



Healthy Minds Healthy Lives

CHILD AND ADOLESCENT PSYCHIATRIC SERVICES

TOWNHILL HOSPITAL

PIETERMARITZBURG, KWAZULUNATAL

CAU/Sinothando contact details: Tel: **033 3415688/ 033 3415677**

Email: 'CAU.THH@kznhealth.gov.za'

THE CHILD AND ADOLESCENT UNIT (CAU) is committed to care for children and adolescents with emotional and behavioral problems. We focus on child and family-centered care, and our aim is to help young person's develop to their full potential and help them and their families build better and healthier relationships.

INPATIENT SERVICES

- Sinothando WARD with 8 beds is our inpatient facility for young persons from ages 8 to 18 years
- We provide a 'therapeutic milieu' environment where mental health problems can be treated effectively
- We work together as a multidisciplinary team comprising of a psychiatrist, psychiatry registrar, medical officer, psychologist, social worker, occupational therapist and psychiatric nurses.
- We use a biopsychosocial, child and family-centered and collaborative approach to address the special needs of each young person in providing comprehensive care
- Preadmission screening is done for each referral as admission decisions are made as a last resort and in the best interests of the child
- See **Admission Guidelines**
- Individualized treatment planning following evaluation; with attention to the child's medical, psychiatric, psychological, social, recreational and educational needs; and integrating family, school, community agencies, and other service providers; updated weekly according to changing needs of each child
- Discharge planning provides supportive direction and resource information for each child

Phone Sinothando unit for assistance at 033 3415688

Contact person: Nursing Sister in charge at CAU who will assist you.

A doctor will contact you for a detailed account for the MDT preadmission screening process.

OUTPATIENTS CAU CLINIC

- Comprehensive psychiatric evaluations and management, based on biopsychosocial model, using a child and family-centered, multidisciplinary team and collaborative approach
- Staffed by psychiatrist, senior psychiatric registrar, psychologist and nursing staff; occupational therapy and social worker support available
- Need referral letter, report from school re academic and social functioning and a report from social worker if involved; and reports of any other assessments done
- At Townhill hospital CAU
- Tuesdays and Wednesdays from 9am - 1pm
By appointment only, phone 033 3415688

OUTREACH

- Pietermaritzburg Assessment and Therapy Centre: a clinic is run on Mondays from 9am to 12am by Medical Officer
- TeleCAPS: telephonic support to other health care professionals
Videoconferencing consultations and In Service Training
- School outreach program by Psychologist and OT
- Discharge Support Program by Social Worker

HEALTHY KIDS, HEALTHY FAMILIES,
HEALTHY FUTURE



HEALTH

KwaZulu-Natal

TOWNHILL HOSPITAL
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CHILD AND ADOLESCENT UNIT: SINOTHANDO



ADMISSION Guidelines

Introduction

Children and adolescents are treated in the least restrictive setting as required of the MHCA, admission decisions are to be made in the best interests of the child in accordance with the Children's Act 38 of 2005 and to be considered as a strategy of last resort after careful consideration on an individual basis.

Admission may be to:

1. CAU/Sinothando ward

8 beds

Ages 8 to 18, depending on physical and mental maturity and where clinically appropriate.

Admission will be under the MHCA, as assisted, voluntary or involuntary depending on the context.

Children 12 years and over, with sufficient maturity, may consent to treatment i.e. be admitted as voluntary.

2. Adult male and adult female wards

Older adolescents of sufficient maturity where clinically indicated may be admitted to the adult wards and will be managed by that adult ward MDT.

In the situation where an adolescent is admitted as involuntary to an adult ward directly from another hospital, call the CAU registrar to evaluate the patient and a MDT pre admission screening will be done to assess suitability for transfer to CAU. [In case of transfer to CAU: adult number will change to CAU no. and registry notified by movement notice. Registry will change the number on the patients admin file and notify the Review Board]

General criteria

1. Diagnostic assessments of complex clinical cases where there is significant impairment of functioning or difficulties encountered in daily life; and where there may be a potential for harm to self or others
2. Where treatment plans in other settings were unsuccessful, unavailable or inappropriate to patients needs
3. Preadmission screening and admission decision will be undertaken by the CAU MDT
4. Exclusion of social placement problems, delinquent juveniles, moderate to profound intellectual disability and those that are physically ill needing special care, for whom inpatient psychiatric intervention is not indicated

Referral procedure

- Non urgent referrals to be booked for THH CAU OPD
- Priority referrals to be discussed with the CAU Nursing sister in charge or psychiatric registrar
- Telephone: **033 3415688**
- Email: '**CAU.THH@kznhealth.gov.za**'
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