



# MENTAL HEALTH INITIATIVE

## TURNING CRISIS INTO CATHARSIS

One out of five children suffers from a mental health condition. That's more than 150,000 children in Orange County alone.

To combat these statistics, CHOC Children's, in partnership with committed organizations and community groups, has created an outstanding mental health system of care for children, teens and young adults throughout Orange County.

The flagship program of this initiative is our new Mental Health Inpatient Center, which opened in April 2018 and serves children ages three to 17. The Center is the first of its kind in Southern California to accommodate children under 12 years old. As a crisis stabilization unit, the Center specializes in the highest acuity patients— those who present a danger to themselves or to others. In a typical pediatric psychiatric unit, 75 percent of children need a higher level of intervention necessitating seclusion or restraint. Since our Center's opening, less than 5 percent have required a higher level of intervention. This is a direct result of our dedicated and compassionate staff, innovative practices, and the Center's bright, safe and inclusive design.

CHOC is proud to offer urgently needed mental health services to patients and families during the most difficult time in their lives.



### GROUNDBREAKING PRACTICES

While most pediatric mental health units prescribe visiting times for parents that range from 15 minutes to an hour a day, our Center welcomes families 24 hours a day, seven days a week. Parents are thankful they can spend nights at our Inpatient Center with their child.

At CHOC Children's, we have found that teaching coping skills to children is significantly more effective when we integrate the family into the education process. Our specialists include families in therapy sessions and guide them through crisis situations to ensure they know how to utilize de-escalation techniques with their children.