



Australasian Society for Developmental Paediatrics



EMBRACING  
COMPLEXITY  
FINDING  
SIMPLICITY

# Kylie Hook Dr Tazim Halteh

HEAD TO HEALTH **kids**  
QUEENSLAND

H2HK-Q Gold Coast Service provides a secondary level mental health and wellbeing services, targeting mild to moderate emerging complexity, for children and their families under 12 years of age.

These are children with complex, multiple and co-occurring needs impacting their mental health, wellbeing and development. The aim is to enable earlier access to services for intervention to improve mental health and wellbeing, reducing the risk of poor mental health outcomes in the development of a child.

H2HK-Q Gold Coast developed a model of service which emphasised earlier and easier access for children and families, which actively outreached into communities across the Gold Coast.

# Working collaboratively with the health service

## Child and Youth Mental Health Service (CYMHS)

- Head to Health Kids sits under the governance of CYMHS
- Meetings occur weekly between H2HK and CYMHS to discuss possible consumers
- It is expected that consumers identified as requiring a tertiary MH service are seamlessly transferred to CYMHS

## Child Development Service (CDS)

- Continued consultation with CDS
- CDS input via an internal steering committee
- It is expected that consumers identified as requiring tertiary child development input are seamlessly transferred

# Building partnerships with the community

- Participation of local community groups in the H2HK consortia – providing input into the strategic development of this service
- Development of satellite clinics across a number of sites across the Gold Coast including local schools
- Collaborative partnerships with local NGO's
- Establishing collaborative working relationships with local school wellbeing team members



# Meet Angus...

- 6 year old male
- Referred from CYMHS
- “Significant physical abuse towards mother” “exposure to DFV” “child sexual assault” “decline in behaviour”
- Known to CDS – previous dx ADHD
- Meds – Clonidine. Refusing Ritalin
- Intergenerational trauma, multiple ACEs
- School exclusion
- Family ‘difficult’ to engage

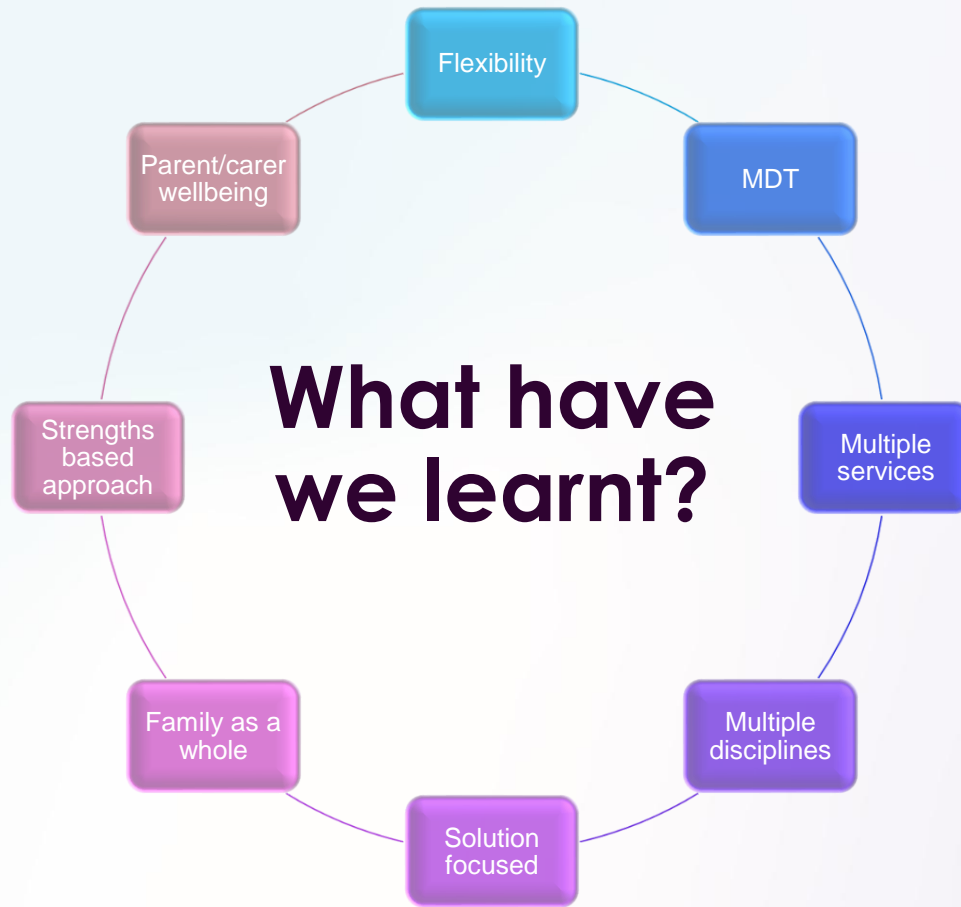


# Meet Angus...

## Interventions

- Persistence and flexibility
- Trust and rapport building
- Clear plan/priorities (family & H2HK)
- Medication
- Sessions with OT – behavioural/emotional regulation
- Education and support for mum
- Child Safety
- Close liaison with school
- Support to apply for NDIS
- Explore potential FASD dx and refer on
- Referral and engagement with Intensive Family Support service





## Gold Coast contact

✉ [H2HKidsGoldCoast@health.qld.gov.au](mailto:H2HKidsGoldCoast@health.qld.gov.au)

☎ 07 5635 7114

Head to Health Kids – Queensland is jointly funded by the Australian Government and Queensland Government. This initiative is proudly delivered in the Gold Coast Region by Gold Coast Health.



Australian Government



Queensland Government

