

**St. Luke's
Roosevelt**

Continuum Health Partners, Inc.

Investing in the Mental Health of NYC

Department of Psychiatry & Behavioral Health

The Child and
Family Institute



THE NEW Child and Adolescent Inpatient Units at ST.LUKE'S HOSPITAL



Ramon Solhkhah, M.D.
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Assistant Professor of Clinical Psychiatry, Columbia University College of Physicians and Surgeons

Child and Adolescent Psychiatry: *Background*

Beginning in the late 1940's, before Child and Adolescent Psychiatry was even a recognized field, St. Luke's and Roosevelt Hospitals were providing care to children and their families afflicted by mental illness.

The two hospitals merged in 1979, and together they serve as the University Hospital of Columbia University's College of Physicians and Surgeons. Today, the Division of Child and Adolescent Psychiatry is an integral part of St. Luke's-Roosevelt's Department of Psychiatry.

Under the leadership of Ramon Solhkhah, M.D., the skilled, multidisciplinary mental health professionals in the Division provide diagnostic and therapeutic services to children and adolescents whose problems range from mild behavioral difficulties to severe psychiatric illness.

Mental Illness Among New York's Youngsters

Ten percent of children and adolescents suffer from mental illnesses severe enough to cause problems in their daily life. These include disorders such as depression, bipolar disorder, ADHD and other diagnoses. If left untreated, any impairment of mental health impedes physical, psychological, educational





and/or social development to one's full potential.

When significant impairment of one's functioning in school, social interactions or family relationships occurs, inpatient treatment may become necessary. Currently, seeking this care in New York State—and New York City, in particular—poses quite a challenge due to the *shortage of licensed, psychiatric inpatient beds for children and adolescents.*

While we have close to 100 beds for adult psychiatric patients that run at almost 100% occupancy, St. Luke's and Roosevelt Hospitals do not currently have inpatient pediatric psychiatry units. The growing number of young patients presenting for acute treatment in our Emergency Department and outpatient programs must be transferred to other hospitals, sometimes in areas far from home. The isolation and hardship of being away from the loving support of family and friends, during their greatest time of need, creates an unnecessary burden for these children and their families.

Filling a Void in the Mental Health Care of Our Community

We have a unique opportunity to remedy this problem by opening 61 licensed beds at our St. Luke's campus. These beds were formerly located at a hospital that will be closing in Westchester. Despite its Westchester location, at any given time approximately 75% of the children admitted to this hospital are from Manhattan.

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Opening these beds at St. Luke's Hospital will ease the experience of children and their families by facilitating access to treatment.

A Different Approach

Most children and adolescents facing acute behavioral health issues are inadequately served by mental health and other systems such as school, foster care, and juvenile justice facilities. These youngsters frequently bounce back and forth between systems without any significant change in their circumstances.

Utilizing a different agenda from most institutions, we aim to make a patient's first stay in our Child and Adolescent Inpatient Units the only one they will ever need.

Through a comprehensive evaluation and thorough, targeted treatments, the newly created *Child and Adolescent Inpatient Units at St. Luke's* will provide young patients who have acute emotional and behavioral disorders with *a safe and secure environment* to begin to learn coping skills and accept treatment. As part of a continuum of comprehensive services, these units will offer patients crisis stabilization, comprehensive diagnostic assessment and individualized, focused psychiatric care.



We have a unique opportunity to open 61 licensed child and adolescent inpatient beds.

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Following an inpatient stay, young patients are offered continuing care through a wide array of services and programs of The Child and Family Institute at St. Luke's and Roosevelt Hospitals. This specialized care, for patients from birth to age 18, was developed with the aim of keeping children in school and at home with their families for the duration of their treatment.

Following a comprehensive inpatient stay—designed to return them to their homes, families and communities as quickly as possible – young patients will be offered continuing care through a wide array of services and programs of **The Child and Family Institute at St. Luke's and Roosevelt Hospitals**. This specialized care, for patients from birth to age 18, was developed with the aim of keeping children in school and at home with their families for the duration of their treatment.

For example:

- Patients may also receive school-based outpatient services including psychological testing, group and individual therapy, family counseling and medication management through *The Child Psychiatry Outpatient Clinic*.
- For those children whose previous school performance has been limited by emotional and behavioral difficulties we offer the *Comprehensive Adolescent Rehabilitation and Education Services (CARES)* – an alternative high school, run in collaboration with the New York City Department of Education, that provides education, life-skills training and individually focused therapies.
- To prevent high-risk youth from returning to inpatient care, the *Home and Community-Based Services Waiver Program* grants a qualifying child Medicaid benefits that cover the cost of the enhanced services needed to keep children in school and in their homes while undergoing psychological and behavioral treatment.

