

Tonight's webinar will begin shortly



RACGP Membership

2022-23

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for quality care**



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membership now
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membership](https://racgp.org.au/membership)**

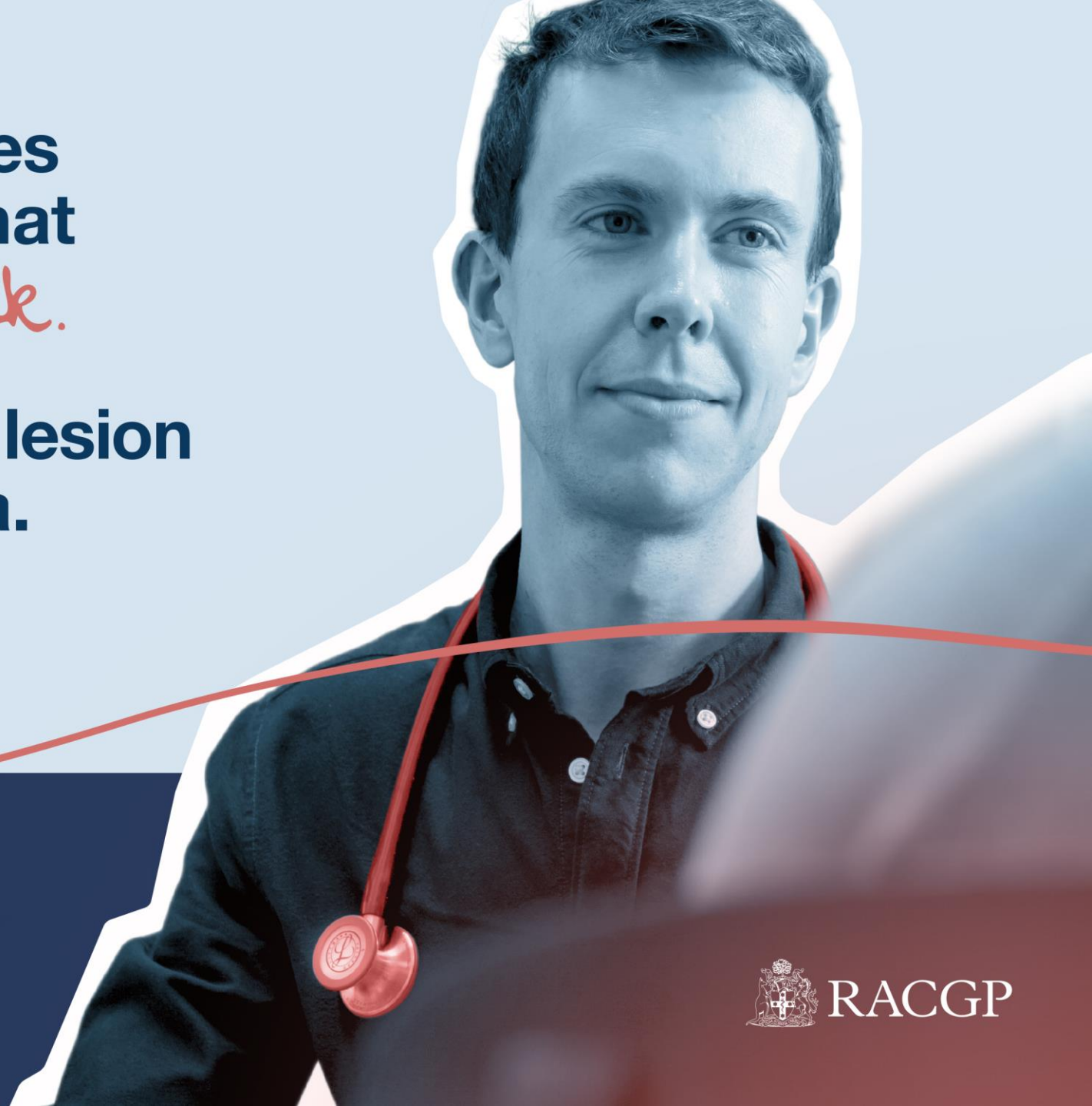
After six years of diabetes
check-ups, you notice that
pigmentation on her cheek.

