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](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](https://www.flourishcounselingky.com)

**Mountain Comprehensive Care**  
114 S. Maple Street  
Winchester, KY 40391  
(859) 737-2900  
[http://www.mtcomp.org](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

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