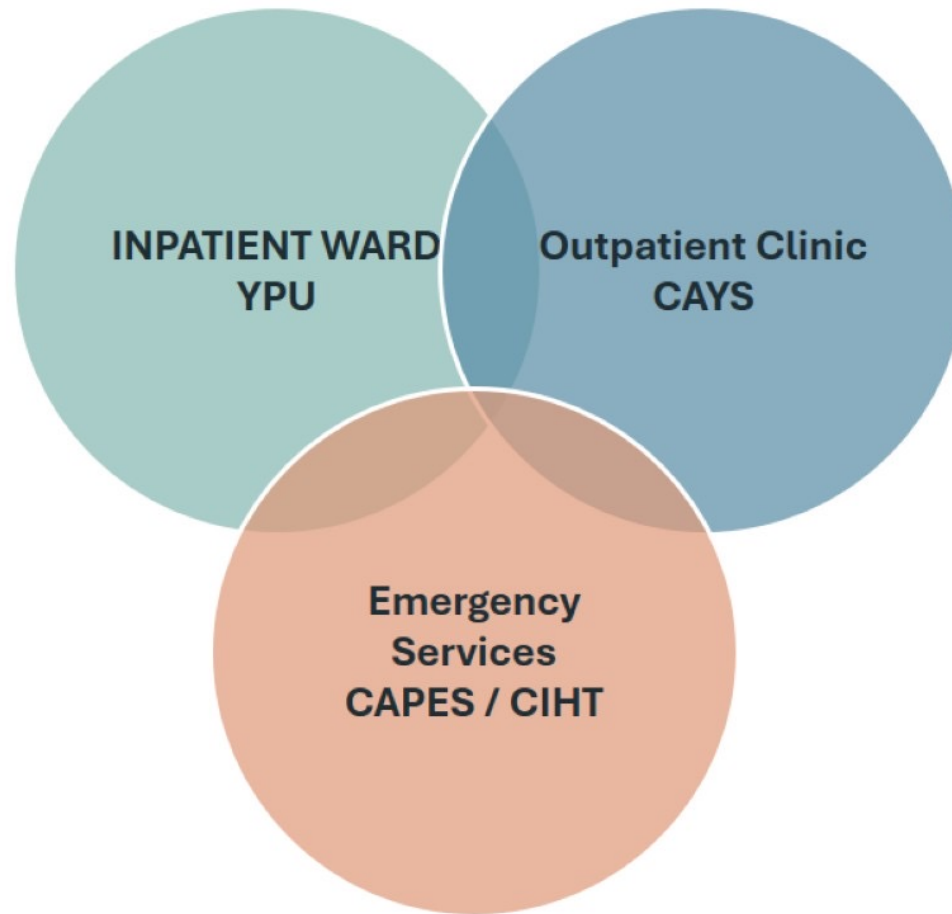


***Child and
Adolescent
Mental Health
Services***

**DR LORRAINE
AZZOPARDI**

**CLINICAL LEAD
NATIONAL CAMHS**

CAMHS



*Child,
Adolescent and
Youth Services -
CAYS*



9/3/20XX

Presentation Title

3



9/3/20XX

Presentation Title

One Team



9/3/20XX



Presentation Title

5



Our Vision

To deliver a holistic, professional, and interdisciplinary health service for children and adolescents that is efficient, effective, timely, and seamless from an accessible centralized unit, and that offers community awareness through the promotion of advocacy, collaboration, and socio-education within the legislative framework while respecting different cultures and diversity in society.

The MDT

- Psychiatrists
- Pediatricians
- Mental health and pediatric nurses
- Psychologists
- Psychotherapists
- Occupational Therapists
- Social workers
- Physiotherapists
- Speech and Language Pathologists
- Audiologist
- Dietician
- Dental hygienist



Presentation Title

What do we do ?

- Community and Neurodevelopmental pediatrics
- Neurodevelopmental assessments
- Safeguarding
- Mental health
- Family Therapy
- Family Focused Clinic
- Performance Clinic
- Innovations Clinic
- Physiotherapy
- Occupational therapy
- Sensory Integration
- Speech Therapy
- Psychotherapy
- Group therapy
- Parental skills
- Social skills Groups
- Genetics

Neurodevelopmental Pathways

ADHD

Clinical Assessment

School Visits

Other assessments as
needed

ASD

- ADOS
- Clinical Assessment
- School Visit
- Other

MDT approach

Incredible Years



Parenting Pyramid®

- The Incredible Years® Parenting Programme is a positive parenting skills programme designed to support parents in managing their children's behavior and fostering positive family dynamics. It is particularly beneficial for children's social, emotional, and behavioral development, which is crucial for their overall well-being and educational success. ten weekly sessions of 2 hours.
- Group sessions focus on: strengthening parent-child interactions, nurturing relationships, reducing harsh discipline, and fostering parents' ability to promote children's social, emotional, and language development.



