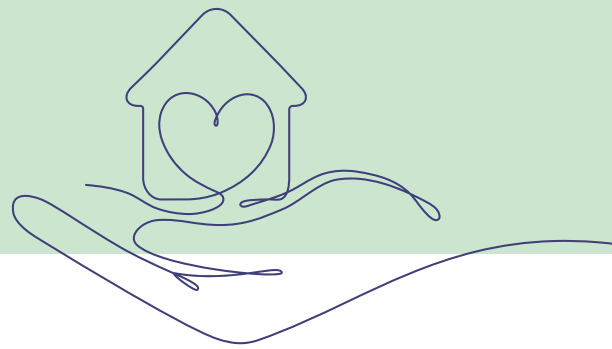


Coming home:

Questions for your child's care team



After a mental health crisis, parents often feel overwhelmed as they navigate unfamiliar and unplanned circumstances. To help you feel prepared and informed, we've created a series of questions to help guide conversations with your child's inpatient care team before discharge and support a smooth transition home.

Parents and caregivers are not expected to ask every question, as not all will apply to your child's situation. Review the topics below that are most relevant to your child to better understand their care after discharge and support a smooth transition home.

Understanding what happened

- ☐ Were there any diagnoses identified or considered?
- ☐ What symptoms should we continue to monitor?
- ☐ What personal factors or situational stressors may have contributed to this crisis?
- ☐ What strengths or protective factors exist for my child?
- ☐ What should we understand differently now that my child has been discharged?

Medications

- ☐ What medications is my child currently taking?
- ☐ What is each medication intended to help with?
- ☐ When should we expect to see the intended benefits?
- ☐ What side effects should we watch out for?
- ☐ What happens if my child misses a dose?
- ☐ Are there medications or over-the-counter products my child should avoid when taking this medicine?
- ☐ When should my child's medication be reassessed with the inpatient prescribing provider, outpatient behavioral health provider or pediatrician?
- ☐ Are there laboratory tests or other monitoring requirements when taking this medicine?



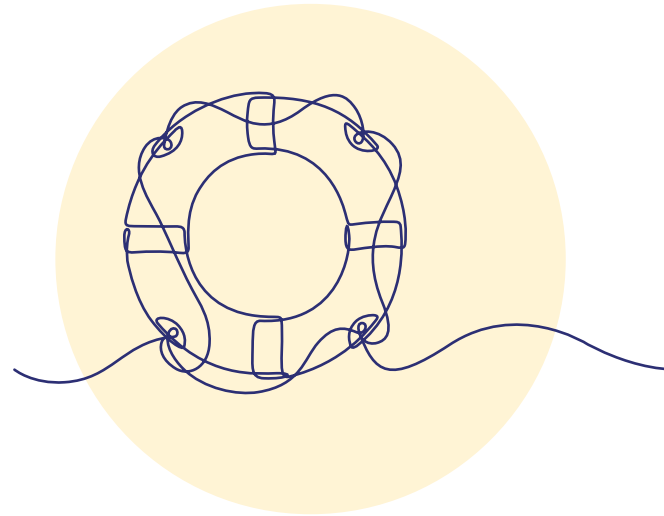
Medication changes I need to understand:

Therapy and ongoing treatment

- ☐ Does my child need a psychiatrist, psychologist, therapist or another specialist? Do you recommend partial hospitalization programs (PHP), intensive outpatient programs (IOP) or individual, family or group therapy after discharge?
- ☐ What level of care is recommended right now and when should it begin?
- ☐ How frequently should my child attend the recommended therapy?
- ☐ What type of therapeutic approach (e.g., cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT)) is most effective for their diagnosis(es)?
- ☐ What should we do if we cannot get an appointment within your recommended timeframe?
- ☐ What should we do if symptoms worsen while we're waiting for treatment?

Safety and crisis planning

- ☐ What warning signs and symptoms should I watch for?
- ☐ What changes would indicate that my child needs immediate help?
- ☐ What should we do if I become concerned about their safety?
- ☐ Who should I contact during business hours?
- ☐ Who should I contact after hours?
- ☐ What crisis services are available in our community?
- ☐ When should we call 988?
- ☐ When should we call 911 or go to an emergency department?
- ☐ What should we do if my child refuses help during a crisis?
- ☐ Can you help us create or update a written safety plan?



