


Child & Youth Issues

Who & How Can Mental Health Clinicians Help in a Primary Care Setting?



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Who / How / What....

- **WHO** gets referred to our service?
- **HOW** do we help them?
- **WHAT** do the participating physicians find most helpful?

Child & Youth Mental Health Team

- Operating since 2005
- Psychologist – 4 days per week
- Psychiatrist – 1 day per week
- 2 Family Practice office sites
 - Referrals from 12 GPs & 1 Paediatrician

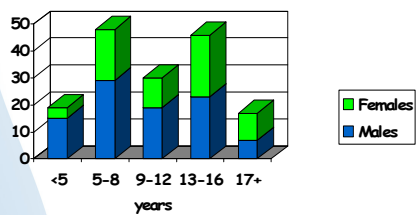
Our Program's Characteristics

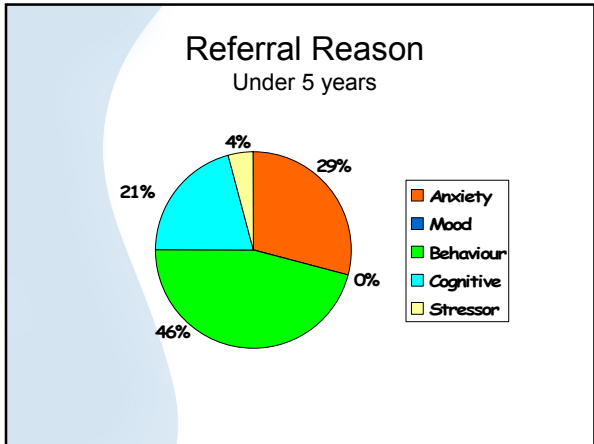
- No exclusionary criteria on referrals
- Loose age limits (0 – 19)
- Early intervention
- Longstanding problems
- Facilitate access for individuals with special requirements (e.g., translator)

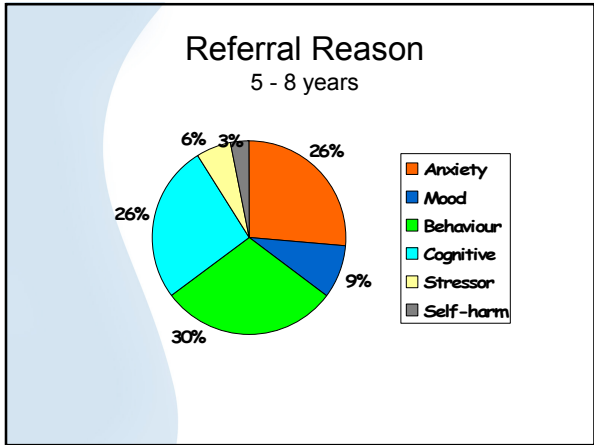
Data Sample

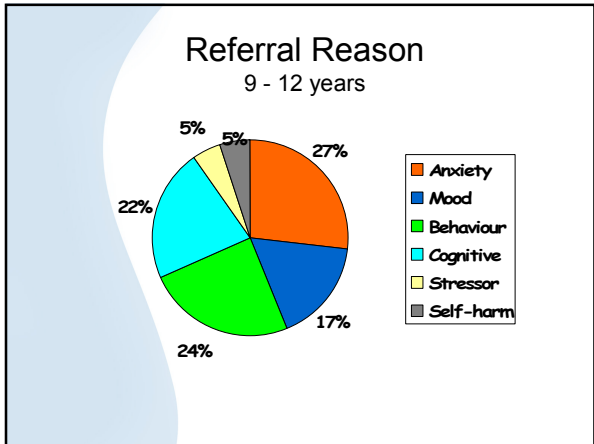
- From the caseload of 2 Family Practice GPs at one site + 1 Paediatrician
- 160 Referrals
- Mean age 10.4 yrs (2 – 25 yrs)
- Males = 58% Females = 42%
 mean = 10.0 yrs mean = 11.7 yrs

Who Is Being Referred?



