Transforming Mental Health Services for Our Children

Children's Hospital *of* The King's Daughters

Our Children are in Crisis

1 in 5 children
in the U.S. has a diagnosable mental health condition.
2 out of 3 children go without diagnosis or treatment.

Regionally,
the most common reason patients 10-17 are admitted to the hospital is psychiatric.

17% of high school students
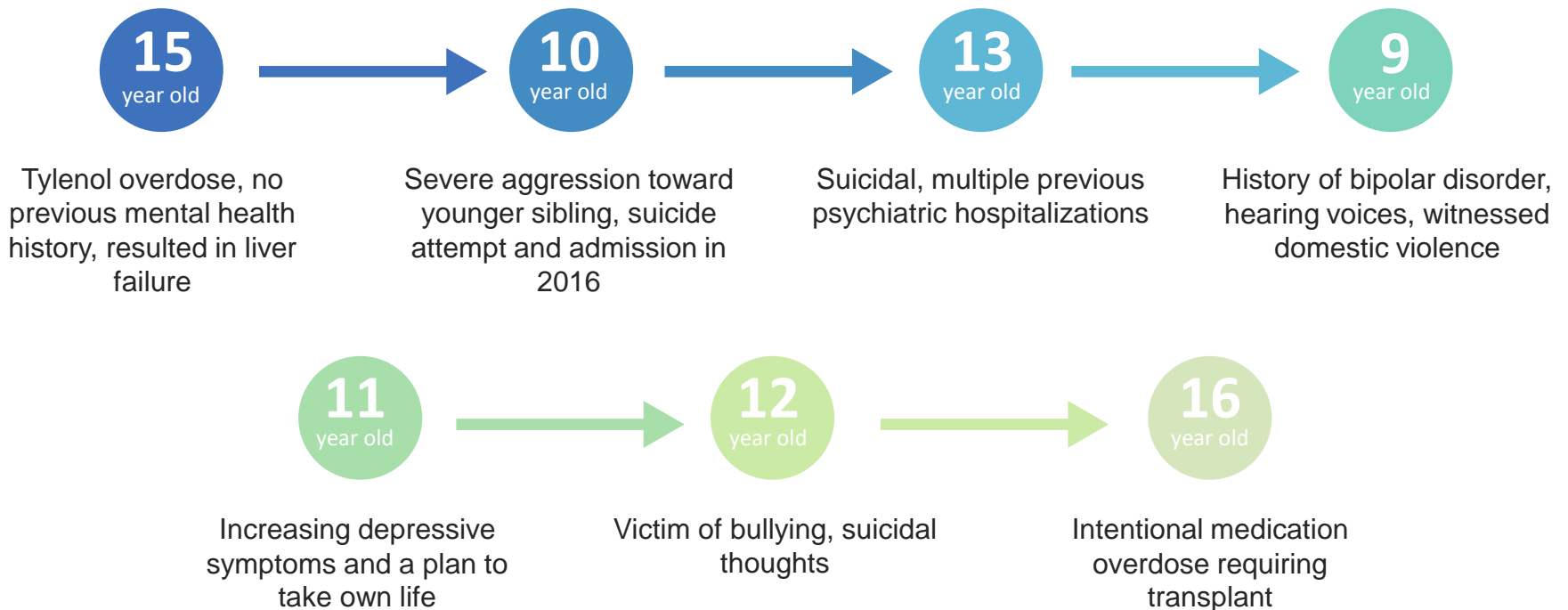Considered suicide in the past year. 7% actually attempted suicide.

