

Child & Adolescent Mental Health Urgent Consult Clinic

Serving children and adolescents with urgent mental health concerns

The Urgent Consult Clinic is an outpatient clinic with Child & Adolescent Mental Health Services in the Division of Psychiatry at Hotel Dieu Hospital.

Children and adolescents are referred to us by hospitals, family physicians, schools and children's mental health agencies when they are presenting with suicide/ homicidal risks, threats of violence, dyscontrol due to drugs or psychosis, and other urgent mental health concerns (e.g. anxiety, depression, etc.) that require an immediate risk assessment.



Our Goals

- Reduce the need to wait in the ER
- Prevent/decrease unnecessary hospital admissions
- Provide expedited risk assessments for patients
- Provide families with rapid access to assessment services by trained and compassionate staff
- Provide interventions from least intrusive (brief follow-up) to most intrusive (admission to hospital)
- Provide families with comprehensive knowledge and links to community resources.
- To have referred patients seen within 24-48 hours of receipt of their information.

Professional Staff:

The Urgent Consult Clinic is staffed by a Social Worker, Registered Nurse, Behaviour Therapist, Psychological Associate, and Psychiatrist. Medical Residents will often complete rotations with the clinic, and field placements are provided for psychology, social work and nursing students.

Referral Process

Referrals to the Urgent Consult Clinic must be completed by an Emergency Room, family physician, school board or children's mental health agency. Self-referrals from patients and their families cannot be accepted.

When completing a referral please include:

- Any previous assessments completed (e.g. psychoeducational, psychiatric)
- Social Work or other general notes documenting the concerns
- A brief summary of current concerns (if neither assessments/notes are available)
- Name, age, and contact information for the patient and their guardian.

Please **FAX** this referral to **613-544-4643**.

Risk Assessment and Brief Follow-up

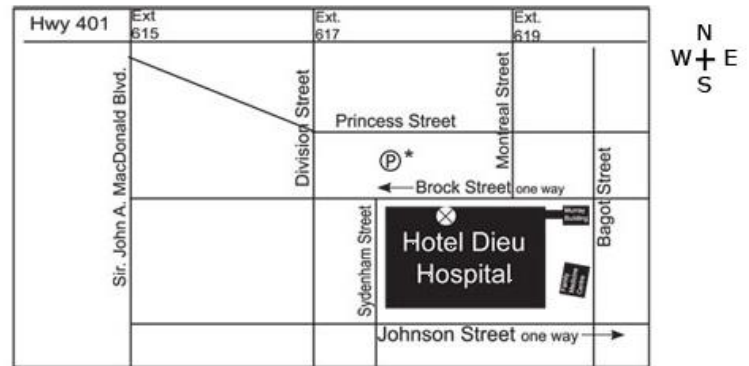
A risk assessment for possible harm to self or others will be completed by the clinic. This assessment includes a full history taken by a member of our multidisciplinary team who then consults with the psychiatrist; a diagnosis is provided if needed, and recommendations for brief case-management with a treatment plan is developed.

The clinic provides brief crisis-oriented interventions including behavioural and medical management. Patients and their family members are provided referrals to other community resources as needed.

Directions

Hotel Dieu Hospital sits on a full block in the heart of downtown Kingston. The main entrance is located at **166 Brock Street**. If traveling along Highway 401, take Exit 619 (Montreal Street) and follow Montreal St. south until you reach Brock Street.

Parking: Chown Memorial parking Garage* (see map) is directly across from the main entrance of Hotel Dieu Hospital. Pay-and-display parking is also available on the streets surrounding the hospital.



Contact Us

Child & Adolescent Mental Health Urgent Consult Clinic

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Phone: 613-544-3400 ext. 2518

Fax: 613-544-4643

To learn more, please visit our website at www.hoteldieu.com/CAPsychiatry.html

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