

Vermont Urgent Care for Children Programs Overview

Psychiatric Urgent Care for Kids (PUCK)

Region Covered: Bennington County

Designated Agency: United Counseling Services (UCS)

Ages Served: 0-18 years old

Referral Source: Emergency Services

Hours Open: Monday – Friday, 9:00am – 5:00pm

Time in Program: 1-3 days (can be referred multiple times)

Brief Description:

Intensive day treatment program to help stabilize children and youth in the community and avoid inpatient hospitalization. The program includes:

- Separate space for day treatment with meeting and activity space, sensory space, and a rest area.
- Complete clinical assessment and screenings.
- Psychiatric consult if needed.
- Case management with family, school and providers.
- Therapeutic interventions with the child and family with a focus on skill building -identifying what works for them in home, the community and school.
- Lot of mindfulness and sensory activities.
- Load them up with internal and external bag of tools to take from the program.
- Goal for them to leave with a treatment and behavior plan.
- PUCK can also be used as a step-down program for children/youth who access a inpatient hospital level of care. In these cases, it is accessed through the discharge planning process.

Emergent Psychiatric Intervention for Children (EPIC)

Region Covered: Lamoille County

Designated Agency: Lamoille County Mental Health (LCMH)

Ages Served: 6-18 years old

Referral Source: Emergency Services

Hours Open: Monday – Friday, 9:00am – 4:00pm

Time in Program: 1-3 days (can be referred multiple times)

Brief Description:

Intensive day treatment program to help stabilize children and youth in the community and avoid inpatient hospitalization. The program includes:

- Separate space for day treatment.
- Complete clinical assessment and screenings.
- Psychiatric consult if needed.
- Case management with family, school and providers.
- Therapeutic interventions with the child and family with a focus on skill building -identifying what works for them in home, the community and school.
- Skills work – focus on sensory activities building coping skills – Ideally want kids to build a skill box so kids take at least one strategy or tool with (feeling books).
- Access to services quicker than through normal channels (instead of normal 6-8 weeks)
- Goal is to leave at the end to the day with a thoughtful plan, a box of tools, and to refer for on-going services.

Youth Stabilization Program (YSP)

Region Covered: Brattleboro/Windham County

Designated Agency: Health Care and Rehabilitation Services (HCRS) – Windham County

Ages Served: 12-18 year olds

Referral Source: Emergency Services

Hours Open: Monday -Friday, business hours

Time in Program: 6 weeks – 3 months

Brief Description:

YSP is a high intensity outpatient program that is designed to provide a brief period of intensive support and stabilization to the children and families to reduce suffering and help the youth remain in the natural environment and out of the hospital setting. After a brief assessment and meeting with both the youth and family, they provide the following services:

- Possible services depending on the individual needs: individual therapy, family therapy, case management, therapeutic skills work, and peer support services.
- Strong emphasis on family engagement, so staff may go to the home to work with family and provide family therapy and parent coaching.
- May do dyadic or group work with the youth depending on the other kids currently in the program and their needs.
- First week is the most intensive – can provide services 3-4 days/week if not in school (but not full day, usually only a few hours) – work on figuring out/assess what was the regulation issue, what are triggers and identify coping strategies.
- In subsequent weeks, the intensity of work reduces as they work with the youth and family to practice skills, add more tools and strategies and connect with other supports in the community.
- Prior to discharge the work with other providers to come up with clear behavior and treatment plans.