

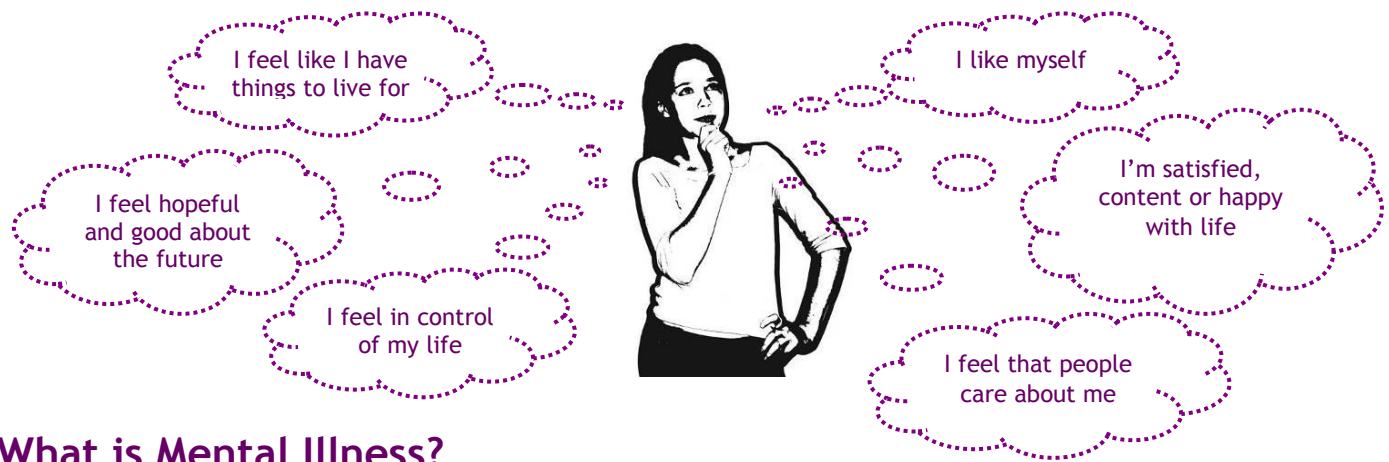
what you NEED TO KNOW about...

Mental Health Services for Children and Youth Fact Sheet for Parents and Caregivers

What is Mental Health?

Mental health (like our physical health) is a resource for living. It allows us to learn, work, play and find enjoyment in life. It helps us through tough times.

From a child or teen's point of view, good mental health means...



What is Mental Illness?

People have mental health problems or mental illnesses when problems with thoughts, feelings or behaviours get in the way of functioning at home, school or work.

Everyone feels sad or upset from time to time. But when these feelings are so strong that it's hard to carry on at school or home, there may be a mental health problem.

From a child or teen's point of view, mental health problems (or mental illnesses) can mean some or all of the following:



Mental health professionals help children and youth deal with problems with thoughts, feelings or behaviours such as:

- Mood problems (anger, anxiety, depression)
- Eating disorders
- Psychosis, schizophrenia
- Addictions (including problems with drugs, alcohol, gaming or gambling)
- Coping with stresses with relationships, school, work and home

Stigma: Negative Attitudes about Mental Illness

People often feel ashamed, guilty or embarrassed about having a mental health problem (or having a child with a mental health problem). People may believe that the illness is a sign of weakness or that they really have no good reason to feel the way they do. Parents may feel guilty that they've done something to cause a child's mental illness. And others may blame or judge people who have a mental health problem. This kind of 'stigma' makes things even more difficult for children, youth and families coping with mental health problems. This stigma is one reason why people don't get the help they need.

It would be much better if we looked at mental health the way we look at physical health. If our child or teen had stomach pain making it hard to go to school, we would go to our doctor. And if our child or teen has emotional pain making it hard at home or school, we should also get help.

