



INFORMATION FOR PROFESSIONALS AND AGENCIES

ALFRED CAMHS provides a wide range of free services, delivering mental health care for infants, children and adolescents [under 18 years] and their families or carers.

ALFRED CAMHS offers an outpatient service which covers the municipalities of Port Phillip, Stonnington, Glen Eira, Bayside and Kingston west of Boundary Road.

What does Alfred CAMHS provide?

The service provides assessment, case management and treatment for infants, children, adolescents and their families or carers where children and adolescents are experiencing emotional, psychological or psychiatric problems. Treatment may include individual, family and group therapies. Medication may be recommended for some conditions.

Secondary consultation can also be provided to professionals on request. Needs based consultation can be provided regarding individual cases. Regular consultation to an agency can be arranged.

Who works at Alfred CAMHS?

The service comprises multidisciplinary teams which may include Child and Adolescent Psychiatrists, Psychologists, Family Therapists, Occupational Therapists, Paediatric Registrars, Psychiatric Nurses, Psychiatric Registrars, Psychotherapists, Social Workers, Speech Pathologists and Special Education teachers.

Why refer to Alfred CAMHS?

In general the focus is on highly complex cases or specific problems that need the skills of a multidisciplinary mental health team.

❑ Behavioural problems

School refusal, poor self control, drug and alcohol abuse, behaviour which is dangerous to themselves or others, lying, stealing, aggressive behaviour

❑ Emotional problems

Trauma reactions, stress, anxiety, depression, suicidal thoughts and rage reactions

❑ Relationship problems

Social withdrawal, family conflict, poor peer relationships [including bullying]

❑ Developmental problems

Social skills, speech and language, fine and gross motor skills, learning, attention, concentration and play difficulties

❑ General health and well being problems

Eating disorders, disturbed sleeping patterns, poor self care, self harm, physical symptoms expressing emotional distress

ALFRED CHILD AND ADOLESCENT MENTAL HEALTH SERVICE
2nd floor, 999 Nepean Highway, Moorabbin, 3189
phone: 8552 0555 fax: 9532 5631

❑ **Other psychological symptoms**

Hallucinations [voices and visions that no-one else can experience], delusions [false beliefs], seeming to be out of touch with reality, paranoia [overly suspicious], habitual and obsessive behaviour.

Assessment Process

If after consultation with the Intake Worker the referral is accepted for assessment, we will need to hear from the family so that an appointment can be made with a Case Manager.

The assessment period may take several sessions to enable the service and the family to understand the concerns and how they may have developed over time. Following the assessment the Case Manager will develop a treatment plan with the family and young person.

Programs and Services

❑ **Community Outpatient Team**

There are two multidisciplinary teams providing a service to children and adolescents with serious emotional and behavioural disturbance. The Inner South team deals with clients who live in the cities of Port Phillip and Stonnington.

The Middle South team deals with Glen Eira, Bayside and parts of Kingston.

❑ **Developmental Assessment Program**

Provides an assessment service for children 2 – 18 presenting with complex developmental disorders including Autism Spectrum Disorders

❑ **Infant Program**

Undertakes direct clinical work, consultation, training and research in the field of infant and parent mental health. Families where a child is under 3 years and has difficulties in emotional, social or relationship development are seen.

❑ **Alfred CAMHS Education Centre**

Provides educational assessment and management of children and adolescents involved with Alfred CAMHS who are experiencing difficulties at school

❑ **Research and Evaluation**

Alfred CAMHS is committed to evaluating early aspects of clinical programs and systematically developing innovative assessment and treatment programs. A Research, Evaluation and Practice (REP) Unit within

Alfred CAMHS has commenced to facilitate and coordinate research and evaluation.

❑ **Education and Training**

Alfred CAMHS regularly runs courses on assessment, treatment and case management in CAMHS. Seminars and workshops are run by staff to educate and promote mental health.

Staff regularly provide on-going consultation, supervision and lectures to students of university courses eg Developmental Psychiatry course.

❑ **Mental Health Promotion**

The mental health promotions officer provides support to improve workers' and the community's knowledge and understanding of mental health issues for children and young people across the Southern Region.

❑ **Other programs**

We have access to an intensive youth outreach team (IMYOS), day program (ARC) and inpatient beds at Monash Medical Centre (Stepping Stones).

Hours of opening and public transport

Hours of opening are Monday to Friday: 9:00am to 5:00pm. Other times are by appointment.

The clinic is well served by public transport. Moorabbin is the nearest railway station and bus routes 811, 812, 823, 824, and 825 terminate there. Parking is available adjacent to the building.

