

### GUIDE - Admitting a youth under MHA

**Purpose:** These points are a simple paraphrasing of what the MHA states are Rights, and is not meant to be read as a script. Please refer to the BC Guide to the MHA and C&W Work Standards for MHA Rights, Form 13.

**Please note:** Applying principles of patient-centered, trauma-informed care is necessary when providing care to all patients (children). Taking into consideration the tone of your voice, the age and developmental stage, and, mental and emotional state of the child is important. Also, who is present (e.g., family members), the environment (e.g., Emergency Dept, Medical Unit, Psychiatry Inpt Unit etc), and the time of day are important.

Guiding questions/statements	Rationale
1. Do you know where you are? (If the youth does not know where they are, explain where they are, i.e. at BC Children's Hospital)	This is also a question that helps assess the patient's level of mental awareness/functioning.
2. What is your understanding of why you are here? If the patient doesn't no, some response examples may include: <ul style="list-style-type: none"> <li>▪ Things haven't been going well and we want to help you with that.</li> <li>▪ Your family and friends are worried about you.</li> <li>▪ You said you were struggling.</li> <li>▪ We are worried about your safety because you said you wanted to hurt yourself.</li> <li>▪ You haven't been going to school for a long time.</li> </ul>	These examples are based on common situations youth are struggling with.  Each youth has a unique story. Tailor your discussion to the context of the youth's life.
3. Please ask any questions and we will do our best to answer them (e.g. I still don't understand why I am here). If you want, I can help you prepare questions to discuss with your doctor beforehand. Some examples may include: <ul style="list-style-type: none"> <li>▪ How long will I be here for?</li> <li>▪ What happens during the day?</li> <li>▪ Can I keep my cell phone?</li> <li>▪ What about my school and/or work?</li> <li>▪ What if my friend's ask where I am? Can my family and friends visit?</li> <li>▪ Can I go outside?</li> </ul>	Part of patient-centred care is including the patient in the process by having open, clear communication.  A resource you may find helpful is the MHA Video for Youth: <a href="https://healthymindslearning.ca/mental-health-act-video-being-certified/">https://healthymindslearning.ca/mental-health-act-video-being-certified/</a>
4. While you're in the hospital, you have what we call 'rights'. This means that you have a say about being here. We can help you with this. <ul style="list-style-type: none"> <li>▪ You can talk to another doctor about your treatment.</li> <li>▪ You can talk to a lawyer if you completely disagree with being here and your family and the doctors don't see it that way.</li> <li>▪ You can talk to a review panel where your opinion will be heard.</li> </ul>	The MHA requires patients to be advised of their RIGHTS as soon as possible after they are admitted involuntarily or voluntarily (at the request of their guardian) under the MHA.