

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](http://www.mcmasterchildrensmentalhealth.ca)
- Call the CYMHP Central Referral office at 905.521.2100 ext. 74382



RESIDENTS OF NIAGARA, HALDIMAND, BRANT  
BURLINGTON AND NORFOLK REGIONS GUIDE

# 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.



VISIT OUR WEBSITE:  
[www.mcmasterchildrensmentalhealth.ca](http://www.mcmasterchildrensmentalhealth.ca)

CYMHP

# 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](http://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](http://www.mcmasterchildrensfamilyresourcecentre.ca)  
Call 905.521.2100 ext. 77243  
or email [frc@hhsc.ca](mailto:frc@hhsc.ca)



## Outpatient (Ambulatory) Services

Located at the Ron Joyce Children's Health Centre

Provides outpatient services for children, youth and families who live in the Hamilton region.

- **For more information:**  
Call *Contact Hamilton* at 905.570.8888  
or visit [www.contacthamilton.ca](http://www.contacthamilton.ca)

Located at the McMaster Site

Provides outpatient services for children, youth and families that live in the Niagara, Haldimand, Brant, Burlington and Norfolk regions on a short term basis. Services include:

- Short term mental health treatment for those waiting for their outpatient community service to begin, after they are discharged from the McMaster Children's Hospital inpatient unit.
- Mental health assessment
- Psychiatric consultation and assessment
- Psychological testing and consultation services

### Who can make a referral to this service ?

There are two ways a referral can be made.

- A Physician or Nurse Practitioner can make a direct referral to this regional ambulatory service.
- Patients, families or anyone else may call a *Contact* agency for information or to make a referral.

### What is the process for making a referral?

- For Physicians and Nurse Practitioners, please visit our website, [www.mcmasterchildrensmentalhealth.ca](http://www.mcmasterchildrensmentalhealth.ca) and go to the *Referrals, Ambulatory Services* page, for more information and a referral form.



- For patients, families or anyone else, referrals are made through an agency that is specific to each city or region. These agencies will work with you to find the best services and solutions to meet the needs of the child/youth. They also provide information regarding services and supports for children and youth who have emotional, behavioural and/or developmental concerns.

**Niagara** – Referrals are made through *Contact Niagara*. Call 905.684.3407 or toll free: 1.800.933.3617 | [www.contactniagara.org](http://www.contactniagara.org)

**Haldimand and Norfolk** – Referrals are made through *Contact Haldimand-Norfolk*. Call 1.800.265.8087 ext. 350 | [www.hnreach.on.ca](http://www.hnreach.on.ca)

**Brant** – Referrals are made through *Contact Brant*. Call 519.758.8228 | [www.contactbrant.net](http://www.contactbrant.net)

**Burlington** – Referrals are made through *ROCK* (Reach Out Centre for Kids)  
Call 905.634.2347 | [www.rockonline.ca](http://www.rockonline.ca)

### Where can I get more information about referrals?

- For more information, please contact our Central Referral office at 905.521.2100 ext. 74382

## 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.
- **Patients in crisis, living outside of Hamilton should access their nearest emergency department for assessment.**

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