You decide to excise the lesion
and find early melanoma.

General practice – everything
you've trained for **and more**



become a GP



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Wonca 2023

Sydney, Australia

26–29 October 2023

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wonca2023.com.au





30

years of Rural



RACGP | Rural

Celebrating 30 years

The Rural Faculty was established in 1992 as the Faculty of Rural Medicine following a resolution by the RACGP Council on 26 April 1992. The first General meeting of the Faculty of Rural Medicine was held during the Annual Scientific Convention at Hilton on the Park in Melbourne in September 1992.

Today RACGP Rural has over 22,000 members including more than 10,000 who are currently living and working in rural and remote Australia. We are the voice of rural GPs and provide education, training and support.

Visit racgp.org.au/30rural

2022 RACGP AWARDS

Recognising excellence
in general practice

Nominations are now open for the 2022 RACGP Awards. Each year, the Awards celebrate the outstanding achievements of GPs and general practices.

Spread the word to your friends, family and community to nominate a general practice or GP who's gone above and beyond to improve the health of their patients.

Nominations close Sunday 31 July 2022.
Learn more at racgpawards.org.au



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25–27 November 2022, Melbourne

#GP22Connect

Celebrating members

Join your colleagues from across the country to celebrate general practice and arm yourself with the latest industry updates and knowledge.

Visit [GP22.com.au](https://gp22.com.au)





RACGP Events

Access RACGP events and on-demand content

The RACGP digital events calendar is where you will find RACGP run events, from online workshops and webinars to podcasts and on-demand content.

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2020

22

We will begin in 30 seconds



GPBT



General Practice Business Toolkit

Helping you look after the business side of general practice

Establish, manage and enhance your practice using our new General Practice Business Toolkit.

Build a sustainable business with six easy-to-navigate modules and a brand new set of interactive tools.

- Use the billing calculator to learn how to achieve your financial goals.
- Design your ideal practice layout.
- Set your vision and values and focus on what's important to you as a practice owner.

TO FIND OUT HOW YOU CAN GET THE MOST OUT OF THE TOOLKIT, VISIT www.racgp.org.au/gpbt



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2023

AGPT PROGRAM

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**8 AUGUST APPLICATIONS OPEN
30 AUGUST APPLICATIONS CLOSE**

Download a copy of *Your AGPT Application Handbook 2023* now at racgp.org.au/agpt



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GP training is funded by the
Australian Government through
the Department of Health

