

What happens after you make a referral?

All outpatient referrals are considered on a weekly basis. If the referral meets the Department's criteria and is accepted, a clinician will be allocated.

Based on the information provided careful consideration is given to who is best suited to conduct the assessment. The assessment may be carried out by a psychiatrist, registrar, psychologist, social worker, occupational therapist or a combination of clinicians.

Once allocated the clinician/s will contact the family directly and arrange an appointment for an assessment. Following the assessment, the referring clinician will be provided written feedback regarding the assessment and the proposed management plan.

What happens if we do not accept the referral?

If we are unable to accept a referral, we will contact you and explain why this is the case and recommend an appropriate referral pathway or alternative management strategy.



Where to find the Department of Psychological Medicine

We are located on Level 3 on Outpatients Street in the main building. If you enter the Hospital from the main entrance take the ramp or lift to Level 3.

Hours: 8.30am to 5.00pm, Monday to Friday.

For the after-hours psychiatrist please phone the Hospital switchboard on **(02) 9845 0000**.

the
children's
hospital at Westmead



Department of Psychological Medicine Intake Officer

The Children's Hospital at Westmead
Cnr Hawkesbury Road & Hainsworth Street
Locked Bag 4001 Westmead NSW 2145

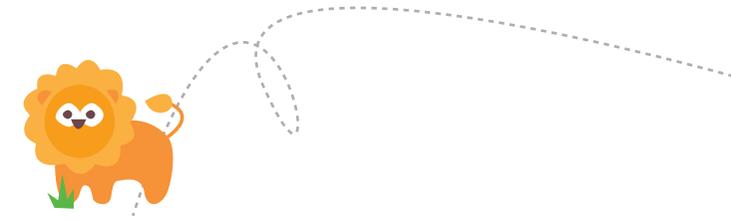
Website: www.schn.health.nsw.gov.au

Tel: (02) 9845 2005

Fax: (02) 9845 2009

Email: psychintakechw.schn@health.nsw.gov.au

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Department of Psychological Medicine

Psychological Medicine Referrals



Specialist mental health consultation,
clinical and advocacy services
for children and young people

the children's hospital at Westmead



Psychological Medicine Referrals

Who we see

The Department of Psychological Medicine provides specialist mental health consultation, clinical and advocacy services for children and young people who receive on-going care from a specialist medical or surgical service within CHW and are experiencing:

- Psychological or mental health problems associated with medical illness or health concerns;
- Psychological or mental health problems associated with developmental or intellectual disability;
- Psychological or mental health problems or disorders associated with complex psychosocial circumstances or trauma;
- Medical complications of psychiatric illnesses;
- Serious mental illness requiring treatment in a combined paediatric and psychiatric setting.

Our specialty areas of practice include the management of anxiety, depression, psychosis, developmental disorders, psychosomatic disorders, eating disorders and psychological and behavioural problems of children and young people with a chronic illness or hearing impairment.

Services



Initial referral is for a review/assessment of needs

Following assessment, treatment recommendations will be developed and a care plan established that best suits the patient's needs. Treatment may be planned within the hospital on an inpatient or outpatient basis or the patient may be referred to appropriate services in the local community. Treatment offered by the Department may include:

- Family therapy
- Individual psychotherapy
- Group Work
- Psychotropic medications
- Mind-Body Rehabilitation Program

The Department also operates an acute Mental Health Unit, Hall Ward. Please contact Hall Ward directly on **9845 1112** for referrals and admission criteria.

Our referral criteria

Tertiary referral only

The Department of Psychological Medicine is a tertiary referral service. We accept referrals from medical and surgical specialists within The Children's Hospital who have an on-going relationship with the patient. We are unable to accept referrals for patients seen in private rooms, from general practitioners, school counsellors or private practitioners.

We also accept referrals from child and adolescent psychiatrists who are seeking a second opinion.

We are unable to accept self-referrals from parents/care-givers.

Age range

Consistent with the policy of The Children's Hospital at Westmead, new outpatient referrals are accepted for children up to the age of 15 years and 11 months. For outpatients over the age of 16 we require documentation of the young person's transition plan.

How to make a referral

Inpatient Referrals

Prior to contacting the Dept. of Psychological Medicine all referrals requests MUST be discussed with and accepted by the family.

For Inpatient referrals contact the Department of Psychological Medicine on **9845 2005** and your call will be directed to the appropriate Liaison Team responsible for the ward that the child is admitted to. The Liaison Team will discuss the referral with you.

Outpatient Referrals

Before making a written referral, clinicians are encouraged to phone and discuss the referral with the Intake Officer to determine the appropriateness of our service for the young person, or to discuss other referral options.

If there are concerns for the safety of the patient or those around them, the local crisis team should be called or the patient should be referred to the Emergency Department of their nearest hospital for assessment.

Information required for all referrals

Clinicians wishing to make an outpatient referral are required to write a letter addressed to the Intake Officer. To help us address your referral promptly please provide the following information:

- A description of the nature of the psychological problem and reason for referral is clearly stated;
- A description of any on-going medical concerns, including treatment and investigation history;
- History of any past mental health treatments or assessments;
- The extent of on-going paediatrician involvement;
- Your expectations about the desired outcome of the referral;
- Whether you have discussed the referral with the family
- A copy of the transition plan if the young person is 15 years 11 months or older.