Summary

Much of the **Child and Family Institute's** success lies in the strong emphasis it places on responding with compassion and sensitivity to the unique behavioral health needs of the communities it serves—including neighborhoods whose residents have multiple social and economic challenges. The creation of **Child and Adolescent Inpatient Units** is the next step in this mission.

Realizing this unprecedented opportunity to provide for the challenges of children and adolescents suffering from mental illness requires a significant investment of space, personnel, resources and capital. Our goal is to redesign two existing floors at the St. Luke's campus around the inpatient needs of children and adolescents. The design will enhance the footprint of the existing area to provide a comfortable, healing environment.

Philanthropic support from our friends and neighbors will be needed to create the **Child and Adolescent Psychiatric Inpatient Units** and provide the youth of New York City with a greater level of access to this vital, specialized care. Your financial support can make a difference in just about everything we do from patient care to education and outreach; from research to facilities and operations. Our ability to do what we do everyday relies heavily on the quality and upkeep of our facilities and their operating smoothly. These aspects should be invisible to those



As a follow-up to inpatient care, our newly renovated outpatient clinic offers children, teenagers and their families a wide range of mental health treatment services including psychological testing, group and individual therapy, family counseling, medication management and crisis intervention.

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visiting our **Child and Family Institute**. However, their daily operation requires support. Help us make our new facility a more inviting and comfortable place for patients and families.

People give to the **Child and Family Institute** for a variety of reasons, among them the satisfaction of making a vital difference in a child's life.

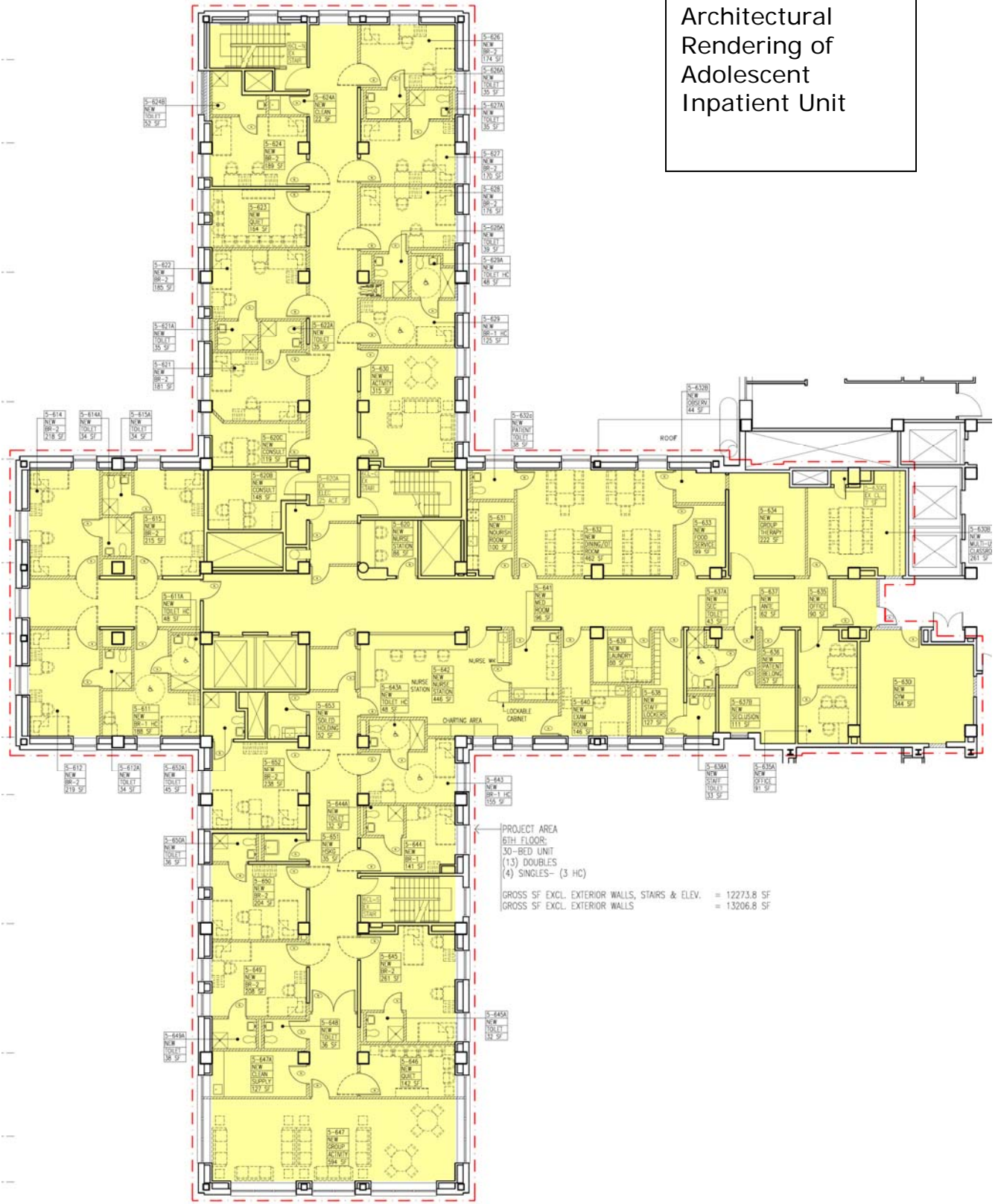
We hope you will join us and invest in the mental health of New York City.

