

Will my child be safe? What kind of supervision will my child be receiving?

We have an excellent patient to staff ratio, which has been pretty effective. We have one staff member for every 5 children. These individuals are always observing and interacting with the patients. The schedule is set up in such a way that there is minimal free time and the patients are usually together with the staff. On night shift there are staff on each unit making rounds. Fairmount strives to provide a place of absolute safety and respect for the people we serve and for our employees. Unsafe behavior will result in a review of the treatment plan and restrictive measures may be employed. Violence of any sort is not tolerated including verbal threats, physical aggression, or destruction of property.

What am I allowed to bring to the hospital? What should I pack?

The hospital can supply your child with everything they will need but their clothes. You should bring comfortable, casual clothing which is appropriate to the setting and not be skin tight, see through or revealing. Clothing that endorses substance abuse or violence is not appropriate. Electrical appliances required for daily personal care, such as hair dryers, will be checked by nursing or maintenance prior to supervised use. We request no more than three sets of clothes be here at any time. This means if you bring in more clothes at a later date we will ask that you take some home. We suggest that you supply your child with older clothes as he/she will go to the gym and go outside in these clothes.

When are visiting hours? Am I allowed to make phone calls?

Visiting hours are Tuesdays, 6:30-7:30pm; Thursdays, 6:30-7:30pm; Saturdays, 3:30-4:30pm; Sundays, 3:30-4:30pm

There are phones for your use on the unit. Every day you will have two chances to use the phone so that you may call your family. Family members may call the nurses' station during the day or evening to speak with staff. Please be aware that family members will be asked some kind of identifying information (such as their birthday) about your child before we discuss him/her with you. This is for your child's safety and protection. Emergency telephone calls should be placed to the hospital's main number – **215-487-4000**.

Should I bring my medications? Will I be consulted regarding my child's medications?

A complete list of all medications, their doses and when your child takes them would be helpful. However, it would be best to leave medications at home for your child's use upon discharge. We will consult the patient's family and/or the patient before dispensing any new medication.

Will I be involved in family therapy sessions?

It is important that parents or guardians participate in treatment while you (your child) are (is) in the hospital. The family will be asked to be involved in assessment, treatment planning and discharge planning. Your Social Worker will schedule at least one Family Meeting a week to help you and your family listen, talk to, and get along better with each other.

In the first family meeting with the Social Worker you will be given information about a new service provided by Fairmount Behavioral Health. It is called Family FOCUS and it is designed to help the families understand their child's disease, medications and how to interact more positively with their child when they return home. This program is run by a therapist and it is scheduled around visiting hours so families can attend the group when they are already here.

We live outside the immediate area. Are there hotels nearby?

Yes, there are several inexpensive hotels within 10-15 minutes of our facility:
Crowne Plaza Philadelphia City Avenue 4010 City Avenue, Philadelphia, PA ;(215) 477-0200
Holiday Inn City Line 4100 Presidential Blvd., City Line Avenue, Philadelphia, PA; (215)477-0200
Hilton Philadelphia City Avenue 4200 City Avenue, Philadelphia, PA; (215) 879-4000

Are older children separated from younger children? Will my child be with members of the same gender?

While most of our child and adolescent services occur in the same building, your child will sleep and receive programming with other children close to his/her age. Patients under the age of twelve are on a unit with boys and girls. Patients over the age of twelve sleep on units solely of the same gender. However there are many groups where the older kids are together under close supervision.

I have no transportation to get to family therapy sessions. Will transportation be arranged? How will I get there?

For those living in Philadelphia and the local surrounding areas we can provide transportation to and from the meetings as needed. For those families living further away we can usually either assist in getting you here or do the family session by telephone. However in all cases where assistance is needed you must tell the Social Worker assigned to your case ASAP. For discharge we can also provide transportation assistance with proper advance notice.

How long will I/my child be in treatment?

The average length of stay is a little over two weeks however it is based solely on how well your child is progressing in treatment and the recommendation of your child's treatment team. Many patients stay less than two weeks by working hard and making good progress.

Can siblings come for family sessions?

Family sessions are normally for the whole family though there may be instances where some siblings may be excluded for therapeutic reasons. In all cases we hope you will inform us ahead of time how many people will be coming with you to the meetings.

*Know that we want the best for you and your child and will work with you during your child's stay.
Please let us know if you have any questions or concerns. We are ready to help you as well as your child!*