

Alternatives to Home-Hospitalization Instruction

If your child is experiencing issues of anxiety, depression, or other symptoms which may be affecting his or her ability to attend school regularly, there are options which may be helpful before requesting home-hospitalization instruction. Please review the information below which offers details regarding common symptoms of anxiety and depression, steps which may be taken to obtain assistance for your child, as well as contact information for youth health services within your community.

Common Symptoms of Anxiety:

- Restless, nervous, often worried.
- Difficulty concentrating.
- Trouble sleeping.
- Attempts to avoid things that trigger anxiety.
- Personality changes (becoming less social).
- Irritability.
- Fatigue.

Common Symptoms of Depression:

- Feelings of helplessness, worthlessness, hopelessness, sadness, or guilt.
- Anxious or restless.
- Difficulty concentrating.
- Changes in sleep pattern (difficulty sleeping, or oversleeping).
- Changes in appetite.
- Body aches and pain.
- Less energetic.
- Less interest in normal activities and hobbies.
- Thoughts of self-harm or suicide.

Note: It is important to see a qualified health professional in order to determine if any of these symptoms are related to anxiety or depression. If it is determined that your child/youth does require Home-Hospitalization Instruction, please consider

limiting the length of time he/she will be out of the regular school setting, as regular school attendance provides more thorough and effective educational services for your child.

Steps You Can Take to Obtain Assistance for Your Child:

If you believe your child may be experiencing issues of anxiety or depression, before requesting home-hospitalization, please consider discussing different options with your local school staff or with a medical or mental health professional. Below are some local agencies which provide mental and behavioral health services to youth, along with their contact information.

Bluegrass.org

325 Professional Avenue
Winchester, KY 40391
(859) 744-2562 or 1-800-928-8000
<https://www.bluegrass.org>

Flourish Counseling

1414 West Lexington Avenue, Suite B
Winchester, KY 40391
(859) 385-4324
Email: Elizabeth@flourishcounselingky.com
<https://www.flourishcounselingky.com>

Mountain Comprehensive Care

114 S. Maple Street
Winchester, KY 40391
(859) 737-2900
<http://www.mtcomp.org>

Thrive Counseling

301 Boone Avenue
Winchester, KY 40391
(859) 745-2167
Email: thrivecounseling@yahoo.com

New Beginnings Therapeutic Services (available for in-home/mobile services in Clark Co.)

332 Highland Park Drive

Richmond, KY 40475

(859) 625-1955

Email: TherapyReferral@nbfs-ky.com

<http://www.KentuckyFamilyServices.com>

KVC (available for in-home/mobile services in Clark Co.)

2250 Thunderstick Drive

Lexington, KY 40505

(859) 254-1035

Email: KYReferrals@kvc.org

<https://kentucky.kvc.org>

Sanders and Associates (available for in-home/school/and mobile services in Clark Co.)

863 Bennett Avenue

Lexington, KY 40508

(859) 266-6786

Email: sandersandassociatesllc@gmail.com

<http://sandersandassociates.org>