

PEDIATRIC BEHAVIOUR & ADHD SERVICE MAP

Objective

Clinician tool to support patient care through lifestyle behaviour modification so patients can self-manage their condition

Refer

Family Physician (FP) refers to Neighbourhood Nurse (NN) and/or Nurse in Practice (NIP)

Assess

Clinician contacts the patient to arrange initial in-person appointment.

During Appointment, be mindful of:

- Any safety concerns?
- Any developmental concerns?
- Any psycho-social stresses within family?
- Any transitions or struggles in the home?
- Any academic changes?

Clinician can use the *Behaviour & ADHD Assessment Guide* as a support tool

STABLE BEHAVIOUR OR ADHD

During appointment, clinician can:

- Review behaviour concerns with the patient and/or the family
- Discuss purpose of appointment (i.e. referral reason), and consult with the patient to determine what they want addressed
- Provide patient and/or family with self-directed resources they require
- Complete any referrals, if required
- Recommend **Family Smart** for **peer support**
- See **self-management** section below for details

Consider consulting with Neighbourhood Social Worker (NSW)

Communicate back with FP regarding visit

ESCALATING BEHAVIOUR OR ADHD

Clinicians assessment & observations determines escalation in behaviour(s) and/or ADHD

Clinician reports escalation to FP for:

- **Referral to a Pediatrician if:**
 - Concern is only behaviour
- **Refer to Pediatrician and Psychiatry if:**
 - Concern is behaviour and mental health OR
 - Concern is ADHD only
 - Consider referral to:
 - **Child & Youth Mental Health**
 - **Referral:** Self Referral; Advise patient to attend an initial assessment at the clinic on Tuesdays. No appointment needed, drop in between 9am to 5pm.
 - **Eligibility:** Moderate to severe mental health concern(s) ONLY; 6-18 yrs old
 - **Brochure & Resource List**
 - **Rapid Access Clinic Child Psychiatry**
 - **Referral** required by FP
 - **Eligibility:** Must live in South Surrey/White Rock catchment area (home address is south of 48 Ave), must be 18 years or younger, mild or moderate presentation, require an expedited psychiatric consult & must have a FP. Cannot be a client of MCFD Child Youth Mental Health and have been previously assessed by RAC clinic in the last 6 months.

Consider consulting with Neighbourhood Social Worker (NSW)

Suggest patient/family connect to:

- **MCFD Children & Youth with Support Needs**
 - Specialized service and funding options may be available for children or teens who have support needs and their families
 - Children and youth with support needs staff are available to discuss what services and support might be available
 - There are ADHD supports that can only be accessed through MCFD.
 - Local office contact: 604-501-3122

Recommend **Family Smart** for **peer support**

- See **self-management** section below for details

Communicate back with FP regarding visit

FAMILY IS IN CRISIS

Clinician has determined the family is in *Crisis*. Consider NSW involvement

Consider the following resources:

START TEAM, call 1-844-782-7811

- Urgent response team that provides immediate intervention for children & youth
- **Eligibility:** Children/teens (6-18 yrs) who are experiencing rapid onset (in the past 2-4 weeks) of extreme mental health symptoms resulting in the child/teen being unable to participate in their typical daily activities or relationships. Must live in the FH region
- **Referral:** Youth, families, schools, & medical professional call 1-844-782-7811 for service
- Clinician can also talk to an intake clinician to discuss the concern (604-585-5561)

Suicide Prevention, Education & Counselling Program (SPEAC)

- Program provides support/tools necessary to significantly reduce risk of suicide
- Suicide Risk assessment, urgent response & short-term counseling
- **Eligibility:** Ages 13-18 living in Surrey, White Rock and Langley, who have made a suicide attempt, or may be at risk of doing so
- **Referral:** Call 604-584-5811 ext 11366 to speak to an intake worker

Child & Youth Mental Health

- **Referral:** Self Referral; Advise patient to attend an initial assessment at the clinic on Tuesdays. No appointment needed, drop in any time between 9am to 5pm.
- **Eligibility:** Moderate to severe mental health concern(s) ONLY. Children 6-18 years old
- **Brochure & Resource List**

