

Inspiring Wellness for Our Youth



The Child and Adolescent Psychiatry Unit features 12 rooms that are designed to promote wellness through family, individual and group treatments. Academic services are provided five days a week for school-age children so they do not fall behind in their studies. The child, their family, their school and community services are all an active part of the treatment plan to ensure that a patient will have the proper support well after treatment in the hospital setting.

With a strong team of clinicians and critical programming already in place to assist these children as they take on the challenges in front of them, the Child and Adolescent Psychiatry staff is asking for your help to refresh the spaces on the unit to better promote a therapeutic environment.

PATIENT ROOMS

For many children and adolescents, their room space is very important to their identity. Adolescents often describe feeling comforted by being in a room that feels at home and reflects who they are.

What is needed:

- Desk
- Chair
- Paint for each room with inspirational and motivational quotes

COMFORT ROOM

The comfort room is a quiet, supportive, and therapeutic space for patients to use when they are feeling anxious and/or have heightened emotions.

Items requested:

- Rocking chair
- Beanbag
- Noise cancelling headphones
- Stress balls
- Weighted blankets
- Sound machine
- Crayons/coloring books
- Puzzles

EDUCATIONAL SUPPORT

The hospital contracts with a teacher or teacher assistant from Champlain Valley Educational Services to provide two hours of education each day. Not every family can afford to bring a Chromebook to the hospital for their child to help with those lessons. Having Chromebooks on the Unit would give patients access to necessary resources for continued learning.

FAMILY SUPPORT

Keeping families in touch with their children on the Unit can be challenging with COVID-19 safety protocols in place. Adding secure video conferencing equipment would be a valuable tool in promoting family-based therapy as part of the treatment plan.

HOW YOU CAN HELP FINANCIALLY

Painting for comfort and patient rooms	\$6,200
Sensory items for the comfort room	\$1,200
Desks/chairs for each room	\$6,000
Chromebooks (five)	\$1,400
Video conferencing equipment	\$1,600
Total	\$16,400

If you'd like to make a donation, please contact:

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