

What to Expect in the First 24 Hours

The first day is about helping your child feel safe, settled, and supported.

Here's what typically happens:

- A warm welcome and time to get oriented to the unit
- A clinical assessment to better understand mental health needs
- Introduction to members of their care team
- Time to rest and adjust to the environment
- Beginning a daily schedule that provides structure and consistency

We move at a pace that respects both comfort and clinical need because trust is the first step in care.



What to Bring

We'll guide you through everything ahead of time, but here are a few general recommendations:

Comfortable clothing (without drawstrings)
Sneakers or slip-on shoes
Personal hygiene items (as approved)

If your child has a comfort item that helps them feel at ease, please let us know—we'll do our best to accommodate when appropriate.

For safety reasons, some items are not permitted. Our team will review all guidelines with you before arrival so there are no surprises.

Accessing Care Shouldn't Be Complicated

Whether you're a parent, school professional, or healthcare provider we're here to help guide the next step.

**One call. A real conversation.
A clear path forward.**

To learn more, make a referral or schedule a visit please reach out to:

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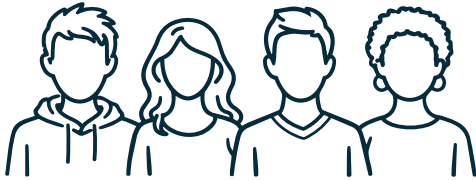


taravista.care

A Guide for What to Expect

*Compassionate,
structured inpatient
care designed to
support school-age
youth and the people
who care about them.*





Parents

A guide for what to expect

Schools

Guidance when a student needs more support

Providers

A resource for families and your care team

A First Step Toward Support




When a young person needs a higher level of mental health care, knowing what to do next can feel overwhelming.

This guide is meant to help you understand what inpatient care looks like so you can move forward with clarity, confidence, and support.

At **The Vistas**, we meet young people and their families with compassion, structure, and respect, creating a safe space for healing.

A More Direct Path to Care

When support is needed, the path to care should be clear.




-  No ED wait times
-  No unnecessary delays
-  One call connects you directly to our admission team

MiraVista and TaraVista both offer a Direct Admission process, allowing young people to access inpatient care without first going through the Emergency Department.

Two facilities, one New England reach. Both Mira and TaraVista work with families and providers to coordinate thoughtful, timely admissions so care can begin when it's needed most.

A Team Approach to Care

Every patient is supported by a multi-disciplinary team that works together to understand their needs and guide their care. Your child's team may include:

-  Psychiatrists and psychiatric providers
-  Nurses and mental health technicians
-  Licensed therapists and social workers supporting next steps

Care is collaborative, thoughtful, and individualized—because no two experiences are the same.



Staying Connected

We know that healing doesn't happen in isolation.

Families and caregivers remain an important part of the process through:

- Ongoing communication with the care team
- Family sessions when appropriate
- Support in planning for next steps after discharge

We're here not only for our patients, but for the people who care about them, too.

What Happens Inpatient

From the moment a young person arrives, our focus is on helping them feel safe, understood, and supported.

Each day is structured to create stability and promote progress, including:

- Group therapy focused on coping skills and connection
- Individual conversations with our treatment team
- Academic time to stay connected to schoolwork
- Opportunities for reflection, rest, and reset

This balance helps patients begin to:

- Understand their emotions
- Build healthy coping strategies
- Regain a sense of control and confidence