United We Stand…. 
Divided We Fall
The Development of a New Inpatient Behavioral Health Unit in a Large Tertiary Pediatric Hospital

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-No conflict of interest-

Learning Objectives
• State the processes that took place from conception to implementation of T5A.
• State recommendations for success and challenges in opening a behavioral health unit.

Our mission
• Hospitalization is a time of crisis for the child and family (psychiatric or medical)
• Children deserve an environment with interventions grounded in conceptually sound rationale (Trauma informed care)
• Helping patients achieve a sense of personal control is central to staff’s work in the milieu.
• Nursing staff are vital players in the treatment team’s effort to resolve the crisis.

Getting to opening day
Remodeling
Staff orientation to other inpatient units
Arrival day on T5A with no patients
Opening Day

How did we get to opening day?
• Years in the making . . . . 
• Hiring
• Policy and procedures – there were none.
Our population

- General psych pts. – children and adolescents
- Autism spectrum – ID/DD
- Eating disorders
- Trauma
- Pre-schoolers
- JDC
- All of the above

Trauma Informed Care Every Child

- First, Trauma happens in your life . . .
- Then, Trauma affects your life . . .
- Then, Trauma becomes your life.

Hadar Lubin, MD

Unique features

- Overnight stays for parents
- Therapists
- Parent partners
- Hud, MD
- Access to all pediatric specialties

Programming/Staffing patterns

- Initially
- Now
- Novice .............................. Expert

Programming

PODS

Safety

- CCM training
- Marcus training
- START – Simulation Training for Assessment Resuscitation and Teamwork
Safety

- Environmental adaptations
- Personal protective equipment – then and now
- Vocera – Staff assist, Code Violet
- Mock Staff Assists

Seclusion and restraint

Imminent Risk
What triggered the event?
What interventions were attempted?
What part of the response went well?
Could the situation have been prevented?
What could have been done differently?

Challenges

New patient population

New staff including Mental health Technicians

Stigma

The Huffington Post – Lindsay Holmes 11/13/14

Challenges

- New Skill Set
- Who’s the Preceptor??

Challenges

- Unexpected environmental issues
- Staff turnover – shift “differences”
- Staff injury
### What we have learned?

- United we stand ….. Divided we fall
- When you think the unit is safe, it isn’t
- All behavior is purposeful
- Multidisciplinary teams work
- United we stand ….. Divided we fall.

### Resources