

New admissions to the Youth Behavioral Health Hospital will be referred from the North Central Health Care

## Crisis Center

1.800.799.0122

715.845.4326

North Central Health Care  
1150 Lake View Drive  
Wausau, WI 54403

*No appointment necessary.*

### What is a Crisis?

A crisis is whatever an individual, family or group feels is a crisis at the time. Crisis situations can take many forms. Some situations may include:

- Feeling overwhelmed, depressed, helpless, hopeless or unable to cope with difficult situations in their life
- Talking about or attempting suicide
- Bullying or threats of violence
- Drug and/or alcohol abuse
- Eating disorders
- Difficulties at school
- Other mental health emergencies



*You don't have to manage a crisis alone.  
We're here for you and your family.*



North Central Health Care  
Youth Behavioral Health Hospital

715.848.4585

[www.norcen.org/YouthHospital](http://www.norcen.org/YouthHospital)  
2380 Marshall Street, Wausau, WI 54403

### Equal Opportunity in Service Delivery Policy

No otherwise qualified applicant for service or program participant shall be excluded from participation, be denied benefits, or otherwise be subject to discrimination in any manner on the basis of race, color, national origin, age, sex, sexual identify, sexual orientation, religion, political beliefs or disability. No employee or other person shall intimidate, threaten, coerce, or discriminate against any otherwise qualified individual for the purpose of interfering with any right or privilege secured under one of the applicable civil rights laws, or because they have made a complaint, testified, assisted, or participated in any manner in an investigation, proceeding or hearing under one of the applicable civil rights laws. This policy covers eligibility for access to service delivery, and to treatment in all of the programs, services and activities. All employees are expected to support the goals and programmatic activities relating to nondiscrimination in service delivery.



## North Central Health Care Youth Behavioral Health Hospital

Providing Exceptional Inpatient  
Behavioral Health Services for Youth



*a space to heal. a space to grow.*

*Serving Youth & Families in the Counties of  
Marathon, Langlade and Lincoln*





# North Central Health Care Youth Behavioral Health Hospital

## Where Healing Begins...

North Central Health Care's Youth Behavioral Health Hospital is the first step in life-changing care and treatment for young people between the ages of 13-17 who are experiencing a mental health or substance use crisis. Under the direction of a psychiatrist and other licensed medical and professional staff, our hospital provides 24-hour care in a secure setting that provides a safe and healthy environment where healing can begin.

The Youth Hospital provides short-term therapeutic interventions by reducing and stabilizing a child's crisis and linking them to the necessary care that will help manage their illness and help them better navigate their world.



## Admission to the Hospital

All patients admitted into the Youth Behavioral Health Hospital must be referred through the North Central Health Care Crisis Center. Upon arrival at the Crisis Center, youth are taken to a safe, secure setting where deescalation can begin and an assessment takes place by youth care professionals. Youth who can be discharged safely will have resources in place to provide treatment as needed. Each child, and each situation, is treated uniquely and youth are referred to the appropriate level of care based on the assessment of the Youth Crisis team.

*Each child is unique,  
and therefore so is their  
care and treatment.*

## Treatment Planning

The average length of stay at the youth hospital is approximately 5-7 days and is determined based on clinical need. Treatment includes regular scheduled evidenced-based group and individual therapy and a variety of skill-building and educational groups.

Upon admission, our highly-skilled treatment team will meet with your child individually. They will then work together to develop the best treatment plan for each child.

Once a patient has met criteria to deem them safe and ready for discharge, the Social Worker and treatment team will work together with the patient and their family to develop a discharge plan that promotes safety and meets their individual needs. Our goal is to keep each patient moving forward on a path of healthy recovery.

## Programming & Activities

The Youth Behavioral Health Hospital offers a variety of programming to support mental, emotional, physical, and spiritual well-being. Our multidisciplinary team schedules each patient daily for appropriate groups and activities including the following:

- Goals Group
- Dialectical Behavioral Therapy
- Acceptance & Commitment Therapy
- Cognitive Behavioral Therapy
- Family Relationships
- Psycho-educational Groups
- Health & Wellness
- Trauma Group
- Communications Group
- Life Skills
- Coping Skills Group
- Skills Practice
- Discharge & Safety Planning
- Arts & Crafts Group

## Therapies

**Individual** - A therapist who is specially trained to work with children and adolescents is part of our team at the Youth Hospital. Our therapist may initiate one-to-one sessions, however our entire team will work with your child on setting daily goals and learning new skills to help them cope through group therapy, individual contact, and recreational and therapeutic activities.

**Group** - Group therapy is a treatment that uses social interactions to examine mental health issues and learn new skills. Group topics are determined by the participant's needs. Topics may include social skills, coping skills, self-expression, life skills, or anger management.

**Team or Family Meetings** - The goal of family meeting is to gather family perspectives of your child's needs and to involve the family with discharge planning.