

# Contact Information



**Phone Number**

250-519-3050



**E-mail Address**

virtualpsychiatry@islandhealth.ca



**Fax Number**

250-519-5159

Referrals are accepted from:

- Family Physicians
- Pediatricians
- Nurse Practitioners

As well as clinicians from:

- Discovery
- YSTAR
- Youth Concurrent Program
- System Navigation



The Virtual Psychiatry Consult Clinic provides access for children, youth and their families to a one time psychiatric consultation.

This service allows clients across the region to access assessment, diagnosis and treatment suggestions from their home community.



## Child and Youth Virtual Psychiatry Consult Clinic

**Information for Clinicians**

# Referral Criteria

## Accepted referrals:

- Children/youth requiring a non-urgent assessment
- Ages 5 through 18
- Children/youth under 14 years with an intellectual disability
- functionally impairing mental health concerns (including ADHD if part of a complex presentation)
- Youth with concurrent disorders
- Youth who consent to participate

## Referrals to be redirected:

- Children or youth who are actively suicidal, homicidal, or psychotic
- Children or youth requiring an autism, eating disorder, or ADHD only assessment
- Youth requiring primarily a substance use disorder assessment
- Children or youth with a complex presentation requiring a multidisciplinary team assessment
- Children/youth connected with a team that has access to psychiatry



# Why refer to this service?

## Benefits to youth and their families:

- Access to a comprehensive psychiatry consult
- No travel required
- Ability to have family or community clinician attend the appointment

## Benefits to local physicians and clinicians:

- Thorough assessment from a child and youth psychiatrist
- Diagnostic clarification
- Comprehensive treatment recommendations

# What clients and families can expect

## Referrals:

- Referrals will be reviewed by an intake nurse
- Referrals that do not meet criteria will be declined and/or redirected
- If declined, rationale and recommendations will be provided

## If referrals meet criteria:

- The nurse will contact the youth and family
- The nurse will complete an intake consult

## When the referral has been accepted:

- The physician will be notified
- Youth and family will be asked to complete a package of pre-assessment paperwork
- Once returned, the youth will be scheduled and provided an appointment time
- Physician/NP will receive a copy of the assessment