

Strategies to effectively individualize care in an inpatient hospital setting with clinically diverse adolescent population

An integrative approach to managing emotion and behavioral dysregulation in inpatient settings

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POPULATION:

Child Study and Treatment Center is Washington's only state funded psychiatric hospital. There are three programs on the campus, Orcas cottage provides treatment to 15 youth ages 14-18. Youth admitted are generally described as emotionally and behaviorally dysregulated with a significant history of multiple acute care hospitalizations. On admission diagnostic presentations are diverse and range from Eating Disorders, Traumatic Brain Injury, Obsessive Compulsive Disorder, Autism Spectrum Disorder, Major Depressive Disorder, Bipolar Disorder, to Psychotic disorders. Many youth have a history of complex trauma and the cottage serves voluntary, civically committed and forensically involved youth. The average length of stay ranges from 9 to 12 months.

EVIDENCE BASED PRACTICES UTILIZED:

Dialectical Behavior Therapy

- milieu treatment hierarchically organized
- life worth living clearly defined
- phone coaching offered to all youth
- contingency management

Cognitive Behavioral Analysis System of Psychotherapy

- disciplined personal involvement
- interpersonal safety

Motivational Interviewing

- honor autonomy
- collaborative goal setting

Trauma Focused Cognitive Behavioral Therapy

Exposure and Response Prevention

TREATMENT PILARS

Client Centered: Treatment modality selected based on youth's collaboratively identified treatment goals and desired outcomes.

Skill Enhancement: Skill building in emotion regulation, distress tolerance, social skills etc. prioritized though out treatment with opportunities to generalize to the community and home.

Therapeutic Milieu: Environment fosters hope, reinforces adaptive behavior and encourages identity development.

Connection: Authentic safe relationships with adults that provides an accurate mirror for youth to begin to perceive themselves, their behavior and the world.

