

BOPDHB MICAMHS/VOYAGERS ACCESS GUIDELINES

The following guidance may be helpful to agencies, GP's and other referrers in deciding whether to refer to MICAMHS/Voyagers.

MICAMHS (Maternal Infant Child and Adolescent Mental Health Service) covers the Western Bay of Plenty geographical region, from Waihi Beach in the West to Pukehina Beach in the East taking in the urban areas of Katikati, Tauranga, Mount Maunganui, Papamoa and Te Puke. Voyagers are the MICAMHS team based in Whakatane covering the Eastern Bay of Plenty geographical region, from Te Kaha in the East to Matata in the West and Murupara in the South, taking in the urban areas of Whakatane, Ohope, Opotiki, Edgecumbe and Kawerau.

Our services are specifically for the following:

- Infants, children and adolescents with, or suspected of having, ***a moderate to severe mental health issue and / or alcohol and other drug issues, aged 0-18 years*** with some flexibility based on emotional, physical and social maturity to accept those adolescents older than these age limits if their needs are deemed appropriate and suitable alternatives are not available. Adult services are available from age 18 years allowing an overlap that is managed according to the clinical and developmental needs of the individual. (*Please see below for more specific information in regards to our intake criteria*).
- ***Family members*** / whanau and / or other significant people identified by the child or adolescent (the Service user). These people will ordinarily be involved in processes concerning that Service user, and will be able to access services as set out in these service specifications unless good reason exists for them not to be involved.
- People ***seeking information*** about mental wellbeing, its treatment and prevention.
- We provide consultation, information and education that will enhance the capacity of primary services.
- ***Women*** who are experiencing moderate to severe mental health issues during ***pregnancy and for up to 12 months after birth***. The immediate caregiver of the child under 12 months with moderate to severe mental health issues. Pre-pregnancy consult where the mother to be has severe or complex mental health disorder diagnoses.

TIME FRAME:

Priority for access will be given to children and adolescents or maternal mental health clients who are at high risk:

- ***Urgent Choice Appointment for high risk clients:*** they will be seen the same day (e.g. concrete suicide plans or attempted suicide, severe self-harming, severe aggression, floridly psychotic/acute change). (Maternal Mental Health will refer to adult team for urgent assessment).
- ***Priority Choice Appointment for medium risk clients:*** they will be seen within 5 days; Maternal Mental Health will see those within 48 hours.
- ***Regular Choice Appointment for low risk clients:*** they will be seen within 3 weeks

PRIOR TO REFERRAL:

- The parent/caregiver of children or adolescents under the age of 16 years should be informed and consent obtained prior to a referral being sent.
- The child or adolescent should be screened for any physical illnesses, vision impairment and hearing problems as these may be contributing factors.
- Behavioural interventions, parenting courses and counselling are ideally carried out before referral. These services are provided within the primary health sector such as: the General Practitioners, school and/or Community Services.
- Information from home and school (including MoE and RTLB) should be collected where possible. Prior assessments are helpful when referring to MICAMHS/Voyagers. If educational agencies are referring to MICAMHS/Voyagers, it would be useful for psychometric and behavioural testing results to be forwarded with the referral.
- The same rules of sending previous documentation apply for maternal mental health referrals.

EXCLUSION CRITERIA FOR INFANTS, CHILDREN AND ADOLESCENTS:

MICAMHS/Voyagers will provide referrer with recommendations for other services for infants, children and adolescents with Mild to Moderate Mental Health Issues or with the following problems (***in the absence of a moderate to severe mental health disorder or alcohol and other drug issues***):

- Sexual abuse
- Violence and anger (consider Incredible Years Specialist Service)
- Intellectual disability (includes post-head injury) with or without behavioural problems
- Learning difficulties
- Criminal activities (anti-social behaviours)
- Parenting difficulties
- Relationship Issues
- Nicotine Addiction

Intake criteria MICAMHS - VOYAGERS

1. MODERATE TO SEVERE MENTAL HEALTH ISSUES CHILD OR ADOLESCENT

Child or Adolescent presents with high levels of Psychological Distress or Significant Signs and Symptoms of one or more of the following: Anxiety disorders, PTSD, Eating disorders, Psychosis, Depressed mood, Elevated or mixed mood states, Somatoform Disorder, (Emerging) Personality Disorder, Tic Disorder.

