



Children's Mental Health Care Plans

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Potential Barriers to Care Plans for Children

- **Diagnosing children**
- **Under recognition of the problem**
- **Complexity of the problem**
- **Lack of training in child and adolescent mental health**
- **Appropriate outcome measures**

**Is writing a mental health care plan the same
for adults as it is for children and
adolescents?**

Factors involved in under recognition

- **Down playing of children's problems**
- **Not seeing adolescents**
- **Parent's underrating the problem**

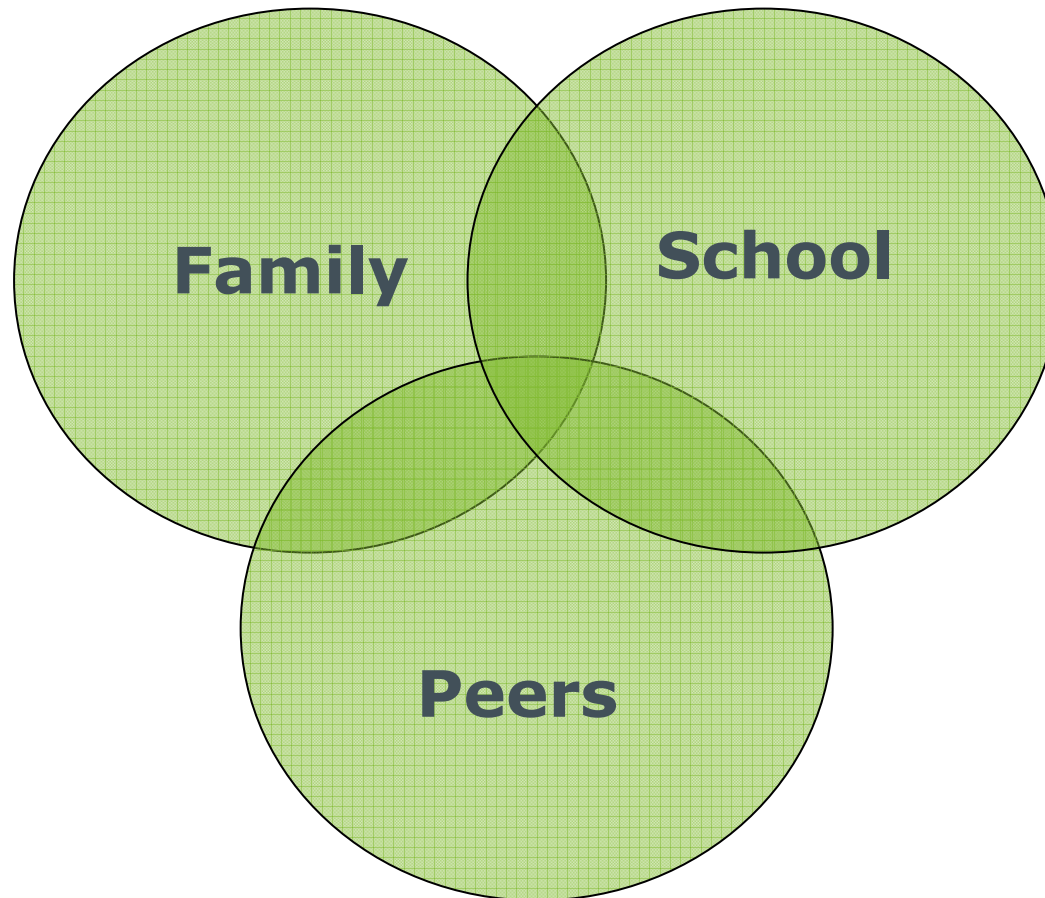


Development

- **Physical age**
- **Cognitive age**
- **Emotional age**

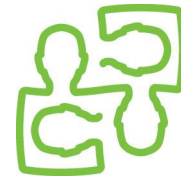


Context



Presentations in Primary School

- Academic concerns
- Behaviour difficulties
 - in class and/or playground
- Peer relationship difficulties
 - (eg shyness, poor social skills)
- Attendance issues
- Poor concentration



Possible disorders?

Aspergers/ Autism Spectrum

ADHD

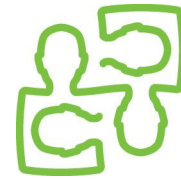
Anxiety

Behaviour Disorders

Co-morbid with medical conditions

Presentations in High School

- Deterioration in school work
 - Disengagement from school
 - Disengagement from peers
 - Low mood – unhappiness
 - Sleep problems
 - Conflict with others
- (irritable, angry, uncomfortable with themselves)
- Self – harm
 - Chronic pain/ health concerns
 - Panic attacks
 - Stress about work (eg HSC/ Performance anxiety)



Possible disorders?

