

## TELEPSYCHIATRY

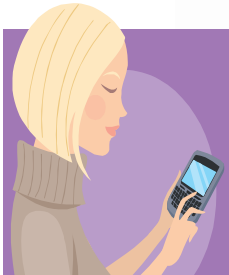
Telepsychiatry is an electronic way to meet the mental health needs of children, youth and families in Simcoe County in response to the shortage of child psychiatrists in the area. Funded by the Ministry of Children and Youth Services with child psychiatrists provided through the Children's Hospital of Eastern Ontario in Ottawa, New Path is able to access psychiatric services for clients and staff. Through a video link, clients and staff in Barrie are connected on a large screen to a child psychiatrist in Ottawa and everyone is able to see and hear each other during the session. This Emerging technology has opened wonderful opportunities and benefits for children's mental health.

Telepsychiatry services include:

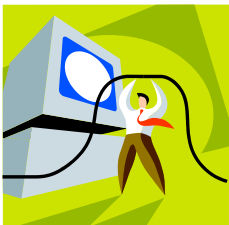
- Consultation with a child/youth and family
- Consultation with a team of New Path professionals
- Training for a large group of New Path staff on relevant mental health topics

### STAFF FEEDBACK...

By Jodi Brereton-Souter, Youth and Family Therapist



Telepsychiatry with the Children's Hospital of Eastern Ontario has been an outstanding resource for the Barrie Youth and Family Services team. Youth are identified as requiring the consultation of a child and youth psychiatrist and then referred to the Telepsychiatry Intake Worker at CHEO. The Telepsychiatry staff select a child psychiatrist whose expertise matches the needs of the youth, and the turn around time for the consultation is very reasonable. The youth with their supports, such as a parent and therapist, participate in the conference. The doctor quickly connects with the team as if they were in the room even though it is a virtual consultation. The professional staff at CHEO has made this experience for New Path staff and the families we serve an engaging, respectful and appreciated asset to our community wellness.



*"It was okay to talk to the psychiatrist through the video link. It was neat. I was pretty comfortable with the process and felt that they understood me a lot even though they were not in the same room. The psychiatrist related to me pretty well. I found the suggestions helpful."*

**Youth Age 14.**



### TEAM FEEDBACK...

The COMPASS and ISSP staff utilized the Telepsychiatry process as a team to enhance clinical discussions. Every second month for a period of 8 months the team will spend 1.5 hours with a psychiatrist to consult on various topics. The initial session with Dr. Gandy from the Children's Hospital of Eastern Ontario addressed the issue of School Refusal. Dr. Gandy asked relevant questions to guide us through the process of how to think clinically about school refusal. He was very engaging and sensitive to the team's expertise. Most helpful was the way he asked the team to express their thoughts, theories, and suggestions before he offered his ideas. Dr. Gandy was clearly knowledgeable about the issue and he posed some great questions to help us think about the situation from a different perspective. At the end of the meeting he summarized the discussion and offered valuable resources that can be accessed on line. The team felt this was an excellent use of their time and an efficient method to obtain a consultation. It was the start of a new way of learning and we are looking forward to future consultations.