

Child and Youth Mental Health Service – Zero to Four

Referral Guidelines for External Referrers

Referral Criteria

Zero to Four CYMHS is a specialist Child and Youth Mental Health Service which accepts referrals for infants and young children from preconception to 48 months (where the child is yet to commence school), and

- The referral is made by a primary or secondary service working with or supporting the infant/young child and/or the family.
- The mental health of the infant/young child is compromised or at risk of being compromised.
- The presentation is severe and/or complex in nature where the infant/young child and their family experiences an accumulation of risk factors and then associated distress;
- The parent – child relationship is disrupted or at risk of being disrupted placing the social, emotional and other development wellbeing of the infant/young child at risk;
- The infant/young child resides in the Zero to Four CYMHS Catchment (see catchment list below) and lives for the majority of the time with their primary caregiver (who has capacity to, and will, engage in the intervention);
- The infant/young child's guardian(s) give informed consent for the referral.

What should you do in an emergency situation?

1. Please direct the young person to the closest emergency department or call triple zero (000) for emergency services, OR
2. Contact the Acute Response Team (ART), a 24-hour crisis support line on (07) 3068 2555. ART is based at the Queensland Children's Hospital, South Brisbane and provides support and assessment to young people who present to the Emergency Department.

How do I make a referral to the Zero to Four CYMHS?

All referrers making a referral to Zero to Four CYMHS **must complete** the referral form. Please obtain Guardian(s) consent for the referral and complete all items on the form in as much detail as possible. Phone (07) 3266 0300 to speak to the intake clinician if you have questions regarding this referral or the completion of the referral form.

The following process occurs upon receipt of the referral:

1. All referrals are reviewed and a risk assessment completed upon receipt and actioned appropriately. All referrals are considered by the clinical multidisciplinary team on a weekly basis.
2. If appropriate, the family will be offered a one-off assessment appointment at their home or at a local CYMHS community clinic, to discuss their concerns regarding the unborn child, infant or young child and to jointly ascertain whether Zero to Four CYMHS is the appropriate service to meet their current needs.
3. Some families find this appointment is enough to address the problem with no need for another appointment. In other cases, we find that another service may be more helpful regarding the current concerns and Zero to Four CYMHS will help the initial referring agency link the family to this service. If the family and Zero to Four CYMHS decide together that coming back to Zero to Four CYMHS is appropriate a discussion will occur to agree on the family's goals regarding intervention.
4. A summary of the recovery orientated care plan is provided to the family and regular ongoing feedback is provided to the GP regarding engagement and progress.
5. This process will be completed as soon as possible after receipt of referral and is expected to be no later than 4 weeks after the initial clinical multidisciplinary team review.

Zero to Four CYMHS Catchment Postcode List

Acacia Ridge	4110	Chermside West	4032	Heathwood	4110	Mt Glorious	4520	Seventeen Mile	
Albany Creek	4035	Clayfield	4011	Hendra	4011	Mt Gravatt	4122	Rocks	4073
Albion	4010	Clear Mountain	4500	Herston	4006	Mt Gravatt East	4122	Sherwood	4075
Alderley	4051	Clifton Hill	4105	Highgate Hill	4101	Mt Nebo	4520	Sinnamon Park	4073
Algester	4115	Closeburn	4520	Highvale	4520	Mt Ommahey	4074	Skyline	4170
Annerley	4103	Coopers Plains	4108	Hill End	4101	Mt Pleasant	4521	South Brisbane	4101
Anstead	4070	Coorparoo	4151	Holland Park	4121	Mt Samson	4520	Spring Hill	4000
Arana Hills	4054	Corinda	4075	Holland Park East	4121	Murrarie	4172	St Johns Wood	4060
Archerfield	4108	Dakabin	4503	Holland Park		Murrumba Downs	4503	St Lucia	4067
Armstrong Creek	4520	Darra	4076	West	4121	Nathan	4111	Stafford	4053
Ascot	4007	Dayboro	4521	Inala	4077	New Farm	4005	Stafford Heights	4053
Ashgrove	4060	Deagon	4017	Indooroopilly	4068	Newmarket	4051	Stones Corner	4120
Aspley	4034	Doolandella	4077	Ironside	4067	Newstead	4006	Strathpine	4500
Auchenflower	4066	Dorrington	4060	Ithaca	4059	Norman Park	4170	Stretton	4116
Bald Hills	4036	Draper	4520	Jamboree		North Lakes	4509	Sumner	4074
Balmoral	4171	Drewvale	4116	Heights	4074	Northgate	4013	Sunnybank	4109
Banoon	4109	Durack	4077	Jindalee	4074	Nudgee	4014	Sunnybank Hills	4109
Banyo	4014	Dutton Park	4102	Jolly's Lookout	4520	Nudgee Beach	4014	Taigum	4018
Bardon	4065			Joyner	4500				
Bellbowrie	4070								
Boondall	4034								

