



Child and Adolescent Crisis Stabilization and Treatment



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CarePointe/referral information
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For more information visit our website
BayPointeHospital.org



Caring for children in crisis

Watching a child suffer from a mental health crisis is one of the toughest experiences a parent can encounter. The first priority is for the child to receive treatment that will alleviate the most severe symptoms as swiftly as possible. BayPointe's acute hospital provides a caring and secure environment where children 5 to 18 years of age receive the stabilization and treatment they need during a time of crisis. Our goal is to provide the highest quality of care to all our patients so they can return safely and successfully to the community.



Accredited By
The Joint Commission

Certified by the State of Alabama
Department of Mental Health



Admission

Admission to BayPointe Hospital is necessary when a child or adolescent behaves in a life-threatening, destructive, or disabling way that requires 24-hour support, assessment and professional treatment.

Conditions we treat

BayPointe serves children and adolescents affected by a variety of psychiatric conditions, which may include:

- Depression and mood disorders
- Suicidal thoughts or behaviors
- Social withdrawal
- Self-harming behaviors
- Combative and defiant behaviors
- Attention and concentration difficulties
- Extreme anxiety
- Thought disorders

It is important for parents to remember that their child's stay is intended to stabilize and treat the issues contributing to the crisis.

A stay at BayPointe may be critical to their child's treatment, but it is only one part of the recovery process.

Referral sources

We welcome referrals from mental health professionals, physicians and pediatricians, social service agencies, school systems, courts, and directly from families. Our admission team is there to assist parents or guardians in finding the right option for their child.

Insurance information

Most insurance plans cover emergency psychiatric care. Our admission team can assist with any questions regarding coverage.

After admission

After a child or adolescent is admitted to BayPointe, a board-certified child and adolescent psychiatrist will conduct a psychiatric evaluation and medication assessment. The average length of stay is 7 to 12 days.

Approved items your child will need during their stay

- Three days of clothing and pajamas
- We do provide laundry services, so please try to limit the amount of clothing you bring. Most children seem to be more comfortable in lounge type clothes during the day.
- Sweatshirt or sweater
- A pair of slip-on shoes with no strings (velcro is preferred)
- All medications in prescribed bottles
- No electronics, cell phones, personal music players or hard back books allowed.



We do provide laundry services, so please try to limit the amount of clothing you bring. Activities on the unit are limited; most children seem to be more comfortable in lounge-type clothes during the day.

Basic toiletries such as plastic combs, plastic brushes, toothpaste, toothbrush, non-aerosol deodorant, plastic bottles of shampoo and conditioner are provided by the facility.

Please do not send personal hygiene items unless your child has an allergy or sensitivity that require special products; these will need to be approved by the physician.

Family involvement

Families and significant others are involved in family therapy sessions in order to initiate and sustain positive change. We help parents and children learn to identify and develop effective coping skills if symptoms worsen.

In addition, they participate in group and family therapy that helps both parent and child manage issues related to the child's behaviors, medication needs or symptoms. Only patients are allowed to stay overnight at our facility; family members who do not live in the area can ask for help in making arrangements during their stay.

Academics

Children and adolescents have the opportunity to participate in our academic program. A certified teacher or tutor works with our children individually and in a classroom setting. Close communication with the child's regular school is maintained.

Treatment

BayPointe's individualized treatment plans promote each child's maximum level of functioning. Once a child has been stabilized, our team designs a comprehensive aftercare plan for the family to follow. The focus is to return children to their homes or to the least restrictive level of care as quickly as possible.

Our treatment team

- Psychiatrist/Physician
- Psychiatric nurses
- Master-level social workers and therapists
- Recreational therapists
- Certified teachers
- Consultative psychologists
- Family practice physicians and nurse practitioners
- Behavioral aides



Therapeutic services

Every child follows an age-appropriate therapeutic program schedule. BayPointe's qualified staff provides personalized services based on the treatment team's evaluation and plan, which may include:

- One-on-one support and counseling
- Group and individual therapy
- Family support and therapy
- Recreational therapy including exercise and movement
- Play therapy
- Pet therapy
- Crisis intervention and anger management
- Cognitive behavioral therapy
- Social skills enhancement

Discharge planning

The health care team will develop a plan for the child's continued care prior to their return home or to less restrictive care. The child, their family or support persons play a key role in this process. There are several steps to the discharge process and it may take several hours to complete; understanding and planning for this may help during this process.