

Exploring pathways to mental healthcare for urban Aboriginal children and adolescents

Interview Guide for GPs

Participant demographics

1. Name: _____
2. Aboriginal Community Controlled Health Service (ACCHS): _____
3. Age in years _____
4. Sex: Male Female
5. Years involved in ACCHS: _____
6. Employment Full time
 Part time (hours/week) _____
7. If part time, do you work in mainstream general practice for some of the week?
 Yes
 No

1. What proportion of your work with children and adolescents at the ACCHS involves social and emotional wellbeing (SEWB) issues?
2. Have you received any specific training in identifying or addressing social and emotional wellbeing issues amongst children and adolescents?
 - a. If yes, what was it? Was it adequate for you to feel confident dealing with these issues?
 - b. If no, do you think such training would be useful/is needed?
3. Have you received any specific training in identifying or addressing social and emotional wellbeing issues amongst Aboriginal children and adolescents?
 - a. If yes - Was it adequate for you to feel confident dealing with these issues?
 - b. If no - Do you think such training would be useful/is needed or are the principles the same as in working with other young people?
4. Are you aware of any guidelines or decision rules for working with young people who are experiencing difficulties with SEWB?
 - a. If yes, what are they? Do you use them? Are they useful?
 - b. If no, do you think such tools are needed?
5. Are you aware of any guidelines or decision rules for working with Aboriginal young people who are experiencing difficulties with SEWB?
 - a. If yes, do you use them? Are they useful?
 - b. If no, do you think such tools are needed or are the principles the same as in working with other young people?
6. Are you aware of any screening tools available for Aboriginal child and adolescent social and emotional wellbeing?
 - a. If yes, do you use them? Why/why not?
 - b. If no, do you think such tools are needed?
7. What percentage (approx.) of the SEWB issues you encounter in children and adolescents at the ACCHS are brought to you by the carer or adolescent themselves? What percentage do you identify in a visit that was for other health concerns or a child health check?
8. Do you feel comfortable sharing your impressions with parents when you think the child may have SEWB concerns?
9. What presenting issues (complaints/symptoms) in Aboriginal children and adolescents would you consider to indicate a social and emotional wellbeing problem which might require treatment? Are there any symptoms that you think are sometimes incorrectly thought to be associated with SEWB concerns?
10. Which of these presenting symptoms do you see the most?
11. Looking at the possible points on a treatment pathway for child and adolescent SEWB (show pathways diagram). Please indicate what you would consider to be an ideal treatment pathway for a child at the ACCHS you think may be experiencing serious emotional or behavioural problems?

<p><i>Interviewer note: The interviewee can draw pathways for different suspected conditions if needed</i></p>
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12. In practice, do relevant clients generally successfully follow that pathway?

- a. If no, what are the barriers?

Interviewer note: If yes, please skip to Q14

13. Do these barriers differ from the barriers you face in relation to child and adolescent mental health at any mainstream services you have worked in? How?
14. Do you change the treatment pathway due to barriers that may be preventing ideal care? If yes, in what way?

Interviewer note: If no change to pathway go to q14

Interviewer note: The interviewee can draw pathways for different suspected conditions if needed

15. What outcomes can occur if Aboriginal children and adolescents are not able to follow the ideal treatment pathway for social and emotional wellbeing problems?
- a. Do you see it as being more problematic for some types of mental health problems than others?
16. When you successfully refer a young person from the ACCHS for a mental health-related consultation, are you happy with the level of communication you receive from the clinician they are referred to? If yes, why? If no, why not?
17. Have you ever prescribed psychotropic medications to Aboriginal children or adolescents who have not accessed specialist mental health assessment or treatment for their suspected social or emotional wellbeing problem?

If yes, what are the conditions you have most commonly prescribed for?

Interviewer note: If no, please skip to Q16

18. How comfortable do you feel initiating and managing psychotropic drug use amongst Aboriginal children and young people without the input of specialist mental health services?
If not comfortable:
What are your concerns?
19. Overall, do you feel that children and adolescents accessing the ACCHS are able to receive all the assistance they need with their social and emotional wellbeing problems?

