



WELCOME

Day patient in the adolescent
psychiatric unit

VELKOMMEN – Dagpatient på ungdomspsykiatrisk afsnit
Sprogversion: Engelsk

WELCOME

At this open adolescent psychiatric unit, we examine and treat adolescents with mental illness who need professional support and treatment.

The staff will help you to settle into the unit. They will give you various information leaflets and explain about day-to-day life in the unit, such as mealtimes and other activities.

If you have any questions, please feel free to speak to your primary contact or to the other staff.

YOUR CONTACT DOCTOR AND PRIMARY CONTACT

You will be assigned a therapist responsible for the course of treatment, and a primary contact. They will plan and manage your treatment together with you. Responsibility for the treatment always rests with the consultant in charge of the treatment.

Your primary contact and the therapist responsible for your treatment will ensure they keep in touch with your school or your place of education/workplace.

If you have any questions or have doubts about something during the course of treatment, it is a good idea to discuss these with your primary contact.

You will find the names of the doctor and therapist responsible for your treatment, as well as the primary contact, in the information about the unit that accompanies this leaflet.

TESTING AND TREATMENT

Treatment at an adolescent psychiatric unit takes place as a collaboration between several different professional groups, all of which contribute to the treatment.

The usual forms of treatment in the unit are counselling with a therapist (either alone in a group), family therapy and advice, environmental therapy and medication.

Your contact can provide you with further information about the various forms of treatment and family activities.

The staff are subject to a duty of confidentiality. This means that they are only allowed to talk about your treatment with you and those taking part in the course of treatment. We will talk to you about who else you wish to involve in your treatment.

TREATMENT PLAN

During the first week, the doctor will work with the other staff to put together a plan for the tests and treatment activities that you will be taking part in while you are undergoing treatment. We will discuss the plan with you so that we agree what will happen. You can receive a copy of this plan.

FAMILY AND CARERS

In principle, all treatment is carried out in close collaboration with your parents or other family and carers who you wish to involve in your treatment. This may be someone else in your family, or another adult with whom you feel comfortable. It can improve your treatment if we talk to those who know you best.

The doctor will decide whether or not you need to take medication. If you do, the doctor will discuss with you the type of medication you will receive, and the reason for this. The doctor will explain, among other things, how the medication works and about possible side effects.

MEDICATION

It is important for you to tell the doctor about any medication you are currently taking. This also applies to over-the-counter medicines available without a prescription and herbal medicines.

If you have brought any medication with you from home, you must hand this in to the staff. This also applies to medicines available without a prescription and herbal medicines.

SCHOOLING

You will be offered schooling while you are undergoing treatment in the unit. A teacher, who is attached to the centre, will draw up a course of schooling adapted for you.

YOUR PATIENT RECORD

Your treatment, and the effect of the treatment, are described in your patient record. If you are over the age of 15, you may access an electronic version of your record (*e-journal*) at www.sundhed.dk. This requires a digital signature or NemID. The information in the electronic patient record is not available until 14 days after the doctor entered it onto the record.

You may also receive a copy of the record by agreement with the doctor.

To organise your testing and treatment in the best possible way, we need to be able to exchange information about your health with your GP and, perhaps, the municipality. We will discuss this with you.

BEFORE DISCHARGE

Most people continue to need support once their course of treatment with us is over. Before you are discharged, therefore, we will plan your subsequent treatment together. We will also ensure that your family, municipality and school are involved so that they are ready to receive you.

WE ARE INTERESTED TO HEAR WHAT YOU THINK

We would like to know how you feel about your stay in the unit. Please contact the staff if you have any ideas for improvements, so we can continually enhance what we offer.

WOULD YOU LIKE TO KNOW MORE?

You can find out more about Mental Health Services – Capital Region of Denmark at www.psykiatri-regionh.dk.

MENTAL HEALTH SERVICES – CAPITAL REGION OF DENMARK

Mental Health Services – Capital Region of Denmark is Denmark's largest mental health care hospital and treats around 41,000 patients annually for illnesses such as schizophrenia, anxiety and depression. Treatment takes place at the Mental Health Centres and Mental Health Centres for Child and Adolescent Psychiatry of Mental Health Services – Capital Region of Denmark, which are geographically spread across the Capital Region. Treatment under Mental Health Services – Capital Region of Denmark is primarily provided at outpatient clinics and Community Mental Health Centres, by visiting teams and, where necessary, by inpatient admission.

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The pictures in this leaflet show patients and staff in everyday situations in Region Hovedstadens Psykiatri (Mental Health Services – Capital Region of Denmark).