Suicide is the second leading cause of death
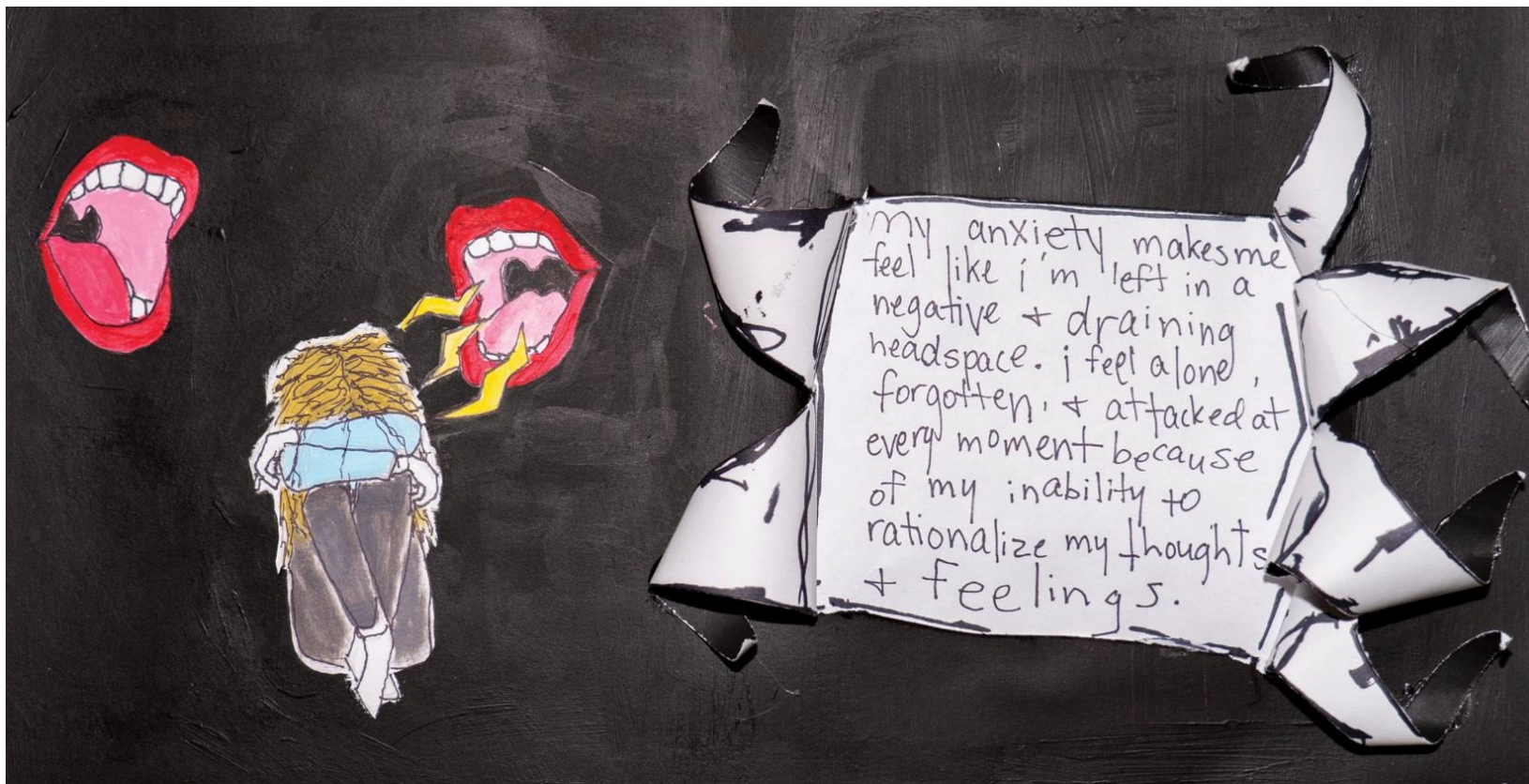In youth ages 10-14.

Half of all chronic mental illness begins by age 14; three-quarters by age 24.

A Recent Day at CHKD

15 year old

Tylenol overdose, no previous mental health history, resulted in liver failure

10 year old

Severe aggression toward younger sibling, suicide attempt and admission in 2016

13 year old

Suicidal, multiple previous psychiatric hospitalizations

9 year old

History of bipolar disorder, hearing voices, witnessed domestic violence

11 year old

Increasing depressive symptoms and a plan to take own life

12 year old

Victim of bullying, suicidal thoughts

16 year old

Intentional medication overdose requiring transplant

On a recent day, 19 children came to our ED in crisis

Despite 6-fold increase in licensed providers, 1000+ now await a clinic appointment

Reimagining Pediatric Mental Health: Integrating Care

- Main Hospital support
  - Psychiatric consultation while medically hospitalized; Med-Psych Unit
  - Emergency Room evaluations to determine level of care

- Acute treatment: General (48 beds), Psych-Med (8 beds), ASD (4 beds)

- Outpatient continuum of care (Norfolk, Newport News, and Va Beach)
  - Partial Hospitalization Program
  - Intensive Outpatient Programs
  - Psychiatry, Psychology, and MH Therapy clinics

- Community connection to fill in the gaps:
  - Crisis Bridge Clinic
  - Virginia Mental Health Access Program Support (VMAP)
  - Preventive education, School consultation, & Collaboration with primary pediatrician

