Remember to Take Care of Yourself

NOTES

It is important to take care of yourself in this stressful situation. Some things you may find helpful are to:

- call family or friends who can be with you or support you over the phone
- take a break and go for a walk or get something to eat or drink (ask about vending machines or a café available to you)
- ask whether there is a quiet space such as a chapel or meditation area that you can use
- request to speak to a patient advocate at the hospital who may be able to help you
- seek out a place you can shower or attend to your personal hygiene
- cards, games, or books to help pass the time

We hope you find this brochure to be helpful as you navigate this difficult journey. The brochure is a collaborative effort of the Vermont State Interagency Team, families, and providers. http://ifs.vermont.gov/



• consider asking family or friends to bring

For Information and/ or Support about Mental Health

Vermont Department of Mental Health at 1-802-241-0090, https://mentalhealth.vermont.gov/ individuals-and-families

The DMH works with private nonprofit agencies in Vermont to provide mental-health care through our Designated Agencies. The DMH website offers resources, information about each local area Designated Agencies, and information about how to access services.

> Vermont Federation of Families for Children's Mental Health at 1-800-639-6071, https://www.vffcmh.org/

The Vermont Federation of Families for Children's Menta Health supports families and children and youth, ages 0-22, experiencing or at risk to experience emotional, behavioral, or mental health challenges.

National Alliance on Mental Illness Vermont (NAMI-VT) at 1-800-639-6480. http://namivt.org/support/family-groups/

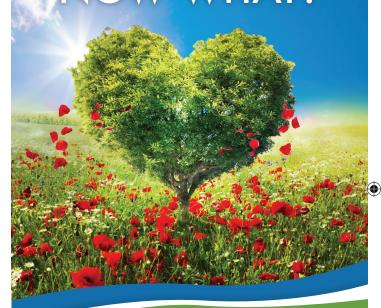
NAMI-VT provides information about mental health and offers supportive resources to families, including a free family support group in different areas of the state.

Vermont Family Network (VFN) at 1-800-800-4005. https://www.vermontfamilynetwork.org/

VFN has been helping families of children with special needs or disabilities for more than 25 years. They listen and help with any needs or concerns you may have related to you or your child's health, education, or well-being.

You Are In The **Emergency Department** With Your Child In Crisis

NOM MHATS



Being in the Emergency Department with your child can be scary and confusing. Please remember you are the expert on your child and you know their strengths and what works best for them. It is important to share this with others. You may feel worried, overwhelmed and alone. Please know there is support for you.

It is OK to Reach Out. It is OK to Ask Questions.



Questions

You May Consider Asking

...About What Will Happen While We Are Here:

- What if English is not my first language?
- How will you engage with my child if they are non-verbal and/or they use a specialized communication device?
- Who oversees my child's care? Is this the person I should speak to if I'm concerned about my child's symptoms increasing or if my child is not safe?
- What does "meeting criteria" mean and how does this affect planning for my child?
- What does it mean to be voluntary or involuntary?
- How are you creating a safe space for my child while in the ED?
- Who do I contact at the hospital if I have concerns about the care my child is getting?
- Can I be with my child the whole time my child is here? Who else can visit my child?
- How can I call someone if I don't have a phone or my cell phone isn't working?
- What is the Wi-Fi password for the hospital?
- What items can I bring to comfort my child? Food? Stuffed animals? Music? Toys?
- Who is the attendant sitting outside my child's room and what is their role?
- If I need to leave for a while, who do I tell?
- Who do I ask to speak to if I'm calling to check on my child?
- If I have a community team, how can they connect to my hospital team?

...About Possible Options For My Child:

- If my child stays here at the hospital-what will happen? Who will my child see?
 Will my child be OK? How long can my child stay here?
- Could medication be helpful for my child?
 Who can I talk to about this?
- What services and supports can be put in place so my child can safely return home?
 Who do I need to talk to? What are things that I need to consider? Safety to me and my child and my family is

	child and my family is
and we need	

- If my child can't safely return home immediately what are the choices we have?
 - Where are the crisis beds that may be appropriate for my child?
 - What can the crisis beds offer?
 - How long can my child stay there?
 - Is there a minimum number of days?

 A maximum number of days?
 - What are the expectations there?
- Can I visit them or talk to the people there before my child goes there?

People Who Can Help Me

Below is a chart you might find useful as you consider your child's care and needs. These are some of the people you may see, interact with or want to contact while in the Emergency Department. When you talk to people who are caring for your child you may find it helpful to keep notes of what you talked about and when. It is hard to remember details in stressful situations.

Who Can Help?	What is their name and contact information?	When did we talk?	What was said?
Crisis Screener/Emergency Personnel from mental health agency (Designated Agency)			
Hospital Psychiatrist			
My child's nurse			
My child's doctor or primary care physician			
Hospital Social Worker			
Vermont Federation of Families or other support organization			
Hospital Patient Advocate			
Emergency Personnel involved in bringing my child to ED			
My child's therapist or case manager (if applicable)			
My child's school			
Other:			

