



Child Mental Health CoP Session 5: Assessment and management of mental health disorders in neurodiverse children and young people

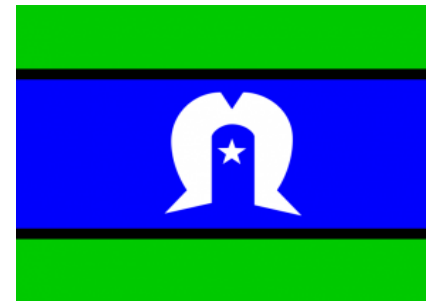
Tuesday 27 August 2024

The content in this session is valid at date of presentation

Acknowledgement of Country

North Western Melbourne Primary Health Network would like to acknowledge the Traditional Custodians of the land on which our work takes place, The Wurundjeri Woi Wurrung People, The Boon Wurrung People and The Wathaurong People.

We pay respects to Elders past, present and emerging as well as pay respects to any Aboriginal and Torres Strait Islander people in the session with us today.



CoP guidelines

We agree to...



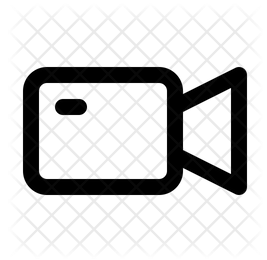
Stay on **mute**
unless speaking



Raise your **hand**
to speak



Keep conversations
confidential



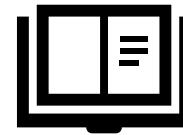
If possible, keep
camera on



Introduce yourself
and your role
when speaking



Share **ideas** &
promote
everyone's
participation



Acknowledge that
we have **varied**
learning needs &
interests



Ask **questions**
No question is silly

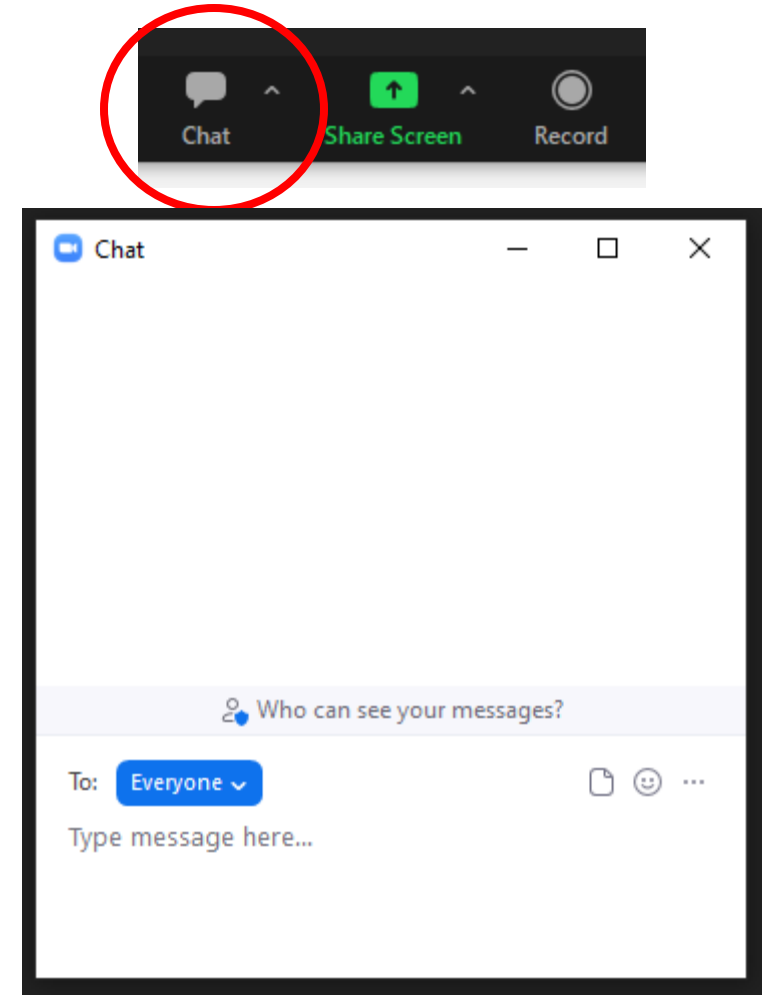
Housekeeping – Zoom Meeting

During the education component, please ask questions via the Chat box

This session is being recorded

Please ensure you join the session using the name you registered with so we can mark your attendance

