



# OUTSIDE AGENCY PARENT GUIDE

If your child is experiencing a mental health emergency, you may contact the following agencies to conduct an evaluation:

- Mobile Response & Stabilization Services (for children under 18) - 800-969-4357
- Crisis Intervention Services (for ages 18+) - 800-652-2929

The goal of an evaluation is to gain a clear understanding of the type of support and services that will be needed, and to prevent unnecessary or inappropriate hospitalization. Potential outcomes include:

- If inpatient hospitalization is not needed, the agency will work with your family to determine the student's needs and help make connections to outpatient services.
- If further evaluation or services are needed, you may be referred to these agencies.
  - MeadowWood Behavioral Health Hospital - 800-289-8336
  - Rockford Center - 302-996-5480
- Referral for inpatient hospitalization. The agency will contact community partners to determine which agency has space available.

## AT THE AGENCY...

- **Be patient.** There could be a waiting period, especially on a weekend or near a holiday.
- **Expect multiple assessments.** There may be additional intake assessments once you arrive at the agency in order to determine the appropriate level of care needed.
- **Be honest.** Because genetics can play a major role in mental health, it is important to be 100% honest about family issues, alcohol/drug use, suicide ideation/attempts, prescriptions, etc. Your family's history is confidential and will be shared with the school only with your permission.
- **Communication is key.** A signed release form will allow the agency and school to communicate effectively. Without your permission, the school cannot talk to the agency about the student's care when they return to school.
- **We are here to help.** Please contact the Office of Support Services, at 793-5063 if you need assistance or are not receiving information from the agency in a timely manner.

## TRANSITIONING BACK TO SCHOOL

Here are some ideas to help make the transition back to school less overwhelming.

- Set up a transition meeting with school staff to discuss the student's return to school. Contact your child's school counselor to schedule a meeting.
- How absences are discussed with peers is up to you and your child. School staff members are available to talk to your student about how they would like to handle these conversations, including what to say to peers and how to handle any conflicts that may arise.
- Students are not penalized for time missed due to hospitalization. However, your child may be required to make up work during their absence. The school can work with the providers at the hospital to help your child get access to the work they need to complete. If needed, you may work with your child's teachers, counselor, school psychologist, and administrator(s) to discuss a plan for making up missed work.

*The sole purpose of an inpatient hospital stay is to stabilize your child enough so they can be discharged to outpatient care. It is important to continue with outside services such as a psychiatrist, psychologist, or counselor as recommended by the agency. Please contact your school psychologist if you need help getting connected to a support network.*