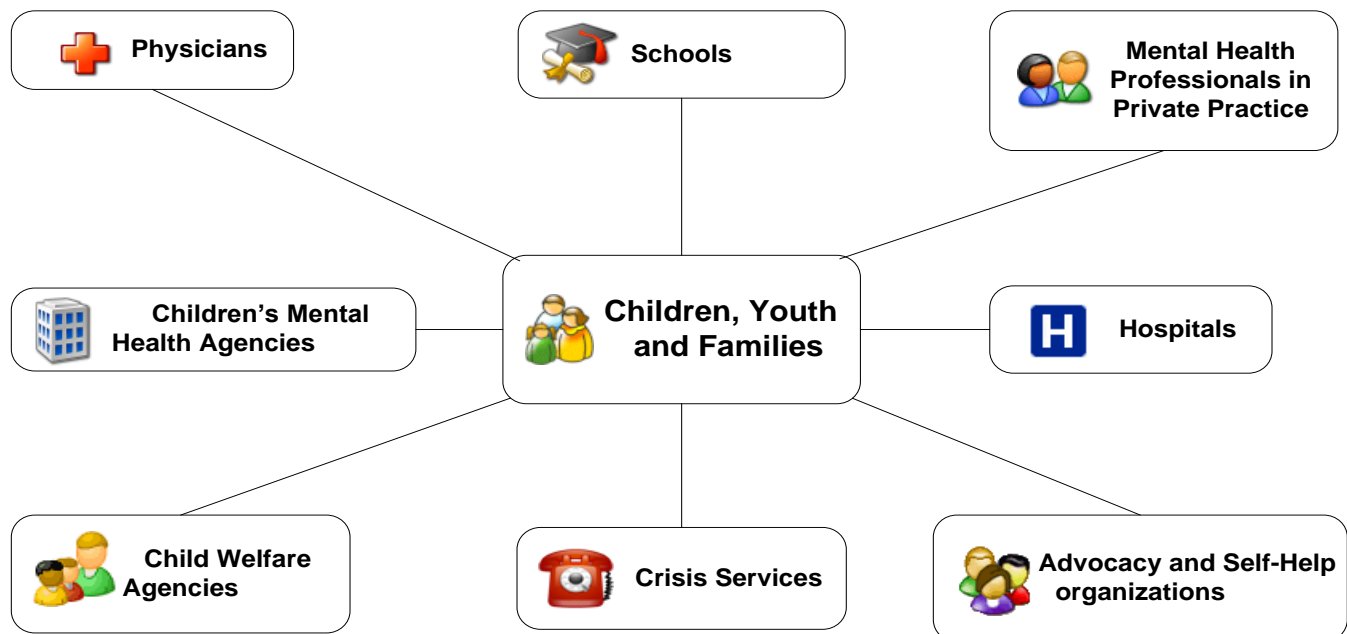
Parents are the key

A close relationship between parents and children is very important to children's physical and emotional health. But sometimes a close relationship is not enough. Children and youth can still develop mental health problems, even when they have the most caring parents in the world.

A key role of parents is first noticing when there is a problem, and making sure children and youth get the help they need. Supporting a child with a mental health problem can be overwhelming, so it is essential to take care of your own mental health. Reach out for support from your own network of family, friends and professionals.



Ways to Get Help for Your Child/Youth Include...



Types of help and support



1. In Case of Crisis or Emergency

During times of crisis or emergency, contact:

- Kid's Help Phone, 1-800-668-6868
www.kidshelpphone.ca
- Mental Health Mobile Crisis Team, 902-429-8167 or toll-free, 1-888-429-8167

2. Family physicians or pediatricians

One good place to start is by taking your child or teen to see your family doctor or pediatrician. Your doctor can check to see if there are any problems with your child or teen's physical health. Your doctor can refer you to mental health services as needed.

3. Your child or teen's school

Speak to the teacher if your child or teen is having difficulties at school (poor grades, behaviour problems or conflict with classmates). In some cases, schools can offer help like resource teachers, social workers, and school psychologists.

For students attending college or university, there is help available through Student Health Services.

4. Children's Mental Health Centres

- IWK Mental Health & Addictions (up to age 19), 902-464-4110, or toll-free, 1-888-470-5888 (ask to be connected to Central Referral), www.iwk.nshealth.ca/mental-health

5. Hospitals Providing Mental Health Services for Children/Youth

Hospitals also provide various mental health services. You will need a referral from your child's doctor for these services.

- IWK Health Centre (up to age 19), 902-470-8888, www.iwk.nshealth.ca

6. Family Service Centres

Family Service Centres are non-profit, charitable organizations that provide services like counseling for children, youth and families. They generally charge a fee for their services, but have a sliding fee schedule based on family income.

- Laing House, offers programs for ages 16 to 30 living with a mental illness, 902-425-9018, www.lainghouse.ca

7. Addictions Services

- IWK Mental Health & Addictions (up to age 19), 902-464-4110, or toll-free, 1-888-470-5888 (ask to be connected to Central Referral), www.iwk.nshealth.ca/mental-health

8. Support

These groups are often created by family members who have experienced similar difficulties.

