

Improving Mental Health care for 5-11 year olds living on the Central Coast

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Aim Statement: Within 18 months 100% of 5-11 year old children with a referral for mental health will receive the appropriate mental health interventions, within 2 weeks of the referral being received by CCLHD.

Background to problem worth solving:

- Evidence based practice = children's future life trajectory will be improved if they can access mental health care early.
- Paediatric Framework Initiative = consumer and clinician feedback indicate need for urgent review of mental health care services for children.
- CE goal = review of current mental health programs across Mental Health and Child and Family Health.
- Patient experience = Increased length of stay and C-ART calls for children admitted with a mental health disorder in the Paediatric Inpatient Unit.

Executive Sponsors:
Louise Waymouth – Director Women, Children and Families
Anthony Critchley – Director Mental Health

Team Leaders:
Catherine Merillo and Leanne Roberts

Project Team Members:
Rachel Sheather-Reid - Mental Health Translational Research
Michelle Jamieson –Child and Adolescent Mental Health Service (CAMHS) Children's Team Leader
Lexie Hagan – CAMHS North Clinician
Teagan Jones – CAMHS North Clinician
Mary Cesca – Family Recovery Clinician
Tim Moore – CAMHS CAT CNC2
Louise Whitfield – Got It! Program
Olivia Gregg – CAMHS GP Liasion Officer/Clinical Nurse Consultant (CNC)1
Janet Rourke – CNC2 Complex Care Child and Family Health
Jayne Klijn – Clinical Nurse Specialist (CNS) 2 Family Care Cottages and Perinatal Intake (PI)
Jennifer McGhie – Project Manager Intellectual Disability and Mental Health Residual Functions Program
Waverney Innes – Senior Psychologist FACETS
Chris Denne – Senior Social Worker Child and Family Health
Sonia Varney- Out Of Home Care (OOHC) Co-ordinator

Quality Advisor:
Clare Karibika – Manager Patient Safety and Accreditation

Consumer Representative:
Bridgitte Sigl

National Standards:
Comprehensive Care
Recognising and responding to acute deterioration
Partnering with Consumers
Communicating for Safety