If no, what do you think the most urgently needed resources or changes are?

Many thanks for your time

Exploring pathways to mental healthcare for urban Aboriginal children and adolescents
Interview Guide for Practice Nurses, Aboriginal health workers and other staff members

Participant demographics

- 1. Name: _____
- 2. Aboriginal Community Controlled Health Service (ACCHS): _____
- 3. Age in years _____
- 4. Sex: Male Female
- 5. Years involved in ACCHS: _____
- 5. Role at ACCHS:
 - Practice Nurse
 - Aboriginal Health Worker (please specify type)_____
 - Other ACCHS staff member (please specify type)_____
- 6. Employment
 - Full time
 - Part time (hours/week)_____

1. What proportion of your work is with children and adolescents? What age group do you mainly work with? How much of your work with children/adolescents involves social and emotional wellbeing (SEWB) issues?
2. Have you received any specific training in identifying or addressing social and emotional wellbeing issues amongst Aboriginal children/adolescents?
 - a. If yes - Was it adequate for you to feel confident dealing with these issues?
 - b. If no - Do you think such training would be useful/is needed? Are there specific things in this area you feel you need/would like training in?
3. Are you aware of any guidelines or decision rules for working with Aboriginal young people who are experiencing difficulties with SEWB?
 - a. If yes, do you use them? Are they useful?
 - b. If no, do you think guidelines are needed?
4. Are you aware of any screening tools available for Aboriginal child and adolescent social and emotional wellbeing?
 - a. If yes, do you use them? Why/why not?
 - b. If no, do you think such tools are needed?
5. Which symptoms or behaviours in Aboriginal children and adolescents would you consider to indicate a social and emotional wellbeing problem which might require treatment or referral? And which would not?

Prompt: Being 'naughty'/bad behaviour, crying, being withdrawn/not playing with other children/self-harm (dependent on what age children they work with).

6. Which of these behaviours are most common in the children that you see in your day to day work?
7. Do you think parents/carers feel comfortable raising concerns they have about their children's social and emotional well-being with health professionals? Can you think of any barriers that prevent them from raising their concerns/seeking help for their children? What sort of things might help them to seek help?
8. Do you feel comfortable sharing your concerns with parents when you think the child may have social and emotional well-being concerns? Is there anything that might/what things make it easier to have this conversation with parents/carers?
9. Looking at the possible points on a treatment pathway for child and adolescent SEWB (show pathways diagram). Please indicate what you would consider to be an ideal treatment pathway for a child at the ACCHS you think may be experiencing serious emotional or behavioural problems (USE DIAGRAM)? How about less serious emotional or behavioural problems?

Interviewer note: The interviewee can draw pathways for different suspected conditions if needed

10. In practice, do relevant clients generally successfully follow that pathway? Please indicate the actual pathway taken by most children experiencing serious emotional or behavioural problems (USE DIAGRAM).
 - a. Where on the diagram do barriers exist which might prevent children/adolescents from following the ideal treatment pathway/obtaining care.

Interviewer note: If yes, please skip to Q13

11. Do you change the treatment pathway due to barriers that may be preventing ideal care? If yes, in what way?

Interviewer note: Only ask if the person provides SEWB treatment

Interviewer note: If no, go to q13

(Ask only if the respondent indicates they are not able to follow the ideal treatment pathway when working with Aboriginal young people)

What outcomes might occur if the ideal treatment path is not followed? Do you see it as being more problematic for some types of mental health problems than others?

12. What things do you think might assist parents to follow through and obtain help for their children with SEWB concerns?
13. When you do successfully refer a young person from the ACCHS for a mental health-related consultation, are you happy with the level of communication you receive from the person they are referred to? If yes, why? If no, why not?
14. Overall, do you feel that children and adolescents accessing the ACCHS are able to receive all the assistance they need with their social and emotional wellbeing problems? If no, what do you think the most urgently needed resources or changes are?

Many thanks for your time