

Imagined Futures Community of Practice Navigating Children's Mental Health Services

The information in this Q & A document was gathered from a forum in May 2024 to help frontline workers in the Human Services sector help families find mental health support for children under 12. These services support children, young people and families in the South West Metro region including:

- Just Kids Health
- South West Metropolitan Parenting Service
- Child and Adolescent Mental Health Service
- Uniting WA's Attach Program
- YouthCARE



Q and A - Just Kids Health

Q What service does Just Kids Health offer?

A Just Kids Health is run by Nurse Practitioners who are expert Registered Nurses, having completed an additional higher level university degree. Just Kids Health's nurse practitioners are also experts in children's health. Their work can include diagnosing illnesses, treating people and prescribing medicines. They often support children's mental health concerns. Just Kids Health deal with any health issue, including:

- Eczema/Skin problems (ItchyScratchySkin)
- Weight concerns (The OWL Program)
- Behaviour or Development worries
- Constipation/Soiling
- Asthma
- Unsettled babies
- Sleep problems
- Anxiety
- Teen wellbeing
- Parent support/coaching
- Health checks

Q Who is the service for?

A Just Kids Health is for children 0-18 years. Over 14 years can attend without a guardian. Just Kids Health offers long appointments provide more time to identify and discuss issues and concerns.

- Many patients are needing support for developmental issues.
- Nurse Practitioners provide education on how to navigate the system
- Telehealth appointments are available via phone or video for people who don't want to come in person

Q How can the service be accessed?

A No referral needed, but background information is helpful if referred by an agency.

Cost: Health care card or pension card – free.

Medicare rebate available – long appointment \$165 with approx. \$56 rebate, short appointment - \$109 with approx. \$40 rebate.



Q and A - Just Kids Health

Q What the model of care?

A Just Kids Health work within a strong trauma informed framework, which includes parents and family to help to provide individualised approach and help them to navigate the system if required.

Supports families to address developmental and behavioural issues children, which in many cases help to address parent and child issues.

Q Can you take referrals from children on NDIS plans?

A Yes, Nurse Practitioners are nominated under the NDIS criteria and have done functional capacity training.

For more information visit: <https://www.justkidshealth.com.au/>

Q and A - South West Metropolitan Parenting Service

Q What service does South West Metropolitan Parenting Service (SWMPS) offer?

A SWMPS is a partnership between:

- Meerilinga Parenting Service
- KEYS – Rockingham/Kwinana
- City of Cockburn Parenting Service

SWMPS is dedicated to helping parents with children aged birth to 18 years to thrive, and engages with families in Cockburn, Rockingham, Kwinana, Fremantle, Melville and East Fremantle.



Q and A - South West Metropolitan Parenting Service

Q Who is the service for?

A 'Parent' includes mums, dads, carers, foster carers, relative carers, stepfamilies, grandfamilies and others who have a direct full-time, part-time or occasional parenting role. Parents can access parenting support services to assist them in:

- managing the challenges of parenting;
- building knowledge, skills and confidence;
- understanding children's development; and
- identifying local community supports and other relevant networks.

Q How can parents access the service?

A All services are free or low cost and no referral is needed if you are a parent / carer. Contact via phone / email or use the referral form on the website. For agencies referring families, please complete a referral form.

Q What are parents most concerned about?

A A major request is individual consultations, however capacity is limited. There are lots of questions around child and parent anxiety.

Q What sort of programs do you offer?

A Parenting workshops are tailor made and evidence informed. Workshops can also be tailored for professionals working with families including those in health, education, early education and care, and more.

Workshops include short courses and multi week workshops to develop skills, support emotional resilience, build relationships and support both parents and their children/teens.

For more information visit: <https://meerilinga.org.au/parenting-courses-services/south-west-metropolitan-parenting-service/>



Q and A - Child and Adolescent Mental Health Service

Q What service does Child and Adolescent Mental Health Service (CAMHS) offer?

A CAMHS is a specialist mental health service that works with children and young people up to age 18, located in the Perth metro area, who have severe, complex and persistent mental health symptoms that impact on psychosocial functioning (at home, school or socially), and/or who present with significant risk (of harm, to self and/or others).

Children and young people with neurodevelopmental conditions who are also experiencing severe mental health concerns are seen at CAMHS.

For neurodevelopmental concerns:

If you are seeking a diagnostic assessment for a neurodevelopmental condition (e.g. Autism, Attention Deficit Hyperactivity Disorder (ADHD), or Foetal Alcohol Spectrum Disorder) or if the child/young person is already diagnosed with one of these conditions and you are seeking management of these conditions and/or prescription of stimulant medications, please see your GP for a referral to:

- the Child Development Service or
- a private paediatrician or a psychiatrist

For mild to moderate mental health concerns:

- For 12 to 25 year olds, contact headspace or Youth Focus
- For all ages, see your GP for a referral to a private therapist

Q Who is this service for?

A CAMHS support children 0-18 years who have severe, complex and persistent mental health symptoms.

Please note, there is a specialised service for Aboriginal and Torres Strait Islander children, aged 0-18 which provides an alternative support model.



