

Hospital Guide for Youth Mental Health Crisis



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The term “unemancipated person under the age of 18” is used in Nevada mental health crisis law to refer to youth and children in which the law applies. The term “youth” will be used in this document instead.



The Purpose of This Document

The purpose of this document is to provide information for families whose youth are experiencing mental health crisis that may lead to temporary hospitalization. A mental health crisis hold is a legal process in Nevada law that allows certain professionals to protect a youth experiencing a mental health crisis so they don't hurt themselves or others. The purpose of the hold is to provide emergency care, which may include evaluation, observation, transportation, and treatment.

This document includes education, resources, and an explanation of mental health crisis holds (also known as legal holds). This document does not promote the use of holds, rather, this information is intended to empower parents to make informed decisions about their youth's mental health needs.

The Difference Between Voluntary and Involuntary Hospitalization

Voluntary Hospitalization:

If a youth is hospitalized voluntarily, parents or legal guardians may request discharge against medical advice.

Involuntary Hospitalization:

Under involuntary hospitalization a youth may be held under a mental health crisis hold for up to 72 hours.

Youth Mental Health Crisis Hold Overview

A mental health crisis hold is a legal process in Nevada Law that allows certain professionals, law enforcement, or healthcare professionals to protect a youth experiencing a mental health crisis so they don't hurt themselves or others. The purpose of the hold is to provide emergency care, which may include evaluation, observation, transportation, and treatment.

What Is a Mental Health Crisis Hold?

A youth mental health crisis hold may be placed on a youth with mental health needs, who is considered a danger to themselves or others.

- Marriage and Family Therapist
- Certified Professional Counselor
- Social Worker
- Registered Nurse
- Advanced Practice Registered Nurse

Where Is One Taken on a Mental Health Crisis Hold?

If your youth has been placed on a hold, they will be taken to a medical hospital for evaluation. Based on the evaluation by a healthcare professional, they may either be released to you or transported to a mental health hospital.

Who May Place a Youth on a Mental Health Crisis Hold?

- Authorized Law Enforcement
- Physician
- Physician Assistant
- Psychologist

How Long Does a Mental Health Crisis Hold Last?

A mental health crisis hold typically lasts for 72 hours. However, the 72-hour period may be extended if a petition is filed with the district court. The petition must include a statement signed by the parent or guardian of the youth that the parent or guardian does not object to the filing of the petition. Parents can choose to extend their youth's mental health hospital stay in if necessary without a court process.

YOUTH MENTAL HEALTH CRISIS HOLD PROCESS

Step 1: Youth is assessed to be in mental health crisis including possible suicide, serious illness, or death.

Step 2: Prior to placing a mental health crisis hold on the youth, a person must attempt to obtain the consent of the parent or guardian.

Step 3: If parent or guardian consent is unable to be obtained, youth is placed on a mental health crisis hold, which can last up to 72 hours for their safety.

Step 4: Hospital must attempt to notify the parent within 8 hours of receiving the youth.

Step 5: Youth receives an examination from a medical professional to ensure there is no medical condition that requires immediate treatment (medical clearance).

Step 6: Youth receives an evaluation from a medical professional to determine that the youth is in a mental health crisis.

Step 7: At anytime during this process the youth may be accepted and transported to a mental health hospital.

What to Expect

What May Happen during the Mental Health Crisis Hold?

Your treatment team will meet with you to discuss the situation and develop a plan moving forward:

- Your youth may be released to you.
- You may choose to have your youth continue treatment, and the hold may be released.
- You may have concerns about releasing the hold—these concerns can be discussed with the treatment team to identify options.

What Can You Expect during the 72 Hours?

While at the medical hospital, your youth's healthcare team (doctors, nurses, social workers, etc.) will determine your youth's medical and mental health needs. The team will also help you and your youth get the appropriate treatment needed. During this time, your youth may receive a medical assessment based on their health needs that may include vital signs, diagnostic tests, labs, etc. Many youth will not need to go into an inpatient mental health hospital, but for those that do, the process can take anywhere from several hours to several days.

There are several factors that affect how long your youth may stay at the hospital while waiting to get into an inpatient mental health hospital:

- Treatment of a critical medical condition or an infectious disease
- Injury
- Assessment of the cause of your youth's crisis which may be due to a mental illness
- Capacity to accommodate and treat
- Insurance



About Patient Rights

In the case of a hospitalization, the hospital will provide you with information on patient rights.

