

## **Inspection visit to the Children's Mental Health Centre of Tallinn Children's Hospital Foundation**

The advisors to the Chancellor of Justice inspected the department of children, adolescents and minors with eating disorders of the Children's Mental Health Centre of Tallinn Children's Hospital Foundation on 17 February 2018. The advisors to the Chancellor of Justice and experts visited the centre's premises, spoke with the hospital's staff and patients, and reviewed the documents of the implementation of involuntary emergency psychiatric care and restraining measures.

There are three departments at the centre – the children's department for patients up to 10 years of age (Department X), the department for adolescents (Department Y) and the department that specialises in the treatment of eating disorders (Department Z). There are five beds for the provision of inpatient medical care and five beds for day care patients in the children's department. The department also has beds for parents/guardians. There are five beds in the department for minors with eating disorders and six beds in the department for adolescents. There are boys and girls in all departments. On the day of the inspection visit, there were two children with their mothers in the children's department, five patients in the department of adolescents and two patients in the department for minors with eating disorders. There is a nurse and a youth worker in each department 24 hours a day.

The rooms are for two patients. There is a toilet and a shower in each room. The windows are covered by blinds installed between the window frames. There are areas for dining and spending leisure time in the departments.

The building of the centre was completed in 2015. The needs of children and adolescents have been taken into account in the construction and interior design. The rooms are cosy. Patients can decorate their rooms themselves. There is a playroom with educating toys and children's books in the children's department. The beautiful and rather big yard is suitable for various open-air activities – there are swings and climbing structures in the yard. There is a sports hall in the building. Several specialists work with the patients in the centre: attending physicians, therapists, speech therapist, psychologist. The children and adolescents are allowed to wear the clothes they like. The leisure activities of the patients are organised by youth workers.

The staff are friendly and caring towards the patients. The patients say that there is always an employee in the department that they can go to with their concerns or questions.

An electronic documentation system is used at the centre.

The will of an underage patient must be considered in order to provide psychiatric care to such a patient. If an underage patient refuses treatment, the doctor must proceed from their wishes even if the legal representative of the minor thinks otherwise. Placing a minor in a psychiatric hospital against their will is only permitted by way of involuntary emergency psychiatric care (subsection 11 (1) of the Mental Health Act).

Patients must be able to make phone calls in privacy. Patients should also be allowed more privacy when using the toilet.

The patients must be better informed about the extent of video surveillance. Adolescents must be included more in the planning of leisure activities.

The use of restraining measures should always be documented in detail and the time of the conversation held after the use of restraining measures must be noted.