Q and A - Child and Adolescent Mental Health Service

Q How can people access this service?

A CAMHS accept referrals from a range of clinicians and services involved with children and young people's care. These include, but are not limited to, the following:

- your GP
- medical specialist (Paediatrician, Psychiatrist)
- a private therapist
- another CAMHS service
- school psychologist
- Department of Communities (e.g. Child Protection)

Tip: put in a detailed referral

Q What is model of care for Aboriginal and Torres Strait Islander children?

A The Statewide Specialised Aboriginal Mental Health team helps care for Aboriginal young people aged 0 to 18 years old who have mental health issues.

Aboriginal Mental Health team use a 'whole of family, whole of life' approach to mental health to meet the needs of Aboriginal and Torres Strait Islander young people.

They aim to help young people find their "Moorditj" – strengths – and this means having a strong spirit.

Support for first Nations Families:

- Getting to appointments with the Mental Health team – transport and other assistance for patients and families
- Finding other services to help Aboriginal young people
- Talking with families and giving them the tools they need to help themselves and their young people

For more information visit: <https://www.cahs.health.wa.gov.au/Our-services/Mental-Health/Community-CAMHS>



Q and A - Uniting WA - Attach Program

Q What service does Uniting WA's Attach program offer?

A The Attach Program support parents who live with problematic alcohol and drug use and have children aged 12 years and under.

The program looks at ways to support parents to improve relationships with their children incorporating the parents view and using a strengths-based approach. Parents are supported in the program for up to 6 months by outreach workers.

Q Who is this service for?

A The Attach program supports parents who have current or past Alcohol and Other Drugs (AOD) use. The focus of the program is on parenting and improving relationships, so they can continue with AOD use during the program, or work on harm minimisation. The program support people who live in the Perth Metro area whose youngest child is 12 or under (they can have older children). The program can also support people who are sleeping rough.

Q How can parents access this service?

A A Referrals come from Social Workers, Mid-Wives, GP's, AOD services, Department of Justice, Drug Court can strongly recommend the program, other NFP agencies, or people can self-refer. Significant referrals are received from Dept of Communities.

Q Can a parent participate if they don't currently have care of their child/children?

A Yes, Attach program supports a number of parents who don't have their child currently in their care. Outreach workers are also able to advocate for parents with agencies such as department of child protection, housing and schools. Children don't need to be in their care, but there needs to be regular and consistent contact (supervised or otherwise) with the goal of reunification.



Q and A - Uniting WA - Attach Program

Q How does the Attach program work?

A Parents are referred into the program are supported by an outreach worker to identify strengths and work towards goals. This can be through a workbook or through yarning or conversation. Outreach workers can meet the parent in place they feel comfortable and support them over a 6 months period. If clients feel more comfortable coming into an office this can also be arranged. Sessions are generally 90 min in length and we generally provide weekly sessions.

Q What happens after 6 months?

A During the period of engagement, the parent would be referred to other services to have continuum of support for the family when the Attach therapist closes, to reduce isolation and to encourage the family's connection to their community. Follow up is provided by the Attach therapist after closure, at 1 month, 3 month and 6 months. If the parents needs additional support they can apply for an extension to continue in the program, or can re-enter the program after 3 months if more support is needed.

Q Is anyone prioritised by this program?

A Attach works with WANADA and King Edwards hospital to identify and support pregnant women before they give birth. Families where the child is at risk of being removed are prioritised to make every effort to keep the child with the family.

For more information visit: <https://unitingwa.org.au/services/families/parenting-support/>

Q and A - YouthCARE

Q What service does YouthCARE offer?

A YouthCARE Chaplains are trained in pastoral care. Their aim is to support young people and their communities who may be facing challenging personal and social issues. Chaplains listen, understand and refer to extra help, if it's appropriate.

YouthCARE Chaplains are placed according to individual school needs. Currently there are over 430 chaplains in schools across WA. YouthCARE also delivers breakfast clubs.

Q Who is the service for?

A YouthCARE Chaplains work in partnership with schools to support children, young people and their families who are facing challenges they may impact their mental health and wellbeing, with over 400 chaplains in over 600 schools throughout WA.

Q How can students and their parents or carers access the service?

A Schools can refer students to speak with a chaplain, students can self-refer.

Parents, carers, teachers or other support services authorised through the school can refer to a school chaplain. School Chaplains are also available to support parents, caregivers and staff.

Parents can call the front office of the school and ask to speak with a chaplain, some schools have a box in administration where parents can complete a request

Q How do chaplains connect with community services and supports?

A Pastoral Care Managers are available to talk to agencies about what is happening in schools. A strength of chaplaincy is the numerous local connections with agencies and support services and organisations which allow them to refer depending on the need of the student, or family and at times the school needs. These agencies are numerous and include the ability to support with school stationary packs, school uniforms, support for school camp fees, referral to utilise foodbank services for families and individuals, IT equipment through connections with local organisations, meals, hampers and the list goes on.

For more information visit: <https://www.youthcare.org.au/>

