

MARY FREE BED KIDS MENTAL HEALTH SERVICES

The Basics

REHABILITATION TRILOGY

Our purpose is to help kids:



Move better
(physical)



Think better
(cognitive)



Feel better
(emotional/psychological)

MENTAL HEALTH IS EVERYONE'S JOB

Our interdisciplinary treatment team members understand typical physical, cognitive and emotional growth/development patterns and how medical conditions can affect them. Pediatric rehabilitation psychologists assess patients, providing counseling to kids and guidance to team members.

PLAYFUL THERAPY

Most of our rehabilitation is conducted through what kids love – play and activities. **Because play is a child's work, therapists creatively make rehabilitation fun.**

Keeping Tabs

Physicians who are board-certified in children's rehabilitation lead teams that meet weekly to discuss each child's progress. Teams include:

- Pediatric rehabilitation psychologists and neuropsychologists
- Rehabilitation nurses
- Therapists
 - Occupational therapists
 - Physical therapists
 - Speech-language pathologists
 - Art, music and recreational therapists
- Social workers/case managers
- Registered dieticians

At the First Sign

Children see their situations much differently than we might. It's our job to look through their eyes and walk in their shoes. Kids open up to the team members they trust, and they share their concerns in different ways during their therapy. Our nurses, therapists and doctors are alert to signs of mental health struggles.



Counseling

We focus on improving children's well-being, independence and social participation. Responses to mental health challenges are individualized based on a child's:



Age



Medical condition



Life experiences

ANTICIPATORY GUIDANCE

- Proactive counseling identifies potential issues, so parents and kids can develop appropriate coping measures and be prepared.
- *In practice: Our therapists recently took a small group of kids and their parents to the zoo. They focused on treatment goals, addressed real world situations and showed parents how to respond to behavior challenges.*

SUPPORTIVE COUNSELING

- Team members carefully listen to kids and their parents. Genuine empathy helps improve self-esteem, regulate negative thinking and cope with stressors.
- *In practice: A young boy was seriously injured in a traffic crash that claimed the life of a family member. His injuries kept him from attending the funeral. To help him better understand and express his grief, we made arrangements so the boy and his family could say final goodbyes at Mary Free Bed.*

EDUCATIONAL COUNSELING

- We teach patients and family members about the current medical condition, how it affects them and what they can do to ensure the best possible future.
- *In practice: Following brain injuries, kids must often re-learn skills – including social skills. Without mastering these interactions, kids can become alienated from peers or bullied. Team members practice with the kids and show parents helpful techniques. We also use peer mentoring for kids with spinal cord injuries.*

A Community of Professional Embraces

At Mary Free Bed Kids, rehabilitation includes the entire child – the body, mind and spirit. To truly heal, all must be addressed. But the care doesn't stop there. When a child is injured, ill or confronting a chronic condition, the entire family faces it, too.

OUR REHABILITATION COMMUNITY IS A PLACE WHERE PATIENTS AND THEIR FAMILIES FEEL SAFE TO BE WHO THEY ARE.



Selena's On Her Way

Studies show about 25% of children and adolescents experience pain that lasts three months or longer. Chronic pain in kids is one of the most expensive pediatric health problems in the U.S., costing an estimated \$19.5 billion annually.

Ranging from abdominal discomfort to headaches and musculoskeletal pain, chronic pain is persistent. It can be associated with a long-term illness, an injury, or there isn't a clear cause.

Selena Jacinto knows that only too well. She was plagued by disabling headaches and body pain for years, making it difficult to attend school, exercise or enjoy hobbies. Her doctor referred her to the Mary Free Bed Kids Chronic Pain Program – the only one of its kind in Michigan. It's a blend of medicine, physical/occupational therapy and psychology.

A pediatric psychologist helps kids develop new ways to think about their pain and strategies to cope with it more effectively. Research shows proven psychotherapies can be as effective as surgery for relieving chronic pain, because they alter how the brain processes pain sensations.

It worked for Selena. She rebooted her life, and now one of her dreams is coming true. Selena's heading to college in the fall.