

Adolescent Psychiatric Unit

Surrey Memorial Hospital



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Information for Families and Caregivers

Phone: 604-585-5978

Welcome to the Adolescent Psychiatric Unit (APU)
at Surrey Memorial Hospital.

We help children who have mental health challenges and illnesses. We start a treatment plan to help children recover. We use a team approach and work closely with children, their families, and the community.

Who works on APU?



A team on APU will help your child. These people will introduce themselves to you.

We encourage you to ask questions.

The team includes:

- psychiatrists
- nurses
- youth care counselors
- pharmacist
- occupational therapist
- recreational therapist
- social worker
- parent peer support

Our Goals

- To provide you and your child with education and information on the illness and ways to cope.
- To help your child identify the emotions they are feeling, how it can change their behavior, and how they can feel better.

What to expect from APU

- Assessment through medical tests.
- Group activities.
- Parent and teen mediation.
- School program to support academic needs.
- Brief family focused interventions.
- Medicine review and education.
- Recommendations for ongoing treatment.
- Help with necessary referrals to specialists and community services for follow-up care.

The Level System

- Level 1: You must remain on the unit, with close monitoring by staff.
- Level 2: You are allowed off the unit with supervision (with the doctor's permission).

Secure Room

We have a locked room that we use when a child is struggling to be safe. This is to make sure the child and others stay safe.

Visiting

- Visitors are welcome on the unit, usually 2 for each patient at a time.
- Every child will have a list of approved visitors arranged by the parent or legal guardian. Staff will talk to you and your child before allowing anyone on the unit to visit them.
- We ask that families visit during the week after program time
Monday to Friday from 3:30 p.m. to 8:00 p.m.
- Visiting times are flexible on Saturdays, Sundays and holidays. Please talk to staff before visiting on these days.
- We are flexible with visiting hours, however overnight stays are not allowed.
- Community professionals are welcome to visit.
- Staff will check all items that visitors bring in for your child.
- Visitors should not bring in any sharp objects or any items made of glass.
- Visitors under 18 years of age must be supervised by an adult.

Guidelines for Personal Belongings

We check all personal belongings for safety and keep them in a specific area. We can give your child items such as scissors or mirrors to use for makeup if staff feel it is safe. These items must be returned to staff as soon as they are done using them.

Electronic Devices

Please keep your child's cell phone at home. We do not allow cell phones on the unit. Media players, laptops, iPads and gaming devices should also stay at home.



We understand that music is a way to help cope with emotions. We have mp3 players loaded with music that your child can use. We also have movies and video games available until 9:30 p.m.

Keeping in touch

Your child can use the patient phone to call home each day, up until 9:30 p.m. Here is how you can keep in touch:



- Call anytime to talk with staff or leave us a message.
- Call your child during these times:
 - Monday to Friday during their free time or after 3:30 p.m.
 - Saturday and Sunday from 8:00 a.m. to 9:30 p.m.

Please keep phone calls short (if possible, under 10 minutes) and plan them well before bedtime.

Clothing

Your child will need about 1 week of clothing. We have laundry facilities on the unit that you can use. We make every effort to maintain a safe, inclusive and respectful environment. Your child can help by wearing clothes that are respectful of themselves and others. Please try not to provide clothes that have any reference to drugs, violence or sex.

Meals

The hospital provides lunch and dinner trays. The unit will provide healthy snacks and breakfast foods.

The hospital can provide some specific foods if your child has allergies or a special diet such as vegan or vegetarian.



You can bring food from home but please do not share with other patients due to allergies and other restrictions.

Smoking and Vaping

We offer Nicorette gum, lozenges and patches to help control the urge to smoke. There is no smoking or vaping allowed on the unit, in the courtyard or on hospital grounds.

Passes (Therapeutic leave)

A pass or therapeutic leave is time for your child to be at home or away from the hospital. This time will help your child practice skills they are learning and keep connected with your family.

- They will remain a patient in the hospital while on therapeutic leave
- Passes are often an expected part of a hospital stay.
- Passes can be a few hours on weekday evenings to going home for the full weekend as your child's health improves.
- We plan passes with your child, the family, and the care team.
- The staff meet with you and your child after the pass to talk about the successes and challenges of the pass.
- We check items that your child brings back. Depending on what the item is, we might allow your child to keep it with them, we might keep it in a safe place for them, or we might ask you to take it home.

Confidentiality

For the safety and respect of all our patients and families, we ask that you:

- Keep personal information to yourselves.
- Respect the privacy of other children and their families while on the unit.
- Do not allow your child access to a cell phone while visiting

If you have questions, please ask staff



For more information

Foundry
foundrybc.ca



Family Smart
familysmart.ca

Kids Help Phone
kidshelpphone.ca



BC Mental Health Act
<https://tinyurl.com/2ft7uu7a>

Healthy Minds Learning
healthymindslearning.ca



keltymentalhealth.ca
Kelty Mental Health Resource Centre



www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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To order, visit patienteduc.fraserhealth.ca

