What would I want from a Youth Mental Health Service?

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If I was 21 and needed help with my mental health what would I want?
If a young person in my family needed mental health assistance what would I want?
Why a youth specific mental health service?

- Community feedback and identified need
- Majority of people experience their first episode of mental illness between 15 and 25 years
- Young people were not accessing services in a timely manner (adult services were not seeing many aged between 18-25 years)
- Emphasis on early intervention
- Increase community understanding of youth mental health issues
Youth Mental Health Services

YMHS – model of care

- Proactive
- Client and family centred
- Community minded
- No wrong door policy
- Evidenced based solution focused
- Focus on early intervention
- Prevention / reduction of disability
Youth Mental Health Services

Secondary Consultation

- Other service providers reported they were not able to receive information or assistance from the mental health service if a person:
  - did not meet criteria for the mental health service
  - the person did not consent to a referral

- Secondary consult model allows a service provider to speak to a mental health clinician for advice or information without consent as there is no identifying information obtained
Youth Mental Health Services

Single Session

- One session is sufficient to determine there is not a mental illness and provide immediate advice/intervention

Brief Intervention

- Due to presenting problems, some symptoms or risk issues brief intervention is required (6 weeks)

Ongoing Treatment

- Mental health issues require client centred, family inclusive, evidence based, recovery oriented treatment (not time limited)
How did we achieve this?

- Clear vision
  - Client centred, family inclusive, evidence based, recovery orientated model of care
  - Redesigning service system
  - Adjusting resources
- Extensive training program
  - Skilled workforce
- Building a positive team culture
  - Culture of putting clients and families at the centre
  - Culture of early intervention
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