Child & Adolescent Mental Health Services

Child Guidance Clinic
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Child & Adolescent Mental Health Services

- Child Guidance Clinic
- Young People’s Unit
- Hospital Consultation Liaison Service
- School Psychology Service Interface Meeting
Multidisciplinary Team

- Psychiatrists
- Paediatrician
- Psychologists
- Social Workers
- Nurses
- Teachers
- Occupational Therapist
Mental Health Problems

- Conduct disorders
  - Socialised (delinquency)
  - Unsocialised
  - ADD, ADHD & HCD
- Emotional & mood disorders
- Mixed conduct & emotional disorders
- Neuroses (anxiety, phobias, obsessions)
- Emergent personality disorders
- Psychotic disorder (Schizophrenia)
- Pervasive developmental disorder (autism)
Commonly Associated Problems

- Global learning retardation
- Specific learning difficulties:
  - Speech & language
  - Reading retardation
- Psychosocial problems:
  - Local subculture
  - Family
  - School environment
Models of Psychiatric Disorder

Disease  Illness  Disorder  Predicament

SIMPLE LINEAR MODELS
MULTIFACTORIAL MODELS

EXTERNAL
FAMILY
SCHOOL
NEIGHBOURHOOD
LIFE EVENTS

INTERNAL
VULNERABILITY
GENETIC
DEVELOPMENTAL
INTRAPSYCHIC
PHYSICAL

OUTCOME
DISEASE
DISORDER
ILLNESS
PREDICAMENT
Circular Causality & Systemic Theories

- work
- stress
- exhaustion
- finances
- life events
- illness

- school work
- peer influences

- mother
- father
- siblings

- child

- childhood disorder
  - conduct disorder
  - emotional disorder
  - illness behaviour

- support system
- leisure
Child Guidance Clinic
Child Guidance Clinic

- Hospital medical service
- Referral gate keeping
  - Family doctors
  - Paediatricians & other specialists
  - CDAU
  - School psychology services
  - Child care & protection agencies
- Screening assessment
- Multidisciplinary discussion
- Intervention plan
Interventions

- Further assessment and liaison
  - Psychometric
  - Psychosocial
  - Educational
- Counselling & psychotherapy
  - Parental
  - Child/adolescent
  - Family (Appogg)
  - Behavioural
- Medication
Child Guidance Clinic
Cases Seen 1994 - 2003

Follow Ups
Total New
Male New
Female New
Young People Unit Admissions

- Severe behavioural (& emotional) problems
- Need for specialised residential intervention
- Need to establish desired behaviour in a controlled environment
- Severely dysfunctional families
  - Youngster completely beyond parental control
  - Parents severely triangulated
  - Parents totally exhausted
- Need for effective limit setting
- Need to break vicious circles of behaviour
- Possibility of achieving useful improvement
Admissions to Mount Carmel Hospital & Young People’s Unit (1994-2003)

MCH

YPU
Young People’s Unit

- Mixed gender “total” environment
- Eight beds
- Time out room
- Classroom
- OT activity room & garden area
- Restricted visiting
- Week end outings
- Week end & extended leave
- Review & Case conference system
- Case management plan