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Crisis Intervention Services in Juvenile Detention Centers

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The prevalence of mental disorders among juvenile detainees is estimated to be as high as 60 percent, and reports suggest that adolescents who are detained have a three- to fourfold risk of suicide. The transfer of juveniles who commit serious offenses to the adult legal system and the problems of overwhelmed child care agencies appear to have precipitated a shift in the composition of populations in juvenile detention centers. Adolescents are often detained for minor legal charges that occur in the context of severe behavioral problems and family stress. We report on a collaborative venture between a state juvenile justice system and the psychiatry department of a medical school for assessing and intervening with acutely distressed youths.

The program was implemented for short-term juvenile detention centers where youths are held pending adjudication of their cases, usually for two to four weeks. The high turnover in such centers means that the staff are less familiar with individual youths and thus makes the need to assess suicide risk compelling. During admission, youths complete a self-report suicide scale that is integrated into the standard intake protocol. Detention center staff are trained to administer and score this instrument and to probe for information specifically pertaining to psychiatric history, including suicidal ideation and intent. Because suicide watch status becomes part of the computerized record as an incident report, detention center staff have become more familiar with individual youths and thus makes the need to assess suicide risk compelling.

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The most common inpatient interventions include assessment, stabilization, and medication evaluation. Concerns about disposition, dangerousness, and severity of legal charges frequently need to be addressed during the referral process. Our program provides outreach and education to hospitals that accept referrals to prepare hospital staff to effectively manage these youths and develop appropriate policies—for example, keeping youths on a locked unit. Hospitalization policies and procedures are approved by superior court.

As a general rule, the mental health consultants do not communicate directly with the court. Other mental health professionals are contracted by the detention centers for forensic evaluations. After a hospitalization, the mental health consultant facilitates communication between the hospital clinician and the detention center case managers (after appropriate consents are obtained), and the case manager brings the information to all parties in the court when appropriate and relevant. These boundaries have proven essential to ensuring that the efforts of the mental health consultants are focused on the immediate needs of the youth.

This collaborative program has been in operation for several years. The program recognizes the mental health needs of adolescents in detention centers and has increased staff awareness of suicide and psychiatric problems. The clinical assessments help to address behavioral problems during detention and help case managers to make disposition recommendations. Several hospitalizations occur each month, demonstrating the need for this service, and detention center staff have become more interested in mental health education and training as the program has matured.

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