



ADOLESCENT INPATIENT TREATMENT

TIMELY CRISIS CARE

When a young person is in a state of crisis, they need timely treatment to help them reach a place of safety and stability. Ohio Hospital for Psychiatry provides acute inpatient care for adolescents ages 11–17 who are suffering from severe symptoms of a mental health concern.

We serve young people who are having trouble at school, at home, or in their communities because of their struggles with conditions such as depression, anxiety disorders, or bipolar disorder. Most young people receive care with us for three to seven days depending on their specific needs and progress.

FOCUSED TREATMENT

Every young person follows a personalized plan of care, which we create based on a detailed assessment of their medical history, the nature and severity of their symptoms, and their treatment goals. Gaining an understanding of how a mental health condition is affecting them allows us to provide the focused treatment they need to achieve lasting healing. Common elements of inpatient treatment include:

- + Daily group therapy sessions
- + Multiple family therapy sessions
- + Individual therapy as needed
- + Art, music, & recreational therapies
- + Medication management services

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(614) 532-4307
www.ohiohospitalforpsychiatry.com



WHAT TO EXPECT



AGE-APPROPRIATE CARE

Young people have different experiences with mental health conditions than adults do, which is why we deliver age-appropriate inpatient treatment that addresses the needs of adolescents. Group therapy discussions are a core component of treatment, covering topics such as healthy coping skills, de-escalation techniques, building self-esteem, and medication education. We also encourage families to get involved in a young person's treatment whenever appropriate so that they can work together to strengthen crucial bonds.



TREATMENT MODALITIES

Our expert team uses various evidence-based treatment modalities to help each young person achieve stability and start functioning at a higher level. Although every young person's path to healing is different, the most common treatment modalities we use include cognitive behavioral therapy (CBT) and dialectical behavior therapy (DBT).



TREATMENT TEAM

Each adolescent who receives inpatient treatment at our hospital benefits from care delivered by a multidisciplinary team of experienced professionals who are passionate about helping young people live their very best lives. Depending on each young person's individual needs, their care team may consist of a medical nurse practitioner, a psychiatric nurse practitioner, a psychiatrist, a nurse, and a social worker.

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