



WELCOME
To the child psychiatric unit

Velkommen til børnepsykiatrisk afsnit
Sprogversion: Engelsk

WELCOME

Your child has been admitted to a child and adolescent psychiatric unit. Here, we investigate and treat children who need support and treatment throughout the day and who cannot stay at home during their course of treatment. An investigation is a clarification of what is wrong with the child.

We would like to start by helping you and your child to settle into the unit. We will also give you various items of information and go through these with you. At the same time, we will tell you about the unit's daily routine and everyday life on the unit.

PRIMARY CONTACT

Your child will be assigned a therapist responsible for the course of treatment, and a contact. They will work together to ensure that there is continuity between the various parts of the investigation and treatment while your child is an inpatient.

If any questions arise, please feel free to speak to your contacts or to the other staff on the unit.

EXAMINATION AND TREATMENT

Your child may have been admitted for one of two reasons. Your child is here either so we can find out what is wrong or because your child is undergoing treatment but has become so ill that there is a need for day-round professional support and care.

The most common forms of treatment on the unit are medicinal treatment and talk therapy, family therapy and advice, environmental therapy, etc., once your child is considered ready for this.

Your child's treatment and care are handled by a number of different professional groups, all of which play their part in the overall treatment effort. The staff always wear clear name badges and are subject to a duty of confidentiality.

Your child's treatment takes place in very close collaboration with you as a parent. Other family members may by all means be involved. We invite you to discussions and various family activities, among other things, in which brothers and sisters can also take part.

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

TREATMENT PLAN

During the first week, the staff will draw up a plan of the examinations and activities that your child will take part in during his/her stay. We will discuss the plan with you

as the parent so that we agree about the course of treatment. You can also receive a copy of the treatment plan.

ID CARD

When your child is admitted, an ID card will be made containing his/her name, personal ID number and a photograph. In some cases, the card is replaced by an armband showing the child's name and personal ID number. The ID card will be used for registration purposes during your child's stay. It ensures that your child receives the correct treatment – for example, that your child is given the right medication and attends the right examinations.

MEDICATION

Some children need treatment with medication. The doctor on the unit prescribes the medication your child needs during his/her stay. For your child's treatment, we need to know what medication, if any, your child normally takes. This also applies to normal medicines available without a prescription and herbal medicines.

The doctor will then decide what medication your child needs during his/her stay on the unit and will discuss this with you. The doctor will explain, among other things, how the medication works and about possible side effects.

If your child has brought any medication with him/her from home, you must hand this in to the staff. This also applies to medicines available without a prescription and herbal medicines. Unless agreed otherwise between you and your contacts, the staff will store and hand out all medication.

SCHOOLING

If your child is of school age, it is possible to receive schooling while he/she is on the unit. A teacher, who is attached to the centre, will draw up a school timetable adapted to the needs and level of each child.

YOUR CHILD'S PATIENT RECORD

Your child's illness, and the treatment and its effects, are described in your child's patient record. You have the option to see your child's record by agreement with the doctor.

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

BEFORE DISCHARGE

Most children still need support after their stay as an inpatient. Before your child is discharged, the doctor will therefore discuss, in conjunction with you as the parent, what the child's future needs will be in terms of support and possible further treatment. The doctor will also ensure that the relevant people from the family, municipality and school are invited to take part.

During the discharge talk, you will receive a card containing information on how your child will receive help following discharge. The card will also tell you where you can go for emergency help if your child suddenly starts to feel ill

WE ARE INTERESTED TO HEAR WHAT YOU THINK

We would like to know what you and your child felt about your child's stay on the unit. Please contact us if you have any ideas for improvements, so we can develop what we offer.

WOULD YOU LIKE TO KNOW MORE?

www.psykiatri-regionh.dk/patientinfo.

BEST REGARDS,

Region Hovedstadens Psykiatri (Mental Health Services – Capital Region of Denmark)

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