

About

Psychiatric Residential Treatment Center

What is Psychiatric Residential Treatment?

Residential treatment provides extended care for clients who have behavioral health disorders requiring treatment in a therapeutic environment 24 hours a day, seven days a week. Residential treatment may be required for clients who are stable enough to not require acute inpatient hospitalization but do require a structured, therapeutic, residential setting to stabilize their condition so they can function at home in an outpatient setting in the future.



Reasons for Psychiatric Residential Treatment

- A child or adolescent is unable to function in an outpatient setting despite ongoing, documented, active treatment.
- A child or adolescent has had numerous acute stays and is unable to stabilize long enough to be treated in an outpatient setting.
- A child or adolescent is unable to stabilize in acute care after a longer period of time.

Need Help?

If you have questions or need some assistance, call Admissions at **501-803-3388**.

What is the Process for Admitting Someone into Psychiatric Residential Treatment?

To have someone admitted to residential treatment, Methodist Family Health must have an outpatient (OP) referral letter. This letter is submitted directly to a third party for determination. The referral letter typically comes from the child's or adolescent's outpatient therapist. However, it can be initiated by a parent or guardian, the Department of Human Services, juvenile court, mental health clinics, primary care physicians, teachers, school counselors or other behavioral or psychiatric hospitals.

The referral is submitted to a third party after all of the paperwork is ready. The third party typically responds to a request within 10 to 14 days with approval. If a child is currently in inpatient care, the referral may be expedited. If the request is made just prior to a weekend or a holiday, it may take longer to receive a response. The third party does their best to respond in the most timely manner possible, but they cannot guarantee anything faster than the standard response time.

It is our goal at Methodist Family Health to schedule the admission as soon as possible. We also try to work with what is most convenient for the family of the child or adolescent being admitted. In the event that it is not possible to admit immediately (such as inclement weather, family emergency, etc.), it is possible to request additional time, but we try very hard to keep this process as efficient as we can.

Dos and Don'ts for the Outpatient Referral Letter

- DO focus on mood symptoms, psychosocial stressors, triggers and barriers to outpatient treatment.
- DON'T focus on conduct symptoms and substance abuse. These cannot be the primary focus of residential treatment. They can be present, but mood symptoms are what the main treatment of psychiatric residential treatment is focused.
- DO document what you have tried in an outpatient setting and what has not worked. Include family therapy and involvement. Many times a request is denied due to lack of family involvement.
- DON'T sell yourself short when presenting the treatment you are providing for the child or adolescent. List everything, including case management calls, crisis interventions and collateral meetings, etc.
- DO emphasize the sympathy/empathy of the reviewer. List all stressors including trauma, abuse, loss and relocation. Paint the picture of what is going on with the child or adolescent in his or her life and how unstable it is.
- DON'T give short, one-word answers and expect reviewers to fill in the blanks. They will not.

For More Info

Visit MethodistFamily.org

or e-mail Info@MethodistFamily.org