Family Smart for **peer support**:

- See **self-management** section for details

Support Lines

- MCFD Social Service Intake Line/Child protection: 1-800-663-9122
- BC Mental Health support line: 310-6789 (no area code needed)
- Kids Help Line (BC): 310-1234
- Fraser Health Crisis Line 24 hours: 604-951-8855
- Alcohol & Drug Resources 24 hours: 604-660-9382

EMERGENCY call:

- 911
- Surrey Memorial Hospital Peds ER
 - Emerg Psych Nurse Liaison on 24/7
- Crisis Line: 604-951-8855
- Suicide line: 1-800-784-2433 anytime

If FP is not aware of crisis, consult to report what is occurring and determine when FP would like to see the patient and/or family

Initial Appointment (in-person)

Follow-up Appointments (virtual/phone)

Follow-up to confirm:

- Patient/family has been contacted by referral site, and/or
- Patient/family has reviewed the self-directed material sent, and address any questions

Check-in:

- On how the patient and/or family is coping
- Any additional resource/service recommendations

Communicate back with FP regarding visit

Discuss with FP on # of follow up visits. Clinician can also use their discretion (suggested max 2-3)

Let patient/family know during last visit if any new concerns/needs arise, connect back with their FP

Follow up frequency - suggest weekly

- Clinician to use discretion based on situation if there is a need to follow up sooner.

During follow up appointment(s), clinician can:

- Check in on how the family is coping
- Make sure supports are in place or in the process of getting in place
- Are any additional resources and/or services required to help the patient/family?
- Does the family need to connect with the FP?

Discuss with FP on # of follow up visits. Clinician can also use their discretion (suggested max 2-3)

Let patient/family know during last visit if any new concerns or needs arise, connect back with their FP

Other PCN & Indigenous Referrals

If there are *mild* mental health and/or psychosocial issues raised during assessment, refer to Mental Health Service Maps ([Anxiety Service Map](#) / [Depression Service Map](#)), or consider [Sources referral](#) for counselling, and communicate back to FP.

If there are *significant* mental health and/or psychosocial issues raised during assessment, refer to Mental Health Service Maps ([Anxiety Service Map](#) / [Depression Service Map](#)), discuss case with Neighbourhood Social Worker (NSW), and communicate back to FP (facilitate a follow-up with FP as appropriate).

If the patient is facing significant financial concerns, and is a potential candidate for support, discuss case with NSW.

Consider **Pharmacist referral** in the following cases (after discussion with FP):

- Patient is on 8+ medications
- Patient is on opioid/benzodiazapine combination
- Experiencing side effects

*Before referral to Pharmacist, check if patient has recently been reviewed by Specialized Seniors Service

For Indigenous specific services, contact the [Aboriginal Health Liaison](#) (1-866-766-6960)

PEDIATRIC BEHAVIOUR & ADHD SERVICE MAP CLINICIAN RESOURCES

GENERAL RESOURCES

Parent Workshop(s)

Confident Parents: Thriving Kids

- Family-focused free web and phone-based coaching service to help parents support their children (aged 3-12) to manage either anxiety or behaviour challenges. Coaching sessions offered during the day, evening & weekends.
- [Referral Form](#) to be completed by FP/NP
- *Eligibility:*
 - Resident of BC
 - Child is between the ages of 3-12 years
 - Child resides with the parent/caregiver a minimum of 50% of the time
 - Child shows signs of excessive anxiety, fears or worry OR the child engages in disruptive behaviours that gets in the way of their everyday lives
 - Program may not be the right fit for children with Dx of autism spectrum disorder, fetal alcohol syndrome or significant developmental delays
- *Wait:* Intake coordinator will connect with parent in 1-2 weeks to complete an intake assessment; average waitlist ~ 2-5 months until they begin coaching sessions

Behaviour Interventions/Therapy

ACCESS Positive Behaviour Support Program at SOURCES

- Family-centred positive behaviour [fee-for-service](#) support program
- *Referral:* Self-referral (Call: 604-335-4880)
 - *Eligibility:*
 - Families with children ages 0-19
 - Individuals with autism and challenging behaviour/skill deficits
 - Open to individuals with all diagnoses (no formal Dx needed), as long as the client's needs include socially significant behaviour that would elicit the need for behaviour analysis services
 - *Wait:* Depends on nature of concern(s) and staff availability