Our crisis contacts:

Primary provider:

After-hours number:

Local crisis service:

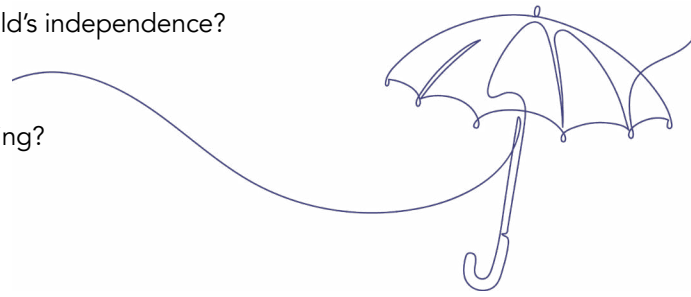
Suicide Crisis Life Line: Call or text 988

Crisis Text Line: Text HOME to 741-741

Emergency: 911

Supporting my child at home

- ☐ What can I do at home to support their recovery and continued wellness?
- ☐ Should I temporarily change my child's schedule or responsibilities?
- ☐ How can I provide appropriate supervision while encouraging my child's independence?
- ☐ How much should I talk about the recent hospitalization?
- ☐ How can I encourage my child to communicate when they're struggling?
- ☐ What should I do if my child doesn't want to talk?
- ☐ Are there specific coping skills you recommend?
- ☐ Are there things I should avoid doing or saying?



Creating a safer home

- ☐ What steps should I take at home to increase their safety?
- ☐ Are there potentially dangerous items that should be secured or temporarily removed?
- ☐ How should medications be stored and managed?
- ☐ Does my child need increased supervision? If so, how long?
- ☐ How will I know when additional safety precautions can be reduced or removed?

Specific recommendations from the provider:

Returning to school

- ☐ When is it appropriate for my child to return to school?
- ☐ Does the school need documentation from this treatment team?
- ☐ Should I request a meeting with the school counselor or student-support team?
- ☐ Would requesting temporary academic accommodations be appropriate?
- ☐ Should I consider a 504 Plan or Individualized Education Program (IEP) evaluation?
- ☐ What information can remain confidential, and what must be shared with the school?
- ☐ Beyond the required information, is there anything else you recommend sharing with the school to support my child's success and well-being?

School contact:

School support plan:

Follow-up and next steps

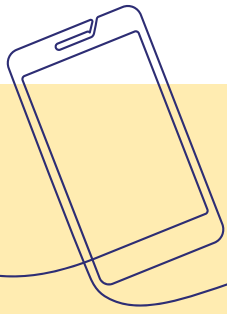
- ☐ Who is responsible for coordinating their mental health care now and after discharge? Is there a care coordinator we can connect with to help us?
- ☐ What type of appointments need to be scheduled immediately to facilitate their transition home?
- ☐ What happens if we can't get an appointment before the recommended hospital follow-up date?
- ☐ When should my child be seen by another behavioral health provider and their pediatrician?
- ☐ How will all the providers involved in my child's care communicate and collaborate with one another?
- ☐ Who should I contact if my child's symptoms change?
- ☐ What progress should we expect over the next few weeks?
- ☐ How will we know if the current treatment plan is working?
- ☐ When should the treatment plan be reassessed?

Our upcoming appointments

Provider	Date	Time	Contact

The five questions to ask if you only have a few minutes

1. What are the most important signs and symptoms I should watch out for at home?
2. What should I do if my child's symptoms or safety concerns increase?
3. Who do I call after hours or between appointments?
4. What follow-up treatment does my child need, and when should it begin?
5. What can I do at home and at school to support recovery?



If you believe your child is in immediate danger to themselves or others, call 911.

If you have concerns about your child but are unsure what to do or say, you can call or text 988 or text HOME to 741-741 to speak with a mental health professional. Wolfson's 24/7 kids and teens helpline (904.202.7900) can also be used to support young people and parents navigating crisis.