



CHILD PSYCHIATRY
CHUS - HÔPITAL FLEURIMONT

**What You Need
to Know about Your
Youth's Hospitalization**

Québec 

Why are they hospitalized in child psychiatry?

To stabilize your child's condition and to promote their recovery in a safe environment.

The multidisciplinary team acts in the best interest of your child in a safe and respectful manner.



What is your role?

You, the parents, are key members of the care team. Your involvement in transportation, visits, meetings and temporary leaves/outings is essential. Share your thoughts with us to support the treatment.

NOTES

What are your youth's rights depending on their age?

Under 14 years old:

You make the decisions regarding their hospitalization and care. Your youth may give their opinion, but they may not leave the hospital without your authorization.

14 years or older:

Your youth may give consent independently to care, may refuse certain treatments, and is entitled to medical confidentiality. Certain information will be shared with you only if they give consent. They may request to leave the hospital unless for an involuntary hospitalization.

What are your rights as parents?

You are:

- Entitled to be informed of your youth's health condition and the progress of their care, in compliance with confidentiality regulations;
- Entitled to participate in decisions regarding the care and the progress of care of your youth;
- Entitled to visit your youth at established hours and according to medical prescriptions;
- Entitled to accompany your youth to medical appointments and assessments;
- Entitled to access the medical file under certain conditions;
- Entitled to file a complaint to the appropriate authorities in the event of a disagreement.

What you need to know about the hospital stay?



Personal belongings

Your youth may bring:

- Their clothes;
- Certain personal care products;
- Their school books.



Visits and phone calls

Visits

- Tuesdays and Thursdays:
6:30 p.m. to 8:00 p.m.
- Saturdays, Sundays, and holidays:
 - 2:00 p.m. to 3:30 p.m., and
 - 6:30 p.m. to 8:00 p.m.

Phone calls

- Authorized by the medical team
- Limited depending on your youth's condition



Pocket folder

The pocket folder is the link between you and the unit. It is important to bring it each time you visit or meet with your child.



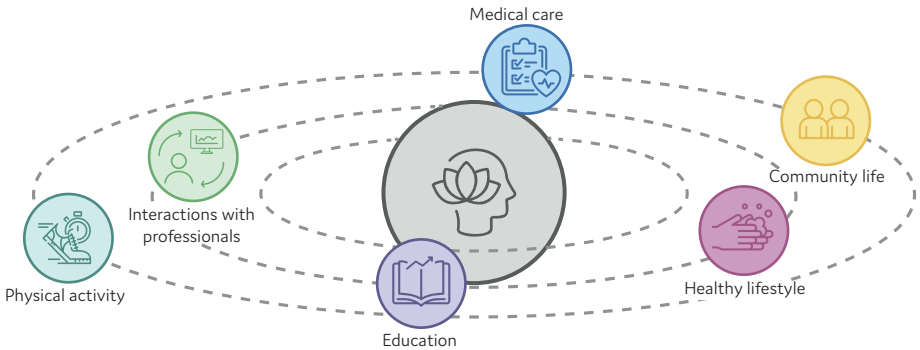
Certain items are prohibited for safety reasons (e.g., sharp objects, electronic devices, flammable products, etc.). We will provide you a full list at the time of admission.



Supervision and follow-up

- An intervention plan will be developed with your youth, and you will contribute to achieving its objectives.
- Your youth will be given a structured program that includes educational, therapeutic, and relaxing activities. These activities will promote their well-being and independence.
- They may benefit from the therapeutic spaces: gym, arts room, music room, yard.
- They will have school sessions if they are provided for in their intervention plan.

Different Areas of Hospitalization in Child Psychiatry



FAQs

How long will my child be hospitalized?

We cannot predict how long it will take for your youth to become sufficiently functional to go home and/or back to school. Both your and your youth's cooperation with the care plan will greatly influence the length of the hospital stay.

What is the difference between a visit, an outing, a temporary leave, and a final discharge?

The physician always prescribes **visits, outings, temporary leaves, and final discharges** based on your youth's progress.

Visits take place at the unit or hospital property.

Outings take place outside the hospital and do not involve sleeping outside the unit. Outings are usually for a short period (a few hours).

A temporary leave involves one or more overnight stays outside the unit. A temporary leave may also be for a single day (e.g., attending class followed by a family dinner).

A final discharge marks the end of the hospitalization episode.

When a temporary leave or a final discharge is announced, the case worker will meet with you to discuss the safety plan and the safety leave.

Can siblings visit?

You must first confirm sibling visits with the medical team as all visits require a prescription. Furthermore, all minors are prohibited in the unit to guarantee both their safety and user confidentiality.

What is the purpose of temporary leaves?

Temporary leaves are intended to put into practice the tips learned at the unit. During temporary leaves, we recommend calm, family activities in line with the household's usual routine. Before partaking in special activities (e.g., zoo, amusement park, water slides, birthday parties, etc.), we recommend that you first speak with the care team to avoid countering the therapeutic plan.

What does "maintaining a healthy lifestyle" involve during a temporary leave?

Your youth's lifestyle habits include:

- **Eating** (3 daily meals and snacks);
- **Washing** daily;
- **Sleeping** 8 to 12 hours overnight;
- Taking their **medication** (as scheduled, if prescribed);
- **Family entertainment** (in accordance with the objectives of the hospitalization);
- **Avoiding technology** (cell phones, video games, social networks, and so on), even for brief periods. We want your youth's energy focused on spending quality family time and on recovery.

During a temporary leave, can my child see their partner or their friends?

It is best to have your youth accompanied during outings and temporary leaves and to have them engage in meaningful family relationships. The objective is to limit stress. Stress can slow the stabilization of their situation. Peers will be involved in time, based on the recommendation of the care team.

Does my child’s hospitalization mean that they will be diagnosed with a mental health issue (e.g., bipolar affective disorder, schizophrenia, anxiety disorder, etc.)?

Your youth will not necessarily be given a mental health diagnosis at the end of their hospitalization. The care team gathers the maximum amount of information (through assessments, tests, daily observations, etc.) to gain a clinical understanding of your youth’s situation. This information will be provided to you during assessment meetings.

Do both parents need to be present during check-ups? What happens if my spouse and I are separated and I have sole custody of my child?

Usually, the participation of both parents at assessments is best to promote comprehensive home-based interventions. If your family situation involves particular circumstances, please discuss them with the care team. It is important to respect parental rights, even if one parent has sole custody.

Will we have a follow-up after the hospitalization?

That will depend on the needs assessment for your youth and your family. The care team will discuss this matter with you.

NOTES

Do you have any questions?

Call us: 819-346-1110, Ext. 13575

The entire team is available to assist you, answer your questions, and promote your child's recovery.

Take a virtual tour of the child psychiatry unit:
santeestrie.qc.ca/childpsychiatry-sherbrooke



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