For more information please visit our website (www.slrpsych.org) or call 212-523-7342.

CLARK PAVILION 6TH FLOOR
 EL. 184'-9 1/4"

1 2 3 4 5 6

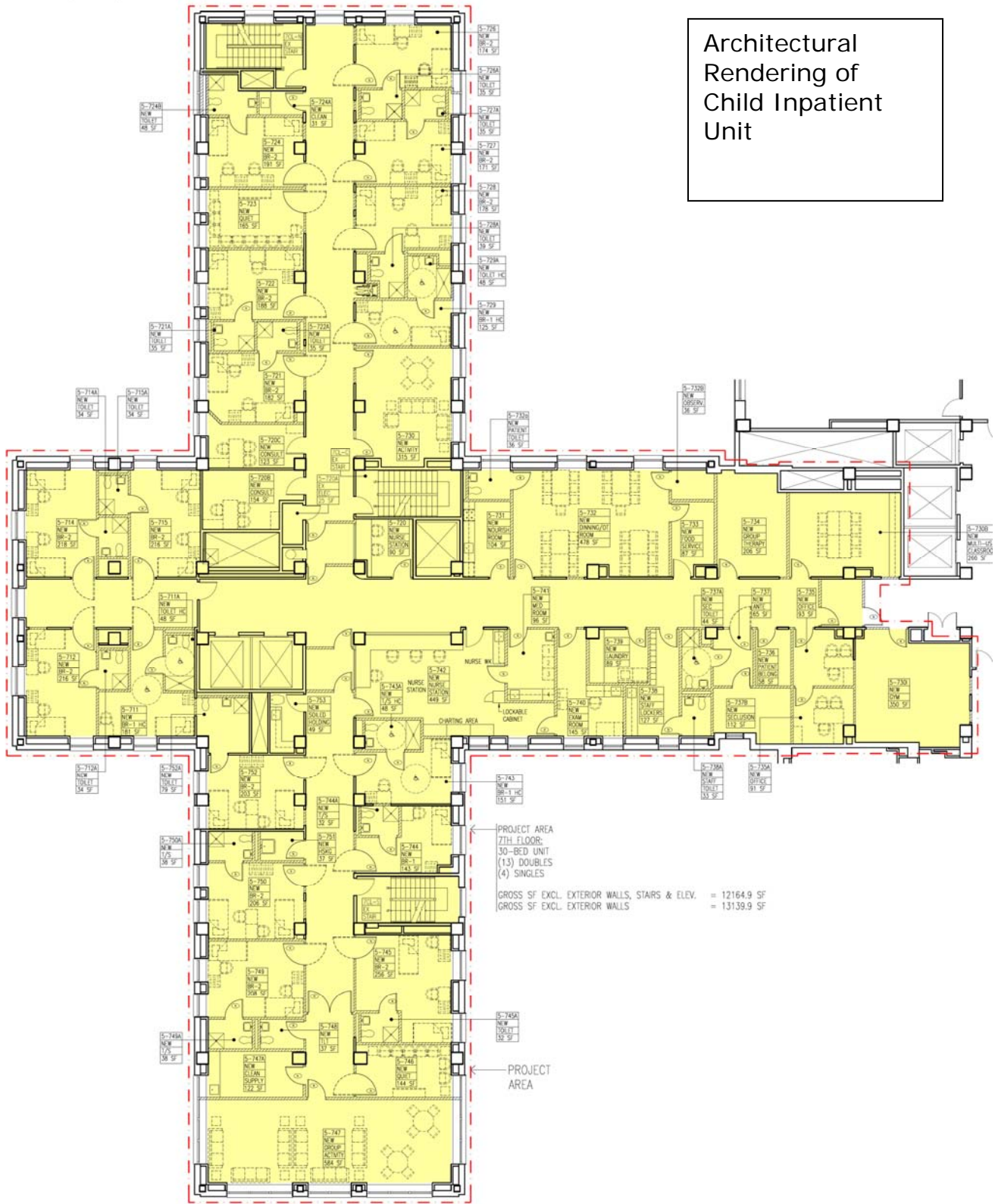
Architectural
 Rendering of
 Adolescent
 Inpatient Unit



