



Introduction to 3G

The RBC Child & Youth Mental Health Inpatient Unit

Information for children and youth

3G Unit: (905) 521-2100, ext. 72800

Working with 3G

You will stay in the RBC Child & Youth Mental Health Inpatient Unit (3G) for mental health care in the hospital.

You may need our help to:

- Be safe
- Assess your mental health
- Review the medications you take
- Treat mental health issues
- Plan care in your community, so you can go home

The care we provide is guided by this belief:

**We believe that children, youth and families are doing
the best they can with the skills they have ...
and we will work together to make things better.**

How long will I stay on 3G?

How long children and youth stay on 3G depends on their needs. Each person's needs are different.

When you come to 3G, the health care team will work closely with you and your family to determine your needs and plan your care. This includes making plans for when you can leave 3G. This is called discharge planning.

Who will be involved in my care?

Health care providers will work closely with you and your family.

Your health care team may include:

- Child and Youth Workers
- Nurses
- Occupational Therapists
- Social Workers
- Psychiatrists
- Psychologists
- Pharmacists
- Teachers

Our hospital trains medical residents and students in health professions. They may also be involved in your care.



The way we work together matters

Our goal is for the hospital to be a place where everyone is treated with respect.

Please read the [Mutual Respect](#) booklet included in your information package.

This is your guide to working with the health care team.

What will I do on 3G?

When you arrive, team members will talk with you and your family to better understand what led to this hospital stay and how we can help.

You will fill out a “behavioural analysis” (BA). By working through the BA, you share important information with the team. This will help us:

- Understand why you were admitted to the hospital
- Identify the skills you can learn to prevent coming back to hospital

After completing the BA, you can attend groups with other children/youth and meet with different team members. As your “coach”, we will help you learn and practice new skills in new situations.

You may be able to go off the unit with an approved caregiver.

What will my parents do while I am on 3G?

We ask parents and caregivers to attend our “Caregiver Connections” group and other meetings so we can share information about our program and what the children/youth are learning.

We may also have meetings with your parents and/or caregivers to learn about your health, your early years, and how you have been doing lately.

When can I have visitors?

We suggest that your parents, caregivers and visitors come after 4 pm on weekdays, when programs on the unit are finished. Visitors are welcome to visit anytime on the weekend.

Can I leave the unit?

Your safety is most important when deciding if and when you can leave the unit. We may plan walks off the unit and day or overnight passes with approved caregivers which can help you prepare for discharge. When possible, you will have passes over a weekend.

What about my school work?

Please bring in your school work. Our team includes teachers who can help you continue your homework. Computers are available in the classroom to complete online course content.

We may ask for your consent (or your parents’ consent) to:

- Send a letter to your principal explaining why you are not at school.
 - Speak with the school to learn more about your school experience and plan your return to school.
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What do we provide on the unit?

We provide:

- Towels, bedding and linens
- Shampoo, conditioner and body wash
- Writing, drawing and coloring materials
- MP3 player with preloaded music

What can I bring to the unit?

You can bring:

- Toiletries - toothbrush & toothpaste, a hairbrush, comb, deodorant, facewash (in a plastic bottle, without pump)
- Unopened boxes of feminine sanitary products
- Enough clothing for 3 days (without strings)
- Slippers or sandals to wear on the unit without laces or strings. Shoes with laces will be kept in your locker to wear outside
- Schoolwork, books, journals for writing (without metal bindings). Any books with metal bindings or rings will be kept in your locker to use during academic periods
- A small stuffed animal (without holes or ties)
- Up to 3 comfort items that meet the safety standards of the unit

Please note that we are not responsible if items are lost or stolen.

What things are not allowed on the unit?

