Disclosures: None

Acknowledgments: EHCYMHS, Peter Brann (Data)
Consider the reform of MH Services to better meet the needs of Youth

Via an example of a “CAMHS plus” model:

- A Melbourne Metro service (EH CAMHS) became a CYMHS in Aug 2010

Describe:

- Motivations and Reservations
- Reforms implemented (& not implemented)
- Challenges and Joys, thus far

Implications
## Demographic Characteristics

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Population (Eastern Metro C&amp;A Service Area)</th>
<th>Population aged under 25</th>
<th>Population aged under 18</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>806,000</td>
<td>255,000 (31%)</td>
<td>177,000 (22%)</td>
</tr>
<tr>
<td>2020</td>
<td>844,000</td>
<td>254,000 (30%)</td>
<td>177,000 (21%)</td>
</tr>
</tbody>
</table>

Source: .idforecasts
CAMHS Community Teams
Organisation of Community MH Services in EH before 2010

- CAMHS 0-18
- Adult 18-65
- Aged 65+
  - All cover the same geographical area and managed together
  - Same 1300 number

- Typical division for MH Services in Victoria, (though exceptions)
Organisation of Community MH Services in EH before 2010: detail & exceptions

- **CAMHS 0-18:**
  - 4 clinics (one up to 25yrs)
  - 1 outreach team (IMYOS)
  - Centralised intake service
  - Also: Adolescent IPU (12-18yrs), Day Program, CASEA, MHP

- **Adult 18-65:** Early Psychosis Team (from 15)
  - Psych Triage in ED’s- all ages
  - Primary mental health- all ages
Motivation for Change

- Concern about the “service ceiling” at 18yrs
  - Often coinciding with that of other services
  - Literature about the problems with transitions of care
    eg TRACK study, UK
- Belief that we had something to offer
  - Viz developmental perspective/ work with families/ work with systems
- State govt policy direction and funding
Because mental health matters

Victorian Mental Health Reform Strategy 2009–2019
Qualifications & Reservations

- Services for 0-18 not be diminished, &
- Services for 18-25 be of high quality
  - ?Common waiting areas
  - ?Staff able to manage wide age range
- Staff retention
- Capacity
- Expertise/Relationships: eg assistance with job skills/PDRSS
The Reforms

- New service, CYMHS: up to 25\textsuperscript{th} Birthday
- 4 Camhs community teams and IMYOS to 25 (modest increase in resources)
- Early Psychosis Team:
  - transferred from adult to CYMHS,
  - greater flexibility around age/diagnosis
- Expanded Intake: Access
  - increased capacity inc Youth Hub,
- More links with other sectors: PDRSS
- Training eg CATT/HYPE; Brief Intervention
What we didn’t change

- Inpatient Services
- Day program
- CASEA

Also

- Augmentation of services for under 5yo: Early in Life MH (ELMHS)
Youth Hub

- Offers a no-wrong door approach to health and wellbeing for young people in the Eastern Region
  - No appointment necessary; free service; offering an initial needs identification, general assessment and access through to options of care with a range of agencies and providers
- Based adjacent to the Box Hill shopping centre on the ground floor
  - Shared space with Eastern Health Alcohol & Drug Service
  - Commenced operation July 2011 following refurbishment
  - Partners co-locating include MIND Australia (delivering clinical assessment & outreach care), Mental Illness Fellowship (delivering employment consultancy)
Youth Hub
How did referrals change to the service?

- Overall volume of work goes up from time of CYMHS commencement at Q1 10/11
- Includes all screening registers handled by ACCESS
Did services for under 18’s decline?

• Volume of work goes up for 18-25 year olds
• 12-17 year olds continue steady increase
• Younger age groups fairly constant
• Includes all screening registers handled by ACCESS
Cases across CAMHS/CYMHS community teams (excluding EPT, IMT)

- Moderate increase in cases
- Obvious increase and volume is 12-17 year olds
- But largest proportional increase is 18-25 year olds
Was there a change in diagnostic groups?

Principal and current diagnosis for 18-25 year olds at Feb 2010 and Feb 2012 (diagnoses over 2% included) as percentage of dx

- Anxiety disorders
- Depressive disorders
- Eating disorders
- Personality / behaviour disorders
- Procedural and Z codes
- Psychotic disorders - Bipolar/Manic
- Psychotic disorders - Other
- Psychotic disorders - Schizophrenia
- Reaction sev stress & adjustment disrd
- Mental & behavioural disrd dt drug/alcoh.
- Unknown

Comparison between 2/02/2010 and 14/02/2012.
Challenges and Joys

- Naming
  - Trial of CYFMHS (child, youth and family)
- Managing Demand
- Greater links with other services, and adult
- Great support from the community
Future directions

- Capacity Building
  - 2013: Headspace
- Inpatient Services
Conclusions

- This is work in progress
- Extending the age range provided for by a former CAMHS can provide improved services for youth without negatively impacting on services for younger clients