We will begin in 15 seconds



Alcohol and Other Drugs

GP Education Program

Training GPs to help
people tackle alcohol
and other drug use



racgp.org.au/AOD



NACCHO–RACGP *Resource Hub*

Supporting effective and culturally
safe primary healthcare

Learn more at
www.racgp.org.au/cultural-safety

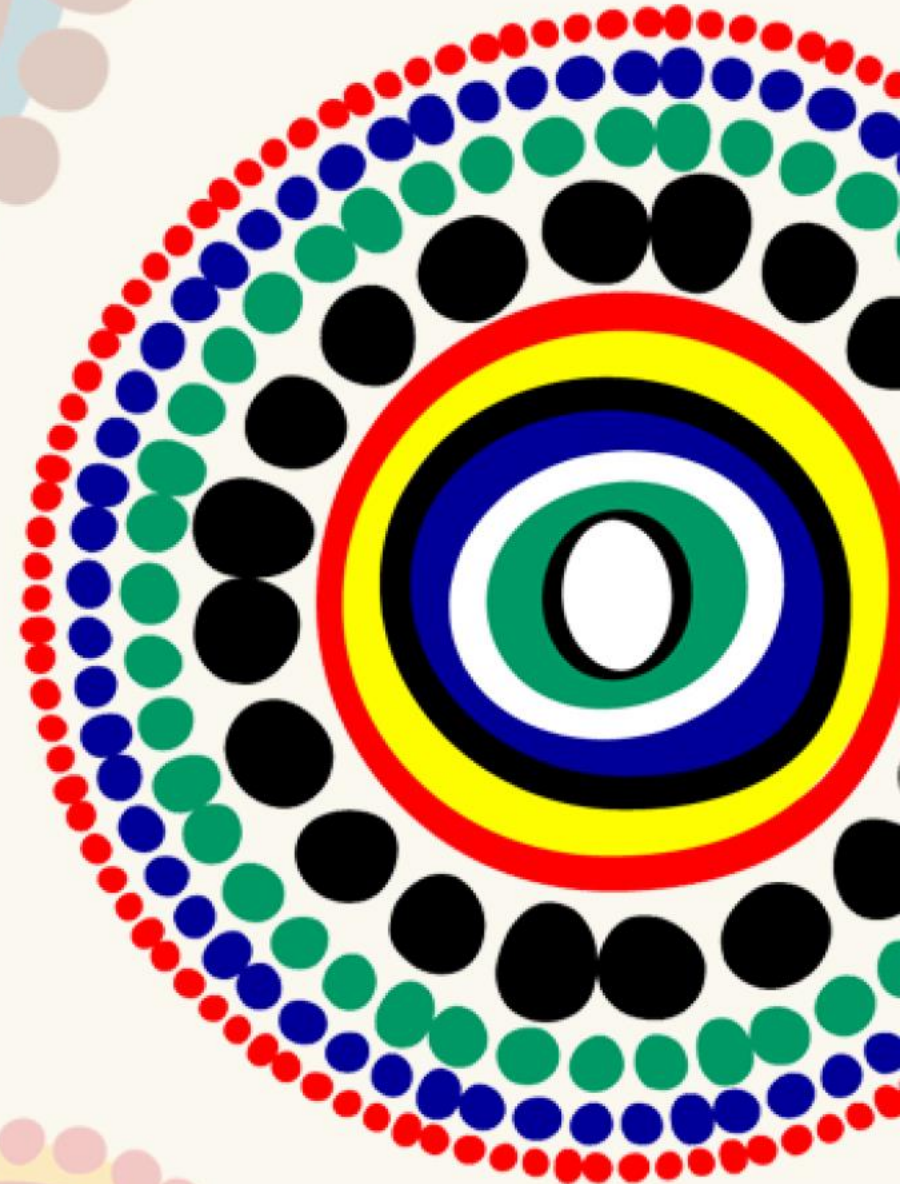


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Royal Australian College of General Practitioners



NACCHO





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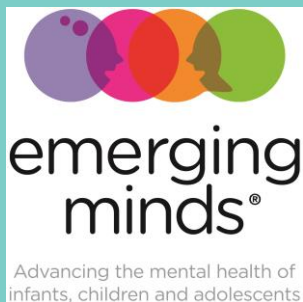


Welcome to tonight's webinar



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Infant and early childhood mental health: Collaborating with the family and the team to support the child



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Specific Interests



Where is my control panel?

Your control panel will appear as a bar at the bottom of the presentation screen

Welcome to tonight's webinar

If you cannot see your control panel, hover your cursor over the bottom of the shared presentation screen and it will appear



Audio Settings ^

Raise Hand

Q&A

Leave Meeting



Facilitator



Dr James Best
RACGP Chair

Child and Young Persons health
Specific Interest Group



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Specific Interests

Acknowledgement of Country

I would like to acknowledge the traditional owners of the lands from where each of us are joining this webinar today.

I wish to pay my respects to their Elders past, present and emerging.



Who are we?



Dr James Best
Chair – RACGP Child
and Young person
health



Melissa McCosker
Lived experience



Dr Michaela Baulderstone
GP



Dr Ewa Bodnar
Child & Adolescent
Psychiatrist



RACGP Specific Interests





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Specific Interests

Healthy Profession.
Healthy Australia.

Poll

Had you heard of Emerging Minds before registering for this webinar?



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Have you used the Emerging Minds website resources or previously completed an Emerging Minds eLearning course?



