

## The Child/Adolescent Psychiatric Services staff

Our multi-disciplinary team includes mental healthcare professionals such as a Board Certified Child Psychiatrist, Master's prepared Child/Adolescent Program Coordinator, Mental Health Child Life Specialist, Licensed Nurse Practitioners, Registered Nurses, and Mental Health Assistants. This team of professionals is specially trained and supported by the full resources of the hospital staff and services. Furthermore, our staff continually works to advance their training in specialty areas of care.

Sheree L. Edkin, LCSW is the Program Coordinator. She has lived and worked in the tri-county area for much of her career and brings to the program more than 26 years of experience in working with children and their families. Her commitment to excellent care is apparent from the moment a family reaches our door. Her long-standing reputation for providing families in the community with this high standard of care coincides with Lakeland Regional's goal of providing quality care close to home.

## Contact us

The most difficult step is often the first one. Call the Child/Adolescent Psychiatric Services program at:

Crisis Intake Screeners .....(863) 284-1727  
Nurses Station .....(863) 687-1464  
Emergencies .....911

### Speaking to the Community

LRMC is not only dedicated to stabilizing and treating children and adolescents but also to educating families and others in the community about adopting healthy lifestyles. Our program has speakers available to talk to employees or groups interested in preventive mental health care. To schedule an on-site speaker, please call (863) 284-1727 or (863) 687-1055.



Mental Health/Addictions Recovery Center at



*Advanced Technology. Close To Home.*

Child/Adolescent  
Psychiatric Services

**Lakeland Regional Medical Center**  
**1324 Lakeland Hills Blvd.**

**[www.LRMC.com/mentalhealth](http://www.LRMC.com/mentalhealth)**

## Child/Adolescent Psychiatric Services



# Hope Starts Here

Helping families when they need it most

Mental Health/Addictions Recovery Center at



*Advanced Technology. Close To Home.*

## Experienced help, close to home

The Child/Adolescent Psychiatric Services at Lakeland Regional Medical Center has a reputation for providing professional, compassionate care to all patients. The full support of the hospital staff and services help us stay abreast of the most recent research and advances in mental health care. Our program is specialized for children and adolescents from ages 10 to 17. It is the only hospital-based child and adolescent program in Polk, Highlands, and Hardee counties. We provide treatment for children and adolescents needing psychiatric stabilization as well as those with substance abuse problems.

## Trust us with your first step

LRMC serves children and adolescents with emotional, family, school, and behavioral problems. The program provides patients and their families with the first step towards getting back to a well-functioning family system. This step is an intensive, short-term, family-based inpatient psychiatric treatment program. Treatment focuses primarily on issues that have led to admission and continued stay in the hospital. We also offer a 23-hour child and adolescent observation service which provides a medically safe environment for assessment and stabilization.

Since this is the first step, we recommend all families continue in some level of care following discharge from the hospital. We will work together to develop a plan and



assist families in finding the appropriate level of care necessary to continue in treatment beyond the hospital stay. The inpatient treatment program is regarded as simply one phase, although a critical one, in an ongoing treatment process.

## When and how to get help

- If the child has threatened to hurt himself or someone else, call your psychiatrist or physician and share your concerns
- If necessary, your psychiatrist or physician will refer you to the Child/Adolescent Psychiatric Service
- Call us to get the admitting process started
- If applicable, bring all the child's medication and dosage information to LRMC

## Treatment for patient and family

Our staff works closely with the referring psychiatrist, physician, therapist or EAP to provide the most appropriate treatment. We provide a full weekday schedule of treatment activities including:

- Evaluation/stabilization
- Multifamily group sessions and individual family sessions
- Individual therapy
- Group therapy - child and youth group sessions
- Recreational therapy
- Medication management (as needed)
- Coordination with schools
- Discharge planning and education

Our program also facilitates and promotes communication with the school system to help assess the patient's needs and completion of school related activities.

Child/Adolescent Psychiatric Services is based on building strong family relationships and accessing community resources to assist in stabilizing children in crisis and promoting their active participation in the family, school, and the community.

Since we recognize that all family members must obtain skills necessary for a child's success, we believe parental participation in the treatment process is critical. The staff will work with the child and his/her parents/guardian from the time of admission, throughout the hospital stay up to the time of discharge.