

ABOUT THE Child and Youth Mental Health Program

The Child and Youth Mental Health Program (CYMHP) is part of McMaster Children's Hospital.

We provide care and services for children, youth (up to their 18th birthday) and their families who are living with complex mental health issues such as:

- Depression or other mood problems
- Anxiety
- Behaviour problems
- Thoughts of harming self or others
- Effects of abuse or trauma
- Psychosis

Our patients receive care that is:

- Compassionate
- Personalized
- Based on current research evidence and guidelines for best practice
- Patient and family-centred

'Patient and family-centred' means that care is focused on the needs of patients and those who care for them. This may be family members, caregivers or other people who are important to them. Patients and families work closely with our health professionals, as a team.

Together, we:

- assess the mental health needs of the patients
- plan the care and services that best meet the needs of the patients and families

THE
WELL-BEING
OF THE
CHILDREN,
YOUTH AND
FAMILIES
WE SERVE
IS OUR
PRIMARY
CONCERN.

ABOUT THE Child and Youth Mental Health Program

Compassion and caring is at the core of the services we provide. We believe that children, youth, families and staff are doing the best they can with the skills they have. We work together with the children, youth and families that we serve, to do better and to help them achieve their goals.

As one of the largest pediatric mental health programs in Canada, we provide access to mental health specialists for children, youth and families who live in:

- The Greater Hamilton area
- Niagara, Haldimand, Brant, Burlington and Norfolk regions

We are partners with:

- McMaster University's Department of Psychiatry and Behavioural Neurosciences (Faculty of Health Sciences)
- The Offord Centre for Child Studies

We operate from two locations in Hamilton, Ontario:

- McMaster University Medical Centre, 1200 Main Street West
- Ron Joyce Children's Health Centre, 325 Wellington Street North

For more information:

- Visit our website at www.mcmasterchildrensmentalhealth.ca
- Call the CYMHP Central Referral office at 905.521.2100 ext. 74382



Child and Youth Mental Health Program: A guide for patients and families

WORLD CLASS CARE | WORLD CLASS SCHOLARSHIP

The Child and Youth Mental Health Program (CYMHP) provides services for children, youth and their families who are living with mental health concerns that seriously affect their daily lives.



CYMHP Services

CYMHP offers a range of services, including:

Community Education Service

- **Services:** Offers information, education and workshops to parents, children and youth, about a variety of common childhood issues.
- **How to register:**
Call 905.521.2100 ext. 74147
You do not need a referral from a health professional.
- **For more information:**
Visit www.communityed.ca

Family Resource Centre

- **Services:** Offers resources for patients, families and the community. Resources include books, DVDs and brochures on topics such as medical conditions and illnesses, health issues, child and youth issues and parenting.
- **For more information:**
Visit www.mcmasterchildrensfamilyresourcecentre.ca
call 905.521.2100 ext. 77243
or email frc@hhsc.ca

Outpatient (Ambulatory) Services

Located at the Ron Joyce Children's Health Centre

- Provides outpatient services for children, youth and families, including:
 - Mental health assessment
 - Individual, family and group treatment
 - Psychiatric consultation and assessment
 - Home-based services
 - Psychological testing and consultation services
- **Do I need this service?**
Contact Hamilton will listen to your concerns and will determine if the CYMHP is the right service for your needs. They will provide you with service recommendations and referrals that best suit your personal situation and needs.
- **Who can call Contact Hamilton?**
Anyone can call for information about what services and supports may be available for children, youth and their families in Hamilton or for information about how to access services.
- **For more information:**
Visit www.contacthamilton.ca
or call 905.570.8888

Located at the McMaster Site

Provides outpatient services for children, youth and families on a short term basis. This service may be provided to those waiting for their outpatient community service to start, after they are discharged from the inpatient unit.

Day Hospital Program

Located at the McMaster Site

- **Services:** Provides care and services for youth 12+ years with serious and complex mental health issues. The program is offered during the day, from Monday to Friday. Patients do not stay in the hospital overnight.
- Patients take part in various treatment and activity groups that are designed to meet their needs. This may include therapy sessions for the patient and family. Patients have 1-2 hours of academic time during the day in a classroom with a teacher from the Hamilton Wentworth District School Board.
- **Referral:** You need a written referral with recent mental health assessment documentation from a mental health professional. This must be sent to our Central Referral office.
- **For more information:**
Call 905.521.2100 ext. 74382

Inpatient Care

Located in the 3G RBC Child & Youth Mental Health Unit at the McMaster Site

- **Services:** Provides mental health care to patients in the hospital. Hospital care may be recommended to help:
 - Assess a patient's mental health and determine their needs
 - Clarify a diagnosis
 - Provide intensive mental health care
 - Manage a crisis
- **Referral:** You need a written referral and a copy of a recent assessment from a psychiatrist. This must be sent to the 3G Unit.
- **For more information:**
call 905.521.2100 ext.72800

Mental Health Emergency Services

Located in the Emergency Department at McMaster Children's Hospital

- **Services:** Provides emergency mental health care to children and youth. This includes emergency mental health crisis assessment and may include referrals to community services for follow up care.