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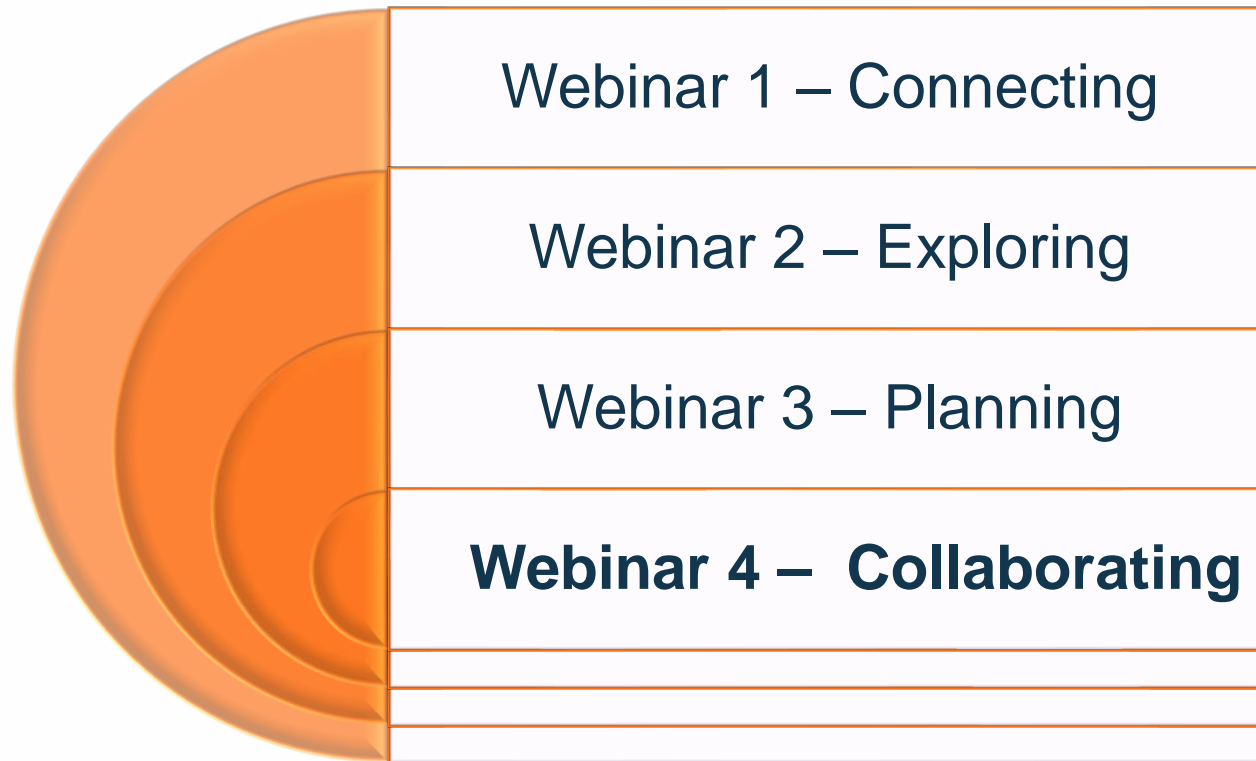
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Specific Interests

Healthy Profession.
Healthy Australia.

Learning outcomes

1. Identify the key aspects of infant and early childhood mental health practice during the implementation of a plan to support the child and family
2. Apply skills in managing, reviewing and supporting infant and young children and their families following a child-centred, family-focused mental health assessment and plan



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Case Study



<https://vimeo.com/668437526/a1e004c7c1>

This is the fourth video in a series depicting fictional consultations between a GP, 2 year-old Dylan and his parent Charlotte. In previous consultations the GP had connected with both Charlotte and Dylan, explored Charlotte's concerns about Dylan's language development and behaviour and the broader context and circumstances surrounding their family.

The GP had spoken with Charlotte about some small steps she could take to support Dylan's night-time routine, as well as beginning to create a team around Dylan and his family. The GP arranged a follow-up appointment with Charlotte to review Dylan's progress and to maintain connection and support with her and her family until some of the outside helps can be activated.