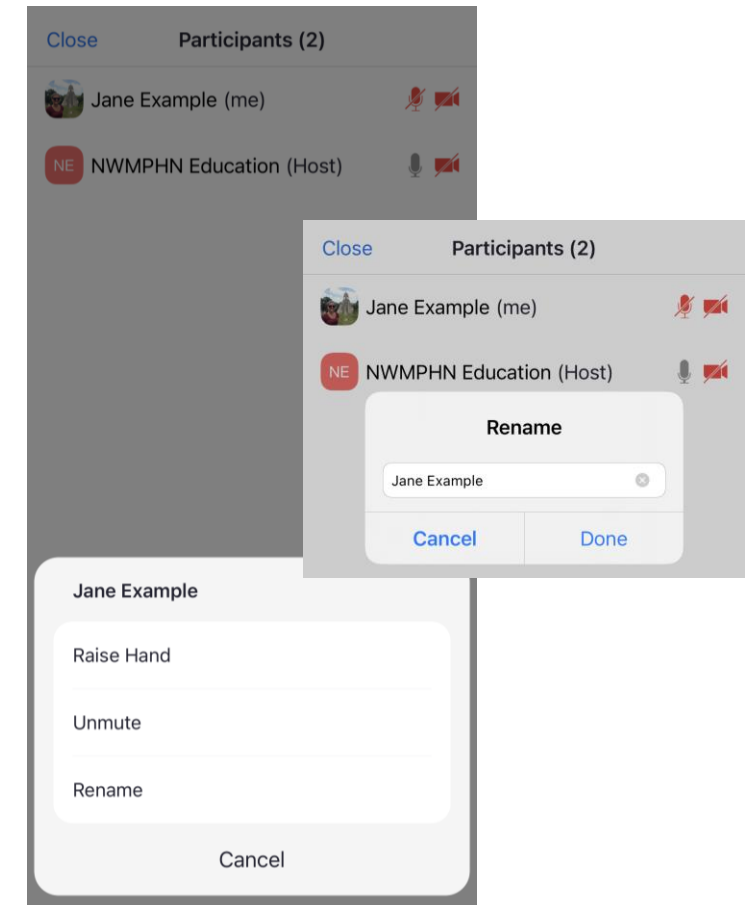
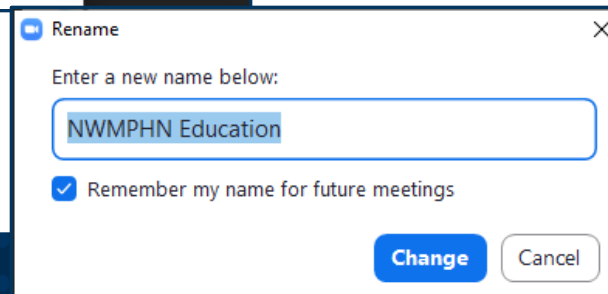
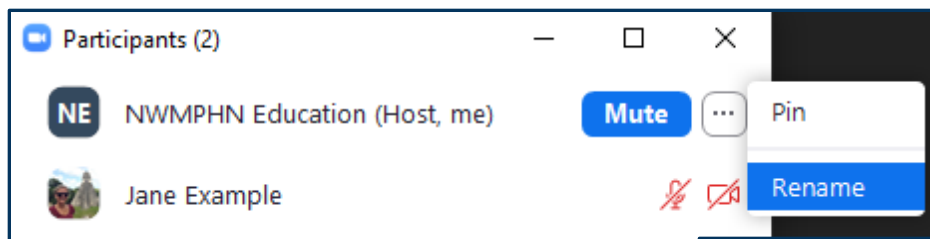
Certificates and CPD will not be issued if we cannot confirm your attendance



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How to change your name in Zoom Meeting

1. Click on **Participants**
2. **App:** click on your name
Desktop: hover over your name and click the 3 dots
Mac: hover over your name and click *More*
3. Click on **Rename**
4. Enter the name you registered with and click
Done / Change / Rename



Psychiatrist – Dr Chidambaram Prakash

- Dr Chidambaram Prakash is a senior consultant child and adolescent psychiatrist at the RCH with over 20 years' experience.
- Prakash has worked in, and managed, general and specialist clinics within child psychiatry in metropolitan and regional public mental health services.
- Prakash has worked with children and adolescents from 4 to 18 years of age assessing and managing a variety of mental health issues.

GP Facilitator - Dr Sahar Iqbal

- Practicing as a GP at Goonawarra Medical Centre for the past 11 years
- Sahar's areas of interest are child and adolescent mental health and chronic disease management

Guest Speaker – Dr Victoria McKay

- Dr Victoria McKay is an experienced Paediatrician who has worked extensively in the Australian public and private healthcare systems. She is the founder of Paediatric People, an innovative private paediatric practice founded on team care, and is one of the founding paediatricians at the Children's Health and Wellbeing Local at Monash Health, where she focuses on health service development. She has worked extensively in a co-consult role in the primary healthcare setting in the Strengthening Care for Children project.
- Victoria takes a strength-based, holistic approach to child health, grounded in science and evidence. She is skilled in caring for babies, children and young people, supporting their development as well as physical and mental health. She has a special interest in ADHD.
- Victoria is a Fellow of the Royal Australasian College of Physicians (FRACP) and graduated with honours (MBBS (Hons)) from the University of Sydney. She qualified as a Paediatrician while working at Monash Children's Hospital and the Royal Children's Hospital in Melbourne.

