

The background of the slide features a large, faint, circular seal of Rutgers University. The seal contains the text 'RUTGERS UNIVERSITY' and 'THE STATE UNIVERSITY OF NEW JERSEY' around its perimeter, with a central emblem. The seal is rendered in a light red color, matching the background.

RUTGERS

THE STATE UNIVERSITY
OF NEW JERSEY

Child and Adolescent Inpatient Services
and
Challenge Central - Child and Adolescent
Partial Hospitalization Program
at
Rutgers University Behavioral Health Care

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THANK YOU!

Special thanks to:

UBHC Leadership

The Child Division

The Child and Adolescent Inpatient Services Team

The Challenge Program in Newark

All of our colleagues at UBHC who have helped make this
possible

University Behavioral Health Care

- Rutgers University Behavioral Health Care is a free standing community mental health center founded in 1971.
- It is one of the largest behavioral health providers in New Jersey and the only behavioral health system that is part of a large university medical school.
- Today, UBHC offers a full continuum of behavioral health and addiction services for children, adolescents and adults.
- Programs include inpatient and partial hospitalization, intensive outpatient, traditional outpatient and addiction treatment, case management, mobile response, crisis services and psychiatric screening, school based counseling programs and more.

The Child Division

Organizes Child and Adolescent Services at UBHC to provide for improved communication, collaboration, effective use of resources and enhance service provision among child serving programs.

Two years ago, a Strategic Planning meeting took place and a needs assessment was conducted which resulted in a recommendation for the creation of a Child and Adolescent PHP in Piscataway.

Crisis Screening Services in Middlesex County

Provided through Acute Psychiatric Services which:

- Can be reached at **855-515-5700**
- Is located at 671 Hoes Lane in Piscataway
- Is open 24 hours a day, 365 days a year
- Serves primarily Middlesex County residents, is the Designated Screening Center for Middlesex County
- May be accessed via phone, walk in or through a hospital Emergency Room
- Can provide outreach services for screening and evaluation for individuals unable or unwilling to come to the screening center.

Crisis Screening Services in Middlesex County

- Has 24 hours in which to complete an evaluation
- Provides assessments for people who may be experiencing a psychiatric crisis to determine their need for hospitalization
- Facilitates voluntary or involuntary hospitalization for those who meet criteria or need commitment, provides referrals and recommendations for those who don't
- Coordinates care with existing providers for individuals in crisis
- Operates a mobile outreach component for individuals who are unable/unwilling to come to the screening center
- Provides a 24-hour telephone hotline service staffed by crisis counselors who are trained in both telephone assessment, evaluation and crisis prevention

General Criteria for Psychiatric Admission

- An individual meets criteria for hospitalization when, due to a mental illness, the person presents an imminent
 - Danger to self
 - Danger to others
- **OR**
- Is unable to provide for his/her own care due to a mental illness and no adequate alternative support is available
- UBHC provides inpatient care for:
 - Children and Adolescents (5-17) on a VOLUNTARY OR INVOLUNTARY basis primarily from Middlesex, Somerset, Hunterdon and Mercer, others depend on availability
 - Adults (18 and over) on a VOLUNTARY basis only, primarily from Middlesex County to the Adult Inpatient Unit

Child and Adolescent Inpatient Services

The Child & Adolescent Inpatient Service (CAIS) is the designated CCIS unit for Middlesex, Mercer, Somerset and Hunterdon counties and is a:

- a 24 bed
- intensive
- 24 hour a day, 7 day a week

in-patient program for children and adolescents ages 5-17 whose psychiatric illness is serious enough to need inpatient treatment and who require specialized care, observation or evaluation that can only be provided in an inpatient setting.

Challenge Central

Child and Adolescent Partial Hospital - Piscataway

The Child and Adolescent Partial Hospitalization Program at University Behavioral Health Care provides youth and family centered, structured, intensive psychiatric day services to support the mental and behavioral health goals of young people served, to promote their ability to experience well-being and remain engaged in meaningful activities in their homes and communities, with their peers, families and loved ones.

Challenge Central

Child and Adolescent Partial Hospital - Piscataway

671 Hoes Lane West (A wing, 2nd Floor)

Piscataway, NJ 08854

Phone: 732-235-3479

Fax: 732-235-4409

Challenge Central, the Child and Adolescent Partial Hospitalization Program in Piscataway is an intensive day treatment program for youth who require structured psychiatric day services.

The program is available Monday - Friday from 8:00 a.m. - 3:00 p.m. and serves youth ages **6-17** who are experiencing **serious emotional and behavioral problems** which negatively affect the young person's ability to function at home, at school or in the community and meet criteria for medical necessity.

Children and adolescents who are returning to the community after hospitalization or who are at risk for hospitalization are prioritized for admission.

