

Confidentiality

Information collected is treated in a confidential manner. If there is significant risk to yourself or others, some essential information will have to be shared to ensure safety.

We will seek your permission to gather assessment information or speak with others involved. Some demographic data is collected as a requirement of the Ministry of Health for service planning purposes.

All children and families seen will have their case discussed within the clinical team. Notes will be taken and kept in a paper file and on computer records. These are then only accessed by Mental Health Service staff, as needed, under confidentiality and professional guidelines. Some correspondence will routinely take place with your GP.

Feedback

If you have a complaint or compliment about the service you are receiving, please contact:

- Your case manager or
- CAFMHS unit manager or
- Quality and Risk (03) 213 5738 or feedback@southerndhb.govt.nz or
- Health & Disability Advocacy Service South Island
Phone: 0800 555 050 or www.advocacy.org.nz

**If you are in crisis and need urgent assistance please phone the Otago Emergency Psychiatric Service who provide 24 hours a day, 7 days a week service on:
0800 46 78 46**

Contacts

Child and Family Mental Health Service

Dunedin

9 Moray Place, Level 2

Dunedin

Phone: (03) 471 7105 or 0800 44 33 66

Fax: (03) 471 7109

Waitaki

2 Trent Street

Oamaru

Phone: (03) 433 0002 or 0800 44 33 66

Fax: (03) 434 1247

Balclutha

24 Clyde Street

Balclutha

Phone: (03) 419 0440 or 0800 44 33 66

Fax: (03) 419 0441

Dunstan

24 Hospital Street

Clyde

Phone: (03) 440 4308 or 0800 44 33 66

Fax: (03) 440 4318

www.southerndhb.govt.nz

Future Directions Southland Mental Health & Addictions network website:

www.futuredirections.org.nz

Mental Health, Addictions and Intellectual Disability Service

Child & Family Mental Health Service (Otago)



Information on support we can offer you

"Better Health, Better Lives, Whānau Ora"

What is the Child and Family Mental Health Service (CAFMHS)?

CAFMHS is a specialised service providing assessment and treatment to children and young people aged 0 to 14 years and their families. Our CAFMHS services in Waitaki, Balclutha and Dunstan can see young people up to the age of 18 years. For Dunedin youth over 14 years we will refer to our Southern DHB Youth Specialty Service. Our service caters for children, young people, and their families in the Southern DHB district of Otago who are experiencing moderate to severe mental health difficulties, suspected psychiatric disorders, or severe emotional and behavioural disturbance.

Our service is free of charge for New Zealand citizens and permanent residents, and is voluntary. Some charges can apply to people from other countries.

Who are We?

We are a team of health professionals from various backgrounds, such as:

- ⇒ Child and adolescent psychiatry
- ⇒ Psychology
- ⇒ Nursing
- ⇒ Social work
- ⇒ Occupational therapy
- ⇒ Psychotherapist
- ⇒ Kaioranga hauora Māori

We have a close working relationship with the youth consumer advisor who provides the service with advice, support and feedback from a youth perspective.

How can We help You?

With such a wide variety of skills within our team we can help you with:

- ⇒ Attention deficit / hyperactivity disorder
- ⇒ Anxiety disorders
- ⇒ Adjustment disorders
- ⇒ Eating disorders
- ⇒ Depression
- ⇒ Psychotic disorders
- ⇒ Deliberate self-harm
- ⇒ Obsessions and compulsions
- ⇒ Other mental health issues

What Can We do to Help?

We function on an outpatient basis in a clinic-type setting. Initially an assessment of relevant issues, such as mood, behaviour, social functioning, health, family and other circumstances, is made. Consultation with other professionals involved, such as a GP or teacher, is usually requested. Once the assessment has been completed, the staff will have an understanding of the nature of the problem. We will involve you in developing a treatment plan.

The number of intervention sessions will vary from case to case. A case manager will coordinate your care and treatment while you are in the service, and is available to answer any questions.

What form of Treatment and type of Services do we offer?

Depending on your needs you may be offered:

- ⇒ Individual or group/family therapy
- ⇒ Cognitive behaviour therapy
- ⇒ Medication
- ⇒ Parent management training
- ⇒ Cultural support
- ⇒ Referral to another agency or service

Who can Refer to CAFMHS?

We accept referrals from community professionals, such as:

- ⇒ Public health nurses
- ⇒ General practitioner (GP)
- ⇒ Social worker
- ⇒ Teacher / school principal
- ⇒ Resource Teacher Learning & Behaviour (RTL) Service

Ministry for Vulnerable children These professionals know about the service and understand how to refer to us. CAFMHS would expect that the referrer would have had a discussion with you about the reasons for the referral. You can contact us directly to discuss any referral queries that you may have.

Do you Live outside Dunedin?

The CAFMHS team provides services from Oamaru, Balclutha, and Clyde. There is also the Southern DHB Child Adolescent Family Service operating in the Southern region, based in Invercargill. Assistance with transport costs to attend CAFMHS may be available.