Agenda

Introduction and housekeeping	5 minutes
Education component and Q&A <i>Dr Victoria McKay</i>	35 minutes
Health Pathways	5 minutes
Case discussion Part 1 – Breakout room	12 minutes
Breakout room discussion	9 minutes
Case discussion Part 2 – Breakout room	12 minutes
Breakout room discussion	9 minutes
Conclusion	2 minutes



1

Education component: Mental Health in Neurodiverse Kids

DR VICTORIA MCKAY



Mental Health in Neurodiverse Kids

Dr Victoria McKay



Paediatric
PEOPLE





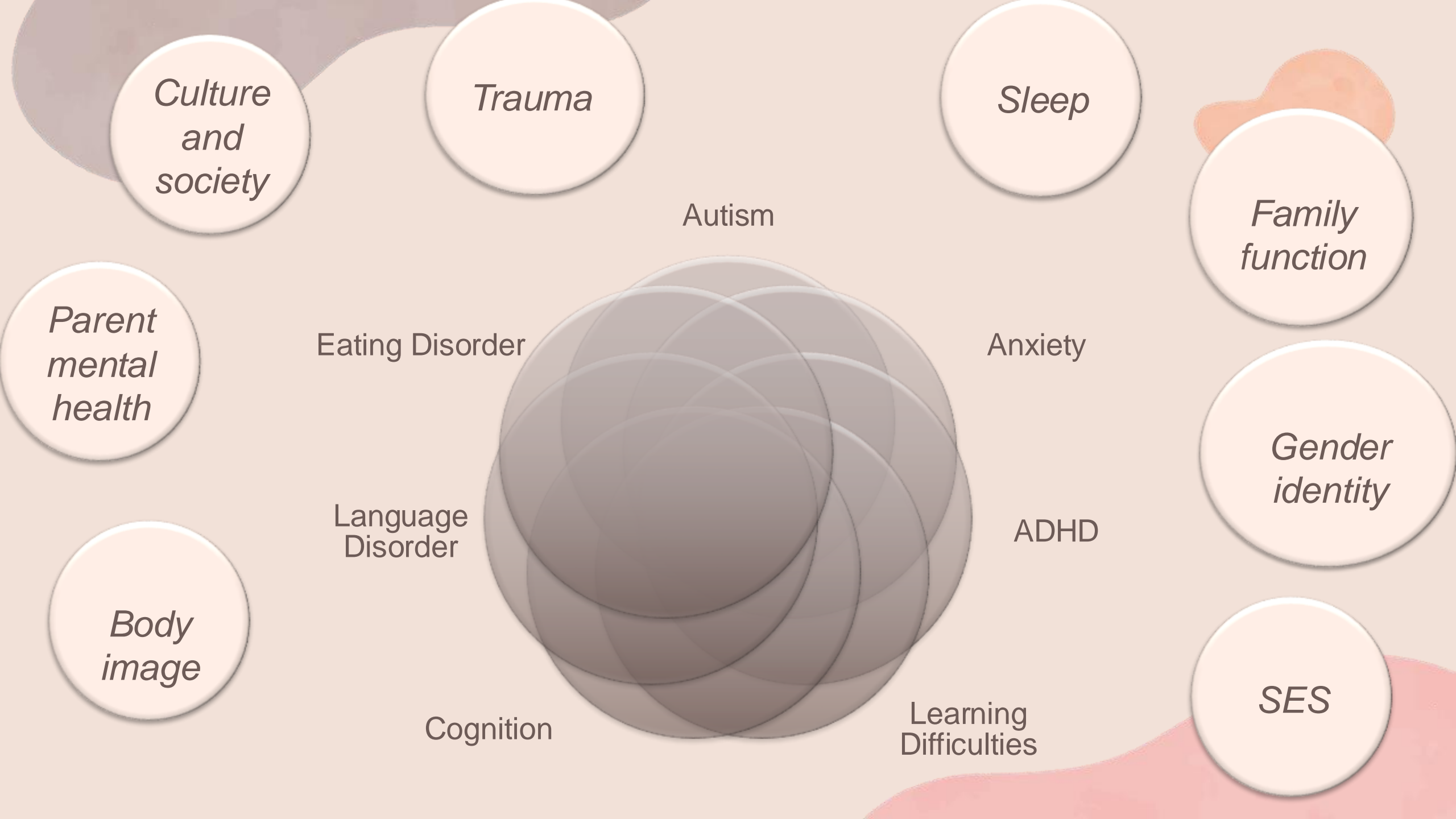
DIAGNOSTIC AND STATISTICAL
MANUAL OF
MENTAL DISORDERS

FIFTH EDITION

DSM-5™



AMERICAN PSYCHIATRIC ASSOCIATION



What we
see.

