

Hamilton
Family Health Team

Child & Youth Mental Health Services in Primary Care – An “Innovative” Approach

Brenda Mills – Coordinator, Child & Youth Mental Health Initiative
 Kate Jasper – Child & Youth Mental Health Counsellor
 Ted Ridley – Child & Youth Mental Health Counsellor
 Dr. Peter Kondra – Child & Youth Psychiatrist
 Catherine McPherson-Doe – Manager, Mental Health Program
 Dr. Carolynne Darby – Director, Mental Health Program

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Presentation Objectives

- An overview of a Child & Youth Mental Health (C&Y MH) model in primary care
- Sharing lessons learned during the 2 year pilot phase (2006 to 2008)
- Discussion - challenges, successes & future directions of C&Y MH in primary care

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The Hamilton Family Health Team Collaborative Primary Care

Category	FTE
FPs (FHT)	129
FPs (Non-FHT)	23
Nursing	69
Pharmacists	6
Psychiatrists	4.4
Mental Health Counsellors	57.1
Dietitians	15
Off. Admin Staff	-
2.1 C&Y MH	2.1
0.2 C&Y MH	0.2

Patients: FHT - 250,000
NON-FHT - 125,000
69 Practices



The HFHT Child & Youth Mental Health Initiative

- 0 to 18 yrs. as a major focus
- Family-centered
- Easily administered/accessible
- Stepped-model of care
- Team co-ordination/consultation
- Links with community agencies



The Child & Youth Mental Health Team

- Coordinator - .8 FTE
- C&Y MH Counsellor - 2 FTE positions (min. of 5yrs. clinical experience)
- C&Y Psychiatrist - .2 FTE



Child & Youth Mental Health Scope of Practice

- Mental Health – prevention, detection, assessment, brief intervention
- Psycho Social Issues – adjustment & family issues (separation & divorce)
- Education and Support



Child & Youth Psychiatrist

Role

- Indirect patient consultation via telephone and fax with HFHT Family Physicians, MHC's and HFHT General Psychiatrists
- Professional Development for practice teams
- Professional Development for HFHT Family Physicians and MHC's



"Stepped Model"

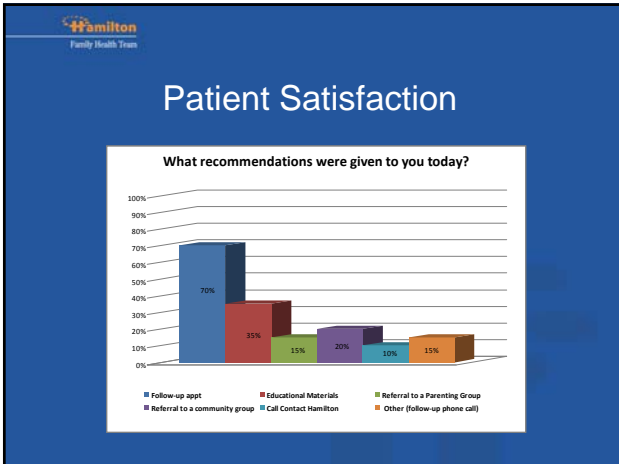
- C&Y MH Counsellor - co-located providing direct clinical services
- Telephone consultation with a C&Y MHC
- Direct consultations consist of a co-counselling model – Mental Health Counsellor (MHC) & C&Y MHC
- Indirect consultation with C&Y Psychiatrist – telephone or fax

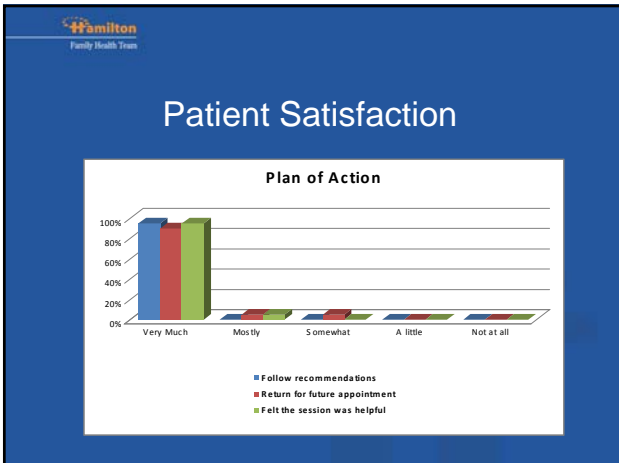



"Stepped Model" (cont.)

- MHC peer consultation groups at various locations (case discussion and presentations)
- Mental Health Newsletter (bi-monthly)
- Large group discipline specific professional development
- Lunch & Learns (practice teams)








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Patient, Physician, and Practice Team Feedback

"I think the lesson we have learned here is that, early intervention and getting strategies, helping families right away - it's made it easier because now parents are sort of giving us.... "I don't know what to do, I think my child might have ADHD - where do I go with this?" - and now I have sort of much more confidence in making that dx and talking to parents about what we can do!

Family Physician feedback

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Patient, Physician, and Practice Team Feedback

"If I could just sum up here, it's having someone with that expertise and knowledge of the community and the ability to work well as a team..."

Practice Team Nurse

"In the doctor's office I don't seem to have a problem with my doctor as soon as he found out our situation he was right on top of things. And he started the counselling and so forth. And our counsellor is good cause he's always suggesting different avenues, websites and things for us"

Patient feedback

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Successes & Challenges

Success

- Accessible
- Timely
- Convenience

Challenges

- EMR
- Space
- Maintaining Scope of Practice

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Creating a child and youth friendly environment at the family practice can be challenging...

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Lessons Learned

- Define scope of practice for C&Y MH
- Flexibility
- Resources
- Build relationships with all practice members
- C&Y MH requires more time
- Know your community services

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Future Directions

- Web – based resources
- Innovative approaches (telephone, email)
- Registry development
- Parent education groups for common conditions (ADHD, depression)
- Service delivery planning with community (Ministry CYS, education, child welfare, PH, recreation)



Thank You!

“The solution of adult problems tomorrow depends in large measure on the way our children grow up today. There is no greater insight into the future than recognizing when we save our children we save ourselves”

Margaret Mead



Contributions

- The Provincial Centre of Excellence for Child & Youth Mental Health at CHEO
- CCMHI Toolkit
- Dr. Nick Kates & HFHT Mental Health Program
- Don Buchanan – Offord Centre for Child Studies & McMaster Children’s Hospital
- Chuck Cunningham PhD – Professor – McMaster University, McMaster Children’s Hospital
- Dr. Ken Burgess, Lead Physician, HFHT
- Carrie McAiney – Evaluation FHT



HFHT Child & Youth Mental Health Video
