



MENTAL HEALTH INITIATIVE

TURNING CRISIS INTO CATHARSIS

One in every 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, and in its first year has already served over 600 children in need of specialized care.

The mental health initiative is changing the way mental health is treated in all aspects of care. With an early intervention after school program, a co-occurring clinic, a young child clinic and regular screenings for every patient who comes through our emergency department, CHOC prioritizes both the physical and mental well-being of children.

As a non-profit hospital, CHOC relies on community support to continue providing these vital services. Together, we can 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.

CHOC Children's MENTAL HEALTH INITIATIVE

Recognizing that there is no true health without mental health, CHOC launched an ambitious Pediatric Mental Health Initiative in 2014, in part due to the following:

- 1) Growing consciousness in healthcare and the community that untreated mental health conditions affect quality of life, education, productivity, public safety, and the economy.
- 2) Research showing that over half of all persons with lifelong mental illness had symptoms before age 14, and those symptoms were largely unrecognized and untreated.
- 3) Recognition that the astonishing speed of brain development early in life provides the best opportunity for intervention with children and teens to change their life trajectory.
- 4) Listening to the personal stories of parents whose children suffer, and sometimes die, as a result of mental health conditions.

Following are some of the programs and services that are underway:

Mental Health Inpatient Center - Designed for ages 3-17, this is the only center in Orange County accommodating children under the age of 12. The 18-bed Center opened in April of 2018.

Intensive Outpatient Program (IOP) - Launched in 2017, this intervention (4 days per week for 8 weeks) helps teens avoid psychiatric hospitalization or re-admission.

Co-Occurring Clinic and Project HEALTH - Chronic medical conditions, such as diabetes, asthma and cancer, put children and teens at higher risk of mental health challenges. This unique outpatient program provides therapy and promotes care coordination. If the family needs wraparound services (practical and therapeutic), project HEALTH is there to help.

Mental Health Training Program - Since 2017, CHOC has provided mental health training for pediatricians and other community healthcare providers on a variety of topics, such as anxiety and trauma. More recently, CHOC has begun to work with partners to address mental health needs in schools.

Mental Health Triage in the Emergency Department - every child age 11 and up is screened for suicidal ideation, regardless of the reason for the visit. An innovative, family-oriented crisis intervention model has helped families address and avoid mental health crisis since 2016.

Mental Health Screening in Primary Care - One-third of all visits to pediatricians are solely for psychological reasons, and another third involve a combination of physical and psychological issues. To identify children who are struggling early as possible, CHOC is providing mental health screenings in its clinics and affiliated practices.

Early Childhood Mental Health Consultation - CHOC has been a leader in this public-private partnership to help child care and preschool providers address challenging behaviors and reduce the high rate of expulsions in these settings.

Workforce Development - CHOC is training the next generation of skilled pediatric psychologists to improve the health and quality of life of children and teens well into the future.



YOUR GENEROSITY SUPPORTS



Transport Helicopter

The only helicopter based out of a hospital in Southern California, CHOC1 is equipped with life-saving technology to begin treatment as early as possible.



220,000+ Children

We are proud to serve over 220,000 children at CHOC every year, regardless of their family's ability to pay.



Autism Support

We have begun construction on the Thompson Autism Center, which will provide comprehensive care to families facing autism spectrum disorder (set to open later this year!).



Mental Health

This year, we served nearly 600 children at our mental health inpatient center and implemented a suicide prevention program that has changed the lives of over 300 children.



Immediate Care

Our transport team continues to be one of the busiest in the country, traveling over 100,000 miles in 2018 to bring nearly 4,200 patients to CHOC so they could receive immediate care.



Music That Heals

We provided over 2,500 music therapy sessions this year, helping our young patients express themselves and find healing through music.



Care for All

This year, CHOC offered over \$52 million in uncompensated care, protecting children's health regardless of their family's ability to pay.



Preemie Health

This year, we treated 25 percent more newborns than last year at our recently expanded neonatal intensive care unit.



Transformative Research

We became one of the first hospitals in the US to use the breakthrough drug Brineura to fight Batten disease, a rare disease of the nervous system.