

## FOR CLINICIANS TO USE TO GET INFO OR GIVE TO PARENTS

- ▶ Clinician resource for OCD

<https://www.psychologytools.com/professional/problems/obsessive-compulsive-disorder-ocd/>

- ▶ Parent resource for OCD:

<https://adaa.org/sites/default/files/How-to-Help-Your-Child-A-Parents-Guide-to-OCD.pdf>  
<https://childmind.org/guide/parents-guide-to-ocd/>

- ▶ Clinician resources for anxiety disorders

[https://depts.washington.edu/uwhatc/PDF/TF-%20CBT/pages/cbt\\_anxiety.html](https://depts.washington.edu/uwhatc/PDF/TF-%20CBT/pages/cbt_anxiety.html)

- ▶ CBT resource for kids and teens

<https://www.hpft.nhs.uk/media/1655/wellbeing-team-cbt-workshop-booklet-2016.pdf>

- ▶ Trauma Focused CBT resource for adolescents

<https://tfcbt.org/wp-content/uploads/2019/02/Revised-Dealing-with-Trauma-TF-CBTWorkbook-for-Teens-.pdf>

- ▶ E-therapy

- Brave <https://www.brave-online.com/>
- Camp - cope a lot [https://www.copingcatparents.com/Camp\\_Cope\\_A\\_Lot](https://www.copingcatparents.com/Camp_Cope_A_Lot)

- ▶ Health Pathways Melbourne

A clinical management and referral resource designed for use during consultations. It gives clinicians a single website to access clinical referral pathways and resources. For information about or to request access visit: <https://nwmphn.org.au/for-primary-care/clinical-support/healthpathways/>

(Includes Health Pathways for: Anxiety, Depression, Behavioural concerns, Suicide prevention etc)

- ▶ Tuning into kids – suite of evidence-based parenting programs that focus on the emotional connection between parents/carers and their children.

- ▶ Circle of Security International – Early intervention program for parents and children.

<https://www.circleofsecurityinternational.com/>

- ▶ Safety plan templates: The Beyond now app, Calm Harm App

<https://au.reachout.com/tools-and-apps/calm-harm>. Regulating self harm thoughts

- ▶ Parent-guided behavior interventions/General Parenting skills resources:

- TBRI; Trust-based Relational Intervention, Trauma focused CBT , ACT Therapy & DBT Therapy
- National Alliance on Mental Illness
- Parenting books: *Raising Your Spirited Child* (Korcuska), *Raising Human Being* (Green), *Transforming the Difficult Child* (Glasser), What to do Guides
- The Panic Workbook for Teens: *Breaking the Cycle of Fear, Worry, and Panic Attacks* (Kissen), Mindfulness for Teen Anxiety: *A workbook for Overcoming Anxiety at Home, at School and Everywhere*
- THIS WAY UP <https://thiswayup.org.au/>
- Fear less triple P <http://askaboutparenting.ie/fearless/>
- Helping your anxious child (book)

- ▶ BIBLIOTHERAPY (books, movies, videos- choose very carefully what we suggest & watch.

### Books

- Left Brain Right Brain (Book)
- Whole brain child free audio book:  
[https://www.audible.com.au/ep/title?asin=B07N94QQB6&source\\_code=M2MOR](https://www.audible.com.au/ep/title?asin=B07N94QQB6&source_code=M2MOR)

## Resource List – Anxiety disorders- Child Mental Health Community of Practice

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### Movies/Videos

- Inside Out, articulation of neural functioning; Frozen, metaphor for anxiety work.
- YouTube: "evolution of the mind" by Russ Harris.

## SUPPORT SERVICES

- FOCUS program OCD specific program from kids  
<https://www.arcvic.org.au/resources/queensland?id=52>
- OCD & Anxiety Helpline 03 9830 0533 or 1300 269 438

Both numbers directed to the Helpline. If no response leave a message with return contact details and calls are returned within 24hrs by phone or email.

► The Anxiety Recovery Centre Victoria (ARCVic)  
State-wide, specialist mental health organisation, providing support, recovery and educational services to people and families living with anxiety disorders. <https://www.arcvic.org.au/about-us>

## ASSESSMENTS

- The K-SADS-PL obtains severity ratings of symptomatology and assesses current and lifetime history of psychiatric disorders. You may use parts of this tool to confirm a diagnosis  
<https://www.kennedykrieger.org/sites/default/files/library/documents/faculty/ksads-dsm-5-screener.pdf>
- Screen for Child Anxiety Related Emotional Disorders (SCARED), parent and child versions <https://www.pediatricbipolar.pitt.edu/resources/instruments>
- Spence Children's Anxiety Scale (SCAS), parent and child versions  
<https://www.scaswebsite.com>
- Preschool Anxiety Scale, parent version <https://www.scaswebsite.com>
- Generalized Anxiety Disorder7 (GAD-7), teen/adult version  
<https://www.phqscreeners.com>
- CYBOCS symptom self-report checklist <https://kids.psychiatry.wisc.edu/wp-content/uploads/2021/01/CY-BOCS-selfreport.pdf>
- CYBOCS severity ratings by clinician  
<https://static1.squarespace.com/static/56113405e4b0f085582d48e9/t/5658f5bbe4b0060cdb641655/1448670651901/CY-BOCS-Severity.pdf>

## REFERRAL SERVICES

- Head to Health

Available to all Victorians of all ages. Uses the Initial Assessment and Referral Decision Support Tool (IAR-DST) –series of clinical and social questions that help trained intake team understand a person's needs and what type of support or services help will. The person (or GP or other clinician) calls the Head to Health central intake number, 1800 595 212.

- Care in Mind

Free mental health services for all ages. GPs, psychiatrists or paediatricians can make a referral. School principals, school counsellors, maternal child health nurses and early childhood staff can also refer under a 'provisional referral'. A provisional referral means a young client can get two sessions until a GP issues a full referral. Referral process can be found at:  
<https://nwmpnhn.org.au/for-primary-care/clinical-support/careinmind-mental-health-services/>

## CONSULTATION SERVICES

- ▶ **Child and adolescent mental health psychiatry liaison service:** This service will provide secondary consultations to GPs in the North Western Melbourne Primary Health Network region, on the management of mental health problems in children and adolescents.
- ▶ **Secondary consult service:** The service will be provided by child consultation-liaison psychiatrist, Dr Prakash Chidambaram. The service is accessed by calling RCH Mental Health Intake on 1800 44 55 11. Dr Prakash is available on Fridays (9am to 5pm). GPs may request a secondary consultation for a patient aged 5–17 years of age with either established or suspected mental health disorders or neurodevelopmental disorders including ASD, ADHD and ID. The secondary consultant service will provide advice regarding a range of topics including diagnostic, assessment, risks, and management and referral options. *How to access this service? By emailing [mhs.intake@rch.org.au](mailto:mhs.intake@rch.org.au) or calling 1800 44 55 11 during business hours (9am to 5pm, Monday to Friday) to speak with an intake clinician and leave a message. The call or message will be returned by a psychiatrist.*

## TRAINING

- ▶ **MINDFUL:** Victorian centre for child and adolescent mental health training: runs short courses, workshops, certificate courses and advanced training for psychiatrists and paediatricians: <https://mindful.org.au/>
- ▶ **EMERGING MINDS:** The organisation now leads the National Workforce Centre for Child Mental Health, delivered in partnership with the Australian Institute of Family Studies (AIFS), the Australian National University (ANU), the Parenting Research Centre (PRC) and the Royal Australian College of General Practitioners (RACGP). Provides online training, has lots of online resources, tool kits etc: <https://emergingminds.com.au/>