

## What to Bring for Your Child

Bring a 5 day supply of comfy clothes. Your child's cottage guide will tell you what kinds of clothes you can and cannot bring. Make sure not to bring any sharp objects, glass, metal, or other things that could be harmful or dangerous.

## Creating a Place of Safety

We have an 8-acre campus with different areas that are designed to meet each child's needs. Our campus has a school, cafeteria, activity room, and many outdoor playground areas.



## Visiting Hours

You won't be able to stay with your child, but you are welcome to visit during these hours:

### Weekdays

Chimayo and Chaparral cottages:

6:00pm – 7:00pm

Gila and Cibola Cottages:

5:30pm-6:30pm

### Weekends and Holidays

2:00pm – 4:00pm

If you need to visit during different hours, you can make special plans with the therapist.

You can also call any time to check on your child.

## Who Can Visit?

Close family members who are over 14 years old

It can be hard for families when a child has to stay in the hospital. That's why we are here to support you during your hardest times.

Call us at (505) 272-2890 with any questions.

# Welcome to Children's Psychiatric Center (CPC)



## Getting Ready for Your Visit

1001 Yale Blvd NE  
Albuquerque, NM 87131  
(505) 272-2890





## What is a psychiatric admission?

A psychiatric admission means a child will stay in the hospital for several days or weeks to get mental health care. During their stay, our staff will:

- evaluate your child's mental health.
- stabilize your child, or help them feel more balanced.
- get them ready to go home or to another health care facility.

## What will happen when we get to the hospital?

**Cottage placement:** When we decide your child needs to get admitted, we will place them in a cottage. Each cottage can house 8 or 9 people who are similar in age.

**Forms:** We'll ask you to fill out some forms to help us get the information we need to care for your child.

**Safety search:** Our staff will search through your child's things to look for anything that might be harmful or dangerous. We also look for scars, cuts, or bruises on your child's skin. Sometimes this can make children feel uneasy. Our staff are fully trained and there will always be 2 staff members present.

**Meet the staff:** You'll talk to a nurse. Then we'll introduce you to the cottage staff, the program, and the doctor if possible.

## Will staff look after my child?

Staff will always be present and watching after your child. For at least the first 24 hours, your child will stay inside the cottage. We call this **cottage restriction**.

Once it is safe, your child can join in activities outside the cottage.

## What if I don't want my child to stay at the hospital?

Please talk to your child's doctor or nurse. They can help connect you to the person who can talk to you about your concerns.

## How long will my child have to stay?

It depends on your child's progress and needs. Most hospital stays last only long enough to help with the most urgent issues. After that, we'll help you set up follow-up care so your child can keep getting care once they leave our hospital.



## At CPC, your child will...

**See a psychiatrist:** Your child will see a psychiatrist every day during their stay. The psychiatrist will talk to you if they think medicine will be helpful.

**Get medical care:** Your child will get a checkup from a medical doctor when they first get to CPC. A nurse will be available all the time. If your child has a medical condition that we can't care for here at CPC, we will take them to the Emergency Department. We'll let you know if this happens.

**Learn coping skills individually and in a group:** Your child will participate in skills groups every day, and they'll work individually on developing coping skills to use in crisis. Our treatment is based on Dialectical Behavioral Therapy (DBT). DBT focuses on being aware and finding helpful ways to respond to stress and crisis.

**Go to school:** Children go to a school that is on the campus of CPC. They will have teachers and get schoolwork. You can also arrange to bring work from their regular school. Our teachers will contact your child's regular school to let them know your child will be going to school at UNM Hospitals.

**Do fun activities:** Your child can do art, sculpting, play outside, and may have the chance to try our outdoor challenge course.