



Queensland Government

Child and Youth Mental Health Services (CYMHS), Children’s Health Services

CYMHS provides specialist mental health consultation, assessment and treatment services for infants, children, and young people (0-18 years) and assistance to their families or carers through combination of hospital and community-based facilities.

Referrals are considered on an individual basis, with priority entry given to the likely psychiatric nature of the presenting problem, extent of functional impairment in a range of settings, and level of distress experienced by the infant/child/ young person and family.

Provision of named referrals is preferred

Mental health problems in infants, children, and adolescents

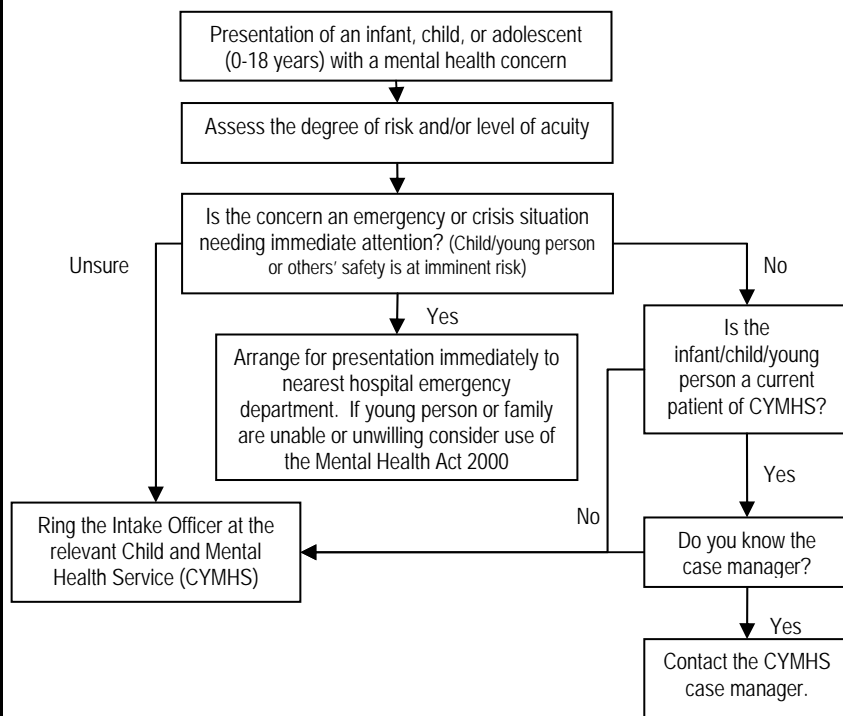
May include:

- | | | |
|------------------------------|--------------------------------|----------------------------------|
| Complicated ADHD | Depression | Psychosis |
| Anxiety | Eating disorders | Trauma |
| Co-morbid conditions | Obsessive compulsive disorder | Attachment difficulties |
| Complex behavioural problems | Post-traumatic stress disorder | Severe relationship difficulties |

Initial work-up is essential

Obtain psychiatric and developmental history from young person/ parents/ carers regarding onset and course of mental health problems, family history, and collateral information from school or other relevant sources if available.

Consider using the Strengths and Difficulties Questionnaire (SDQ) as a way of eliciting concerns from parents <http://www.youthinmind.info/Aus/sdqonline/Parent/StartParent.php> and young person <http://www.youthinmind.info/Aus/sdqonline/Self/StartSelf.php>.



Refer when

Emotional and behavioural disorders are severe or complex; or at risk of becoming so; and these needs cannot be met by other services.

Specific consideration given to infants, children, and young people with mental health problems from an Aboriginal and Torres Strait Islander background, homeless or have had multiple out of home placements.

Consider early intervention for infants, children, or young people who are:

- Living with family members who have mental illness or substance use issues
 - Engaging in substance use
 - Under 3 years of age requiring infant mental health intervention
- See: http://www.health.qld.gov.au/rch/families/cymhs_fut_fam.asp
- In statutory care or in contact with the law
 - Living with a chronic physical illness or disability including sensory impairment.

Data needed in referral

Consent from young person/ parents/ carer for referral to CYMHS.

Basic demographic information including identity of legal guardian, any current legal orders, indigenous status, Medicare number etc.

Reason for referral including outline of mental health symptoms.

Relevant history including family history, past/ current psychiatric history, medical history and current/ recent treatment.

Relevant social history and supports including other agencies involvement.

Any recent investigations or reports from medical specialists or agencies including allied health or school.

Mental Status Examination and any relevant physical examination results.

Clinical Advice: Ring INTAKE OFFICER in Community CYMHS (see contacts) or Extended Hours Team after hours on (07) 3636 9027. In a psychiatric emergency present to the nearest hospital.

For further Information and Fact Sheets see: <http://www.health.qld.gov.au/rch/professionals/cymhs.asp>



Contact us

North West CYMHS – Keperra E-Mail: NWCHC-CYMHS-Intake@health.qld.gov.au	(07) 3335 8888
Nundah CYMHS – Nundah E-Mail: CYMHS-N-Intake@health.qld.gov.au	(07) 3146 2300
Pine Rivers CYMHS – Strathpine E-Mail: PRCH-CYMHS-Intake@health.qld.gov.au	(07) 3817 6380
Extended Hours Service	(07) 3636 9027
Child and Family Therapy Unit	(07) 3636 7878
Future Families – Infant Mental Health Service	(07) 3266 3100
Child Development Program Intake Officer	(07) 3335 8812
Community Child Health Service general enquiries (via Primary Care Program Central Intake)	1300 366 039
RCH Admission Enquiries	(07) 3636 8307
RCH ED Admission Enquiries	(07) 3636 7700
RCH Admission Enquiries After Hours (via the RCH Main Switch)	(07) 3636 3777
Poisons Information Centre	131126
Seriously Unwell Child: RCH Emergency Department	(07) 3636 9005

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These guidelines were reviewed and developed by specialists at the Royal Children’s Hospital and reviewed by a working group of metropolitan general practitioners in Queensland.

Feedback or suggestions welcomed. Contact the **Patient Safety and Quality Unit**: CHSD-PSQU@health.qld.gov.au

Last reviewed: October 2010

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