



## Early in Life Mental Health Service

# Oasis Child Neuropsychiatry Inpatient Unit

*An inpatient service dedicated to providing specialist care to children with complex psychiatric and neurodevelopmental needs.*

The Monash Children's Hospital **Oasis** Child Neuropsychiatry Inpatient Unit provides specialist assessment and care for children 12 years and under who have severe mental health and neurodevelopmental needs. Parents or carers are admitted with their child to support them through their hospital stay and to help ensure that treatment and planning meets individual family/carer needs.

**Oasis** provides brief emergency admissions, and planned assessment admissions. Planned assessment admissions include comprehensive and integrated multi-disciplinary assessment, diagnostic clarification, intervention planning, and brief treatment. A child coming to **Oasis** for a planned assessment admission stays from Monday to Friday with their parent/carer and returns home on the weekends to practise interventions introduced during the inpatient stay. Children requiring an emergency admission are expected to be discharged within 24-72 hours.

**Oasis** is a part of the network of Child and Youth Mental Health services (CYMHS)/ Early in Life Mental Health Service (ELMHS) provided across metropolitan and regional Victoria. Patient care is carefully planned and managed through collaboration with local CYMHS care teams to ensure an integrated and effective service, tailored to the individual needs of each child and family.

The unit is a centre of excellence with an active clinical and research program that integrates and enhances knowledge from psychiatry with other specialist medical and allied health services.

## Who is our service for?

We provide services for children 0-12 years:

- who are experiencing significant neurodevelopmental **and/or** psychiatric difficulties, and
- who cannot be assessed and treated in a community setting

**Oasis** provides specialist services for children experiencing complex and persistent emotional and behavioural difficulties due to neurodevelopmental disorders such as Intellectual Disability, Developmental Disabilities, Autism Spectrum Disorders (ASD), and neurological and genetic disorders affecting neurodevelopment. Co-existing psychiatric difficulties these children may experience include disorders such as psychosis, severe depressive and anxiety disorders, and other psychosocial factors such as experiences of trauma, parental mental health difficulties, or other issues that affect children's development and functioning.

## Parent and child together

Children admitted to **Oasis** are accompanied by a parent or carer who stay with them on the unit. Interactions between children and parent/carers are the basis of children's learning and development. When a child has developmental difficulties, they rely much more on the adults in their lives to manage themselves and their environments. Therefore, the presence of the parent or carer is essential to the admission being effective. Coming to hospital can also be a frightening experience for children and having their parent/carer with them during admission allows the child to feel safe.

For children living in out of home care, careful planning will occur prior to the admission to ensure that a carer can support the child and that the admission goals can be met.

## Our facilities

**Oasis** accommodates up to 8 children with their parent or carer. Two family rooms can accommodate the child with other family members. Two rooms offer opportunity for children to easily access low stimulus play and living areas when required.

**Oasis** offers communal eating and living areas, an outside courtyard, an active sensory play space, quiet 'calming' space and areas for both individual and group play and learning.

A parents' retreat area with basic kitchen facilities and laundry facilities is available adjacent to **Oasis**.

## Our care model

### *Planned Assessment Admissions*

The planned assessment admission pathway provides integrated multi-disciplinary assessments of the strengths and vulnerabilities of the child within the context of the parent-child relationship, the family, and their relevant school and community based networks. Children are admitted to **Oasis** with their parent/carer from Monday to Friday and then return home on the weekends to practice interventions trialled during their inpatient stay. Children may be admitted through this pathway for up to three weeks.

**Oasis** clinicians tailor the assessments and program to each child's specific diagnostic, formulation, and care planning needs. Goals to be achieved by an inpatient stay are developed through collaboration with the child and parent/carers and the referring CYMHS team. The admission is then planned and scheduled prior to the child's stay to ensure the required assessments and treatment trials can be completed. Other specialist services within the Monash Children's Hospital may be offered to assist diagnostic clarification.

### *Emergency Admissions*

Some children experience severe and acute mental health issues and may require crisis care. When severe mental health issues require immediate inpatient care, children may need a brief admission to **Oasis**. The emergency admission pathway provides a safe environment to help calm the child and family. Children who require an emergency admission will stay in the unit for 24-72 hours.

## Our staff

The **Oasis** team ensure that children and families have access to the assessments and supports they need to understand and manage the difficulties they face. Our clinicians have specialist training working with young people with mental health and neurodevelopmental difficulties.

Our team includes:

- Child Psychiatrist
- Nurses
- Behavioural Clinician
- Occupational Therapist
- Psychologist
- Child and Adolescent Psychiatry Registrar
- Social Worker
- Speech Pathologist
- Specialist Teacher

## Referrals and Intake

Referrals for a child to have an inpatient stay due to the severity and complexity of their mental health difficulties can be made by CYMHS/ELMHS Clinicians and private Child and Adolescent Psychiatrists. Oasis and the Austin Child State-wide unit have a centralised referral and intake service. Senior clinicians will discuss with you the referral questions, the child and family's needs and their home location to determine which inpatient service is most suitable. A detailed document outlining referral procedures and a referral form for admissions is available.

To refer a child for an emergency or planned admission to either Oasis or the Austin Child State-wide unit, telephone **(03) 8572 4693** at any time.

## Our location

The Oasis Neuropsychiatry Inpatient Unit is located on the Ground Floor (Level 2) of the Monash Children's Hospital, 246 Clayton Road, Clayton, Victoria 3168.