Behavior

tantrums
acting out
meltdowns
negative
self-talk
Hitting
outbursts

Emotions and Impulses

worry
stress
disappointment
frustration
need to
jump or run
sad
fear
need to
be active
fear of
failure
need to
release stress
scared
need for
comfort
angry
need to
connect

What we don't see, but
need to **hold space** for.

Diagnosis	Cases (%)
Autism	15
ADHD	14
Sleep disturbance	8
Learning difficulty	7
Behaviour	7
Language delay	6
Anxiety	6
Asthma	6
Allergy	6
Intellectual disability	5

Domain	On track (%)	At risk (%)	Vulnerable (%)
Physical health & well-being	78.5	11.7	9.8
Social competence	75.9	14.4	9.6
Emotional maturity	77	14.5	8.5
Language & cognitive skills	82.6	10.1	7.3
Communication skills & general knowledge	77.1	14.5	8.4

1 in 7 children in Australia have a mental illness

Hiscock H, Danchin MH, Efron D, Gulenc A, Hearps S, Freed GL, Perera P, Wake M. Trends in paediatric practice in Australia: 2008 and 2013 national audits from the Australian Paediatric Research Network. Journal of paediatrics and child health. 2017 Jan;53(1):55-61.
 Australian Early Development Census National Report 2021. Early Childhood Development in Australia
 Lawrence D, Johnson S, Hafekost J, Boterhoven De Haan K, Sawyer M, Ainley J, Zubrick SR (2015) The Mental Health of Children and Adolescents. Report on the second Australian Child and Adolescent Survey of Mental Health and Wellbeing. Department of Health, Canberra

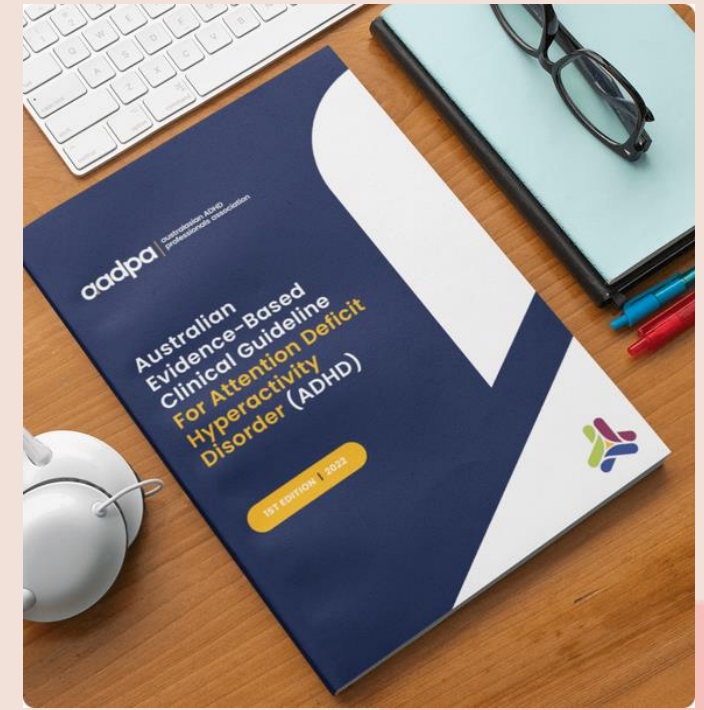


I think it is
ADHD / ASD with
anxiety,
but the
wait for the
paediatrician is
~~3 months~~
~~6 months~~
12 months...



I think it is ADHD/ASD with anxiety,
but the wait for the paediatrician is
~~3 months~~ ~~6 months~~ 12 months

- Check hearing and vision
- Improve sleep
- Reduce screen time
- Support the child at home and school:
 - Good quality information: Raising Children, RCH Kids Information, Amaze
 - Building the child's self-esteem
 - Parenting supports and school modifications
 - Allied health – psychology, OT, social skills groups



Getting ready for the paediatrician appointment

- Screening tools
- Collateral information: school, therapy
- Hearing and vision
- Relevant investigations (iron, thyroid, B12)