Improving Access for ALL Children

- Serving the often underserved populations:
    - Complex medical and co-occurring mental illness
    - Ages 5 and under
    - Neurodevelopmental disorders including autism
    - Eating/Feeding disorders
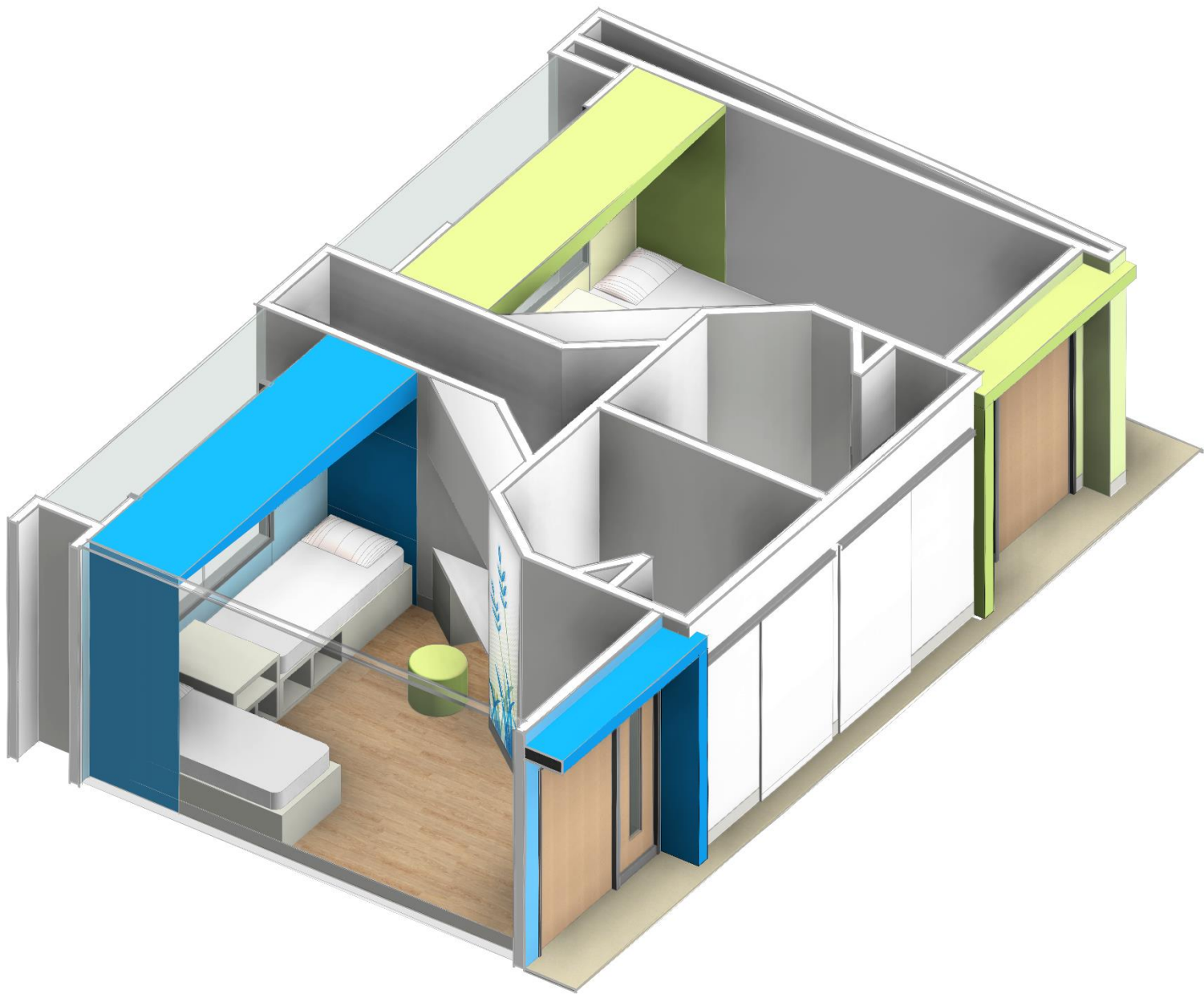   - General psychiatric concerns

By 2025, CHKD will provide >45,000 outpatient visits, 3,000 ED visits, and more than 2,500 children will be served as inpatients.

Specialized Design for *Specialized* Care

- Involving families: Room for a parent to sleep over

- Textures, graphics, natural light, angles, seats, soft surfaces

- Colored LEDs allow kids to control their environment

- Safe and engaging furnishings with variety in mind

- Safe windows, fixtures, outlets, and shower curtains

- Telehealth and communication interfaces throughout
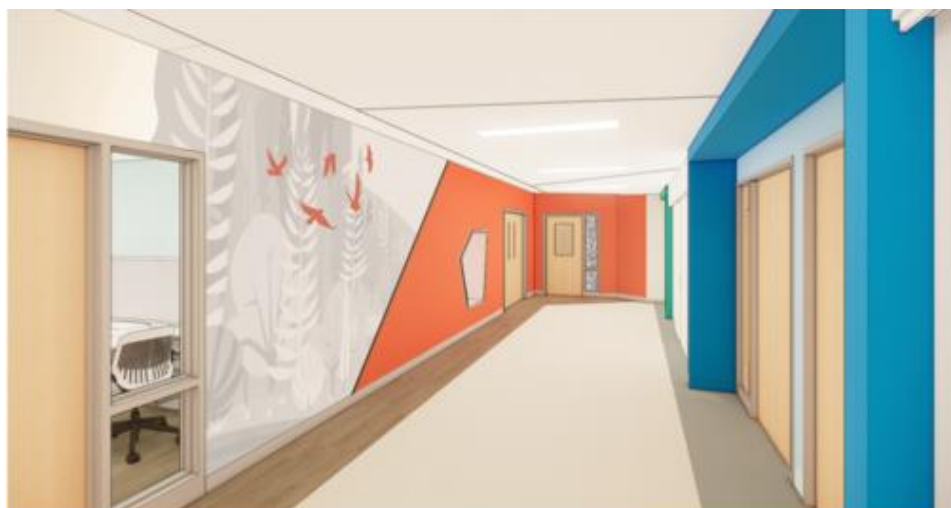
All rooms single occupancy with parent bed

good morning
write on the board...
What makes you
awesome

CHKD

Lighting the Way

FOR MENTAL HEALTH