For families of those with mental health problems:

- Healthy Minds Cooperative, offers resources for peer support, www.healthyminds.ca
- Schizophrenia Society HRM Family Education and Support Group, meetings held 2nd Monday of each month at 7pm, www.ssnsc.blogspot.ca/2008/02/family-members-co-workers-and.html
- Survivors of Suicide (SOS), support for survivors of suicide loss, 902-445-0860 or 902-826-2658, www.so-novascotia.com
- Excalibur ADHD Association, www.excaliburadhd.org

9. Information about Local Services

www.iwk.nshealth.ca/mental-health and www.lainghouse.ca both have a variety of local services on their websites.

Mental Health Professionals in Private Practice

We've listed helpful phone numbers and websites in a section at the end of this resource.

While many mental health professionals work in hospitals or community organizations, others may work in 'private practice'.

In most cases, when you see someone in private practice, you must pay a fee for services. But if you have an extended health insurance plan through your workplace, you may get back at least part of that fee.

Therapists in private practice may have shorter wait times and you also have more choice about who exactly you want to see. It's important to make sure that your therapist is qualified to provide mental health care.

Who is qualified to provide counselling/therapy?

Therapy and counselling can be given by any professional who has training in therapy or counselling. This usually means professionals such as:

- Psychologists
- Physicians (psychiatrists, paediatricians or family doctors)
- Registered nurses
- Social workers
- Psychotherapists (provided they are appropriately licensed and regulated).

Please remember! In many places, **anyone** can advertise themselves as a therapist or counsellor, even if they have absolutely no training at all. **Do not see a (non-regulated) therapist or counsellor who does not belong to a regulatory body or professional association.** There is no way to check their competence, and if you run into problems, there is no way to deal with your complaints.

Types of mental health professionals in private practice:

1. Psychologists and Psychological Associates

Psychologists (Ph.D) and Psychological Associates:

- Are licensed mental health professionals
- Specialize in the evaluation, diagnosis and treatment of mental health conditions
- Assess mental health (through a Psychological Evaluation)
- Can check for learning problems (like ADHD or learning disabilities) through a Psychoeducational Assessment

Psychologists and psychological associates **cannot** prescribe medications. They are licensed through the Association of Psychologists of Nova Scotia. Web: www.apns.ca

2. Psychiatrists

Psychiatrists are medical doctors (MD) who are also licensed mental health professionals. They specialize in evaluation, diagnosis and treatment (including medication and other treatments such as psychotherapy). To see a psychiatrist, you'll need a referral from another physician.

Note that with a valid Nova Scotia Health card, seeing a psychiatrist **may be covered** if you/your child are eligible. You may not need to pay privately. Nova Scotia's health insurance programs are designated to provide **eligible residents** with coverage for **medically required** hospital, medical, dental and optometric **services with some restrictions**. For more information, visit: <http://novascotia.ca/dhw/msi/> or call (toll-free in NS): 1-800-563-8880.



3. Social Workers

Social workers are professionals with university degrees (a Bachelor's or Master's degree in social work BSW or MSW). They can:

- Provide support and intervene in a crisis
- Give counselling and therapy
- Help connect youth and families to community resources, financial assistance or other helpful programs.

In Nova Scotia, social workers licensed with the Nova Scotia Association of Social Workers, are designated as Registered Social Workers (RSW).

To find a social worker in private practice in Nova Scotia, visit www.nsasw.org.

4. Youth Care Workers (YCW)

Youth Care Workers work with children and youth in hospitals, schools, private homes and group homes. Working with other mental health professionals, they help design and implement therapeutic programs.

In Nova Scotia, YCWs are represented by the Nova Scotia Child and Youth Care Workers Association (NSCYCWA). Web: www.nscycwa.com

5. Other Health Professionals

Other health professionals may also provide mental health care services in private practice, such as:

- Psychiatric nurses
- Occupational therapists
- Speech pathologists

What is counselling or therapy?

There are many types of counselling or therapy. The most common are “talk therapies” where you talk with a professional to find ways to deal with your stress and problems. Common types of talk therapy:

- **Cognitive behaviour therapy (CBT):** Helps children and youth change the negative, depressive thoughts and behaviours that contribute to depression. CBT replaces them with more helpful thoughts and behaviours.

- **Dialectical behaviour therapy:** Helps children and youth build skills so that they can:
 - Focus on what is happening in the moment (mindfulness)
 - Communicate more effectively and have more positive relationships with others
 - Learn to cope with upsetting feelings
 - Control their emotions a little better



- **Interpersonal psychotherapy (IPT):** Helps children and youth resolve tension and conflict that can contribute to depression.
- **Solution-focused therapy:** Focuses on children's strengths. It helps them to focus on what they would like to change in their future, and what they can do to 'get there'.

