



SHADOW MOUNTAIN BEHAVIORAL HEALTH SYSTEM

FAQs

Call For Help 800-821-6993

WHAT IS SHADOW MOUNTAIN BEHAVIORAL HEALTH SYSTEM?

For over 30 years, Shadow Mountain has specialized in treating children and adolescents with emotional and behavioral problems. We have inpatient hospital programs and outpatient services. If you bring your child to the Assessment Center, a professional will evaluate your child's needs. When children are doing and saying things that are a danger to themselves or others, admitting them to the hospital may be necessary to keep them safe.

HOW CAN YOU SCHEDULE AN ASSESSMENT?

All assessments are scheduled through 800-821-6993. Walk-ins are also welcome. Almost all assessments take place at Shadow Mountain Hospital and Assessment Center located just south of 61st on the West side of Sheridan at 6262 S. SHERIDAN TULSA, OK 74133. See the map on the back or call for directions.

WHAT HAPPENS AFTER YOU ARRIVE?

When you arrive at Shadow Mountain for an assessment, a mental health professional will interview you and your child. The assessment itself takes around 1 hour. The most critical part of the assessment is determining what level of care is required to keep your child safe. For this reason we will ask many questions about if your child has tried to harm themselves or others and when. Be sure to tell us if your child is seeing a counselor or has seen one in the past. We also need to know if your child has a caseworker or a probation officer. Thank you for your patience while we gather information to make the best assessment possible.

WHAT SHOULD YOU BRING?

Please bring (If the assessment is an emergency, you can provide these items within 24 hours of admission):

- | | |
|---|---|
| <input type="checkbox"/> Your insurance card(s) | <input type="checkbox"/> Custody papers (if applies) |
| <input type="checkbox"/> Your child's birth certificate | <input type="checkbox"/> Your child's social security card |
| <input type="checkbox"/> Your child's record of immunizations | <input type="checkbox"/> Please bring only 3-5 changes of clothing. |
| <input type="checkbox"/> Your child's list of current medications | |

**There is no need for you to bring toiletries since we provide them. Toiletries (like aerosol cans) are safety hazards.

**Leave all valuables at home.

WHAT IF YOUR CHILD IS ADMITTED?

Once the assessment is complete, the assessor consults with a psychiatrist who ultimately decides on the medical necessity of the admission. Your child will be admitted to either an "acute" or "residential" unit depending on the level of danger your child is in. Your child will have a Treatment Team that includes a psychiatrist, therapist, nurse and unit staff. The psychiatrist evaluates your child within 24 hours and will develop a treatment plan with the team. The Treatment Team measures the safety and stability of your child on a daily basis. You will get a handbook at admission that lists visiting hours and important phone numbers.

IS THE FAMILY INVOLVED?

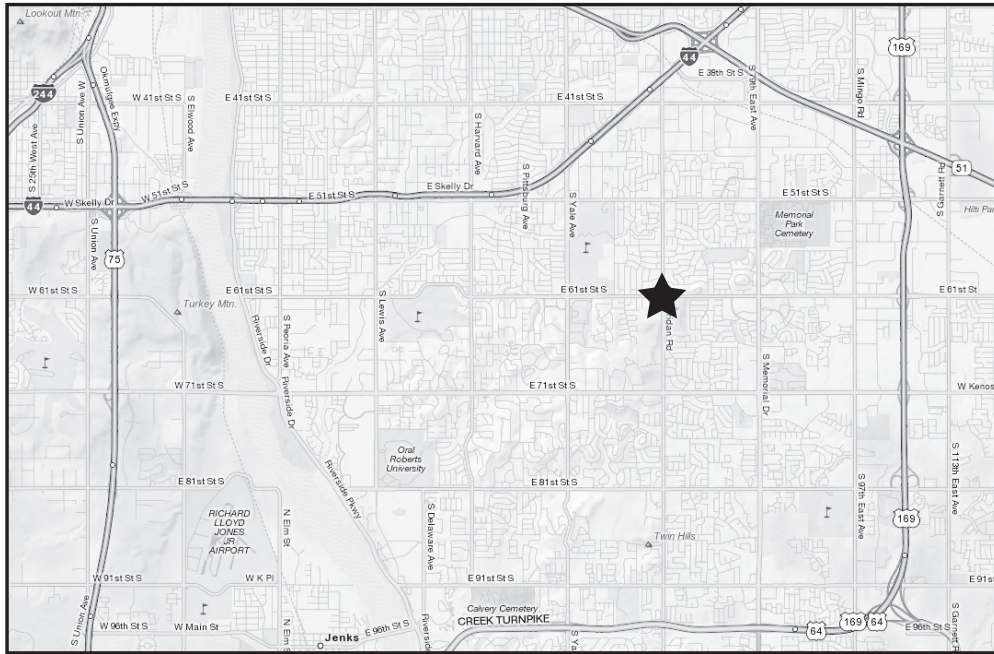
Family therapy is a critical part of your child's treatment. Your child's therapist will schedule a family therapy session. Parent or guardian involvement in family therapy is critical for recovery during hospitalization and after discharge.

WHAT HAPPENS WITH SCHOOL?

Your child will continue with school while at Shadow Mountain. Tulsa Public Schools is on site at our main location, Riverside location, and HOPE location. The local public schools serve our other facilities. You will need to re-enroll your child in your local school district after discharge.

DIRECTIONS TO SHADOW MOUNTAIN HOSPITAL AND ASSESSMENT CENTER

From 169: Take the 61st street exit and go west on 61st street to Sheridan. Turn left (south) on Sheridan. Hospital is on the right (west).
 From Hwy 51: Take the Sheridan exit and travel South on Sheridan. Go straight through the 61st St. light. Hospital is on the right (west).
 From 44: Take the 41st street exit. You will need to turn right (east) onto 41st street at the end of the off ramp. Proceed on 41st St. to Sheridan. Turn right (south) onto Sheridan. Go straight through the 61st St. light. Hospital is on the right (west).



CHILD'S NAME: _____

Referred by: _____

Have Consent to Share Information: _____ Yes _____ No, Please Send One

Phone: _____ Fax: _____

Relationship to Referred: _____

- Child has harmed self or others.YES NO
- Child threatens to harm self or others.YES NO
- I am a witness to the child being a danger to self or others.YES NO
- Child reports auditory or visual hallucinations.YES NO
- Child displays unprovoked aggressive behavior.YES NO
- Child exhibits extreme anxiety, paranoia, or agitation.YES NO
- Child currently exhibits symptoms of extreme depression.YES NO
- Child admits to recent abuse of alcohol or narcotics.YES NO

Other concerns include:

PHONE: 800-821-6993

CONFIDENTIAL ASSESSMENT FAX: 918-497-4952

ONLINE TOURS: www.shadowmountainbhs.com