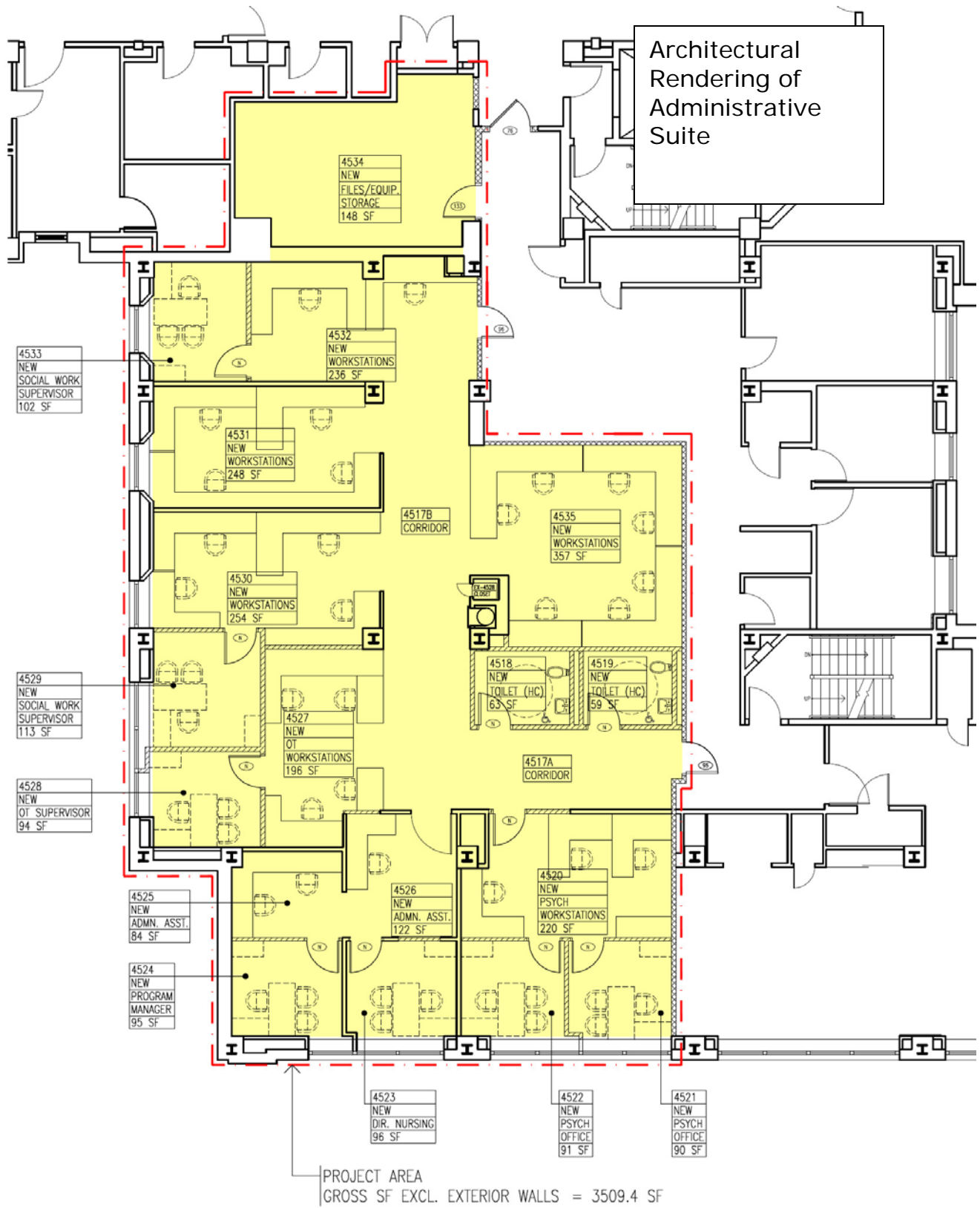
CLARK PAVILION 7TH FLOOR
EL. 190'-9 1/4"

1 2 3 4 5 6

Architectural
Rendering of
Child Inpatient
Unit



PROJECT AREA
7TH FLOOR:
30-BED UNIT
(13) DOUBLES
(4) SINGLES
GROSS SF EXCL. EXTERIOR WALLS, STAIRS & ELEV. = 12164.9 SF
GROSS SF EXCL. EXTERIOR WALLS = 13139.9 SF



STUYVESANT PAVILION 5TH FLOOR
EL. 172'-9 1/4"