Peer Support

Family Smart

- [Parent & Youth in Residence](#)
- Provides peer support, mentoring, system navigation and access to information, resources, networks and education
- *Eligibility:*
 - Families parenting a child, youth or young adult experiencing MH and/or substance use challenges (0-24+ years)
- *Referral:* Self referral, contact surreydeltawhiterock@familysmart.ca
- *Wait:* Up to 2 weeks to respond
- [Help for the Hard Times](#)
- Workshops for families or caregivers whose child/youth has been a patient in a psychiatric unit (day and evening sessions)
- *Referral:* Self-referral. Register online or Email: info@familysmart.ca

Alexandra House - Parent support

- One-to-One Family Support
- Supports parents and caregivers to strengthen the parent-child relationship, increase understanding of behaviour and child development, problem solve, and build community connections
- *Referral:* Self-refer by calling 604-538-5060 ext. 23 or email: referrals@alexhouse.net
- Community [referral](#) also welcome for ages 0-13
- *Eligibility:*
 - Families who reside in the South Surrey/White Rock area (South of 48 Ave and West of 196 Street)
 - With children ages 0-13 (services to strengthen families) &
 - Ages 13-19 (Reconnect Youth Services)
- *Wait:* ~ 1 week

Counseling & Psychology

Discover Y Program

- Free short-term counseling program for youth ages 15-25
- 8 free counseling sessions with the goal to help build resilience and explore new ways of communicating and coping with one self
- *Referral:* Self referral (call 604-538-2522)
- *Eligibility:* Age 15-25
- *Wait:* Depends on counselor's schedule

WRSS PCN Sponsored Counseling - SOURCES:

- *Referral:* [Referral](#) to be completed by FP/NP
 - Use Pathways referral tracker to refer patient
- *Eligibility:*
 - Does not have employee assistance program or extended medical coverage
 - Having to pay is a barrier to accessing counseling
 - Not in need of urgent psychiatric or mental health intervention
 - Not currently involved in FH Community Mental Health & Substance Use Services or Children & Youth MH programs
 - Individual counseling only
 - Not appropriate: psychiatric or substance use concerns, trauma.
- *Wait:* ~ 2-4 weeks

SOURCES Counseling

- [Fee for service](#) with the ability of subsidy provided through SOURCES Foundation and donations
- Intake coordinator will match patient with appropriate counselor
- *Referral:* Self referral (Call: 604-538-2522)
- *Eligibility:* Offer individual, couples, family and group counseling
 - Mild to moderate MH concerns
 - Not appropriate: psychiatric concerns, substance use concerns, trauma.
- *Wait:* ~ 1 month

REACH Counseling Service Program

- Provides counseling and consultation for families, individuals and couples who have a child with developmental or behavioural diagnosis, delay or concern ([Brochure](#))
- Provide play therapy and counseling for children and youth, cognitive behaviour training and parent workshops
- *Referral:* [Self-refer](#) or professional can refer
- *Eligibility:*
 - For children, youth & parents where there is a child in the family that has a developmental or behavioural diagnosis, delay or concern.
 - Geographic area: Delta, Surrey or Langley
- *Wait:* ~ 1 year (very small program)

To access a Psychologist, visit the [BC Psychological Association](#) website, or call 1-800-730-0522

To access a Clinical Counselor, visit the [BC Association of Clinical Counselors](#) website or call 1-800-909-6303

Healthy Lifestyle Toolkits

- [Sleep Module](#)
- [Sleeping Well](#)
- [Being Active](#)
- [Eating Well](#)
- [Managing Stress](#)
- [Practicing Mindfulness](#)
- [Keeping Tech in Check](#)
- [Setting Goals: Healthy Living](#)

BEHAVIOUR CONCERNS - Specific:

Education for Parents

- [Behaviour problems in children & adolescents](#)
- [Beyond Behaviours: When Is It More? What It Looks Like at Ages 4 to 8](#) (video)
- A parent and counselor talk about the developmental stages of 4 to 8 year old children, what are typical behaviours, and how do we know when something more might be going on

Book(s):

- Lost at School: Why Our Kids with Behaviour Challenges are Falling through the Cracks and How we can Help them. Author: Dr. Ross Greene
- Superflex: A superhero social thinking Curriculum. Author: Michelle Garcia Winner & Stephanie Madrigal
- The Defiant Child. Author: Dr. Russell Barkley

Parent Workshop(s)

Connect

- 10 week interactive attachment-based caregiver group focused on strengthening parent-child relationships ([Brochure](#))
- *Referral:* Self-referral. To find out information about groups, contact Lesley Beck (604-660-0574) or lesley.nicholasbeck@gov.bc.ca
- *Eligibility:* Parents of pre-teens (ages 8 - 12) and teens (13 - 17)
- *Wait:* Runs in 3 cycles that follow the school year (late September/early October-December, January-March, March-June)

Alexandra Neighbourhood House

- [Positively Parenting Workshop Services](#)
- 4 interactive workshops designed to empower, connect and support parents of children and youth.
- *Referral:* Self-referral. To inquire, email: info@alexhouse.net
- *Eligibility:* Parents, caregivers, including grandparents of children ages 6 and up, with a focus on the elementary school years
- *Wait:* Ran only when there is enough interest
- [Circle of Security Program](#)
- Focus is on the needs of the child by understanding when and where the parent/caregiver is needed
- *Referral:* Self-refer by contacting Nausheen 604-535-0015 ext 228 or email: akhan@alexhouse.net
- *Eligibility:* Parents of younger children (0-5 years)
- *Wait:* None

ADHD - Specific:

For the parent who wants to explore resource(s) on their own, direct them to [Resource Library | Kelty Mental Health](#)

Education for Parents

- [ADHD: Information for Families](#) (pdf)
- [My Child has just been diagnosed now what?](#) (video)

Video(s):

- [In the know - The ADHD Brain: A User's Guide](#) (phsa.ca)

Podcast:

- [ADHD Basics for Families](#)

Webinar(s):

- [ADHD Webinar Series for Parents & Caregivers](#)
 - ADHD in Children & Youth: The Basics
 - Practical Self-Regulation Tools for Children with ADHD
 - ADHD Treatment in Children & Youth
 - Parenting a Child with ADHD
 - ADHD Goes to School

Handout(s):

- [What You Need to Know About Early Childhood ADHD](#)
- [ADHD Medications](#)
- [Parenting Tips – Centre for ADHD Awareness Canada](#)

Book(s):

- Taking care of ADHD: the complete, authoritative guide for parents. Author Dr. Russel Barkley
- Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids reach their Potential. Authors: Peg Dawson, Richard Guare & Colin Guare

Education for the Child

Video(s):

- [Animated Series for Kids -Me and My ADHD](#)
- [How to ADHD](#)
- Provides youth and young adults with general information about ADHD from someone with lived experiences

Parenting Workshop(s)

Rolling with ADHD

- 8 module series that covers practical tools and strategies for caregivers of children with ADHD
- *Referral:* Self-referral (sign up for series [here](#))
- *Eligibility:* Have a child with ADHD (ages of 6-12): Parent wants to

Self
Management
Resources

- *Wait*: None

- *Referral*: Self-referral (sign up for series [here](#))

- *Eligibility*: Have a child with ADHD (ages of 6-12); Parent wants to make their parenting more effective, understand how to work with their child, reduce conflicts, and support their child's successes

- *Wait*: Self-paced modules

Books for Children:

- Sometimes I'm Bombaloo. Author: Rachel Veil
- Personal Space Camp: Teaching Children the Concepts of Person Space. Author: Julia Cook

[Compass](#) Clinical support for providers treating Children & Youth with mental health or substance use concerns

[Behaviour Clinician toolkit](#)

[ADHD Clinician toolkit](#)

[Duty to Report](#) -Learning hub course #14599 (30 mins)

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Clinician
Resources