

Parents/Caregivers' experiences with CAMHS

Parents and caregivers are invited to take part in an online focus group in June, to provide feedback (1) about their experiences accessing and engaging with CAMHS, and (2) on a new brochure for young people and families about the new adolescent mental health unit.

Eligibility

We would like to speak with parents / caregivers who are currently, or have previously, accessed or tried to access CAMHS for their child or young person (aged 8-17 at the time of access). Some type of CAMHS involvement, including attending a CHOICE appointment, is required to take part.

How to get involved

There are two options for focus groups:

- **Tuesday 13 June, 6-7:30pm, Online via Microsoft Teams**
- OR
- **Friday 23 June, 11am – 12:30pm, Online via Microsoft Teams**

There will be up to eight parents in each focus group.

Focus groups will take up to 1.5 hours. You will receive \$50 for providing your time.

Please refer to the Information Sheet attached for more information. To get involved, email projects@youthcoalition.net.

What is CAMHS?

CAMHS (Child and Adolescent Mental Health Services) is an ACT Government mental health service for children and young people up to the age of 18. Most children and young people access it by contacting a CAMHS Northside or CAMHS Southside team. CAMHS is not the same program as headspace.

www.youthcoalition.net/camhs



INFORMATION SHEET FOR PARENTS / CAREGIVERS

Consultations about CAMHS

You are invited to take part in an **online focus group in June** to help further develop new youth mental health programs and services in the ACT. The Youth Coalition is asking young people and parents/caregivers, for their views about (1) changes being trialled at CAMHS to make it easier for young people to access, and (2) a brochure developed for young people and families about a new mental health inpatient unit at Canberra Hospital for young people aged 12-17.

Your participation is **voluntary**. If you choose to participate, you will be given a **\$50 gift voucher** in thanks for your time and information.

Am I eligible to take part?

Parents / caregivers are eligible to take part who are currently, or have previously, accessed or tried to access CAMHS for their child or young person (aged 8-17 at the time). **Some type of CAMHS involvement is required to take part, including attending a CHOICE appointment.**

What is CAMHS?

CAMHS (Child and Adolescent Mental Health Services) is an **ACT Government mental health service** for children and young people up to the age of 18. Most children and young people access it by contacting a CAMHS Northside or CAMHS Southside team. CAMHS is not the same program as headspace.

What will happen at the focus group, if I decide to take part?

You will be asked to share your thoughts about two topics:

1. Your experiences accessing and engaging with CAMHS
2. Feedback on a brochure for young people and families about the new adolescent mental health inpatient unit.

You can choose to skip questions that are not relevant to you, or you do not want to answer. You can also withdraw participation at any point.

Questions will focus on service experiences - we will not ask you questions about your personal mental health.

Questions about **CAMHS** might include:

- How easy or difficult was it when you first tried to contact CAMHS for support for a young person?
- How easy or difficult was it when you first started engaging with CAMHS? (e.g. meeting for initial assessment or intake)
- How easy or difficult was the process of exiting from / leaving CAMHS?
- What could have made your experience with CAMHS better, or would make it better for other families?

Questions about the **brochure for the adolescent mental health unit** might include:

- Does the brochure tell you what you would want to know?
- What information is missing from the brochure? Are there any parts that are confusing or don't make sense?
- What do you think about the design of and language used in the brochure?

How long will the focus group take?

The focus group will be about 1.5 hours long, but you can leave the group or take a break at any time. Focus groups will be held online, and there will be up to 8 participants in the group.

What personal information will I need to share?

We will ask you for your name and your email address, so we can send you a \$50 e-gift voucher for providing your time and sharing your views.

Will my information be confidential?

Your information is **confidential**. Only the research team will have your name and email address. This will not be shared with anyone else, and we will not name or identify you in any way in the report or during verbal presentations.

In the focus groups, we will be asking all participants to respect each other's privacy and consider others' views and experiences respectfully. We will help participants to establish some group rules at the start.

Will CAMHS know that I took part?

The Youth Coalition is not a government organisation. Nothing you share will impact your child or young person's access to CAMHS, or to other mental health services. CAMHS will not know that you participated.

What is the Youth Coalition?

The Youth Coalition is the ACT peak body for young people and youth affairs. We work with youth workers, programs and government to try to improve supports for young people in Canberra, and to ensure that young people's views are heard. If you want to know more about what we do, visit www.youthcoalition.net.

What will happen after the focus group or interview?

We will write a report for the ACT Government based on what everyone tells us. You will not be mentioned by name and no one will be able to identify you. We can send you a short summary of what we heard, if you wish.

How do I get involved?

Interview and focus group places are limited and will take place during June. To get involved, please email projects@youthcoalition.net so we can provide more information.

What if I need to access support after the focus group or interview?

The research team can talk to you about services that may be able to assist if you need support after participating in the interview or focus group. Here also are some details of services you could contact:

Mental health services:

- MindMap ACT (for help finding ACT child / youth mental health programs): 1800 862 111 or <https://www.mindmap.act.gov.au/s/>
- Safe Haven Belconnen (age 16+): 0421154147, 56 Lathlain St Belconnen, open 3-10pm Tuesday to Saturday

- Lifeline: 13 11 14 (national)
- Kids Helpline: 1800 55 1800 or <https://kidshelpline.com.au/>
- Mental Health ACCESS team: 1300 094 187

Financial Counselling: Care Inc - (02) 6257 1788

Legal Advice: Legal Aid ACT Helpline - 1300 654 314

Family Violence: DVCS Crisis Line ACT - (02) 6280 0900

Homelessness and Refuge: Referrals through Onelink – 1800 176 468

Alcohol and Other Drugs: Canberra Health Services' Alcohol and Other Drugs 24

Hour Helpline: (02) 5124 9977

If you have any questions or concerns, please contact:

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Youth Coalition ACT

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