AND experience one or more of the following:

Moderate to Severe Functional Impairment in more than one domain – e.g. school (severe dysregulation, duration of school absence), family/social situations (escalations, violence) and/or peer group (acute change or longstanding issues).
Risk to self or others (incl. any previous risk): e.g. daily suicidal thoughts, concrete suicide plans or attempted suicide, moderate to severe self-harming or impaired ability to care for self (incl. weight or nutritional issues).
Longstanding symptoms that have not spontaneously resolved and/or presenting problems that have not resolved with primary or secondary care input
Parent/ caregiver has significant mental health issues

2. INFANTS

	<p>For Infants Risk Factors are:</p> <ul style="list-style-type: none"> • History of Maternal Mental Health issues eg: Significant PND, Postnatal psychosis, Anxiety, Borderline Personality diagnosis etc. • History of environmental risk factors such as parental AOD issues or Family violence • Grief, loss or trauma issues for parent – particularly mother or primary caregiver
	<p>It is not necessary for the infant or child to be displaying any particular difficulties, but there may be sleep, feeding, relationship or behavioural issues.</p>

3. (SUSPECTED) NEURODEVELOPMENTAL ISSUES

	<p>Autism Spectrum Disorder and/or ADHD 0-14: only if moderate to severe comorbid mental health issues and/or complicating presentation is present.</p>
	<p>Autism Spectrum Disorder and/or ADHD: 15-18: for diagnostic clarification, also if no comorbidity. If no comorbidity treatment or support would usually be elsewhere (e.g. Support Net, Explore)</p>
	<p>Intellectual Disability/Global Developmental Delay 0-18: only if moderate to severe comorbid mental health issues and/or complicating presentation is present.</p>

4. TRANSGENDER

	<p>Children and Adolescents up to 18 yoa who experience gender dysphoria and/or have a wish to transgender, with or without mental health issues.</p>
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5. ALCOHOL AND OTHER DRUG ISSUES (VIA SORTED)

	<p>SORTED is the youth alcohol and drugs service of the Bay of Plenty DHB.</p>
	<p>This is a service for children and adolescents up to 18 yoa who want to seek help or get more information about alcohol, other drugs or gaming issues (mild, moderate or severe), with or without CEP. Anyone can approach the SORTED service. Concerned parents or caregivers of a young person using alcohol, cannabis or other substances are very welcome to contact SORTED.</p>

6. MATERNAL MENTAL HEALTH; MODERATE TO SEVERE MENTAL HEALTH ISSUES

	<p>What does moderate to severe look like: Moderate – symptoms have been present for over 2 weeks medication may/may not be required; E.g. low mood, not sleeping when baby does, change in appetite, no enjoyment in baby or other activities, cannot stay at home alone, anxious and unable to reassure self, birth trauma. And/or some impairment in activities of daily living noted by significant others.</p>
	<p>Severe - symptoms have been present for longer than 2 weeks and are not responding to any interventions. Medication is generally required; E.g. emotional dysregulation – mood swings/ pervasive low mood and accompanying symptoms, inability to engage with baby, preoccupation with trauma from birth, dissociation, inability to leave home, highly anxious, suicidal ideation, inability to get adequate sleep, appetite changes. And/ or impairment in activities of daily living noted by many.</p>
	<p>To help you assess your clients please complete one or both of the following psychometric tools and attach to referral if criteria is met: Edinburgh Postnatal Depression Scale (EPDS) – if the score is above 15 then please send in the referral. If it is below please explore community options. Kessler – if the score is above 25 then please send in the referral. If it is below please explore community options.</p>

<p><i>Please note: this service is not for mothers of who have miss-carried a pregnancy or who have experienced a still birth. We suggest you contact: Grief services for these families and or primary mental health providers in the community or counselling via the PHOs, other NGOs or Postnatal support groups.</i></p>