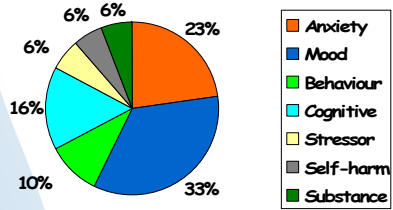






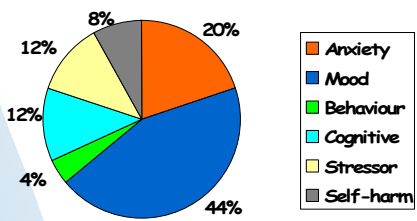
Referral Reason

13 - 16 years



Referral Reason

17 + years





Under 5



5 - 8



9 - 12



13 - 16



17+



Assessment

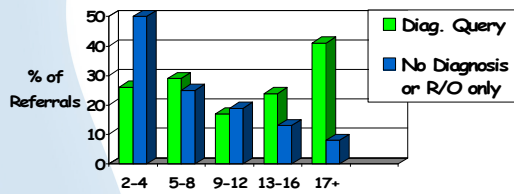
Initial meeting (10 – 30 mins)

- Within 2 wks
- Program Info
- Rapport
- Psychoeducation
- Connors Rating Scales

Assessment (90 mins)

- Multidisciplinary
- Feedback
- Formulate treatment plan
- Consultation letter to physician

Diagnostic Clarification



When Diagnosis Differs

- Younger ages
 - confusion re Pervasive Dev. Disorder
 - Behaviour issues » ADHD/LD, anxiety
 - Parental mental health issue
- Older ages
 - ?ADHD » Relational Problems / Anxiety / Mood / Adjustment Issues

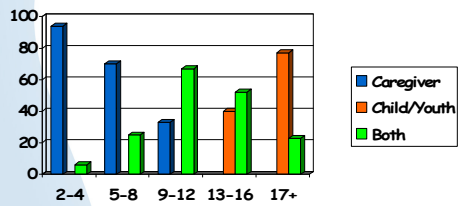
History & Severity

| Age | 2-4 | 5-8 | 9-12 | 13-16 | 17+ |
|--------------|----------|-----------|-----------|-----------|----------|
| Past MH (us) | 18% (6%) | 29% (11%) | 56% (11%) | 49% (19%) | 58% (0%) |
| CGAS | 40-82 | 31-85 | 40-85 | 35-75 | 35-80 |

of Sessions

| Age | 2-4 | 5-8 | 9-12 | 13-16 | 17+ |
|-------|------|------|------|-------|------|
| Mean | 4.4 | 4.8 | 4.2 | 7.3 | 7 |
| Range | 0-22 | 0-29 | 0-22 | 0-46 | 0-23 |

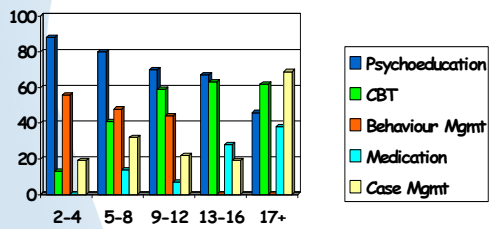
Recipient of Service



How Do We Help?

- Psychoeducation – family / GP
- Cognitive Behaviour Therapy
- Behaviour Management
- Medication Management
- Case Management – accessing other resources, school services

Service Received



Physicians Value

- Access to services in reasonable time
- Both psychiatric services & counselling
- Diagnostic clarification
- Information obtained in assessment/therapy sessions
- Ability to discuss issues informally to aid own case management

Physicians Value

- Support regarding medication issues
- No restrictions on referrals
- Services for sub-clinical patients, especially young children
- Knowledge of and access to other resources

Reiterates Program Objectives

- Prevention & Early Intervention
- Stigma Reduction
- Collaborative Care over the Long-term
- Best Practice
- Knowledge Transfer

Child & Youth Issues

Q & A



Thank You
