

# ACUTE CHILDREN AND ADOLESCENTS

(ages 4 to 12) and adolescents (13 to 17)



With help, there is hope

1.800.457.9312



### PHILOSOPHY OF CARE

A “milieu therapy” environment is used at Wyoming Behavioral Institute. Interactions and activities are addressed as an opportunity for coaching or education. Youth patients receive ongoing education and encouragement throughout all aspects of their day that will enable them to expand their skill base and become healthier, more successful individuals.

Patients receive 24-hour nursing care designed to aid patients in acquiring coping and social skills. The nursing staff at WBI views every interaction with patients as a teaching moment and gears all activities toward expanding the skill-base of each patient.

Each patient is evaluated for individual needs and areas for growth, which are integrated into all aspects of the treatment process. Patients are housed in a safe, healthy environment designed to support their treatment needs and maximize results.

### TREATMENT TEAM

Treatment plans are started on admission and reviewed and updated weekly. Treatment teams discuss and review patient diagnoses, goals, medication and progress.

Team members typically include a psychiatrist, physician assistant and/or nurse practitioner, case manager, therapist, nurse, mental health worker(s), occupational therapist assistant and other professionals as recommended.

### TREATMENT FOCUS

The Treatment Team assures academic, psychotherapy and cognitive behavioral and developmental therapies are provided during each patient’s stay. After an evaluation of medical needs by the nursing staff, sensory and fine motor therapies are provided if recommended. WBI’s recreation program provides structured gross motor activities.

### THE TREATMENT TEAM’S MAIN FOCUS IS:

- Self-Awareness Skills
- Interactive Skills
- Coping Skills
- Expression of Feelings
- Relationship-Building Skills

### POSITIVE PLAY MANAGEMENT

The Children’s Unit assists patients ages 4 to 12 with ownership of their positive behaviors. Patients are provided outdoor play a minimum of two times daily, weather permitting. Patients are provided “free play” nightly. Patients are offered arts and crafts play to enhance their expression of feelings and self-awareness. Additionally, this practice is recognized as positive coping skill development.

### THE FAMILY’S ROLE IN TREATMENT

Parents/guardians will be contacted by a therapist to complete a psychosocial assessment. The patient’s therapist will contact the family to schedule family therapy sessions. Family therapy sessions will be conducted at the hospital or by phone, if needed.

### HEALING THROUGH COMMUNICATION

WBI encourages parents/guardians to contact their children frequently during their stay at the hospital. We have designed many opportunities for you to enhance your relationship with your child. We encourage parents/guardians to write to their children at least once a week during their stay. Parents/Guardians are welcome to send cards, photographs and packages.

### DISCHARGE PLANNING

Every child and adolescent discharging from Wyoming Behavioral Institute will need to have a map to success as they are leaving the hospital and returning home. Discharge plans help families stay on course when the going gets tough.



ADULT MENTAL HEALTH SERVICES

PATHWAYS: A RESIDENTIAL PROGRAM FOR ADOLESCENTS

ACUTE CHILDREN AND ADOLESCENTS  
Children (ages 4 to 12) and adolescents (13 to 17)

## Adult Mental Health Services

### PHILOSOPHY OF CARE

At WBI we believe that every person admitted to our unit has unique health care issues that require a specialized and individualized service approach within the context of the structure of the program. A patient exists as part of many systems and benefits greatly from caregiver, family and community supports.

### FACILITY DESCRIPTION

The Adult Mental Health Unit is quite spacious. Large patient rooms with private baths, two dayrooms and a quiet room for retreating or visiting with families are featured.

### PURPOSE OF THE PROGRAM

WBI’s goal is to provide a secure, therapeutic environment for adult patients ages 18 and older experiencing a mental health crisis, an exacerbation of a chronic mental illness or who have exhibited significant changes in their behavior. The average length of stay is 7-10 days.

### CRISIS STABILIZATION SERVICES

The Adult Mental Health Unit primarily provides crisis stabilization. The hospital’s goal is to stabilize disturbing

or disruptive behavior and/or emotions and to initiate effective community referrals for follow-up. This program is based primarily on group therapy, 24-hour nursing care and a therapeutic environment or milieu. This is a positive atmosphere useful in developing social and emotional skills that will be beneficial in everyday life. All the daily activities and interactions are an opportunity to promote healthy functioning. The therapeutic environment promotes insight, individual responsibility, positive reinforcement and the use of peer groups for enhanced socialization.

Individual Therapy is ordered based on crisis needs. Most contact with the therapists will be through groups.

Family Therapy is arranged as needed to assist families to communicate more effectively, to resolve conflicts in a healthy way and to prepare for successful discharge. Patients are encouraged to invite family members to participate.

### CHEMICAL DEPENDENCY DETOX

WBI also offers chemical dependency detox and short-term relapse prevention. This program allows the patient to safely detox and begin to look at ways to prevent relapse by being introduced to healthy living strategies. We will also help initiate an aftercare support structure.



ADULT MENTAL  
HEALTH SERVICES  
continued...

### INVOLUNTARY STATUS

WBI works with many of Wyoming's counties to treat involuntary committed patients. Court hearings are held at WBI to determine whether patients are in danger of harming themselves or others. At hearings, patients may be released by the court or may be placed on a 10-day state hold.