Additional types of therapy involve music, art, hypnosis, or other techniques.

What therapy is 'not':

Please remember that therapy is **not** simply a therapist 'talking some sense into' a child or teen, or telling them what to do. Instead, it is a process of working together on goals that everyone agrees to. It is essential that the children, youth and parents feel they are all working toward the same thing.

Ways to provide therapy:

- **Individual therapy:** this is one-on-one counselling with a mental health professional. This is very common when adults seek help with a mental health problem. With children and youth, the family plays a much larger and central role.
- **Family therapy** means that the patient and other family members meet with the therapist together. No matter how problems like stress or depression started, they usually always affect the family. So the entire family is part of the solution.
- **Group therapy** means that the patient and others with similar issues meet together with the therapist. Although it may seem scary at first, it is a powerful way to get help and support. After all, who else knows and understands better than others going through a similar experience?

Goals for therapy

Here are some examples of goals that children, youth and parents often have for therapy. (There are also many others):

- Better moods (for example, feeling happier, less anxious)
- Better behaviour
- Doing better at school
- Getting along better with others
- Everyone getting along better at home



What You Can Do Before Seeing a Mental Health Professional

The First Visit

During the first visit, mental health professionals will ask questions to learn more about your situation. This is to learn whether or not they can be helpful to you.

This is also your chance to ask questions to make sure the professional is someone you want to see. Here are some questions you might want to ask:

Questions about the Professional

- “What is your training?”
- “What is your experience in situations like this?”

Treatment questions

- “What type of treatment would you recommend?”
- “How will this help?”
- “How long will the treatment take?”
- “Are there any side effects or problems with what you are recommending?”
- “How many visits are needed?”

Costs

- “Do we need to pay for this service, or can it be paid some other way (for example, MSI or extended health insurance plan)?”



Confidentiality

In general, everything that a patient says is confidential. This means the professional cannot share that information with others unless the patient gives permission.

But there are a few exceptions. Mental health professionals must share information if they are concerned that:

1. Someone's life may be in danger
2. A child (a person up until the age of 16) who has been, or is at risk of being abused or neglected.

By law, youth are allowed to make treatment decisions for themselves if they understand the consequences of these decisions. This includes deciding who can see their health information. If youth don't want to share information with you or others, mental health professionals will respect their wishes. At the same time, therapists will work with youth and families to rebuild communication.

If you do not feel comfortable with your mental health professional

Speak to the therapist and share your feelings. A competent professional will be able to explore this with you, in a way that doesn't leave you feeling blamed or bad. You might say something like, "Sorry, but I don't feel comfortable with" or "I don't think this is the right fit". Approaching it this way, you may be able to work out a solution with your therapist. Or you may wish to try to find another professional to work with.

Where to find help in Nova Scotia

- In a crisis? Mental Health Mobile Crisis Team, 902-429-8167 or toll-free, 1-888-429-8167
- To Find a Psychologist anywhere in Nova Scotia: Association of Psychologists of Nova Scotia, 902-422-9183 www.apns.ca
- Kids Help Phone, 1-800-668-6868, www.kidshelpphone.ca
- Feed Nova Scotia Helpline, 902-421-1188 (within HRM) or, 1-877-521-1188

Where to find help in Halifax Regional Municipality

- IWK Mental Health & Addictions, offers programs for ages up to 19, 902-464-4110 or toll-free, 1-888-470-5888 (ask to be connected to Central Referral), www.iwk.nshealth.ca/mental-health
- Laing House, offers programs for ages 16 to 30 living with a mental illness, 902-425-9018, www.lainghouse.ca
- Capital Health Addictions & Mental Health Program, offers programs for ages 19 and up, www.cdha.nshealth.ca/addictions-and-mental-health-program



About This Document

Reviewed by the Mental Health Information Committee at the Children's Hospital of Eastern Ontario (CHEO) and by members of the Child and Youth Mental Health Information Network (www.cymhin.ca). Adapted with permission by the IWK Health Centre, Halifax. Special thanks to Vera Klein, Parents' Lifelines of Eastern Ontario and Cynthia Clark, Schizophrenia Society of Ontario, Ottawa Region.

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Disclaimer: Information in this fact sheet may or may not apply to your child. Your health care provider is the best source of information about your child's health.

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902-464-4110 Central Referral
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www.iwk.nshealth.ca

