



**DEDICATED TO IMPROVING THE LIVES OF CHILDREN AND TEENS**

The caring professionals at Kempsville Center for Behavioral Health understand that the decision to seek treatment for your child is not an easy one. We are here to help make the process easier so your child or teen can receive the appropriate level of care and return home as soon as clinically possible.

We are focused on healing with a team approach that includes a psychiatrist, therapists, nurses, teachers, mental health technicians and other allied therapy professionals.

*No-cost assessments are offered 24/7 and no referral is necessary. Call 757-461-4565 and our clinical team can answer your questions and set up an appointment. For more information, visit [kempvillecbh.com](http://kempvillecbh.com).*



860 Kempsville Road  
Norfolk, VA 23502  
757-461-4565  
Toll-free: 877-409-2228

[kempvillecbh.com](http://kempvillecbh.com)  



AdvancED and Measured Progress are now



Model representations of real patients are shown. Physicians are on the medical staff of Kempsville Center for Behavioral Health, but, with limited exceptions, are independent practitioners who are not employees or agents of Kempsville Center for Behavioral Health. The facility shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 253653289-3653493-RPT 4/25



# INPATIENT TREATMENT SERVICES



[kempvillecbh.com](http://kempvillecbh.com)



## Multiple levels of care to provide the individualized treatment your child or teen needs

### All treatment programs include:

- Individual Treatment Plans
- A Multi-Disciplinary Team
  - Medication management professional
  - Nursing
  - Mental health technicians
  - Pediatric medical professionals
  - Recreational therapy professionals
  - Special education professionals
  - Master's-prepared clinicians
- Individual therapy
- Family therapy
- Clinical and social group work
- Recreational activities
- Opportunities for physical fitness activities
- Planning for aftercare and return to the home, community and school environments

### ACUTE INPATIENT TREATMENT

Inpatient hospitalization is for children and youth ages 4-18 who are experiencing a mental health crisis and require immediate support, 24/7 care and monitoring.

#### How long will my child be in inpatient treatment?

Treatment can be different for every child. The average length of stay for the acute program is one week. Your child's psychiatrist or therapist will talk with you more about this after the first few days of treatment.

#### If admitted, what does my child need to have/bring to KCBH?

Several days' worth of clothes is recommended. We provide toiletries.

No clothing with strings or belts, or that is tight-fitting/revealing in any way.

No electronics, jewelry, razors, makeup, blankets, pillows, comforters or food.

If your child is being admitted to the Child Program (ages 4-10), they may have a small stuffed animal during their stay.

#### What kind of communication will I have with my child?

Daily phone calls with your child as well as in-person or virtual telehealth family sessions will take place during your child's treatment. There are also visitation times for your child's specific program that we encourage families to attend.

#### What about schoolwork?

We encourage all guardians to help prioritize this time for focusing on a child's mental health. We also recognize for some youth that schoolwork can be a helpful tool for them to reduce stress. Parents/guardians can deliver schoolwork. There is time each day when a child or teen can work on it.

### What can we expect at discharge?

You and the team will discuss if another type of treatment would be best for your child's continued healing. In some cases continued treatment at Branches, a service of Kempsville Center, for Full-Time Day Treatment or Residential Treatment Program will be discussed. Your child's clinician will work with you to set up the next steps for aftercare at KCBH and/or with a community-based therapist and psychiatrist/medication management professional.

### NEXT STEPS

Call us at **757-461-4565** to speak to a member of the Intake Team about your child or teen. There is someone available 24 hours a day, 7 days a week.

*More information about these programs can be found on our website at [kempsvillecbh.com](http://kempsvillecbh.com).*

