

## A Letter from the Child Diagnostic Unit Treatment Team



Thank you for interest in the Psychiatric Research Institute Child Diagnostic Unit (PRI CDU). The need for a System of Care of children's behavioral health has been identified as a critical priority in Arkansas. Families seeking help for their children often become frustrated and stressed as they navigate their way through the complexity of their child's school, legal system, and even social service systems. Therefore, we at PRI believe it is time for a "new" and "innovative" idea.

At the University of Arkansas for Medical Sciences PRI CDU, a primary goal is to truly understand a child's symptoms and their impact on the child and family functioning. Our mission is to provide child and family centered care that is collaborative, humane, and trauma sensitive, subsequently assist in establishing clarification of diagnoses and development of appropriate treatment planning. As the state's only diagnostic inpatient unit, we use an interdisciplinary approach (psychiatry, psychology, social work, occupational therapy, speech and language, education, nursing, etc.) to assess children ages 2 to 12 years old with a variety of diagnoses. Children considered for admission to the CDU have been unsuccessful in their current outpatient mental health treatment which has created a question of diagnostic clarification.

We believe our interdisciplinary approach will enable us to develop individualized treatment plans for rational (and early) intervention. This approach includes extensive family and/ or care giver involvement including expected participation in weekly family therapy and weekly parent group. Additionally, families/caregivers will receive post discharge case management for 90 days by a Psych TLC mental health professional to integrate CDU treatment plan with community based resources. Other innovative ideas that the CDU provides include encouraging families to "partner" in the collaboration with their children, using trauma sensitive approaches (eg: no mechanical restraints), and thoughtful use of medication to manage identified psychiatric target symptoms.

The CDU is implementing a new model of care: Collaborative & Proactive Solutions (CPS) originally fashioned by Dr. Ross Greene, a child psychologist at Massachusetts General Hospital. CPS is a method of assisting children and their disruptive behaviors using a cognitive behavioral approach that focuses on how adults interact with children in managing a child's behavior and collaborating with children to solve problems. CPS operates under the basic premise that "kids do well if they can." It is a philosophy about kids, and how we help kids.

The staff of the CDU aspires to provide child and family centered care that establishes respectful, nurturing care and rapport which leads to the development of trust and openness. We at the CDU strive to be teachers, role models, astute observers of behavior, and collaborators with children and their families.

For additional referral packet information and processes, please send an e-mail to [childinpatient@uams.edu](mailto:childinpatient@uams.edu).

Sincerely,

The Child Diagnostic Unit Treatment team