



Youth Mental Health Service Information for schools

Fiona Stanley Hospital

Who we are

Our Youth Mental Health Service consists of a Youth Inpatient Unit and the Youth Community Assessment and Treatment Team (YCATT).

The Youth Inpatient Unit

This 14-bed unit provides a statewide inpatient service to young people ages 16–24 and has 14 beds for young people with acute mental health conditions (conditions that require immediate treatment). This may be a young person's first mental health experience, a repeat episode or worsening symptoms of a condition.

The unit provides the following services:

- assessment and diagnosis
- management and treatment of mental health symptoms
- individual, family and group interventions
- teaching and school liaison
- referral to community treatment options.

The Youth Unit provides assessment and treatment for young people in collaboration with their families and community supports. Both voluntary and involuntary patients (under the ***Mental Health Act 2014 WA***) are admitted to the Youth Unit.

The team consists of a multi-disciplinary group of health professionals including:

- consultant psychiatrists
- psychiatric medical registrars
- medical officers
- clinical psychologists
- clinical neuropsychologist
- social workers
- occupational therapists
- mental health nurses
- allied health assistants
- teachers.

Length of inpatient stay may vary according to individual clinical need.

Young people usually come into the Youth Unit by transfer from service such as a community mental health service and/or an emergency department. Read more about this service at **www.fsh.health.wa.gov.au/YouthMentalHealth**

Please note schools and school psychologists cannot directly refer to the unit. If a school is concerned about a child or a young person, they should contact the local community mental health service, and in cases of emergency, contact the local emergency department.



YCATT

YCATT provides mental health care for 16–24 year olds that are at higher risk of developing mental health issues or experiencing emerging psychosis, mood issues, anxiety or distress and behavioural issues.

This community outreach service uses a client-centred, recovery focused approach within the youth mental health model. It provides community based assessment and intensive case management for a six week period.

YCATT works with young people using a range of interventions to improve their mental health and their links with the community.

Services include:

- assessment
- case management and treatment of mental health symptoms
- referral to other appropriate services
- establishing links with long term community mental health supports
- school liaison.

Our team includes:

- consultant psychiatry
- psychiatric registrars
- mental health nurses
- social worker
- clinical psychologist
- liaison teacher.

Referrals to the YCATT service can be made via the school, preferably by the school nurse or psychologist. For further information about YCATT referrals visit **www.fsh.health.wa.gov.au/YCATTreferrals**

Educational support services

Staff from the **School of Special Education Needs: Medical and Mental Health (SSEN:MMH)** provide educational support to the patients in the Youth Unit and YCATT, regardless of which school they attend. Links are forged with schools, regional staff and external agencies.

Referred students are supported in transition back to school or other education programs. The school staff and the unit develop mutual understanding which assists a young person toward recovery and minimises disruption to schooling. The Youth Unit and YCATT welcome contact from schools.

SSEN:MMH staff will often facilitate contact between the school and inpatient clinical psychologist or another member of the clinical team, with the consent of the young person and their legal guardian/s. In complex cases, the inpatient team will determine the need for a video conference appointment which will be requested between the unit, family, community mental health service and school.

Follow up

All students who experience a mental health issue need support within their school and community environment. When discharged from the unit, adjusting to life back at home and school can take time and may be stressful. Prior to discharge, an assessment is made regarding the level of support a young person will require when transitioning back to the community. In circumstances where education or mental health supports are required, the Youth Unit will contact the school via a phone call. Routine post discharge contact occurs for patients within seven days for follow up.

The best outcomes for young people are achieved with participation from schools, families and the young person. Please note that the unit does not inform the school about discharge plans or the needs of patients in every case.

Risk management

Within the school setting it may be necessary for further risk assessments and risk management planning or review. Information, guidelines and templates can be found in the *School Response and Planning Guidelines for Students with Suicidal Behaviour and Non-Suicidal Self-Injury*.

Risk assessments are ongoing throughout a young person's stay in the Youth Unit. Some young people will present with ongoing chronic risk. If following a risk assessment clinicians form a view that there was immediate or chronic risk to patients or others, the patient would not be discharged without suitable supports in place and appropriate communication of this risk.

If a young person's presentation escalates, then schools can utilise the contacts and supports listed below in addition to the *School Response and Planning Guideline for Student Suicidal Behaviour and Non-Suicidal Self-Injury*.

Emergency numbers

- Child and Adolescent Mental Health Service urgent help line – **1800 048 636**
- Kids Helpline – **1800 55 1800**
- Parenting WA helpline – **6279 1200**
- Family Helpline – **9223 1100**
- Sexual Assault Resource Centre – **9340 1828**
- Youthline Samaritans – **9388 2500**
- Crisis Care – **9223 1111**
- Mental Health Emergency Response Line – **1300 555 788**

Websites with information for young people

- Bullying – **www.bullyingnoway.gov.au**
- Depression – **www.beyondblue.org.au**
- Drugs and alcohol – **www.dao.health.wa.gov.au**
- Mental health – **www.reachout.com.au and www.headspace.org.au**
- Sexual health – **www.getthefacts.health.wa.gov.au**

More information

Further information about mental health services at Fiona Stanley Hospital visit **www.fsh.health.wa.gov.au/MentalHealth**