The following items are not allowed on the unit:

- Communication devices such as cell phones and computers
- Handheld gaming devices
- Recording devices such as cameras, digital recorders and smart watches

- Sharp objects such as glass, mirrors, tweezers, scissors, metal cans, hangers and pencil sharpeners
 - Plastic bags, including Ziploc bags and plastic wrap
 - Belts, cords and strings (including shoelaces, ties in hoodies and pants, headbands and scrunchies)
 - Pillows, blankets and towels
 - Nail polish and nail polish remover
 - Cigarettes, lighters and vapes
 - Alcohol or drugs
 - Weapons
 - Hair straighteners, curling irons and hair dryers
 - Electric toothbrushes
 - Anything with metal or metal springs such as pump bottles, retractable pens or metal water bottles
 - Playdough or clay
 - Energy drinks
 - Metal buckles on shoes, hats and clothing
 - Watches with glass faces
 - Any clothing that supports violence, aggression, racism, sexism and/or negative comments about sexual identity
 - Knee High Socks
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How do we ensure safety on the unit?

Everyone's safety is important to us, including all children, youth, staff and visitors.

We need to provide a safe environment, free from:

- Violence, aggression, self-harm, lying, racism, sexism and/or negative comments about sexual identity. We do not allow clothing or any items that support any of these ideas.
- Bullying, threatening and/or verbal abuse.
- Substances including cigarettes, alcohol and drugs (and the supplies related to drug use).

Talk to staff right away if you feel unsafe or think you may do something dangerous. Staff will help you learn and use skills that will help.

Any time that a patient's behaviour causes safety concerns, staff will work with the patient to become calm. If this does not work, and the safety of the patient or others remains a concern, we would need to consider methods of restraint as the last option.

Assessing the risk of violence

If we receive information that a child/youth is at serious risk of harming others, we may participate in a "Violence Threat Risk Assessment". This assessment determines how best to support the child/youth so their behaviour does not become dangerous.

To do the assessment, we contact the child's/youth's school and other community agencies. We also tell the police that a Violence Threat Risk Assessment is occurring.

As this assessment is a standard response for community agencies in Hamilton, we may be contacted by a school or community agency if they are conducting a Violence Threat Risk Assessment.

If you are at risk of harming others, we will meet with you or your family to discuss our concerns. We will ask you or your parents/caregivers for consent to share information with the community.

Please note that in some situations we are required to disclose information, without consent.

Can I make my own treatment decisions?

The hospital operates under the Health Care Consent Act. This Act states that a **capable patient of any age** can consent (agree) to a treatment. The consent of their parent or caregiver is not necessary.

The health care team decides whether a patient is capable. You are capable of making a treatment decision if you can:

- Understand the information relevant to the treatment decision
- Understand the possible consequences of making the decision or not
- Tell us your decision

If the team finds you incapable of making a specific treatment decision, then someone else (usually your parent or guardian) will be assigned to make the decision. This person is called a “substitute decision maker”.



Important!

We will take all reasonable steps to make sure that families are involved in and informed of their child's/youth's care.

However, if you are capable you can make treatment decisions without a parent's/caregiver's consent.

How is the privacy of personal information protected?

We will protect the privacy of your personal information. We will ask for your permission (consent) before sharing your information with others, or getting the information from others.

- If you are capable, you have the right to keep your information private from anyone you choose, including your parents.
- If you are not capable of giving consent, then we will look to a “substitute decision maker” for consent.

We also want your parents/caregivers to feel comfortable sharing their concerns with us. We will keep these concerns within your care team, unless we have consent to share it.

There are times, however, when we cannot maintain confidentiality. If we become aware of a situation in which a child/youth needs protection, we are required to report it to the appropriate authorities.

Those situations include:

- If any child or youth under the age of 16 is being hurt or abused, or at risk of being hurt or abused
- If anyone is in imminent danger of hurting themselves or someone else
- If a regulated health professional is or has been sexually inappropriate with someone
- If the courts ask for our records.

Will I be involved in research?

Questionnaires

During your admission, we will ask you and your caregivers to complete short questionnaires about how you are doing and where you are struggling. This information helps us know how to best support you and other youth like you.

Research

Research is an important part of the work we do. Through research, we learn how to best help children and youth with mental health needs. While on 3G, we may ask you and your caregivers if you would like to be involved in current or future research. Whether or not you wish to take part in research is up to you. Your decision will not affect your care in any way

How can I contact the 3G team?



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3G Unit: (905) 521-2100, ext. 72800
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