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Social Skills Groups

- Group therapy accepting referrals of clients with high functioning ASD (8-18 years) – groups of maximum of 10 persons.
- **Structured program:**
- Focusing on: Communication: Verbal/Non-Verbal
- Emotion Recognition/How to empathize
- Conflict resolution
- Bullying: recognizing/being taken advantage of/sarcasm

Anger Management Groups

- Active clients at CAYS can be referred to this group.
- Clients with a mental health disorder with anger management difficulties such as aggression at home/school, physical/verbal aggression, etc.
- Exclusion criteria: difficulty in parenting which have not yet been supported by Incredible Years/Family Focus.
- Make sure entities such as CPS/anti-bullying services etc are involved if needed.
- Clients grouped mainly according to age, Sessions held with clients only (total 7 sessions over 7 weeks). Active participation is encouraged.
- Sessions include: Normalizing the feel of anger, iceberg effect, cycle of anger, thoughts/feelings of anger, costs & benefits of anger (long & short-term), assertive communication, relationships.
- Homework/reflective practice.
- 8th session (feedback from parents), referral to other services as required/one-to-one sessions?

Dialectical Behavioural Therapy

- Given 1:1 or as a group
- 8 sessions
- Understanding, managing and regulating emotions
- Tolerating distress and crises without making problems bigger
- Maintaining satisfying relationships with others
- Increasing self-awareness, expanding one's ability to recognize alternative points of view and managing emotional situations
- Increasing problem-solving skills, learning validation and effectively managing differences of opinion with family members



Family Focused Clinic

- MDT composed of: Psychiatrist, Family Therapist, Nurse, Social Worker, Psychology assistant
- Referrals pertaining to mental health problems associated with poor dynamics within the family members.
- One family at a time: 10 sessions, sessions can be held with parents or children alone as well according to need
- Aim to work systemically to build family understandings and strengths, to enable family members to help one another, and to develop individual and family resilience
- Trauma informed



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Innovations Clinic

- The innovations clinic is a more acute service offered to young people from 13 years up that are hard to reach, disadvantaged and marginalised.
- These young people commonly suffer from multiple complex mental health disorders and are refusing to access generic services, thus have a higher risk of slipping through the service gap.
- The Innovations team adopts a keyworker-based approach, offers an intensive and flexible service which accommodate the service user, this includes regular phone calls, meeting the clients outside of CYPS clinics, home visits and appointments time-tailored for the individual.
- The innovations team also coordinates and supports the service user to have a seamless transition when there is the need to refer to other services such as adult psychiatric services.

Learning Disability Clinic

- The Learning Disability Clinic (LDC) at CAYS is led by a psychiatrist specialized in learning disability. This clinic manages assessments and follow-ups of children/adolescents under 18 years with learning disability and other mental health disorders.
- This clinic supports and psycho-educates the carers and clients involved regarding challenges related to behaviour, ability to function and understanding how to best work effectively with the person/s involved.

Performance Mental Health Clinic

- Offered to young people aged 11 to 18 years;
- Performance/competitive anxiety, depression, mental health conditions that may be affecting the overall function, including a loss of interest in their hobby such as music, art or a sport.
- Intensive, specialised approach: at least once every 2 weeks; team composed of sports psychiatrist, health/sports psychologists/OT and Physio
- 1:1 sessions or together with client's family; each person allocated a keyworker
- empower young people to address their mental health impediment through their respective discipline.
- Talks at national sports school & other academies (ex. Table tennis) – psychoeducation to staff



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Collaborations

CARE HOMES

KIDS

SUPPORT

EDUCATION

IBWAR



CAPES (Child & Adolescent Psychiatric Emergency Services)

- Psychiatric Emergency Service at Mater Dei Hospital
- Nurse led
- Risk Assessments for young people until the age of 18 presenting with acute mental disorders



CIHT – Crisis Intervention and Home Treatment

- To provide short-term individualised sessions to young people experiencing an acute mental disorder .
- These sessions are done with the aim of providing intensive support to diminish risk to self or others in the community, while also continuing to assess the level of risk.
- Done by aiding the young person to develop new and healthier coping skills, to cope better with the situation at hand.
- Provide support and advice to the young persons' main caregivers.

*Young People's
Unit*



Acute psychiatric in-patient unit
located outside Mount Carmel
Hospital.

MDT approach

Intensive treatment interventions
for young people who are
suffering from severe mental
disorders with a risk to self or
others.

Clients usually admitted/referred
from CAPES/CIHT or by a child
psychiatrist.

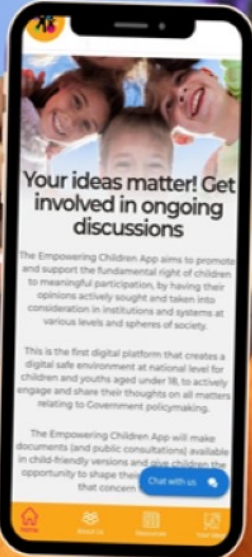


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What next ?