Useful screening tools

Form	Condition	Who Completes	Age range of child	Format	Link
RCADS Self-reported	Anxiety and Depression	Child	8-18 years old	pdf --> hard copy	corc.uk.net/media/1225/rcads-childreported_8-18.pdf
RCADS Parent	Anxiety and Depression	Parent	8-18 years old	pdf --> hard copy	corc.uk.net/media/1226/rcads-parentreported.pdf
Spence	Anxiety	Parent	Preschool aged child (3-5 years old)	pdf --> hard copy	PRE_SCHOOL_ANXIETY_SCALE(scaswebsite.com)
		Child	Primary School aged child (6-12 years old)	pdf --> hard copy	DEPARTMENT_OF_PSYCHOLOGY(scaswebsite.com)
		Parent	Primary School aged child	pdf --> hard copy	SPENCE_CHILDREN'S_ANXIETY_SCALE(scaswebsite.com)
Vanderbilt	ADHD - initial assessment	Family	6-12 years old	pdf --> hard copy	NICHQ_Vanderbilt_Assessment_Scales
	ADHD - initial assessment	Teacher	6-12 years old	pdf --> hard copy	NICHQ_Vanderbilt_Assessment_Scales
	ADHD - follow up assessment on medication	Family	6-12 years old	pdf --> hard copy	NICHQ_Vanderbilt_Assessment_Scales
	ADHD - follow up assessment on medication	Teacher	6-12 years old	pdf --> hard copy	NICHQ_Vanderbilt_Assessment_Scales
ADHD Self Reported Scale	ADHD - teen	Teen - self report	>12yo	pdf --> hard copy	https://add.org/wp-content/uploads/2015/03/adhd-questionnaire-ASRS111.pdf
SNAP-IV	ADHD - teen	Parent / teacher	>12yo	pdf --> hard copy	http://www.shared-care.ca/files/Scoring_for_SNAP_IV_Guide_26-item.pdf
Ages and Stages Questionnaire (ASQ-3)	General - developmental and social-emotional screening (?ASD)	Parent	1 month - 5.5 years old		ASQ-3 - Ages and Stages

Online supports and resources

ADHD	Raising Children - ADHD in school age children	parents	ADHD: children & teens Raising Children Network
	RCH ADHD - ways to help children at school and home; factsheet and podcast	parents, teachers	Kids Health Information : ADHD – ways to help children at school and home (rch.org.au)
	RCH ADHD information	parents	Kids Health Information : Attention deficit hyperactivity disorder (ADHD) (rch.org.au)
Anxiety	Raising Children - Anxiety in children	parents	Child & teen depression & anxiety: support Raising Children Network
	Brave Program	children 3-7yo; program is for the parents for strategies to support	Home BRAVE Self-Help Program (uq.edu.au)
	Brave Program	children 8-12yo and their parents; program available for both	Home BRAVE Self-Help Program (uq.edu.au)
Parenting supports	Triple P parenting 0-12 years old	parents	Online program, research-backed Positive parenting strategies Triple P Triple P (triplep-parenting.net.au)
	Triple P baby	parents of infants <12 months old	Online program for new parents A positive start for baby, and you Triple P (triplep-parenting.net.au)
	Triple P for anxiety	parents of children with anxiety	Online parenting course - help kids overcome anxiety Fear-Less Triple P Triple P (triplep-parenting.net.au)
	Raising Children - behaviour strategies	parents of school-age children	School-age behaviour Raising Children Network
Development	Raising Children - Babies	parents	Babies development Raising Children Network
	Raising Children - Toddlers	parents of toddlers	Toddlers development Raising Children Network
	Raising Children - Preschool	parents	Preschoolers development Raising Children Network
	Raising Children - School age	parents	School-age development Raising Children Network
Learning Difficulties	SPELD	parents of school-age children	SPELD (speldvic.org.au)
	SPELD	teachers of primary school age children	SPELD (speldvic.org.au)



