

Infant Child and Adolescent Service

The Infant Child and Adolescent Mental Health Service (ICAMHS) is a free, community service for children and adolescents up to 18 years old and their families/whānau.

We provide assessment and treatment for children and adolescents with moderate to psychiatric disorders and severe emotional or behavioural problems. More specifically we provide these services for those with:

- serious mental health disorders
- psychiatric disorders
- psychological disorders including severe emotional and behavioural disturbance
- drug and alcohol problem use/abuse/dependency (co-existing mental health disorder NOT required)

Urgent calls

After hours, weekend and public holidays emergency calls need to go to the Crisis Assessment and Treatment Service, phone 0800 50 50 50

If inpatient treatment is required we access the Starship Hospital in Auckland. This is actioned after a thorough assessment and discussion with the child/adolescent's family.

We cannot accept children and adolescents with problems related solely to:

- intellectual disability (includes post head injury) with or without behavioural problems
- learning difficulties
- criminal activities (anti-social behaviours)
- parenting difficulties

The following services are **not** provided by us:

- relationship services
- family health counselling services
- parenting services
- general counselling services
- psychological evaluations

Staff

The Child and Adolescent Mental Health Services provide a team of professionals dedicated to helping children and adolescents with mental health problems. The clinical team is multi-disciplinary, consisting of psychiatrists, clinical psychologists, psychiatric registrars, medical officers (specialist scale), social workers, community mental health nurses, alcohol and drug clinicians, and occupational therapist. We also have a number of students/trainees from these areas, who work under close supervision. We operate in 3 clusters across the whole Waikato DHB region.

All clinicians are trained to carry out comprehensive assessments and to identify key areas in the treatment / management of moderate to severe mental health problems in children and adolescents.

Who can refer to the Child and Adolescent Mental Health Service?

Anybody can make a referral, including the young person. We get most of our referrals from GPs, family, friends, medical specialists, school guidance counsellors, Police Youth Aid, schools and education services, the Children and Young Persons and Their Families Agency, and community groups. We expect the child/adolescent's GP to be informed and involved as the primary medical caregiver, even if they did not make the original referral.

What information we require:

We need to know;

- The young person's name, date of birth, address, telephone number, details of parents/caregivers and name and contact details of the family doctor.
- In addition, a detailed outline of the specific mental health concerns that you have leading to this referral (all children and adolescent under 16 years require their parent/caregiver's consent before a referral can proceed).
- If the family prefer the kaupapa Māori service this is available.
- All young persons will need to be accompanied by their parents or caregiver for at least their first attendance.

Hamilton
(includes Cambridge)

Nga Ringa Awhina

PO Box 1047
Waikato Mail Centre
105 Rostrevor Street
Hamilton 3200
Phone: **0800 99 99 03**
or (07) 839 5146
Fax: **(07) 839 5147**
Email:
referral@ngaringaawhina.org.nz

Thames-Coromandel/Hauraki

Waikato DHB
Infant Child and Adolescent
Mental Health Service

Manaaki Centre
C/o Thames Hospital
PO Box 707
Thames 3540
Phone: **0800 726 849**
or (07) 868 0041
Fax: **(07) 868 9206**
Email:
Suzanne.Nathan@waikatodhb.health.nz

South Waikato,
Waipa, Otorohanga,
Waitomo & Ruapehu

Waikato DHB
Infant Child and Adolescent
Mental Health Service

298 Alexandra Street
Te Awamutu 3800
Phone: **0800 154 973**
or (07) 871 3671
Fax: **(07) 870 4279**
Email: icams-southcluster@waikatodhb.health.nz

Please send referrals to:

Non-urgent out of hours messages may be left on our answer phone

We offer a confidential and culturally safe service which includes:

- comprehensive assessment, including specialist tests/investigations, where indicated
- a wide range of outpatient treatments including medications, psychological therapies, individual/group/family work and other appropriate interventions as indicated from the findings of the assessments
- there may be a wait before some treatments can be commenced.

Our service hours

Monday - Friday, 8.30am - 5pm

After hours mental health emergency phone 0800 50 50 50