

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 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 key worker or
- + The CAFMHS unit manager or
- + Administration officer, Patient Safety and Risk or
- + Health and Disability Advocacy Services, South Island, phone: 0800 377 766.

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Contacts Child and Family MH Services

Otago

9 Moray Place, Level 2, Dunedin
Phone (03) 471 7105 or
0800 44 33 66.

Waitaki

2 Trent St, Oamaru
Phone (03) 433 0002 or
0800 44 33 66.

Balclutha

24 Clyde St, Balclutha
Phone (03) 419 0440 or
0800 44 33 66.

Dunstan

24 Hospital St, Clyde
Phone (03) 440 4308 or
0800 44 33 66.

www.southerndhb.govt.nz

Future Directions Southland Mental
Health & Addictions network website:
www.futuredirections.org.nz

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

Health New Zealand
Te Whatu Ora

**Mental Health, Addictions
and Intellectual Disability
Services**

**Child and Family Mental
Health Service**



“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 – 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 Te Whatu Ora Southern Youth Specialty Service. Our service caters for children, young people and their families who live in the Health NZ Te Whatu Ora Southern 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, permanent residents and is voluntary. Some charges can apply to people from other countries.

Who are we?

We are 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 Adviser who provides the service with advice, support and feedback from a youth perspective.

How can we support you?

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

- ✚ Attention deficit/hyperactivity disorder
- ✚ Anxiety 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 key worker will coordinate your care and treatment while you are in the service and is available to answer any questions.

What forms of treatment 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
- ✚ Play therapy
- ✚ A referral to another agency or service

Who can refer to CAFMHS?

We accept referrals from community professionals such as: Public Health nurses, GP, Social Worker, RTLB, school principal or Child and Youth Agencies. 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 you may have.

Do you live outside Dunedin?

The CAFMHS Team provides services from 2 Trent St Oamaru, 24 Clyde St Balclutha South Otago, 24 Hospital St Clyde North Otago. There is Health NZ Te Whatu Ora Southern Child Adolescent Family Service operating in the Southern region, based in Invercargill. Assistance with transport costs to attend CAFMHS may be available.