

Our Mission

To foster a culture of care that includes being trauma-informed, developmentally-suitable, person/family-centered, recovery-focused and collaborative in its practices, leading to improved mental health and wellness.

Notes

Resources

keltymentalhealth.ca

mindcheck.ca

familysmart.ca

START Team (Short Term Assessment Response Treatment)

1 844 782 7811 (1 844 START11)

Youth in BC 24 Hour Crisis

The Cloverdale Paint Child & Adolescent Psychiatric Stabilization Unit (CAPSU) was made possible in part by community support for Surrey Hospital & Outpatient Centre Foundation.

If you would like to help the Foundation continue to support child and youth mental health programs and special initiatives, please visit

www.championsforcare.com or call 604 588 3371.

Catalogue #265571 (August 2023)

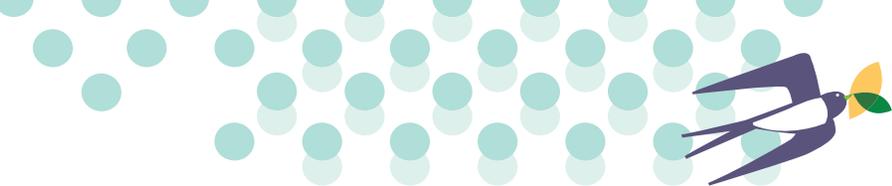
For more copies: patienteduc.fraserhealth.ca



Child & Adolescent Psychiatric Stabilization Unit

A Fraser Health regional resource located at Surrey Memorial Hospital





What is CAPSU?

CAPSU is an inpatient psychiatric unit with a team specialized in supporting children, youth (ages 6-17) and their families/caregivers in times of acute mental health distress.

Our team will work with you to help calm your current crisis. Since hospitalization is only one stop on a journey toward health and wellbeing, we will help connect you with resources in your community to support your continued path toward wellness.

While on CAPSU

Our mandate is to provide short-term stabilization and assessment during an acute crisis. We do this in a safe and secure setting. We will ask you and your family to tell us what makes you feel safe specifically.

Times of crisis can be confusing and come with intense feelings. We value your safety. There will always be someone on the unit you can talk to.

CAPSU provides individually-based care. You and your family will be involved in the development of your care plan and it will be based on your unique situation and needs.

Unit Program

We recognize the importance of establishing trusting and safe relationships with young people and families, and will work with you to provide choice wherever possible.

Our program includes treatments aimed at stabilizing your mental health crisis, and increasing your coping abilities and readiness to engage in ongoing supports and services. The average length of stay on CAPSU is 3-5 days.

As mentioned before, you and your family are included in the treatment plan the team develops for your specific situation. Your care plan may include:

- Individual, family and/or group interventions
- Sensory interventions
- Medication
- Coping skills/techniques
- You/your family will be provided with support and community resource information before you leave CAPSU

We have a specially-designed calming space called a Snoezelen™ Room. This room provides a unique, innovative sensory experience to help you develop coping skills and support you to manage your emotions.

You will be able to use this space with the support of staff to help you identify which sensory experiences are most helpful to either calm or energize you.

For Parents

How do I help my child?

You are encouraged to ask questions and to provide information about what works and does not work for your child/teen.

In times of crisis, families can feel overwhelmed and exhausted. CAPSU has a Parent-in-Residence (a parent who has a child/teen with mental health challenges and has experienced much of what you are experiencing now). They will be available to offer support in understanding what is happening for you at this time. They can also help to identify and connect you with resources in your community, in preparation for hospital discharge.

Upon stabilization of your child's crisis, the CAPSU team will make referrals where necessary, and will also provide additional community resource information.