

BEST PRACTICE MODELS

BEST PRACTICE MODELS for Treatment of Mental Disorders

[6] Standard Treatment

- a) Outpatient psychotherapies, medication and procedures
- b) Inpatient psychotherapies, medication and procedures
- c) Ancillary support services

[6 b] Inpatient psychotherapies, medication and procedures

Inpatient management is never isolated but always only a phase of the overall treatment process. Inpatient admission separates the child from usual attachments and is a temporary abnormal situation that should only be undertaken for specifiable goals in a setting that is best able to meet those goals. Therefore, assessment would ordinarily begin in a community setting with inpatient admission arranged electively to meet specific assessment or treatment objectives, followed by post-discharge management. Crisis management may require inpatient admission for protection and containment before the community-based elements can be put in place. However, community management must be central to planning from the outset.

Best practice requires an integrated system of community-based assessment with an inpatient service option that provides the necessary components of treatment followed by post-discharge community-based support.

The inpatient services should be matched to the particular needs of the child and coordinated with other phases of family management.

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