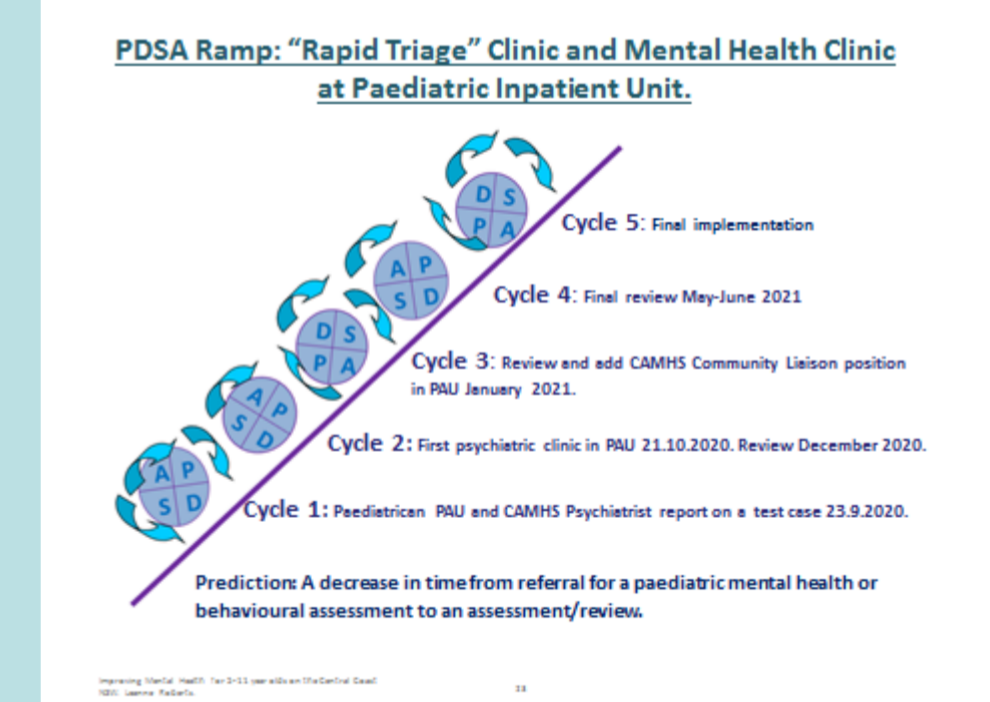
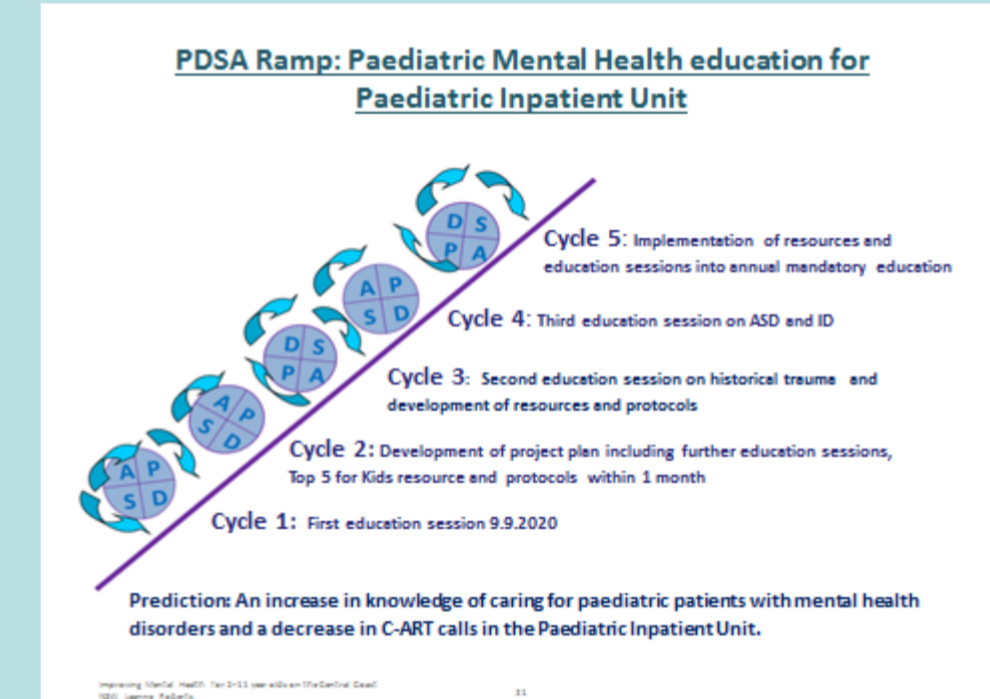
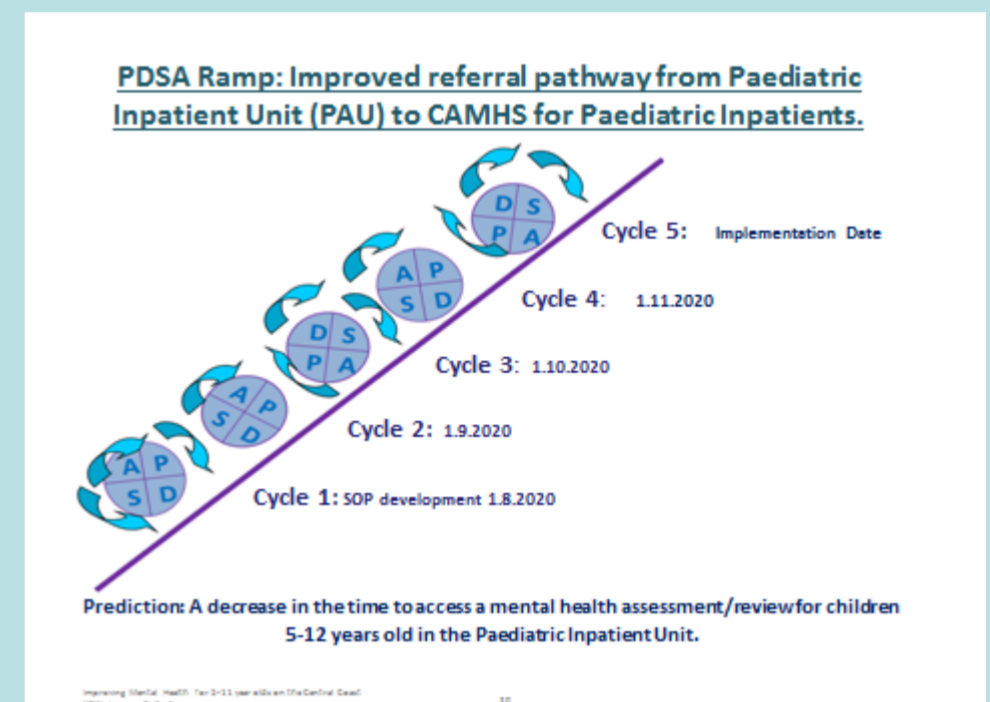
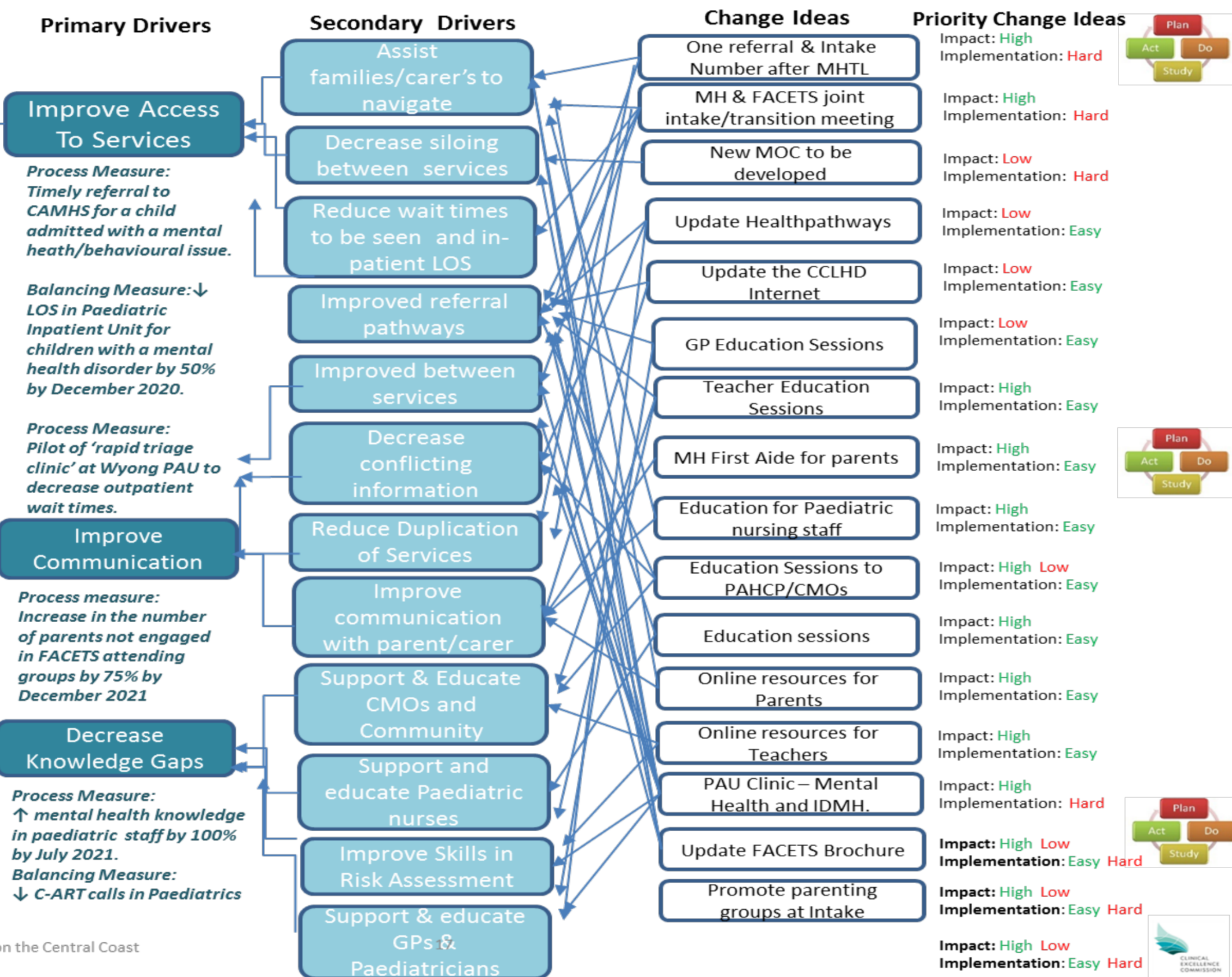
Strategic Plans:
CCLHD Caring for the Coast 2019-2024
NSW Health The First 2000 Days
NSW Health Review of Health Services for Children, Young People and Families (The Henry Report)