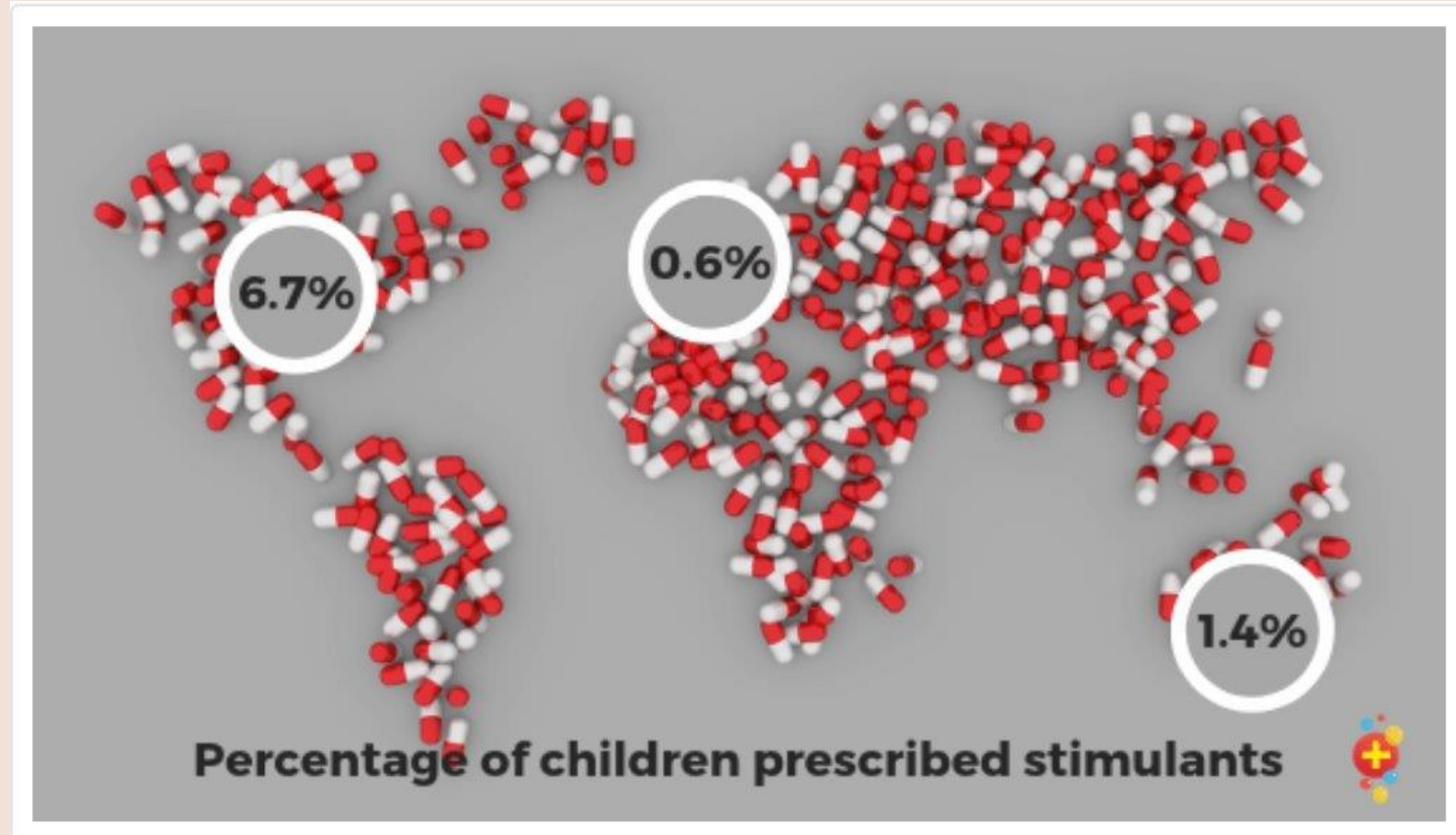
SLEEP WITH KIP: HELPING FAMILIES SLEEP BETTER

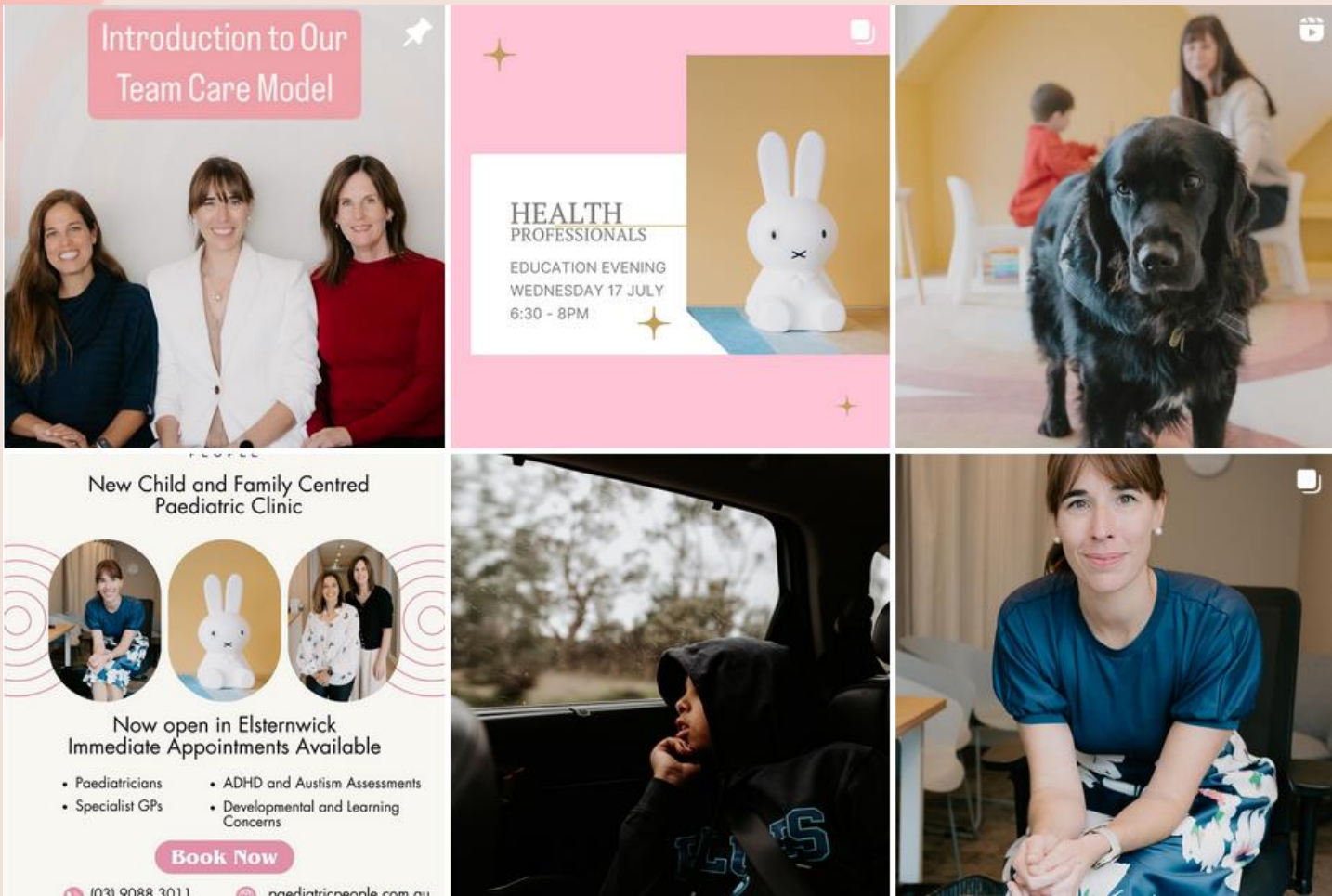
Clinically Validated, Evidence-based Help For Your
Kids. Developed By The MCRI, Australia's #1 Child
Health Medical Research Institute