Anxiety

Depression

Aspergers/ Autism Spectrum

Eating Disorder

Substance abuse

Psychosis

Co-morbid with medical conditions

Adolescent issues

- Reluctance of adolescent
- Inability to articulate what is going on
- Parental involvement

Decisions about which service

- Do they need comprehensive assessment?
- Do they need a team approach?
- Are they likely to attend?
- Are there more complex social issues?

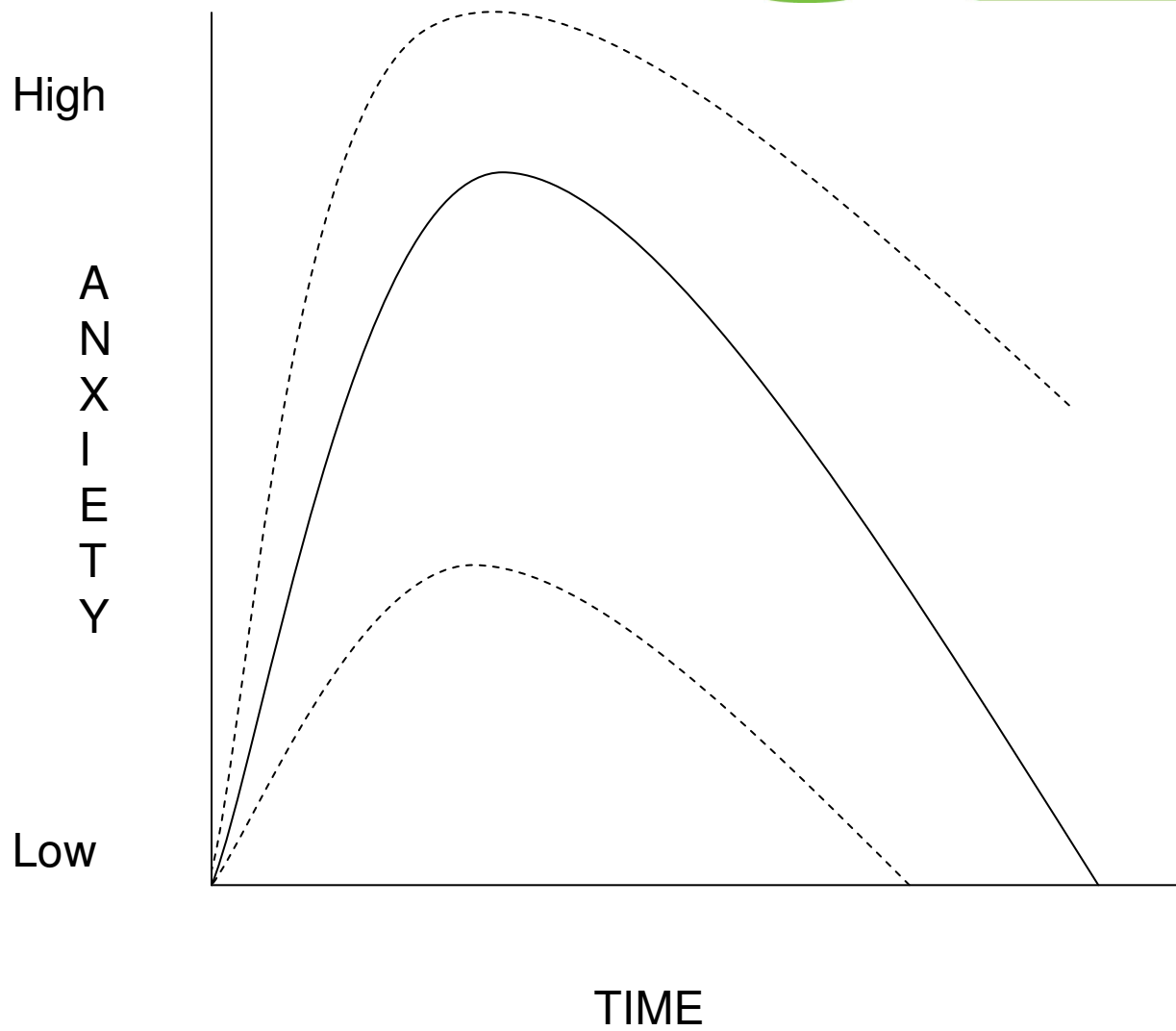
Prevalence of Anxiety

Approximately 1 in 10 adults have an anxiety disorder

Frequency – 10% of children meet the criteria for an anxiety disorder (Rapee, 2000)

Up to 1 in 5 children are at risk of developing severe anxiety

A recent Australian study has found the prevalence of anxiety in adolescents to be around 15 percent (1998)



Outcome measure

CGAS – Children’s Global Assessment Scale