Driver Diagram

The Problem:
Difficulty accessing mental health services for children aged under 12 years of age on the Central Coast.

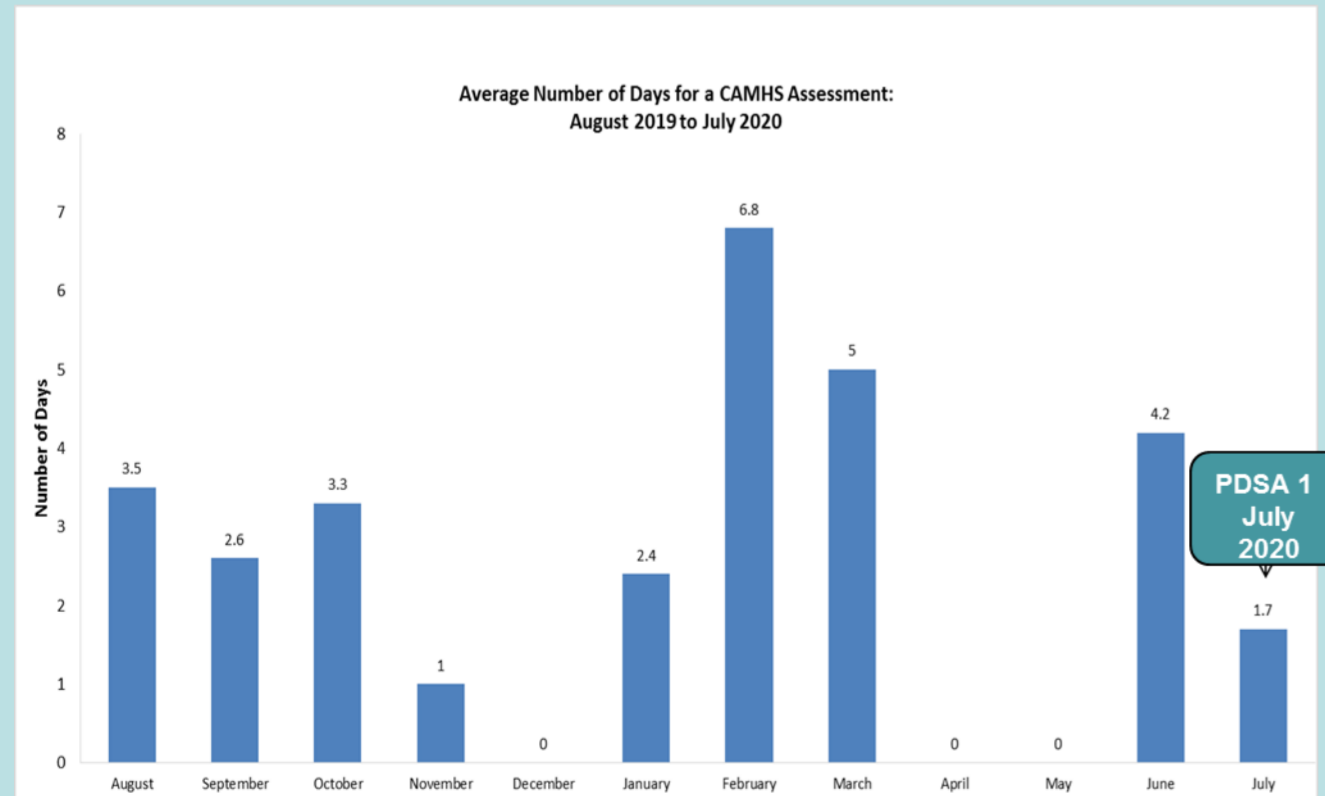
SMART Aim:
Within 18 months, 100% of children aged 5-11 years old with a mental health referral will receive the appropriate mental health interventions within 2 weeks of referral being received by CCLHD

