

Consent & Capacity

Outpatient treatment cannot be provided to children and adolescents who refuse (regardless of age) and who are capable of understanding the nature of the treatments proposed, and the consequences of their decision. For youth who do not have the capacity to provide consent, decisions are made by their parents or other legal guardians. Information about treatment is kept strictly confidential except when 1) patients or guardians ask for information to be released, or 2) there is legal requirements to divulge (such as in child protection cases).

Education, Training & Research

In collaboration with Laurentian and McMaster Universities, Cambrian College and other educational settings, our programs provide training for students in Child and Youth Counseling, Nursing, Psychiatry and Medicine, Psychology, and Social Work fields. A number of our staff have conjoint appointments with Universities. Most of the students on placement are from Northern Ontario, and many are from Aboriginal and Francophone communities.

Education and training sessions and opportunities are also routinely offered to community care providers in the course of collaborative work. We also engage in program evaluation, quality improvement activities, research, and publication.

Telemedicine & Videoconferencing

Video and Teleconferences are utilized to reach more remote and isolated sites. Videoconferencing services are available to most community professionals in Northeastern Ontario.

Contact Information

Our program is located on the 4th floor of the NEMHC Sudbury campus. Please contact us if you have any questions. Office hours are from 8:00 a. m. to 4:00 p. m. Monday to Friday.

Regional Children's Psychiatric Centre

A service of the Northeast Mental Health Centre

**680 Kirkwood Drive
Sudbury, Ontario, P3E 1X3**

Phone (705) 675-9193 ext. 8361/8401
Fax (705) 675-5448
E-mail: rcpc@nemhc.on.ca

www.nemhc.on.ca



**northeast mental
health centre**

**centre de santé
mentale du nord-est**

Regional Children's Psychiatric Centre

**Child & Adolescent Outpatient
& Specialty Services**

**(la version française est
disponible sur demande)**

Psychiatric Disorders

These are disorders which psychiatry and psychiatric teams play a lead role in diagnosing, treating, and researching. Children and adolescents with such disorders include those with severe mental illness and associated disabilities. Diagnoses for such youth may comprise Major Depression, First Episode Psychosis, Bipolar Disorders, Social Phobia, Obsessive-Compulsive Disorder, and Attention Deficit Disorder. Disorders such as Oppositional Defiant Disorder, Conduct Disorder, Autism and Developmental Disabilities are typically served by other services such as children's mental health, community living, and juvenile justice systems except for cases of comorbidity.

Who Can Refer?

Primary care professionals can refer clients who are under the age of 18, who live in Northeastern Ontario, and have or may have a psychiatric disorder.

Making a Referral

Calls and inquiries about a referral are best directed to the Intake Worker at 705-675-9192/9193 extension 8361. Letters of referral can be mailed or faxed by community physicians/mental health professionals.

Outpatient Services

Outpatient Services typically begin with consultations provided by one or more members of a psychiatric interdisciplinary team. Because children often present with other problems in addition to a particular psychiatric disorder, or with a psychiatric disorder that is not best treated with medication or medication alone, the members of the team that have the best training and experience with the problems and the interventions likely to be required are assigned. A referred child may receive services from one or more of the following: psychiatry, child & youth counseling, nursing, psychology, and/or social work as required.

The role of the services are to assist general practitioners, other physicians and mental health professionals by disseminating specialty knowledge about management of psychiatric disorders. The services are intended to enhance and not replace community professionals. This helps to ensure that referred children and adolescents access basic and essential local supports that they need, and that only community primary care systems can provide.

Although parents and youth are informed, Consultation and assessment and treatment reports are for the benefit of children and families but for the use primarily of referring professionals.

Specialty Clinics

After initial consultation Outpatient Services can provide more intensive and longer term services through the Outpatient Specialty Clinics. Anxiety Disorders, Early Episode Psychosis, ADHD, and Mood Disorders Clinics provide service to patients and community care providers in a more intensive, specific, specialized and longer term manner in a way that is not possible through consultation alone. Assessments and treatments are provided in partnership with community providers. Specialized assessments which can include family residential and inpatient components for the disorders above may utilize observational assessments, evaluation for problematic patterns of thinking and belief, behavioral assessment, family evaluation, and medication reviews. Treatments include psychopharmacology, cognitive and behavioral therapy, behavioral therapy, structural family therapy, psychoeducation, and activity and lifestyle interventions.

Culture & Language

Our staff have extensive training and experience in the care of seriously mentally ill youth, and provision of services to Aboriginal and Francophone groups, and Northern Communities.