...and sometimes melatonin from [iherb.com](https://www.iherb.com)

Why diagnose and treat ADHD?

- Support child and family
- Screen for comorbidities
- Reduce ADHD symptoms
- Improve child's quality of life





THANKS

Do you have any questions?

reception@paediatricpeople.com.au

+61 3 9088 3011

www.paediatricpeople.com.au



Resources

Brave Program: <https://brave4you.psy.uq.edu.au/preschool-program>

Don't Forget the Bubbles: <https://dontforgetthebubbles.com/>

Raising Children's Network: <https://raisingchildren.net.au/>

RCH Kids Info: www.rch.org.au/kidsinfo/fact_sheets/

Sleep with Kip: www.sleepwithkip.com

Speld: <https://www.speldvic.org.au/information-for-parents/>

Tuning Into Kids: <https://tuningintokids.org.au/parents/>

Pathways are written by GP clinical editors with support from local GPs, hospital-based specialists and other subject matter experts



- 
- **clear and concise, evidence-based medical advice**
 - **Reduce variation in care**
 - **how to refer to the most appropriate hospital, community health service or allied health provider.**
 - **what services are available to my patients**

HealthPathways – Child Mental Health Assessment and Management

Melbourne

HealthPathways

Melbourne

Infant Health

Mental Health and Behaviour - Child and Youth

ADHD in Children and Youth

Anxiety in Children and Adolescents

Behavioural Problems in Preschoolers

Child Mental Health and Wellbeing Aged 2 to 12 Years

Depression in Children and Adolescents

Psychological Trauma in Children

Self-harm

Child and Youth Mental Health Referrals

Acute Child and Adolescent Psychiatry Referral or Admission (Same-day)

Non-acute Child and Adolescent Psychiatry Referral (> 24 hours)

Paediatric Psychology and Counselling Referral

Child and Adolescent Eating Disorders Specialised Referral

Child and Youth Mental Health Support Services

Youth Counselling and Therapy

child and youth mental health

Melbourne

HEALTHPATHWAYS

Health Alert

From 1 July 2024, Closing the Gap (CTG) Pharmaceutical Benefits Scheme (PBS) Co-payment Program has been expanded to include to include all PBS medicines dispensed by community pharmacies, approved medical practitioners, and private hospitals.

Latest News

14 August

Health.vic

Health alerts and advisories

1 August

Azithromycin and rare risk of cardiovascular death

An updated warning about the risk of sudden cardiovascular death has been added to the Product Information and Consumer Medicine Information documents for azithromycin. Read more...

Pathway Updates

Updated – 16 August

Acute Infectious Diseases Referral (Same-day)

NEW – 31 July

HealthPathways Melbourne Clinical Governance

Updated – 31 July

Legionnaires' Disease

Updated – 29 July

Statewide Referral Criteria for Specialist Clinics

Updated – 25 July

Approach to Patients Seeking Drugs of Dependence

VIEW MORE UPDATES...

ABOUT HEALTHPATHWAYS

BETTER HEALTH

RACGP RED BOOK

USEFUL WEBSITES

MBS ONLINE

NPS MEDICINEWISE

PBS

NHSD

Click 'Send Feedback' to add comments and questions about this pathway.

