

Youth mental health Does primary care have a role?

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Does primary care have a role

- Some context
- Recent exploratory work on the role of primary care
- What are the next steps?

*The path of least resistance
Is a straight line
But once you deviate
Even slightly
The path of least
Resistance becomes
That of greater
And greater
Deviation*

Tom Clark: ‘Wrong from the start’, 1987

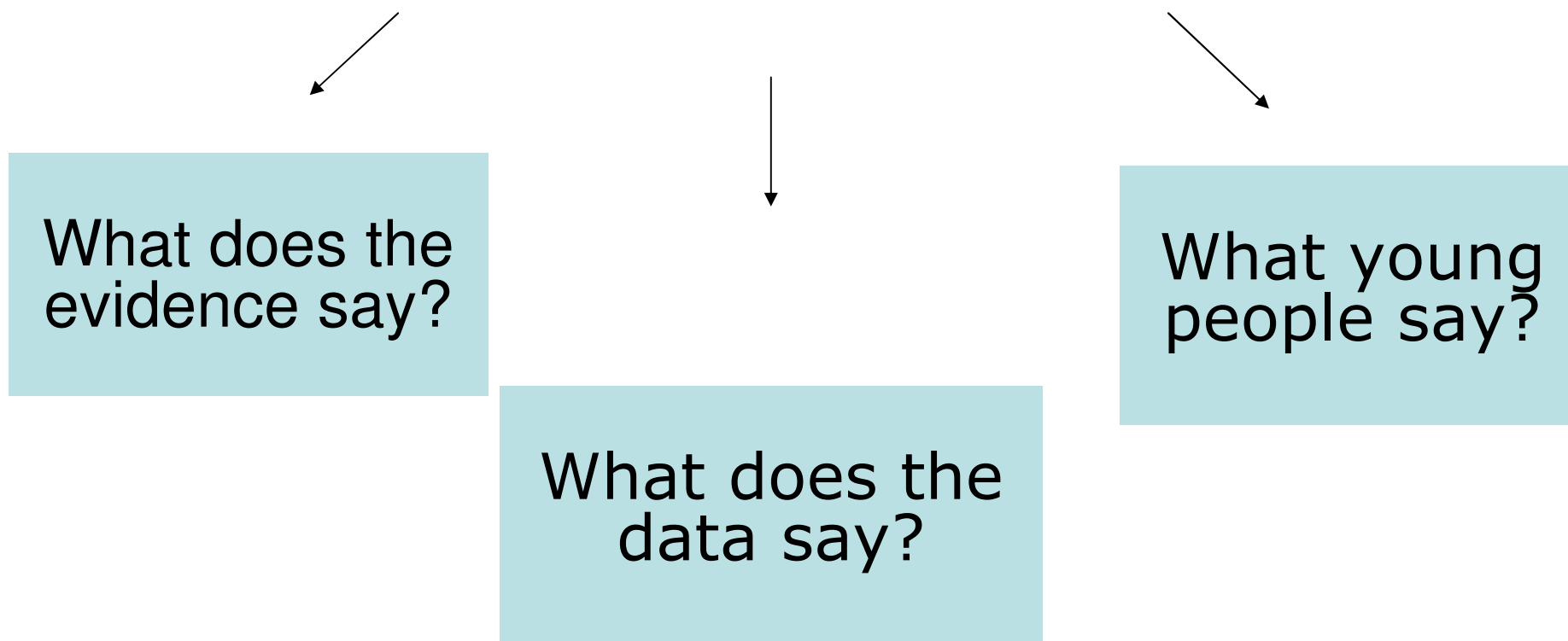
First episode schizophrenia in general practice: a national survey

B Gavin, W Cullen, B O'Donoghue, JC Ascencio-Lane, G Bury, E O'Callaghan

Ir J Psych Med 2006; 23(1): 6-9

‘GPs want ...more *information* about identifying early psychosis, *closer liaison* with psychiatric services and a *rapid intervention* service’

Can primary care address the mental health needs of young people?



What is the role of general practice in addressing youth mental health? A discussion paper

W. Cullen · N. Broderick · D. Connolly ·
D. Meagher

‘PubMed’ / ‘grey’ literature* searched using:

- ‘Prevalence’ AND ‘psychological distress’ AND ‘young people’
- ‘psychological distress’ AND ‘young people’;
- ‘GP consultation’ AND ‘youth mental health’;
- ‘primary mental health care’ AND ‘young people’

** Included: Australian Institute of Health, UK DOH, Mental Health Foundation, Prince’s Trust, Ireland’s DH&C, HSE, National Youth Council of Ireland, Schizophrenia Ireland, ‘Headstrong’.*

Young people do not seek help from general practice...

