Pathways (Home Based Crisis Intervention) been made?