7. INCREDIBLE YEARS SPECIALIST SERVICE

<p>The Incredible Years Programme is a parenting programme (with children up to 12 yoa) designed to develop positive family relationships, empower parents to make change and to manage difficult behaviour (incl. oppositional defiant disorder or conduct disorder behaviours). They also offer practical step by step suggestions on how to handle the everyday situations that parents face.</p>
<p>If needed Dinosaur School (skill-based training for the children) or Home Coaching (extra support for the parents) will be offered as well.</p>
<p><i>Please note: You don't have to be registered with MICAMHS-VOYAGERS to access this service.</i></p>

Intake criteria Paediatric Department

<p>The Paediatric Department is for children under 15 years of age who have physical, medical and social problems which may include (<i>in the absence of moderate to severe comorbid mental health issues and/or complicating presentation</i>):</p> <ul style="list-style-type: none"> • ADHD • Autism Spectrum Disorder • Intellectual Disability/Global Developmental Delay • Somatoform Disorder
<p>In partnership with MICAMHS:</p> <ul style="list-style-type: none"> • Transgender • Eating Disorder

Intake criteria Oranga Tamariki

<p>Suspected abuse should be referred to Ministry for Vulnerable Children Oranga Tamariki. As per mandate, please refer to Oranga Tamariki.</p>

Intake criteria PHO, NGO or Community Agency

<p>If Mild to Moderate Mental Health Issues:</p>
<p>Transitional issues or difficulties, relationship issues, bereavement</p>
<p>Not necessarily a formal diagnosis or clear disorder</p>
<p>Mild to moderate distress</p>
<p>Mild to moderate impairment in psychological/social functioning and well-being</p>
<p>A long term physical condition and persistent symptoms that present in the mild to moderate range, chronic stable issues</p>
<p>Low risk to self and others (e.g. long existing mildly present suicidal thoughts or self-harming)</p>

A RANGE OF TREATMENTS ON OFFER:

After an initial intake and more comprehensive assessment if needed we can offer: (Psycho)therapy (e.g. ACT, EMDR, DBT, AFT, CBT), cultural support, family therapy (e.g. FBT), group therapy (e.g. self-compassion, sensory modulation, social skills SAS), child management and behaviour modification, psychopharmacology or Respite care facility (known as Seymour Place, a 4 bedded facility based in Brookfield, Tauranga and is run by REAL (non-government organisation).

DISCIPLINES:

Social workers, registered nurses, occupational therapists, infant mental health clinicians, AOD clinicians, (clinical) psychologists, child and adolescent psychiatrists, maternal mental health psychiatrist, cultural specialists (Te Pou Kokiri), health and wellness coaches and administrative support workers.

CONFIDENTIALITY:

Standard health service rules apply i.e. confidentiality will be strictly maintained and broken only if the client discloses serious risk to their own life or to someone else's. MICAMHS-Voyagers has a memorandum of understanding in place with Oranga Tamariki which requires us to report any concerns regarding harm to children (including emotional, physical and sexual abuse).

INFORMED CONSENT:

Where the child is under age 16, parents/caregivers must give consent to our involvement. When a young person is 16 or above this is legally not necessary. However in almost all cases (<16 and >16) we would prefer the family/whanau to support the referral wholeheartedly and be involved in promoting the young person's recovery. MICAMHS-Voyagers will actively try to engage family/whanau when engaging with children and young people, (except in circumstances where this is deemed inappropriate).

PHILOSOPHY:

Our overall assessment approach is developmental, looking at children relative to the tasks and roles appropriate to their age and developmental changes and transitions that a growing person has to cope with. In treatment we are solution-focused and outcome focused. We believe very much in a wraparound care plan and collaboration with all the important people in the life of the infant, child, young person or maternal mental health client.

REFERRAL:

Please use MICAMHS/Voyagers referral form to ensure we have all information to evaluate your referral.

NB: Services are provided at no cost for New Zealand residents.

CONTACT DETAILS:

MICAMHS: 8am-5pm Mon-Fri: 0800 333061
Afterhours Crisis: 0800 800508
Fax: 07 578 7961

VOYAGERS: 8am-5pm Mon-Fri: 0800 486947 (0800 4VOYGR)
Afterhours Crisis: 0800 774545
Fax 07 306 0471