

Short-term Psychiatric Residential Treatment Facility (pRTF)

FREQUENTLY ASKED QUESTIONS

What can I/my child bring to pRTF?

Quantities are set based on storage availability and in consideration of necessities

- 3 shirts
- 3 pants
- 3 pajama tops
- 3 pajama bottoms
- 5 undergarments (5 bras, 5 underwear, this includes binders)
- 5 pairs of socks
- 3 sweatshirts
- 1 bottle shampoo
- 1 bottle of detangler/hair oil for textured hair
- 1 bottle conditioner
- 1 bottle bodywash
- 1 bottle facial cleanser
- 1 bottle lotion
- 1 toothbrush
- 1 tube toothpaste
- 1 bottle of sunscreen
- Personal pads
- 1 water bottle – may not have any metal pieces
- 1 pair of rubber flip flop/slides – may not have any metal pieces
- 1 pair of athletic shoes
- Any products for skin or dental care (acne creams, floss for braces, etc.) are to be stored in the nurse's station
- 3 photos/3 books/1 journal (may not have metal or plastic binding)

Are there any guidelines or restrictions for clothing?

Yes, to ensure safety and maximize the effectiveness of treatment, the following is expected:

- X** Clothing may not show skin below the clavicle.
- X** Sleeves must be solid and the length of the bicep or longer.
- X** Shorts are not permitted.
- X** Clothing may not have buttons, zippers, wires, gems, embellishments, hoods, or strings longer than 5 inches.
- X** Clothing, photos, and books may not depict or reference content that is violent, abusive, sexual, and/or relating to criminal behavior.
- X** No metal or plastic jewelry can be worn, including for piercings. Silicon jewelry can be worn for new piercings to prevent closure.
- X** Acrylic nails cannot be worn.

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Are any materials provided?

Yes. All bed linens, shower linens, and hygiene products are available. Providing items from home is optional.

Will I/my child have a roommate?

Yes. Rooms are doubles. Exceptions can be made by treatment team due to safety concerns.

How many kids are in pRTF?

There will be a maximum of 10 kids in the pRTF program at a time.

Can I/my child have visitors?

Yes. At intake, you will create a visitor/call list of immediate family members and supports. They must schedule visits 24 hours in advance!

Can I/my child have phone calls?

Yes. A contact list will be developed collaboratively with the youth and/or family depending on age. Youth can enjoy up to 3 10-minute calls per day. Calls typically take place during meals and snack times. The pRTF team can accommodate family schedules as needed.

What is the schedule in pRTF?

Busy! A typical day includes a full routine of hygiene, meals, movement, 3 blocks of school instructions, meetings, check-in, and 3-5 structured skill and psychoeducation groups.

How long will I/my child be in pRTF?

The exact length of stay is determined with the patient, patient's family and treatment team. Length of stay is based on progress toward treatment goals and safety concerns. The average length of stay is 60 days.

If you have any additional questions, you or the referring provider can contact:

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