Your Rights Regarding Your Youth's Privacy & Healthcare Information

As the parent or legal guardian, you have the right to:

- Receive information about your youth until the age of 18 or until emancipation
- Control who is able to access your youth's medical records, including treatment plans except for special circumstances.
- Inspect and obtain a copy of your youth's medical records
- Amend the information in those records
- Request a summary of who has been provided your youth's health information
- Request restrictions on who can receive your youth's health information
- Request confidential communication about your youth
- Receive a paper copy of the Notice of Privacy Practices

These rights can be found in the Health Insurance Portability and Accountability act found in federal law here: <https://www.hhs.gov/hipaa/index.html> and in Nevada law in NRS 433.456 to NRS 433.536.

More information can be found at nvbh.org.

What If I'm Not Happy with the Care My Youth Is Receiving?

Have a Concern about Your Youth's Care?

Hospitals strive to provide the best care possible, however there may be times when you are not satisfied with the care your youth is receiving. The following actions can help in these situations:

- If you believe you or your youth's rights have not been observed, discuss your concern with any staff member in person and/or in writing.
- Request to speak to a patient advocate at the hospital, who can help you navigate the hospital's complaint and grievance process. This person serves as an advocate for those admitted to the hospital. The patient advocate is available to both you and your family, assisting in clarifying information, supporting your rights and connecting people to the right resources. The patient advocate can help with grievances and also can pass along compliments regarding your rights and the quality of care and service at the hospital.
- If you have a concern about your rights, you may discuss your concerns with your attorney.

Complaints & Grievances

NEVADA DIVISION OF PUBLIC AND BEHAVIORAL HEALTH

Healthcare Quality & Compliance

775-684-1030

<https://dpbh.nv.gov/Reg/HealthFacilities/dta/Complaints/HCQC-Complaint-Form/>

Office of Consumer Health Assistance

702-486-3587

https://dhhs.nv.gov/programs/cha/contact_govcha/

Disability Resources

If you need more information about your rights and how to advocate for them.



Nevada Disability Center

The Nevada Disability Advocacy & Law Center (NDALC) is a private, statewide non-profit organization that serves as Nevada's federally-mandated protection and advocacy system for human, legal, and service rights for individuals with disabilities.

LAS VEGAS

2820 West Charleston Blvd., #11
Las Vegas, NV 89102

PHONE: 702-257-8150
TOLL-FREE: 1-888-349-3843
NEVADA RELAY: 711
FAX: 702-257-8170
lasvegas@ndalc.org

RENO

1875 Plumas Street, #1, Reno, NV 89509

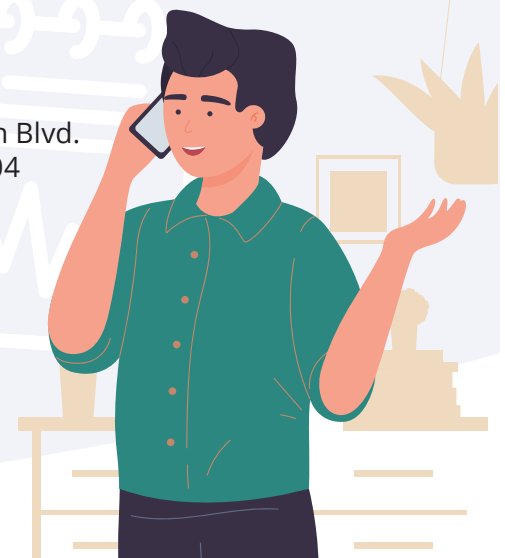
PHONE: 775-333-7878
TOLL-FREE: 1-800-992-5715
NEVADA RELAY: 711
FAX: 775-786-2520
reno@ndalc.org

Nevada Legal Services

530 South 6th Street
Las Vegas, NV 89101
702-386-0404

Legal Aid of Southern Nevada

725 East Charleston Blvd.
Las Vegas, NV 89104
702-386-1070



Continuing Care to Meet Youth's Ongoing Needs

Planning for Discharge

What to expect:

- A discharge planner, who could be a social worker, nurse, or other hospital staff, will speak with you within the first 24 hours of your youth's stay to discuss your family's goals, preferences, and needs to begin developing a discharge plan for when your youth leaves the hospital. The provider overseeing your youth's care will also be involved in making sure that this plan is aligned with your family's goals for the care and treatment of your youth.
- If the discharge plan changes during your youth's stay, you can meet with the discharge planner to reassess and change the plan as needed.
- The following elements will be used to develop your youth's plan and connect you to providers who can support you and your youth after discharge:
 - Your youth's diagnosis
 - Medical issues and past medical history
 - Your Insurance Companies Provider List
 - Ongoing needs after discharge
 - Any risk for needing to be admitted again
 - Your social, family, psychological, employment, food, housing, and transportation needs
 - Communication needs, language barriers, diminished eyesight or hearing, literacy.
- When the discharge planner meets with you and your youth, they will help you select a provider.
- You and your youth should be involved with the development of the discharge plan so that you can prepare for next steps after discharge.



Frequently Asked Questions

HOSPITALIZATION

Every effort should be made to provide treatment in the least restrictive setting in your community, however psychiatric hospitalization may be necessary in circumstances where a youth cannot keep themselves safe.

What Does Treatment Consist Of?

1. Treatment starts with an evaluation that includes talking to you and your youth about why they are in the hospital, reviewing any mental health symptoms that they have had before, getting information from people who know them and any records from doctors and hospitals that they have been to in the past. Gathering all of this information will help your doctors have a more clear understanding of your youth's needs.
2. A physical exam and possible lab work to find out if there are medical conditions that may be affecting the way your youth is feeling or acting.
3. If the evaluation shows that mental health is involved in the crisis, and your youth's crisis continues, they may be transferred to a mental health hospital for continuing treatment. Please note: Stabilization in the community should be explored prior to a mental health hospital stay.
4. Your youth's doctors will use the evaluation findings to diagnose any mental health conditions. They will get input from you and your youth to develop a plan for treatment and discharge. While at the hospital, activities may include individual and/or group therapy and taking medications.

Are Families Expected to Be Involved?

Yes! It is extremely important that family members participate in treatment. Family members are essential members of each youth's treatment team and family support assists in healing. It is also very helpful for families to understand and participate in the discharge and aftercare plans in order to have a smooth transition back home and to the community with continued practice of the skills the youth has learned.

What If I Don't Have Insurance to Pay for Treatment?

There are several options for those who do not have insurance, but need mental health treatment. A hospital social worker or staff person will work with you to ensure you get the care you need. The following options are available so you can get treatment:

- Many youth are eligible for Medicaid, which after an often quick enrollment process, will allow you to access private hospitals offering inpatient mental health services.
- If you are ineligible for Medicaid and do not have insurance, Nevada Division of Child and Family Services may be able to assist with payment for a mental health hospital stay.

Questions?

If you have more questions, please refer to the resources page (Pages 10 and 11 in this brochure).

FAQ

If you are ineligible for Medicaid and do not have insurance, Nevada Division of child and Family Services may be able to assist with payment for a mental health hospital stay.

How You Can Support Your Youth When They Experience Mental Health Concerns

You may have a youth who you are concerned about. Here are some options that may help:

Immediate Crisis Resources

If your youth is experiencing immediate or crisis needs.



Children's Mobile Crisis Response Team (MCRT)

MCRT supports youth and families who want help for any mental health/behavioral health situation or crisis with a youth or adolescent in any community in Nevada.

Nevada.

knowcrisis.com; 702-486-7865



Crisis Hotline: Crisis Support Services of Nevada

The Crisis Hotline is for individuals in Nevada who are in need of an empathetic ear, a caring heart and a helping hand to anyone in need. Help is available through

hotline, text line and in-person advocacy services.

cssnv.org; 1-800-273-8255



SafeVoice

This anonymous reporting system can be used to report threats to the safety or well-being of students. You can make a report in both English and Spanish by using any of the following options:

• Through the SafeVoice Nevada app, available from the Apple Store or Google Play

• Through the SafeVoice Nevada app, available from the Apple Store or Google Play

• ***Online at: safevoicenv.org***

• ***Or call: 1-833-216-SAFE (7233)***

Trained Peer Support and Advocacy Services

If you face barriers or struggles to access mental health support that your family needs.