Outcome Measures:
↓ length of time from referral to appropriate assessment and treatment for children with a mental health illness to < 2 weeks by December 2021.

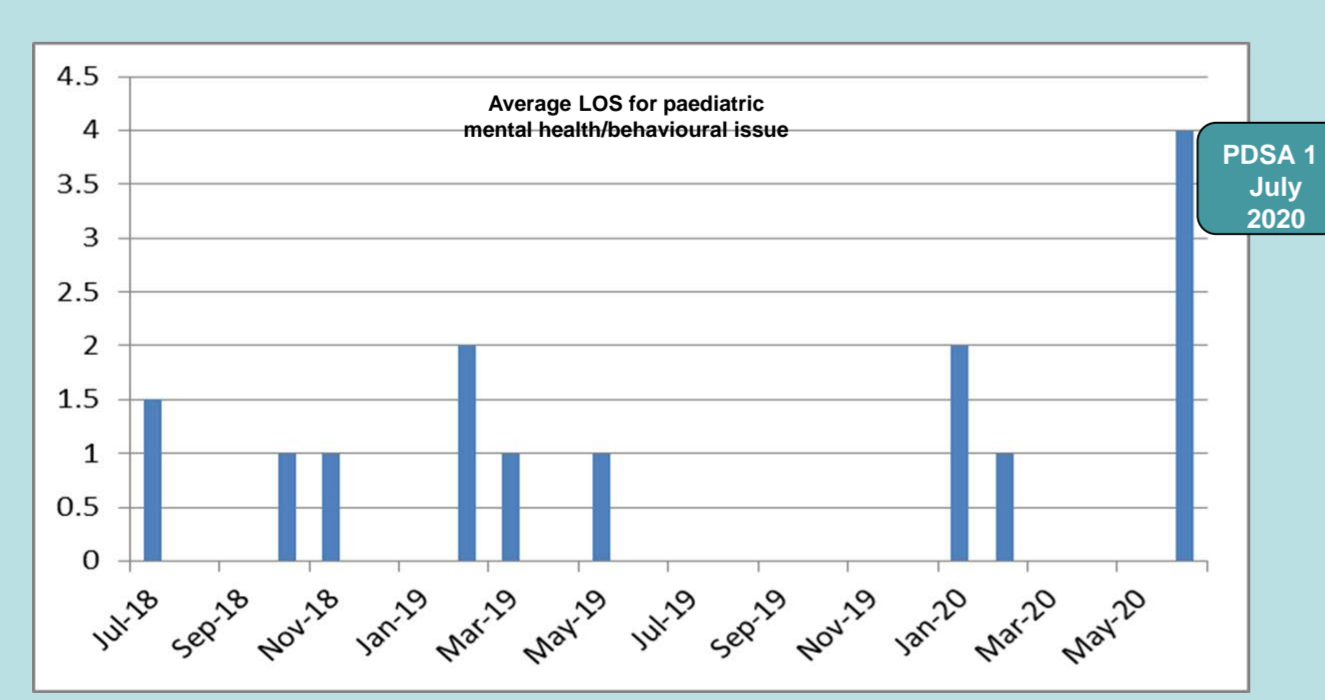


Results:

Process measures: PDSA Ramp 1



Balancing measures: PDSA Ramp 1



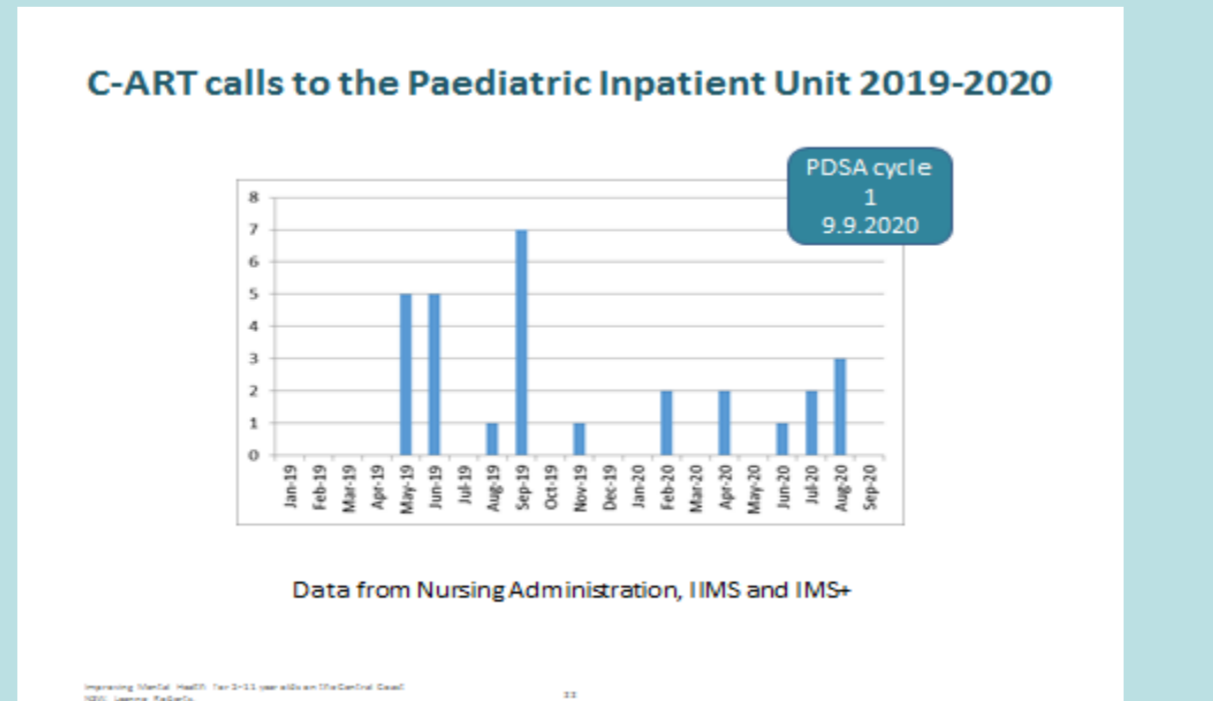
Process measures: PDSA Ramp 2

QARS Quality Audit Reporting System

Survey Questionnaire

- Pre-education sessions
- Post-education sessions
- One month after education sessions

Balancing measures: PDSA Ramp 2



Process measures: PDSA Ramp 3

16-26 weeks

First 'rapid triage' clinic
14.10.2020

Overall Outcome of Project:
The 2019-2020 bushfires and the COVID-19 pandemic impacted on timeframes.

Mid October 2020 = 2.5 to 3 project progress score with modest improvement in some areas and changes being tested in other areas.

The project will continue for another 6-12 months after CEC Executive Leadership Program completion.

Plans to sustain change
British NHS sustainability survey = 63.9

- On going executive sponsor support
- Under 12s Mental Health Care Improvement Working Party
- Pilot project for Paediatric Rapid Triage Clinic/Extend pilot project into Staff Specialist Centre
- Application for funding to extend pilot to vulnerable groups
- Continue to review data with Business Informatics support

Strategies for sharing

- Elevator pitches
- ACI Innovation Exchange
- CCLHD and NSW Health Quality Improvement Awards
- Publication