SEND FEEDBACK

Child Mental Health Pathways Resources and Referral pages

Child and Youth Mental Health

[ADHD in Children and Youth](#)

[Anxiety in Children and Adolescents](#)

[Autism Spectrum Disorder in Children and Adolescents](#)

[Borderline Personality Disorder \(BPD\)](#)

[Child Mental Health and Wellbeing Aged 2 to 12 Years](#)

[Depression in Children and Adolescents](#)

[Self-harm](#)

[Psychological Trauma in Children](#)

[Tips and Resources in Adolescent Health](#)

Child and Youth Mental Health Referrals

[Acute Child and Adolescent Psychiatry Referral or Admission \(Same-day\)](#)

[Non-acute Child and Adolescent Psychiatry Referral \(> 24 hours\)](#)

[Paediatric Psychology and Counselling Referral](#)

[Child and Youth Online Mental Health Therapy](#)

[Child and Adolescent Eating Disorders Specialised Referral](#)

[Child and Youth Mental Health Support Services](#)

Resources and referral pages

Developmental Concerns

[Developmental Concerns in Early Childhood](#)

[Speech and Language Difficulties in Preschoolers](#)

Developmental Referrals

[Early Childhood Early Intervention \(ECEI\)](#)

[Maternal and Child Health](#)

[Paediatric Occupational Therapy Referral](#)

[Paediatric Physiotherapy Referral](#)

[Paediatric Speech Pathology Referral](#)

Assault or Abuse - Child and Youth

[Child Abuse and Neglect](#)

[Allocate Injury Type](#)

[Sexual Abuse of a Child or Young Person](#)

[Reporting to Child Protection](#)

[Young People in Out-of-Home Care](#)

[CPD Hours for HealthPathways Use](#)



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The background is a dark blue field with a complex pattern of overlapping geometric shapes, including squares, circles, and lines, some of which are filled with different colors like orange, green, and purple. In the top left corner, there is a cluster of overlapping circles in various colors (orange, green, purple, teal) and a small square with a grid pattern. A large, solid purple circle is positioned in the upper left quadrant, containing a large white number '2'.

2

Case studies

Breakout 1 – Case study “Samuel”

Samuel is the only child of Sarah and Todd, and it was a shock to them when he was diagnosed with ADHD at 6 years of age as neither of them have ADHD in their family (or know of it). In grade four, Samuel's paediatrician, prompted his parents to get an assessment for autism for Samuel. Samuel was on a waitlist to see a psychologist for five months and it was another 6 months before the assessment was finally completed. Samuel was in grade 5 when he was diagnosed with ASD (level 2). Both his parents are now preparing for the NDIS funding application. In the meantime, Samuel's behaviour at school has been concerning. He is getting into frequent fights and making inappropriate comments to peers such as 'your mother is fat', telling his teacher 'You can't tell me what to do', flipping a classroom table in anger after losing a classroom game, and finally receiving in-house suspension for hurling a bottle of water across the room and swearing at his teacher. Samuel has started to hate school and pretends to be sick to get out of going to school.

Samuel parents have met with the leadership team at school multiple times and feel let down by the school. They feel that given Samuel's diagnosis, the school should be doing more to support him. They have asked the school to apply for a support person and put an appropriate behavioural support plan in place. The school has advised that Samuel's IQ is too high to qualify for a support person and his behaviour is not deemed 'severe' enough to qualify for a behavioural support plan. Samuel's parents feel they are doing all they can including accessing the school psychologist through a mental health care plan, and feel the school needs to do more to support Samuel.

What do you think are the possible reasons for Samuel's dysregulated behaviours?

What advice will you give to the school on how they can support Samuel?

Who can Sarah and Todd contact regarding their concerns?

How can Samuel's outbursts in the class be avoided and better managed?



Take a photo

Breakout 2 – Case study “Samuel”

Samuel’s NDIS funding has been approved. Sarah and Todd have been provided a date for the NDIS planning meeting with their local area coordinator (LAC). They have been emailed the NDIS planning booklet in preparation for the meeting and Sarah has also joined a NDIS and Autism Facebook group in the hope to learn more. However, from what she has been reading on the Facebook group, it seems there are huge gaps between the needs of the NDIS participants and what the plans provide. She is hoping to advocate for Samuel appropriately such that Samuel’s needs are suitably met. However, she is not sure how to do so in an ‘NDIS savvy’ manner.

She catches up with her friend i.e. you who is a Social Worker/ Mental Health professional/OT who has a good understanding of the NDIS. Sarah requests your help with writing up short-to mid-term goals for Samuel in areas of improving communication, social and interpersonal skills, and the ability to regulate his emotions, and in the long-term to improve his executive planning skills.

Can you please help Sarah write these two goals?



Take a photo

Session Conclusion

Next session on gender diversity

– Tuesday 17th September (same time)

You will receive a post session email within a week which will include slides and resources discussed during this session.

Attendance certificate will be received within 4-6 weeks.

RACGP CPD hours will be uploaded within 30 days.

To attend further education sessions, visit,

<https://nwmpnhn.org.au/resources-events/events/>

This session was recorded, and you will be able to view the recording at this link within the next week.

<https://nwmpnhn.org.au/resources-events/resources/>

We value your feedback, let us know your thoughts.

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