For Referrals Call the UBHC Access/Transfer Center

1-800-969-5300

- This call center provides phone screening and evaluation of the need for services for individuals who need to access treatment on a non-emergency basis
- Provides a single point of access to UBHC's services
- Staffed by clinicians and admissions specialists

Referral Process for Challenge Central PHP

Referrals come from Acute Psychiatric Services (APS), internal and external providers by contacting the Access Center and are screened and documented.

Access Center contacts program and provides referral information. Outside providers are required to fax documentation to the program for clinical review and acceptance. Referring provider will complete insurance precertification unless authorization must be obtained by UBHC Utilization Review.

Once accepted, family is given intake appointment for youth.

Youth and family present for intake and register, then meet with nurse, specialist, clinician and MD. Youth will usually begin the program on the same day.



PHP Admission Criteria

Youth who have a primary psychiatric diagnosis and meet medical necessity criteria for this level of care may be admitted for treatment.

- Youth whose primary problem is the result of a developmental disability or substance abuse problem will be admitted if the psychiatric impairment is the cause of the current problems in functioning.

Youth with serious emotional and behavioral health challenges who have previously resided in a treatment, hospital or residential facility setting or who are at risk of out of home placement and/or exclusion from public school due to the nature of the disturbance.

Youth referred directly from a Children's Crisis Intervention Service (CCIS) unit for partial hospitalization treatment. These youth must be offered an appointment within seven (7) calendar days of referral.

Youth diagnosed as seriously emotionally/behaviorally challenged who do not meet the criteria above may be admitted provided that all youth referred who meet the criteria are given first priority for admission and the youths difficulties meet medical necessity criteria.

Who We Serve

Many of the youth we serve experience emotional, social and behavioral health problems such as:

- Depression and other affective disorders
- Anxiety
- The effects of trauma
- Thought disorders and psychosis
- Impulsivity and anger
- Hyperactivity and inattention
- A history of suicidal thoughts/attempts or other behaviors that may have posed a danger to themselves or others.

Program Objectives

- Enhance the mental, emotional and behavioral health of young people and promote their harmonious, supportive relationships with families and/or caretakers/guardians through the provision of expert behavioral health services.
- Support young people in learning skills for coping, communicating, living, managing life challenges, using support systems and building independence.
- Help each young person realize their potential.

Program Objectives

- Provide education to young people and their families about mental and behavioral health conditions and ways to prevent relapse, hospitalization or placement in a restrictive setting.
- Engage young people and their families, guardians or other supports to actively participate in treatment, programming and pursue meaningful goals.
- Affirm the strengths, abilities and talents of young people and their supporters and to use these strengths to help them grow.
- Promote positive relationships with community providers, natural supports and to encourage the efforts of young people and their families to support each other.

Services We Provide

- Psychiatric and psychosocial assessment and evaluation
- Comprehensive nursing services and medical care
- Laboratory services
- Physical and dietary/nutritional assessment as indicated
- Individualized treatment planning
- Individual and group therapy
- Family therapy, education and support
- Recreational, therapeutic and psycho-educational groups
- Social and emotional learning programming and creative activities
- Medication management and monitoring
- Service coordination, case management, discharge planning and referral to community services
- Behavior management and educational services

Our Staff

Our staff is a team of mental health professionals, including:

- Administrators
- Attending psychiatrists, fellows and residents
- Licensed, registered and advance practice nurses
- Master's level social workers, counselors and art therapists
- Mental health specialists, activities assistants
- A special education teacher
- A registered dietician
- A pharmacist
- Laboratory professionals
- Support staff (office manager, secretaries)
- Housekeeping, operations

Programming

The therapeutic milieu setting is intended to provide young people with a stable and coherent social environment that creates a safe and therapeutic space in which healing, recovery, and growth can occur. In addition, the program utilizes the following approaches:

Cognitive Behavioral Therapy

Behavior Management

Psychoeducational/Health Promotion

DBT informed skill building for affect regulation

Social Decision Making/Problem Solving

Nurtured Heart Approach

Mindfulness

Connecting with the Children's System of Care

- DCSOC - Division of Children's System of Care
 - The Children's System of Care is accessed through PerformCare (www.performcarenj.org) – 1-877-652-7624
 - CMO/UCM – Care Management Organization (or Unified Case Management)
 - CMCRSS – Children's Mobile Crisis Response and Stabilization Services
 - FSO – Family Support Organizations
 - Specialized community support services
 - Out of home placement - after community services are tried
- DCPP – The Division of Child Protection and Permanency
 - Child Abuse Hotline – 1-877-NJABUSE

DCSOC - THE CHILDREN'S SYSTEM OF CARE