Bowen Hills	4006	Eagle Farm	4009	Kallangur	4503	Nundah	4012	Taringa	4068
Bracken Ridge	4017	Eagle Junction	4011	Kangaroo Point	4169	Ocean View	4521	Tarragindi	4121
Bray Park	4500	East Brisbane	4169	Karana Downs	4306	Oxford Park	4053	Teneriffe	4005
Brendale	4500	Eatons Hill	4037	Kedron	4031	Oxley	4075	Tennyson	4105
Bridgeman Downs	4035	Eight Mile Plains	4113	Kelvin Grove	4059	Paddington	4064	The Gap	4061
Brighton	4017	Ekibin	4121	Kenmore	4069	Pallara	4110	Toombul	4012
Brisbane	4000	Ellen Grove	4078	Kenmore Hills	4069	Parkinson	4115	Toowong	4066
Brookfield	4069	Enoggera	4051	Keperra	4054	Parkinson	4115	Torwood	4066
Bulimba	4171	Everton Hills	4053	King Scrub	4521	Petrie	4502	Upper Brookfield	4069
Bunya	4055	Everton Park	4053	Kobble Creek	4520	Petrie Terrace	4000	Upper Kedron	4055
Bunyaville	4053	Fairfield	4103	Kuraby	4112	Pinjarra Hills	4069	Upper Mt Gravatt	4122
Buranda	4102	Ferny Grove	4055	Kurwongbah	4503	Pinkenba	4008	Virginia	4014
Calamvale	4116	Ferny Hills	4055	Lacey's Creek	4520	Pullenvale	4069	Wacol	4076
Camp Hill	4152	Fig Tree Pocket	4069	Larapinta	4110	Queensport	4172	Warner	4500
Camp Mountain	4520	Fitzgibbon	4018	Lawnton	4501	Rainworth	4065	Wavell Heights	4012
Cannon Hill	4170	Forest Lake	4078	Lutwyche	4030	Red Hill	4059	Wellers Hill	4121
Carina	4152	Fortitude Valley	4006	Macgregor	4109	Richlands	4077	West End	4101
Carina Heights	4152	Fruitgrove	4113	Mango Hill	4509	Ridgewood		Westlake	4074
Carindale	4152	Galloways Hill	4171	Mansfield	4122	Heights	4115	Whites Hill	4152
Carole Park	4300	Gaythorne	4051	Mater Hill	4101	Riverhills	4074	Whiteside	4503
Carseldine	4034	Geebung	4034	McDowall	4053	Robertson	4109	Wight's Mtn	4520
Cashmere	4500	Gordon Park	4031	Middle Park	4074	Rocklea	4106	Willawong	4110
Cedar Creek	4520	Graceville	4075	Milton	4064	Rosalie	4064	Wilston	4051
Chapel Hill	4069	Grange	4051	Mitchelton	4053	Runcorn	4113	Windsor	4030
Chelmer	4068	Greenslopes	4120	Moggill	4070	Rush Creek	4521	Wishart	4122
Chermside	4032	Griffin	4503	Moorooka	4105	Salisbury	4107	Wooloowin	4030
Chermside South	4032	Griffith Uni	4222	Morningside	4170	Samford	4520	Yeerongpilly	4105
		Grovely	4054	Mt Coot-tha	4066	Samsonvale	4520	Yeronga	4104
		Hamilton	4007	Mt Crosby	4306	Sandgate	4017	Yugar	4520
		Hawthorne	4171			Seven Hills	4170	Zillmere	4034