



Childhood Psychiatric Inpatient Treatment Fact Sheet

The Facts

Mental illnesses are medical conditions that affect a child's thinking, feeling, mood, ability to relate to others and daily functioning. A mental illness is a medical illness whose symptoms are behaviors. These symptoms can limit a child's success at home, school or in the community. Mental illnesses are no one's fault.¹

The Symptoms

No one wants to hospitalize their child, but at times it may be necessary and the only way to help your child. Hospitalization may be necessary because the child is:

- Thinking about hurting oneself or others
- Seeing or hearing things (hallucinations)
- Having bizarre or paranoid thoughts (delusions)
- Being extremely aggressive or destructive
- Using drugs or alcohol and refusing to stop
- Not eating or sleeping for an extended period of time

Exhibiting severe psychiatric symptoms (e.g. anxiety, mania, or depression) that have not responded to outpatient treatment²

Youth Inpatient Program Components

Early treatment can often prevent future problems. Treatment will depend on your child's symptoms, age, and health. These include:

- Psychiatrist-driven treatment
- Individual therapy and treatment plans
- Group therapy
- Spirituality group
- Expressive therapy
- Substance use disorder education
- Safe, secure environment, with 24-hour monitoring
- Spirituality group
- Transition planning and follow up counseling available on site

It will also depend on how bad the ODD is.³

¹ National Alliance on Mental Illness (2018) Retrieved from: : <https://namimn.org/wp-content/uploads/sites/188/2018/03/Childrens-Psychiatric-Hospitalization-Booklet.pdf>

² Maryland Coalition of Families (2018) Retrieved from: <http://www.mdcoalition.org/resources/pages/if-your-child-is-hospitalized>

³ Ssmhealth (2020) Retrieved from: <https://www.ssmhealth.com/mental-health/inpatient-mental-health-program-for-children-teens>