

Mental Health Crisis Services



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Scope of Services

1

Inpatient (MHU)*

Highest level of care for acute suicidal or homicidal ideation, mania, psychosis

2

Consultation-Liaison

Caring for the emotional/psychological needs of medically ill/complex children

3

Embedded Clinic

Behavioral Health Interventions within medical subspecialty care

4

Outpatient *(TCSC)

General outpatient, embedded behavioral health into subspecialty clinics, specialty care based on diagnosis

Pediatric Consult Liaison Team

Consists of:

- 2 psychiatrists
- 2 PMHNP-BCs
- 4 psychologists
- 1 LCSW
- Learners

Pediatric Consult Liaison Team

- ❑ Conducts diagnostic evaluations for emotional, behavioral, cognitive, and psychiatric concerns
- ❑ Offers crisis intervention
- ❑ Recommends psychotropic medication options and collaborates with medical teams on safe prescribing
- ❑ Assists with behavior management strategies for treatment refusal, or difficulty adjusting to illness or procedures.
- ❑ Delivers brief therapeutic interventions
- ❑ Provides liaison services to medical team strengthening communication and collaboration between providers

Services in the ED

- ☐ Social Work Evaluations
 - ☐ Child Abuse
 - ☐ Sexual Health/Pregnancy
 - ☐ Physical/Sexual Assault
 - ☐ Human Trafficking/Exploitation
 - ☐ Substance Use

- ☐ Behavior Management Support
 - ☐ Preventative approach
 - ☐ Strategies for staff to help patients who are dysregulated in collaboration with social work team and child life specialists
 - ☐ Agitation plans

Services in the ED

- ☐ Risk Assessments
 - ☐ Assessing Risk Level
 - ☐ Determining appropriate level of care
- ☐ Safety Planning
 - ☐ Providing family Interventions
- ☐ Disposition recommendations
 - ☐ Psychiatric Admission
 - ☐ Discharge Home with safety planning/resources
 - ☐ Medical Admission
- ☐ Initiate psychiatric treatment
 - ☐ Follow-Up Care Plan

Acute Care Clinic through TCSC

- ❑ Outpatient Clinic Appointment within one week to support safety planning

- ❑ Eligible Patients
 - ❑ Able to Safety Plan for a short period of time
 - ❑ Multiple psychiatric hospitalizations and likely will not benefit from additional inpatient hospitalization
 - ❑ Connecting to outpatient resources and need a bridge during crisis
 - ❑ Caregivers able to engage in safety planning

Grace Grego Maxwell Mental Health Unit (MHU)

- 24 bed unit, staffed for 16 at this time
- Team includes:
 - 2 psychiatrists, 1 PMHNP-BC
 - Nursing
 - Social work
 - Expressive therapists
 - Behavioral Health Technicians (BHTs)
 - Learners



MHU - Daily Structure

- Average length of stay 4.6 days
- Each treatment team meets every morning
- Usually patients are not able to access individual rooms outside of the morning and overnight
- Typically there are 2 groups each morning, 2 groups each afternoon
 - Mixture of expressive + social work groups
- Outside time (weather permitting) at least once per day
 - Healing garden - basketball court, covered tables, ping pong table, garden
- Family visitation time each day
- Patients see their psychiatrist and social worker each day
- Psychology involved as needed
- Family meeting at least once during stay, led by social worker
 - Goal - safety and disposition planning

MHU Admission Criteria

Considerations:

- Aggressive or agitated behaviors
- Developmental and cognitive level
- Staffing of the unit
- Medical complexities
- Other

MHU Dispositions

- Can vary depending on patient, family needs, insurance restrictions, location,
- Individual Therapy
- Psychiatry/Medication Management (if needed)
- Specialized needs like family therapy, Parent training/Coaching, Parent-Child Interaction Therapy (PCIT), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), etc...
- Intensive Outpatient Program (IOP)
- Partial Hospitalization Program (PHP)
- Residential Treatment Center (RTC)

MHU Dispositions - TCSC

- Texas Child Study Center - outpatient mental health clinic
- Located in 2 South wing close to MHU
- Child psychiatry and child psychology services
- Trainees rotate through this clinic as well
- As of April 2026, waitlist is over 3+ months long

Questions?

*Thank
You*

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