As an alternative to UK Adolescent Medicine, our staff can help you make follow-up appointments with Bluegrass Comprehensive Care Services, local psychiatrists and psychologists or UK Psychology.

If you have any questions about follow-up care, please call UK Adolescent Behavioral Health at 859-226-7060.

**Are there support groups for parents/guardians?**
Yes, the Lexington chapter of the National Association on Mental Illness has support groups in Lexington, Paris and Versailles. The organization also holds support groups outside of the Bluegrass Region. For more information, go to www.namilexington.org.

**What items are prohibited?**
- Tight, revealing clothing.
- Electronic devices.
- Hair barrettes and bobby pins.
- Scarves.
- Headbands.
- Tennis shoes.
- Pants (no strings or belts).*
- Short- and long-sleeved shirts. Tops cannot be low-cut.
- Pants (no strings or belts).*
- Hooded or regular sweat shirts.
- Socks.
- Slippers, flip flops, soft-soled shoes. No shoes.
- Gum.
- Strings.
- Belts.
- Hats.
- Short shorts.
- Schoolbooks and assignments from school.
- Pillows.
- Socks.
- Hooded or regular sweat shirts.
- Pants (no strings or belts).*
- Slippers, flip flops, soft-soled shoes. No shoes.
- Socks.
- Hooded or regular sweat shirts.
-Pajamas (no strings).
- Underwear.
- Bras (wire allowed if intact).
- Toothpaste.
- Toothbrush.
- Liquid soap.
- Shampoo and conditioner.
- Diaper (no spiral bindings).
- Schoolbooks and assignments from school.

**What clothes should I bring for my child?**
- Underwear.
- Bras (wire allowed if intact).
- Pajamas (no strings).
- Short- and long-sleeved shirts. Tops cannot be low-cut.
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- Hooded or regular sweat shirts.
- Socks.
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- Clothes must fit the patient well and cover the body appropriately. Clothes cannot have negative or offensive words or signs on them. Clothing and items must be age appropriate.
- If the patient has an eating disorder, do not bring tight-fitting jeans or pants. Only bring loose fitting pants or sweat pants.

**What should I bring for my child?**
- Toothpaste.
- Hairbrush.
- Deodorant.
- Toothbrush.
- Liquid soap.
- Shampoo and conditioner.

**Visitation policy**
- Patients may make or receive one daily phone call between 5:30 and 6:30 p.m.
- A second call may be earned for active participation during treatment and following unit rules.
- Patients do not have contact with cousins, friends, boyfriends or girlfriends.

**What is our treatment plan?**
- Physician treatment – Patients meet with their psychiatrist daily. Some patients have more individual sessions depending on their needs and behaviors. The psychiatrist identifies the patient’s core behavioral issues, determines what treatments are most effective and gauges the patient’s progress.
- Group sessions – Group sessions led by nurses, therapists, social workers and mental health associates are held multiple times each day. The group environment is a safe place where patients can freely express themselves. By talking and listening to others, patients learn to be empathetic and discover that they are not alone in their struggles. Working with the staff, patients set personal goals and work to achieve those goals throughout the day. The lessons and coping mechanisms learned in group will benefit your teen for the rest of his or her life.
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**What should I bring for my child?**
- Toothpaste.
- Hairbrush.
- Deodorant.
- Toothbrush.
- Liquid soap.
- Shampoo and conditioner.
How long will my child be admitted?  
The average length of stay is four to five days. Each adolescent has his or her own unique needs, which determines their length of stay.

When are meals served?  
Three meals and two snacks are served daily.

- **Breakfast** – 8 a.m.
- **Lunch** – 12 p.m.
- **Snack** – 2:45 p.m.
- **Dinner** – 5 p.m.
- **Snack** – 7:30 p.m.

All meals are eaten in the unit dining room. Three meals and two snacks are served daily.