Youth M.O.V.E. Nevada

Youth M.O.V.E. Nevada (YMNV) is a chapter of Youth M.O.V.E. (Motivating Others through Voices of Experience) National. YMNV is a youth driven organization dedicated to improving services and systems that support positive growth and development by uniting the voices of individuals who have lived experience in various systems including mental health, juvenile justice, education, and child welfare. YMNV works as a diverse collective to unite the voices and causes of youth while raising awareness around youth issues. YMNV holds peer to peer meetings each month and advocates for youth rights and voice in mental health and/or other systems that serve them, for the purpose of empowering youth to be equal partner in the process of change.

Statewide toll-free 1-800-216-5188

Southern Nevada 702-388-8899

Northern Nevada 775-418-9950

For more information go to: nvpep.org



National Alliance on Mental Illness (NAMI) NAMI Warmline

The NAMI Warmline is a non-crisis, peer support line. Peer Wellness Operators

support individuals impacted by mental health concerns through a shared lived experience. The Nevada Warmline's hours of operation are 8 am to 10 pm, Monday through Friday and 8 am to 9 pm, Saturday and Sunday.

Call 775-241-4212 to speak to a Peer Wellness Operator.

For more information go to: naminevada.org



Nevada PEP (Parents Empowering Parents)

Nevada PEP offers family peer support services to families of children with behavioral health care needs. Family Specialists are family members who have lived experience raising children with behavioral health care needs. With compassion and understanding, our Family Specialists can help you find information, support, and resources. We can assist you to advocate for your youth and family to access support and services to help at home, in the community and at school.

Statewide toll-free 1-800-216-5188

Southern Nevada 702-388-8899

Northern Nevada 775-448-9950

For more information go to: nvpep.org

How You Can Support Your Youth When They Experience Mental Health Concerns

You may have a youth who you are concerned about. Here are some options that may help:

How to Find Mental Health Resources if You May Need Them for Your Youth:



Talk to a social worker or a counselor at your youth's school.

Contact your insurance company for list of covered providers who work with children and youth.



Nevada 211 Youth
nevada211.org/youth-services/
Find a mental health professional at Nevada 211.

Nevada 211 is a free and easy way to locate and get connected to thousands of resources near you, including assistance with food, utilities, housing, mental health providers, and health care, plus much, much more.

- **ONLINE AT:** nevada211.org
- **DIAL:** 211
- **OR CALL:** 1-866-535-5654
- **TEXT YOUR ZIP CODE TO:** 898211

Need Additional Information about Behavioral Health Providers?



Behavioral Health Nevada: Find and access quality behavioral healthcare providers in Nevada.
behavioralhealthnv.org

Disability Resources

If you need more information about your rights and how to advocate for them.



Nevada Disability Center

The Nevada Disability Advocacy & Law Center (NDALC) is a private, statewide non-profit organization that serves as Nevada's federally-mandated protection and advocacy system for human, legal, and service rights for individuals with disabilities.

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RENO

1875 Plumas Street, #1, Reno, NV 89509

PHONE: 775-333-7878
TOLL-FREE: 1-800-992-5715
NEVADA RELAY: 711
FAX: 775-786-2520
reno@ndalc.org

Preparing for the Next Steps

Every family's situation is unique, and you may need to explore different providers to find the right fit. It is essential to work with your discharge planner and insurance provider for coordinating care.

Safety Plan:

Safety planning is about brainstorming ways to stay safe that may also help reduce the risk of future harm. It can include planning for a future crisis, considering your options, and making decisions about your next steps.

Do you have a safety plan for your youth? Yes No If no, who do you call in a crisis?

Details of safety plan:

Resources:

Do you have a case manager, or someone else you can call for help finding resources? Yes No

Discharge Plan:

Discharge planning is a process to plan for continued care after hospitalization. Health care professionals, parents, and the youth participate in discharge planning activities.

Treatment and discharge details:

Does your youth have appointments? Yes No
Upcoming appointments:

Is your youth being transferred? Yes No
Transferred where?

Did the hospital provide your youth with a prescription or medications upon discharge? Yes No

Does your youth have a mental health provider in the community? Yes No

Do you have any concerns about being able to fill the prescription? Yes No