- 70% attend annually, 32-38% will have an issue but...
- ...only 18% of young people with probable mental health disorder seek help from GP

Reasons why...

Sociodemographic factors

- Male, younger, lower SEG, ethnicity

Knowledge / attitudes and beliefs

- Poor symptom recognition
- Limited knowledge of help available
- Stigmatised attitude towards mental illness or treatments

Service factors

- Access: cost / geographical
- Previous negative experience
- Belief regarding treatments available
- Variable screening approaches

Possible solutions...

Sociodemographic factors

- Male, younger, lower SEG, ethnicity

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'Practice interventions'

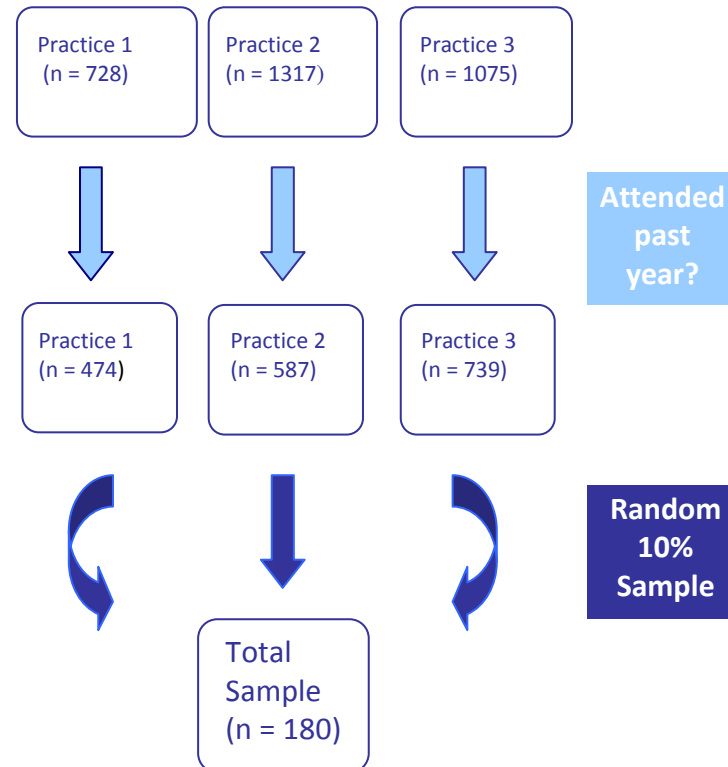
- Universal screening using standardised questionnaires
- Training of GPs
- Making practices 'youth-friendly'

'System interventions'

- Enhanced availability psychological interventions
- Support of specialist mental health services
- Mental health professionals working in primary care
- Access to appropriate specialist interventions

Pilot cross sectional study of psychological morbidity in general practice

- Retrospective cross sectional study
 - 3 practices in Dublin City
 - All ‘registered’ then ‘active’ patients
 - Review of clinical records with GP
- Psychological morbidity:
 - ICPC diagnoses / ‘Headstrong’
- Other data:
 - Demography
 - Morbidity (ICPC-2)
 - Secondary care



Pilot cross sectional study of psychological morbidity in general practice

- 70% for 5 years or more
- 3.9 GP consults per two years (0.5 PN)
- 63(35%) had a consultation that involved psychosocial issue
 - Top three: stress / anxiety (20), depression (13), relationships (12),
- 74 (41%) had a recurring / chronic problem
- 87(48%) referred to secondary care

Pilot cross sectional study of psychological morbidity in general practice

<i>Factor</i>	<i>'Psychosocial issue' documented (n=63)</i>	<i>'Psychosocial issue' not documented (N=117)</i>	<i>p</i>
Male	26/63	55/117	NS
GMS-eligible	36/63	43/117	<0.01
Record indicated person smoked	13/63	10/117	<0.05
Drank at least socially / occasionally	8/63	5/117	<0.05
'Chronic' / 'recurring' problem	30/63	44/117	NS
3+ doctor consultations	46/63	58/117	<0.005
Referred to at least one secondary care clinic	35/63	52/117	NS
Had attended out of hours / GP deputising service	15/63	25/117	NS

Key population, general practice / health service utilisation and morbidity data and their association with a documented psychosocial issue.