### THERAPY

Educational sessions are offered daily. Topics may include the disease process related to addictions, medications, stress management, nutrition and relaxation.

Group Therapy assists patients in dialoging about treatment issues and personal feelings, with coaching from a therapist to enhance verbal participation, personal affirmation, listening skills, peer feedback and therapeutic insight.

Recreational activities and Occupational Therapy Groups help maintain or develop physical health and help patients identify activities that may assist in developing more positive coping skills.

Team Solution Groups offer a variety of opportunities to learn and practice positive coping skills and communication through spoken and written word, and provide information on a variety of topics such as health and medication.

Quiet time allows patients the opportunity for solitude, reflection and rest. Assignments may be given for writing or drawing to assist patients in addressing specific issues privately or in one-to-one interaction with staff members. Patients may have personal items such as art supplies, journals, cards and reading material available for use during quiet time.

### THE WBI TEAM

Treatment plans are initiated at the time of admission and reviewed and updated weekly. Treatment teams discuss and review patient diagnosis, goals, medication and progress. Case managers talk with insurance companies and agencies that provide services related to discharge planning and special needs. Therapists and therapist assistants work with patients and families, caregivers and significant others to help with patient issues as appropriate. They assist with discharge planning and with special needs. Nurses and mental health workers provide 24-hour care and assess patients' progress. They also conduct groups and lead therapeutic activities.

### VISITORS

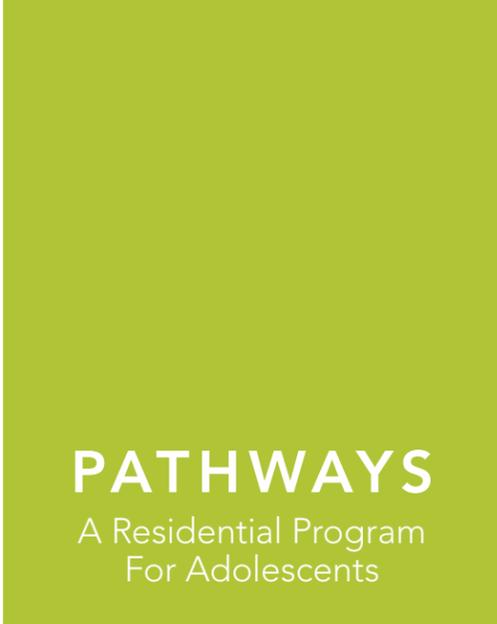
Visiting hours are from 5 to 7 p.m. daily. Some limitations on the number of visitors and length of time visitors can stay are necessary. Family visits are encouraged to enhance positive relationships and communication skills among family members during the course of treatment.

### PHONE USE

WBI will provide phones for patient use and convenience. Cell phones are not permitted.

Mail may be sent to:  
Wyoming Behavioral Institute  
Patient Name  
2521 East 15th St.  
Casper, WY 82609

Washers and dryers are available for patient use.



## PATHWAYS

A Residential Program  
For Adolescents

### PHILOSOPHY

Wyoming Behavioral Institute's Pathways program provides patients with a safe, predictable, organized, supportive and healing environment, which is vital in the treatment of adolescents having emotional difficulties.

We value safety, daily living skills, respect, honesty, responsibility, effort and growth. Patients are taught to use healthy means of verbal and non-verbal communication to: show respect for self and for others; to maintain good mental and physical health habits; to be honest; to accept responsibility for behaviors and supporting others while they do the same; and to know the joy of this effort and its accompanying successes and growth.

Living in the therapeutic community helps patients be aware of areas in need of growth and provide opportunities for resolving conflict and expressing feelings with new skills in communication. The Pathways community offers emotional support and feedback as patients gain insight and make changes.

### INDIVIDUALIZED TREATMENT

Each patient's treatment is individualized. The Inter-Disciplinary Treatment Team's main responsibility is development of an individualized treatment plan that considers patient needs, including therapeutic, academic, medical/physical, vocational, recreational, social, emotional, cultural and spiritual needs.

#### Team members include:

- Psychiatrist
- Physician Assistant or Nurse Practitioner
- Therapist
- Case Manager
- Nurse Manager
- Nurses
- Mental Health Workers
- Lead Techs
- Teachers
- Recreational Therapists



### INTENSIVE GROUP THERAPY

Groups are a time for patients to express feelings, think about what has been happening in their life up to now, plan for the future, improve interpersonal relationships, build social skills, improve decision-making skills and learn how to problem solve more effectively.

#### These groups teach specific skills or deal with certain types of issues:

- Daily Focus Group
- Wrap-Up
- Therapy Group
- Thinking Barriers
- Community Meetings
- Recreational Therapy
- School
- Topic Groups
- Journal Writing/Target Work/Relaxation
- Therapy

At WBI, patients will be participating in individual, family and group therapy. All are designed to help patients work through various problems and issues.



Help and hope  
are accessible day  
or night, 7 days a  
week, by calling  
**1.800.457.9312.**

Wyoming Behavioral Institute  
2521 E. 15th, St. Casper, WY 82609

[www.wbihelp.com](http://www.wbihelp.com)