

Treatment Team Meeting

During treatment team meeting at Valley Child and Adolescent, I had the opportunity to learn many different lessons from listening and observing. I also had the opportunity to learn during pre-team in preparation for this meeting.

Patient Interactions

- Do not put your back to patients for your safety.
- Be aware of diversions.
- Some patients seek to reject others before they can be rejected.
- A tap on the shoulder (typically the left shoulder) is the universal sign to excuse oneself entirely (get out of sight). If tapped out, one should help make sure the other patients are secure and settled.
- Intermittent rewards are powerful.
- When the level of arousal increases:
 - Solicit, lift, pull the weakest person of the group and disrupt the visual line.
 - Do not get in between a fight.
 - Only physically intervene when absolutely necessary.
 - Do not tell patients in this situation to take a personal time out. Ask for help.
 - Do not respond to bargaining.
 - Address consequences after patients have calmed down.
- Consequences for patient behavior should take into account the magnitude of the event, mental status, and whether or not it is a pattern.

Patient Intakes

- Take an inventory of clothes.
- Make a list of needs. Each patient should have at least one thing to sleep in and three pairs of underwear.
- Pay attention to whether or not clothing is fitting properly.
- Consider whether or not an ADL bucket would be helpful.
- DCS packet should have all placements, assessments etc., history based on amount of time. Consider if this is the first time the patient has been in DCS custody. If the patient has, look at how much of the packet is there.
- Evaluations require admission note and discharge summary, medical records, and Meditech and MPF Web station.
- Create a timeline out of the DCS packet that shows the story sequentially from birth to current.
 - This should include placements, interventions, testings, hospitalizations, residences, discharge diagnoses, medications, date of intake, date of discharge, doctors, and admission psyche evaluations.
 - Perinatal period should include details surrounding pre and post birth, vaginal and cesarean, and labor and delivery.

- Normative milestones should be considered whether or not they are age appropriate, delayed, or regressing.
- Community, home, and school
- Precustodial care is history prior to DCS custody. To obtain this, one can seek custodial records from the judge. Records can be requested.

Patient Interventions

- PRAC: Psychoeducation, Relaxation, Affect Modulation, Cognitive Coping.
- Snapshots
- Feeling Charts
- Patients first need to gain strength, then seek to deal with issues.
- Seek to train social skills.
 - This can be done through connecting one on one. Play Connect Four.
 - Next add a person who can be considered a big sister or equal.
- Life space intervention can consist of programming alternate behaviors through a game. One example is a therapeutic card game, played Monopoly style.
- Puzzle stressors are pieces of stress that put the picture together.
- Operations game

Patient Care

- Enable patients to celebrate loved ones' birthdays and holidays. This can be done through providing a calendar with the marked dates and helping patient to send cards and/or gifts.

Resources

- Understand extended care with benefits.
- Learn about TennCare and the required paper work.
- TennCare and Medicaid is accepted if the hospital is within 50 miles of the Tennessee boarder.
- Subacute → Noncustodial RTC = Paid for by TennCare.
- Level 1-2
 - Tennessee Baptist
 - Chambliss Home
- Level 3-4
 - Foster Families who are trauma informed with a case manager or counselor
- Special Education Schools
 - K.A.E.C. in Knoxville
 - Dawn in Chattanooga
 - Genesis in Nashville
- Acute North East Facility
 - Creekside
 - Woodridge

- Peninsula
- Parkridge Valley Child and Adolescent
- Erlanger
- Vanderbilt (Children)
- Rolling Hills
- Skyline Medicine
- Lake Side
- St. Thomas
- Crest Wood
- FMLA: Protects the employed from having it counted against them for taking care of family issues.
- COE: Typically affiliated with universities, the TennCare grant extends behavioral health services to kids in DCS custody and those at risk for going into DCS custody. This requires records, timelines, interviews, and a written summation.

Medications

- The phrase “Cross over with a drag” describes the process of moving on to a new drug without cutting another cold. It is a gradual tapering off.
- If med changes are needed, nurse Theresa and nurse Sue are individuals that can be gone to.
- Antipsychotics impact muscle movements by making them less smooth.
 - Phonic tics are gurgles in the throat or grunts and are uncommon.
 - Motor tic in the eye is common.
 - A motor tic in both eyes for over one year can be diagnosed as Tourette’s.
- Depakote (treats psychiatric conditions such as manic phase of bipolar disorder) causes issues for women.
- Prozac is used for major depression.

Human Nature

- Adrenaline increases Epinephrine.
- Norepinephrine in the brain enables alertness.
- Trauma causes a disconnect between the frontal lobe and the amygdala (where the brain processes fear).
- Of those who are Bipolar, 90% of those have ADHD outside of when they are manic.
- 10% of American kids have ADHD.
- Time of onset is significant.
 - Complex trauma impacts this significantly.
 - Helps with diagnoses.
- Boys crossing physical boundaries with their mothers is a sign that something is not okay.
- The need to control others reflects a lack of control as a child.
 - Little girls use behaviors.

- Older girls use more mature and healthy interventions, such as journaling, a worry box, and talking.

Valley Information

- Patients who stay at Valley for four to six months cost the hospital money.
- CFTM stands for Child Family Team Meeting.
- DCS makes level of care changes, starting with a CFTM.
- Patients will meet with the doctor, social workers, nurses, manager, and PT specialist.
- Information to know:
 - Admission date
 - Medications
 - Age
 - Diagnoses
 - If they have been stable/how long they have been stable