

Experiencing a crisis can be scary and confusing, especially for children, youth, and their caregivers. In some crisis situations, further treatment may be recommended by a mobile crisis team. This may include psychiatric hospitalization, crisis stabilization, or emergency room care for your child. Help your child understand this is necessary for their safety and long-term wellness. By modeling calm, you can help calm your child.

This brochure will help you understand what to expect if your child is hospitalized following the services provided by a mobile crisis team. It includes information about your rights as a caregiver and your child's rights as a patient. If you have immediate questions about your child's care, you may contact the facility and their treatment team. You may also contact your county's 24/7 behavioral health access line by dialing 211.

If you believe your rights or your child's rights have been violated, you may request access to a patient's rights advocate. These advocates are provided for free under federal law.ⁱ To talk to a patient's rights advocate, call 1-800-776-5746. They will connect you to your local Office of Disability Rights.

ⁱ See sections 101-117 of the Protection and Advocacy of Mentally Ill Individuals (PAIMI) Act of 1986.



Caregivers Rights

What Caregivers Should Know About a Child Having a Behavioral Health Crisis



» How Long Will My Child be Hospitalized?

If your child is admitted to a facility, they can be there from one to three days. *A patient can be placed on an emergency psychiatric hold (also known as a 5150 hold) for 72 hours.

- Your child will be regularly assessed and may be released into your care before the full 72 hours.
- In rare circumstances, the treatment team may appeal to keep your child longer than the initial 72-hour hold.



» Will I Be Allowed to Talk to My Child in the Facility?

Yes. Caregivers and children have a right to phone conversations. Your child will not be allowed to bring their personal phone into the facility, but they must be provided with phone access.

» Will I Be Allowed to See My Child in the Facility?

Yes, unless your child tells their treatment team that they do not want to see you, you have the right to visit your child in the facility. Check with the facility for specific visiting hours.

» What Rights Does My Child Have in the Hospital?

- To be treated respectfully at all times.
- Recreation, education, and religious freedom.
- To receive visitors, make private phone calls, and receive unopened letters.
- A secure place to store their personal possessions.
- To speak confidentially to their clinical team.
- For a full list of rights, please see the [Caregiver Toolkit](#)

» What Rights Do I Have as a Caregiver?

- To be active in your child's treatment plan.
- To request treatment records for your child, including initial diagnosis, treatment provided in the facility, and recommended follow-up.

- To consent or reject any medication that is recommended for your child.
- For a full list of rights, please see the Caregiver Toolkit.

» What Will Happen When My Child is Ready to Come Home?

You will be invited to a “discharge planning meeting” with your child, their facility-based treatment team, and any current or previous behavioral health providers (if you so choose). This meeting will include recommendations for follow-up care. **It is critical that you follow up with a mental health provider after your child is released to ensure your child is appropriately monitored for further signs of behavioral health challenges.**

» Am I Responsible for Paying for the Crisis Care My Child Received?

The state supports some crisis programs and may pay some or all of the crisis-related costs. However, you may still receive a bill for the services your child received. Call the back of the number on your insurance card to ask about coverage.