

Creation and development of an out of hour's child and adolescent mental health emergency service

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Having 25% of the total population aged under 18y old, Ireland struggles to provide appropriate Child and Adolescent Mental Health Services (CAMHS); this is directly connected to the lack of CAMHS consultants to lead these services. Accessing the existing CAMHS, especially in emergency, is particularly difficult as the waiting lists are ever growing, and therefore delaying the possibility of an early first appointment. To palliate this, in Wexford and Waterford, we decided to be creative and to develop a new type of service: an out-of-hours Emergency Mental Health Service for young people, which provide assessments and interventions for under 18y old patients with Mental Health issues presenting in Emergency Department (ED) and/or hospitalised on a Ward. This new service functions with extremely limited resources (one consultant Psychiatrist and one Psychiatrist in training) and operates between three sites. A total of 675 interventions were delivered by the consultant responsible for that new Service over a period of 7 months (between February and August 2018). 59% of these interventions were made by phone while 41% required a face to face consultation. Following this study, not only has this new service been maintained but it will be developed and might also serve as a model for the other regions of Ireland which might want to develop a similar service.

Recent Publications

1. Naviaux A and Zdanowicz N (2019) Creation of an out of hours child and adolescent mental health emergency service. *International Journal of Psychiatry and Mental Health* 1:13-19.

2. Naviaux A (2018) Triage of children with mental health difficulties presenting in A&E in a general hospital. *Psychiatria Danubina*, 30(7):422-425.
3. Zdanowicz N, Reynaert C, Jacques D and Dubois T (2017) Depression and immunity: a psychosomatic unit. *Psychiatria Danubina* 29(3):274-278.
4. Zdanowicz N, Dubois T, Reynaert C, Jacques D and Manceaux P (2016) Comparisons of components of the depression of hospitalized patients admitted through the emergency dept or consultations *Psycha Danub* 28:59-161.

Biography

Anne-Frederique Naviaux is a Consultant Psychiatrist and Child Psychiatrist, who finished her Master in Psychiatry at Universite Catholique de Louvain, Belgium in 2004. She has worked in France as a 'praticien hospitalier' in Child Psychiatry and for the World Health Organization, before joining the Research Department at Trinity College, Dublin, Ireland in 2011. She has been a Lecturer in France (IFS) since 2004 but has also joined the Royal College of Surgeons of Ireland in 2012. She currently works for the Health Service Executive in Ireland as Head of Service in Summerhill Adult Mental Health Centre, Wexford and as Clinical Lead for Liaison Psychiatry at Wexford General Hospital. Since 2016, she has been developing in collaboration with the Paediatric Team in WGH, an out of hour's emergency service for young people with Mental Health Issues.

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