Qualitative Enquiry on Role of Primary Care

- To understand experience of youth mental health services, we conducted qualitative interviews with service providers / young people
- 47 (3:1) interviews conducted across a range of sites:
 - Community agencies
 - General practice
 - Primary care teams
 - Addiction services
 - Child / Adolescent Mental Health Services
 - Adult Mental Health Services

Qualitative Enquiry on Role of Primary Care

Local context (polydrug use, new drugs of abuse, longstanding effect of mental health issues / drug use, increase in violence) effects mental health and service delivery in the community

'The range of substances has grown. (With heroin) you have the carrot of methadone. With new substances, you don't...[hence] fewer [young people] coming into this service'

'A lot of people in that age group would have parents or even grandparents who are heroin addicts. You are now seeing a huge fallout I think from that.'

Qualitative Enquiry on Role of Primary Care

- Suggestions to improve services include:
 - services individualised to young person
 - include parents as support
 - integration / interaction between services

Parental input is particularly important, because if you don't have 'buy in' to the process it is unlikely the young person will engage [and] programmes with young people ...both elements have to co-exist.

I don't see why agencies populated by people who have had access to educational facilities their clients will never get near, can't put their intelligent heads together, put differences aside and work for the common good.



IRISH MEDICAL ORGANISATION

• IMO AGM 2011

A message from the Minister



Writing exclusively for *Irish Medical Times*, Minister for Health **Dr James Reilly** states that the medical profession will play an integral part in solving the problems of the health service

It is a real honour for me to be preparing to attend my first IMO conference as the Minister for Health. It will be a privilege to address the country's doctors, and I am confident that the Government has provided this opportunity with an historical



thereby reducing waiting lists and times and, ultimately, benefiting patients.

The focal point of modern mental health services is the community and the development of community-based facilities. We are also committed to enhancing mental health services and pursuing the recommendations of 'A Vision for Change', especially the movement of patients out of psychiatric institutions to more appropriate community-based facilities. In addition, this Government is committed to developing closer links between health services and pri-

by **Dr Barry White**. The inter-related programmes to improve service quality, effectiveness and patient safety and to ensure that patient care is provided in the service most appropriate to individual needs. I have met with the other clinicians on this multidisciplinary team and strongly support which I believe will ensure that services to be delivered are appropriate and able into the future.

NCHD shortage
As you are aware of hospitals a





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Next steps

- Complex multifaceted interventions (education, practice guidelines, organisational supports, service access) likely to impact on mental health outcomes
- Further research / education / service development a priority

Next steps...4As?

- **A**wareness of the problem (by all)
- **A**ccessibility of services by young people
- **A**ceptability of these services to young people and parents
- **A**ccuracy of the response that penetrates the key domains of a young person's life, especially their home, social, health and education environments

Thank you...

Paul Finucane, Michelle Murnane, Niall Collins, Pat O'Dwyer, Gary Stack, Manus McGuire, Aidan Culhane, Niamh O'Donovan, Yvonne Williams, Denise Flannery, Josephine Lynch, Mairead Waters, Jennifer Fitzgerald, Margaret Toomey, Emma Foley, Joanne O'Sullivan, Sharon Barrett, Elizabeth Guihen, Bill Shannon, Deirdre McGrath, Yoga Velupillai, David Meagher, Colum Dunne, Clodagh O'Gorman, Stewart Walsh, Elisabeth Schaffalitzky, Claire Armstrong, Lena Sancı, Tom O'Toole, Dorothy Leahy, Catherine-Anne Field, Jan Klimas, Norelee Kennedy, Patrick Ryan, Mary Gamble, Suzi Lyons, Jean Long, Joe Barry, Eamonn Keenan, Bobby Smyth, Gwen Ryan, Edel Reilly, Linda Latham, Ray O'Connor, Davina Swan, Jack Lambert, Pat McGorry, Tom O'Toole, David Healy, Colin Bradley, Peter Cantillon, Rosemary Geoghegan, Maureen Kelly, Andrew Murphy, Liam Glynn, Jean Saunders, Gerard Bury, Fergus O'Kelly, Fiona McNicholas, Eadbhard O'Callaghan, Blanaid Gavin, Ellen O'Dea, Paula Cussen Murphy, Veronica O'Keane, Kevin Malone, Shane O'Hanlon, Kieran Murphy, Sarah O'Brien, Andrew O'Regan, Lisa Murphy, John Loughnane, Rory Keane, Louise Crowley, Criona Burns, Gerry Harty, Simon Mills, ...

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