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Who will provide my child’s care?  
The UK Adolescent Behavioral Health team is a multidisciplinary group of health care providers consisting of:

- Psychiatrists (physicians with special training in behavioral health and mental illness).
- Psychiatric residents.
- Pediatric fellows.
- Licensed clinical social workers.
- A psychologist (a person with the highest level of postgraduate training in behavioral health).
- Certified therapeutic recreation specialists.
- A pharmacist.
- Mental health associates.
- Patient safety companions.
- A Fayette County public school teacher.
- Nurses (with special training in behavioral health).

What about school?  
Fayette County schools provide a full-time teacher for adolescents with an anticipated stay of at least five days. The teacher works with each patient twice a week to stay on track with school and homework. Make arrangements to bring in books and assignments from your child’s school.

How will patients know if they are making progress?  
Every morning, patients meet with staff and their psychiatrist to set personal goals. The completion of these daily goals is a strong indicator of progress and effectiveness of treatment. Parents/guardians should call and speak to the psychiatrist or staff daily to understand the progress made. Parents/guardians can call the unit at 859-226-7060.

What happens if a patient’s behavior becomes dangerous?  
Our staff is properly trained to manage these situations, if they arise. The primary concern is your child’s safety and the safety of those around him or her.

When a patient is threatening others or being destructive, he or she is given a timeout or sent to a quiet area. During this time, staff members teach patients how to remain calm and gain control over their feelings and behavior.

What can I expect in terms of medication?  
Managing your child’s medication is an important part of treatment. Please bring in any medicine your child is taking. You will take the medication back home with you after your child is discharged. While here, your child should only take those medicines ordered by the doctors at the hospital. Do not give your child over-the-counter medicines, such as aspirin.

The psychiatrist may prescribe medication. In the hospital, staff can closely monitor the effects of each medication. Our goal is to get the best results while using the least amount of medication.

As parent or guardian, the doctor will inform and ask for consent before starting new medication. If the adolescent is 16 or 17, they have the right to accept or refuse medications.

What is the discharge process?  
When the psychiatrist and staff decide a patient has made substantial progress in treatment, the patient will be discharged. Parents/guardians are called the morning of discharge. At this time, please ask questions about follow-up care and what you can do to help treat your child. Also, we’ll ask for the approximate time you will arrive at the unit so we can have your child and follow-up information ready. When you pick up your child, you will receive prescriptions. It is important that you stop by a pharmacy and fill your child’s prescriptions to continue their treatment.

What about follow-up care?  
UK Adolescent Behavioral Health has partnered with UK Adolescent Medicine to ensure every patient has the best care after discharge. Staff from both units work closely together to make the transition to outpatient care as simple and easy as possible for patients and their families.
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How long will my child be admitted?

The average length of stay is four to five days. Each patient is treated as a unique person with unique needs – emotional, physical and psychological.

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What items are provided by the hospital?
- Toothbrush.
- Toothpaste.
- Hairbrush.
- Deodorant.
- Liquid soap.
- Shampoo and conditioner.

You can also bring these items from home.

What items are prohibited?
- Short shorts.
- Hats.
- Belts.
- Strings.
- Gum.
- Ink pens, mechanical or metal-tipped pencils.
- Permanent markers.
- Pillows.
- Blankets.
- Stuffed animals.
- Shoes or boots.
- Tennis shoes.
- Headbands.
- Scarves.
- Hair barrettes and bobby pins.
- Electronic devices.
- Tight, revealing clothing.

What should I bring for my child?
- Lip balm (no metal containers).
- Feminine hygiene products.
- Hair moisturizer (no sprays).
- Photographs (no frames).
- Books and magazines (age appropriate).
- Diary (no spiral bindings).
- Schoolbooks and assignments from school.

What clothes should I bring for my child?
- Underwear.
- Bras (wire allowed if intact).
- Pajamas (no strings).
- Short- and long-sleeved shirts. Tops cannot be low-cut.
- Pants (no strings or belts).*
- Hooded or regular sweat shirts.
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