



Introduction to the Child & Youth Mental Health Toolkits

One in five children suffers from at least one mental health disorder, and comorbidity (more than one) is the rule rather than the exception. The rationale for developing the Child & Youth Mental Health toolkits came out of many discussions with healthcare providers who expressed a need for a practical, user-friendly resource for screening, assessment and treatment of child and youth mental health problems commonly presenting in primary care.

We hope the toolkits will increase healthcare providers' awareness and understanding of the epidemiology, symptoms and identification of some common mental health conditions as well as provide examples of some recommended treatments. Please note that the toolkit does not provide a comprehensive list nor an endorsement of the resources listed.

The “**FLOWER**” is an illustration of the varied and complex areas included in child and youth mental health. The **centre** of the flower contains a Child & Youth Mental Health General Screening Questionnaire to help identify symptoms consistent with common mental health issues found in children and youth. Additional screening tools for specific problem areas can be found by clicking on each **petal** of the flower (e.g., ADHD, anxiety).

For each identified problem area you will find the following sections:

Understanding (ADHD, Anxiety, etc) in Primary Care
Etiology and description of the problem area

Visit #1 History & Information Gathering
Screening and identification

Visit #2 Medical & Physical Exam
Further assessment and ruling out medical conditions

Visit #3 Education
Information to support the healthcare provider's diagnosis of the problem and corresponding patient education resources

Visit #4 Treatment Plan
Best practice approaches for developing a treatment plan including non-medication approaches, medication and patient self-help resources

Follow-Up Visits and Referral
Information about ongoing monitoring and areas to explore when there are changes to treatment response

[Additional Comprehensive Guides Related to the problem area](#)

We will continue to review and revise the toolkits over the coming months. We hope there will also be an opportunity for others to share their favourite child and youth mental health resources, articles and projects. If you would like to be added to our e-mail distribution list, please contact sari.ackerman@hamiltonfht.ca.

We have developed and/or compiled these toolkits to assist and guide healthcare providers working with children and youth in collaborative care settings. **The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment.**

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