Need to talk?
Empowering
children app's
emotional
support chat
is open 24/7



EMPOWERING
A MENTALLY HEALTHY GENERATION

Co-funded by
the European Union

empoweringchildren.gov.mt



Promoting mental health in schools

PARTNERSHIP



Early Childhood Intervention

Children aged 0–5 years who are referred to Psychiatry through the usual referral pathway, as well as cases flagged by community paediatricians requesting consultation and input.

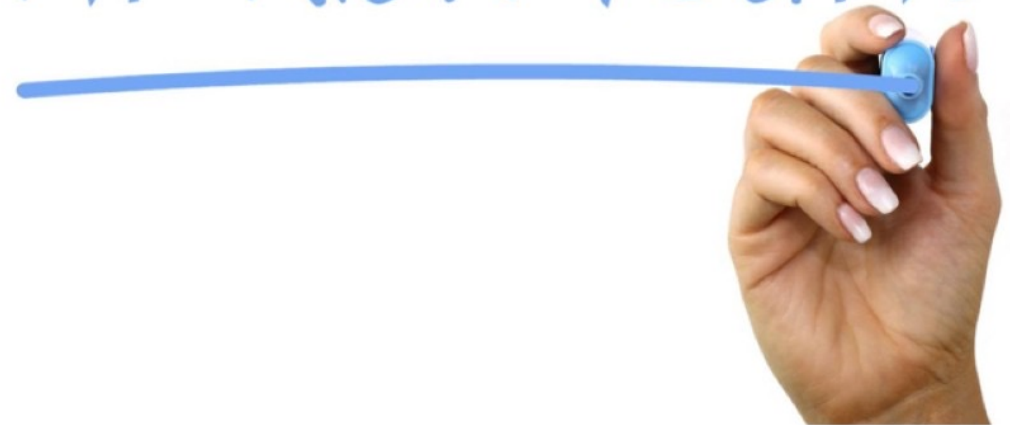
For the initial assessment, all core professionals present in order to ensure a comprehensive multidisciplinary assessment.

The team re-assesses the case and discusses the most appropriate intervention plan, including which professionals need to remain involved moving forward.



Forensic Service

AT RISK YOUTH



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***Seamless
Integration with
Physical Health***





Strengthening our Acute Services

Consultant Child Psychiatrist on call
24/7

Extending CIHT support

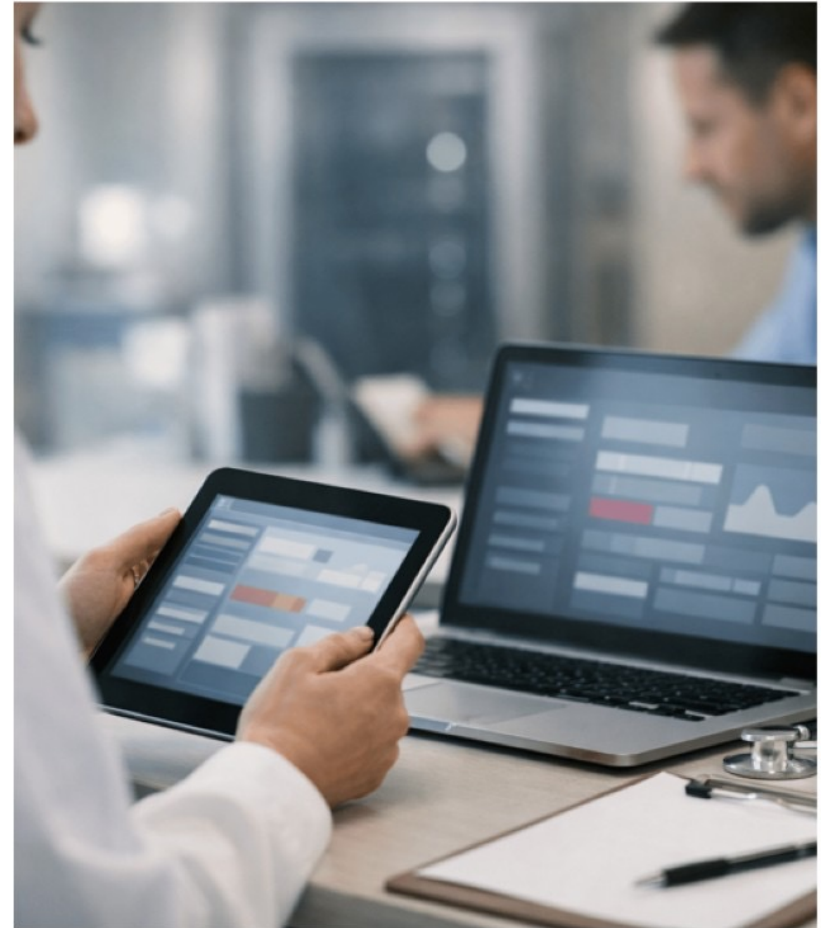
Supporting Families



Talk it out.
Get Support.



Digital Technology





Training

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THE END

Thank You !

