

Child and Youth Mental Health Service – Day Programs

Referral Guidelines

Child and Adolescent Day Programs are part of the state-wide child and youth mental health service continuum of care designed to deliver medium term intensive mental health intervention in partnership with Education Queensland. The program operates a family focused model of care providing individual, family and group therapy and psychiatric support via a multi-disciplinary team, inclusive of lived experience workforce. Within Children's Health Queensland the following Day Programs exist.

- **Jacaranda Place Day Program** based in Chermside accepts young people aged 13-17 years from the CHQ north Brisbane catchment area
- **Day Program South** based at the Queensland Children's Hospital accepts young people aged 5-12 years from the whole CHQ Brisbane catchment area and young people aged 13-17 years from the CHQ south Brisbane catchment area

Referrals are received for young people meeting all criteria below:

1. Severe and complex mental health difficulties and associated serious functional impairment in home, social and education settings
2. Young people whose current difficulties are associated with poor school attendance or educational engagement and re-engagement with face-to-face education or vocation is an identified goal
3. Young people who have previously engaged in a multidisciplinary package of care in the community (CYMHS or private) that has been unsuccessful in improving functioning

To ensure safety and promote success within the Day Program model of care it is necessary that:

- Young people have the capacity to safely participate in group, individual and family therapy and the education environment
- Young people's mental and physical health is stable enough to participate in a recovery-focused intensive mental health intervention
- The family system is adequately resourced to engage in family focused intensive mental health intervention
- The family system can facilitate daily attendance at the Day Program
- Clinical governance is assumed by the Day Program while the young person is attending the Day Program

The time frame for the Day Program intervention is up to approximately 3 school terms (9 months).

How do I make a referral to the Day Programs?

Referrals may be received from Private Child and Adolescent Psychiatrists and CHQ CYMHS Inpatient, Community and Specialist teams. Referrers are encouraged to discuss possible referrals with the Intake Worker for the relevant team. Each referral is discussed at the relevant Day Program's Intake Meeting, with referrers invited to attend as practicable. As it is an intensive intervention, places may not be available at the point of referral and the family may be placed on a waiting list. Clinical governance remains with the referring clinician whilst on the waiting list.

Referrals for both Day Programs may be made on the [referral form](#) (available on CHQ

Governance e-catalogue or on request for those external to Queensland Health) or via a letter addressing these factors. Referrals are emailed to CHQ-DayProgram-Referrals@health.qld.gov.au.

What should you do in an emergency?

1. Please direct the young person to the closest emergency department or call triple zero (000) for emergency services, OR
2. Contact the CHQ CYMHS Acute Response Team (ART), a 24-hour crisis support line on (07) 3068 2555. ART is based at the Queensland Children's Hospital, South Brisbane and provides support and assessment to young people who present to the Emergency Department.