Introduction to Child Inpatient Care
Donnelly 1 South

Institute of Living
A division of Hartford Hospital and member of the
Hartford HealthCare Behavioral Health Network
Today is probably not your most favorite day. There are so many emotions you must be feeling right now.
Did you know there is a hospital "unit" that is just made for kids that have similar feelings?

A "unit" is a special part of the hospital that ONLY cares for children.
Donnelly 1 South is a special place that has a team of "specialists" that help you and your family take care of you.

"Specialists" (Spesh-ah-lists) * Nurses * Doctors * Therapists * Psychiatric Technicians * Peer Specialists

"Psychiatric technicians" are confusing words. They are awesome staff members that help support you through your stay with us. They are really good at helping you when you feel down.
We will measure your blood pressure by giving your arm a little "hug."

We call this "taking your vital signs."

Vital signs help to tell the story of how you are feeling overall, you get to fill us in on the rest.

We will also take your temperature to measure how hot or cool you are.
We haven't met yet, but I bet you are a pretty "cool" kid!
We have doctors here that will do a check up to make sure you are in tip-top shape.

When you arrive, our nurses will welcome you and check your body for cuts and scrapes.
You get to show us how big you are!

We will ask you to step on the scale.

Then you will stand up nice and tall.

No cheating!
You will have a safe room to sleep in.

Also, a place to keep your treasures until you leave.
You will have a bathroom and a shower in your room. We have shampoo, soap, toothbrushes and toothpaste to help you stay squeaky clean while you are here.

You can ask your family to bring a favorite blanket or pillow from home.
When you are with us on the unit, we will talk about how you are feeling throughout the day.

Growing up can be hard. We all need help sometimes.

We are proud of you for trying something new.

Maybe you have been here before and can tell your group what you have learned.
This is where we have groups and activities. You will have your own chair with your name on it!
We have some great meal and snack choices here for you.
We have a school too. The school is sort of like your school back home (except it only lasts two hours.) We do math, music, art, read and watch movies.
This is our "cozy corner." It's a great space to take in the sunshine and relax on a bean bag chair.
We have special times when pet dogs come to visit our unit.

This is one of our furry friends.
There is also time to visit with the special people in your life.

We will ask them questions about you to get to know you more.

We would also love to hear about them!
Maybe you have a sister or brother at home that will come to visit. We have really cool things for them to play with.
We can’t wait to meet you!

While we are waiting for our friends in the ambulance to pick you up, start thinking about the answers to some questions:

> What makes you happy?

> What makes you mad/sad/angry?

> How can we tell when you are having a rough day?

> What are calming activities for you?
While you are waiting, we are getting your room ready.

The staff in the emergency room is also letting our team know about you so we are ready to welcome you.
This book was created by the staff of Donnelly 1 South.

See you soon!
just
Breathe