

CREATING A SAFE SPACE:

CHILDREN'S MENTAL HEALTH AT CLAXTON-HEPBURN





SENDING A GREAT BIG
THANK YOU
to ALL Health Care Workers

HOPE

CREATING A SAFE SPACE: MENTAL HEALTH AT CLAXTON-HEPBURN

FROM THE CLAXTON-HEPBURN FOUNDATION

A RELENTLESS, GROWING NEED

Since its inception in 1990, the Claxton-Hepburn Mental Health Unit has been providing much-needed mental health care to adult patients from across the county in its 28-bed inpatient mental health unit.

Last year alone, more than 1,000 patients 18 or older spent nearly 10,000 patient days on the unit.

Being admitted to a mental health unit can be a terrifying experience for those who may be depressed and suicidal, psychotic, paranoid--our unit is often their final hope.

Our dedicated staff and the tools they provide can be a fork in the road for our patients. A stepping stone. A new beginning. **A safe harbor.**

But not for all who need us. Right now, patients 4-17 years old have very few inpatient options close to home.

We are going to change that with the creation of an inpatient mental health unit dedicated to meeting the needs of our vulnerable patients.



SUPPORT CHILDREN'S MENTAL HEALTH AT CHMC

Creating a safe harbor for youth is both a time and resource-intensive endeavor.

Because the unit will see patients from the age of four to 17, the environmental, therapeutic, and educational needs of the unit are incredibly varied and need to be addressed in compliance with state and federal regulations.

At the core of plans for the unit is a desire to make the space as aesthetically cohesive and calming as possible while ensuring maximum safety for all patients and staff. With a warm, soothing environment, young patients will feel more at ease when meeting with their clinicians and other staff, working on homework, or trying to find relaxation.

When a child is in crisis, they need a **welcoming, therapeutic** environment conducive to **healing** and **empowerment**. Your investment will help us give them what they need most to recover and thrive going forward.



You can be part of this vital movement at Claxton-Hepburn and help the more than 900 children and teenagers who come to our Emergency Department have a place to go for the treatment they need, when they need it.

Our **12-bed unit** will accommodate youth diagnosed with pediatric psychiatric disorders who require inpatient care and access to our licensed, trained **Treatment Team**. These healthcare professionals remain up-to-date on the most current trends and revelations in the mental healthcare field. With the unique personality and needs of the patients in mind, our team will design **individualized, evidence-based treatment** plans for our young patients. Donor investment will help us create safe and comfortable spaces with approved furnishings and ligature-resistant fixtures.

An **Education Coordinator** will be staffed to ensure school-aged students do not fall behind in coursework, as well as design group sessions that will provide essential skills to help as they transition back to day-to-day life, including coping skills, communication techniques, and mindfulness methods. Donor investment will help with supplies, technology, and programming costs.

Providing guided therapeutic activities will be our **Activities Coordinator**, who will direct both individuals and groups in a variety of age and treatment appropriate games, arts/crafts, and physical feats. Donor investment will help provide activity supplies, games, and physical activity equipment.

With so many youth already coming to us in our Emergency Department, we expect demand for the unit will be high, **with over 3,500 patient days** during the first year of operation. Please consider investing now to make those difficult days the best possible for our youth.



CHMC WELLNESS CENTER & MENTAL HEALTH UNIT TEAMS



BE THE DIFFERENCE IN VULNERABLE LIVES

Since 2015, more than 5,000 people in crisis have needed our Mental Health Unit--some for hours, some for weeks. The patients we see are scared, confused, and in desperate need of compassionate mental healthcare--now imagine that those patients are four years old, or ten, or thirteen, with nowhere to go for the true level of care they need. You can help them have that place to go--somewhere safe with the tools to treat and heal--by investing now.

INVESTMENT	MINIMUM DONATION	DONATIONS IN ACTION
Naming - Entire Unit	With a \$500,000 investment, the donor officially names the Children's Mental Health Unit	Be the philanthropic force behind the creation of a new, safe and therapeutically designed environment for youth aged 4 to 17 who are in crisis and need inpatient mental health care.
Naming - Common Area	With a \$250,000 investment, the donor officially names the Common Area	Be the philanthropic force behind the creation of a common area for therapeutic and free-time activities, ensuring that young patients have space to relax, socialize (as recommended), and work toward being well.
Naming - Activities Area	With a \$175,000 investment, the donor officially names the Activities Area	Be the philanthropic force behind a robust Activities and Education program, where young patients are engaged in academic studies, group programs, and other therapeutic activities designed to aid on their path to wellness.
Plaque Recognition (Outside of the Mental Health Unit)	With gifts of \$10,000 - \$174,999 , donors will be recognized on a plaque near the unit entrance	Be a part of the philanthropic community supporting the evolution of the Mental Healthcare at Claxton-Hepburn Medical Center to support younger, vulnerable patients.
Annual Donor Recognition	With gifts of \$1.00 - \$9,999 , donors will be recognized in annual donor publications	Be a part of the philanthropic community supporting the evolution of the Mental Healthcare at Claxton-Hepburn Medical Center to more fully support younger, vulnerable patients.

A WINDOW TO BE PROACTIVE

Mental health and wellness impacts more than just an individual: when a person misses work, when a parent can't take their child to an appointment, when a family worries about the fate of their loved one – these are situations that affect many in subtle and obvious ways. You can help us lessen the ripple effect a stay in our unit can have on those struggling to get healthier and those who wait outside the unit with their trust and hope in our hands. We are happy to discuss our plans for the future of Mental Healthcare at Claxton-Hepburn and provide more details upon your request.





CHMC FOUNDATION

125 New York Avenue
Ogdensburg, NY 13669
foundation@chmed.org
315.393.9175



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