Melissa McCosker



Lived Experience



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RACGP Specific Interests



Lived Experience

MELISSA MCCOSKER - MOTHER OF 2 (2 AND 5 YEARS)

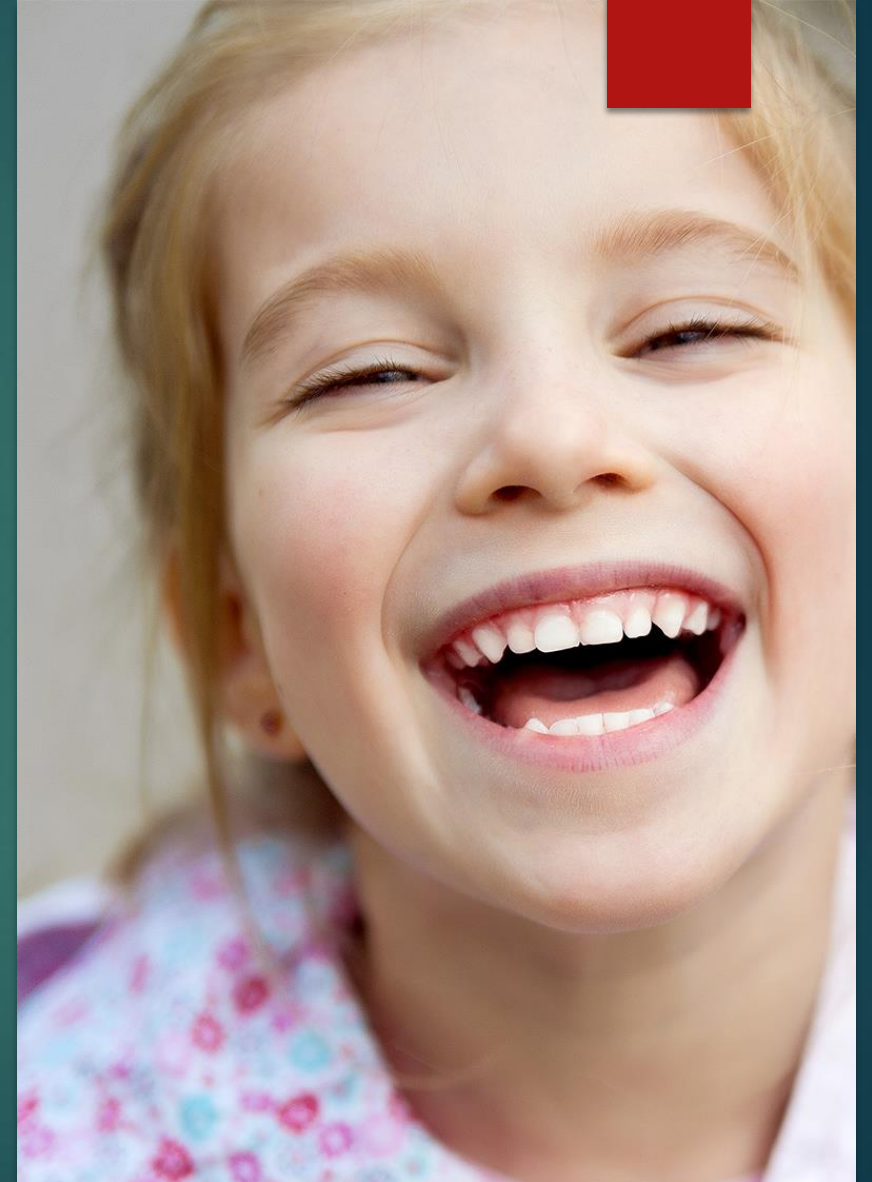
The many roles of a GP

- ***First responder*** - parents often don't know where to start or who turn to. GPs can be a trusted source of information on next steps.
- ***Coordinator*** - families in the situation Dylan's family is in might be struggling to manage all the appointments, understand how treatments fit in, facilitate communications between treatment providers and see the big picture.
- ***Trusted professional source*** - Parents are often stuck in a “parent to parent” advice echo chamber - at times families are given unhelpful advice from family or friends which delays seeking support.



What you can do to help, especially when things are hard...

- ▶ The GP can assist parents who are stuck in a holding pattern on a wait list for services.
- ▶ Make suggestions of other services or avenues, provide referrals to alternative providers if possible, remind patients of cancellation lists.
- ▶ Ensure referral is detailed to help with triaging and offer to reach out to services to try and move things along if possible.



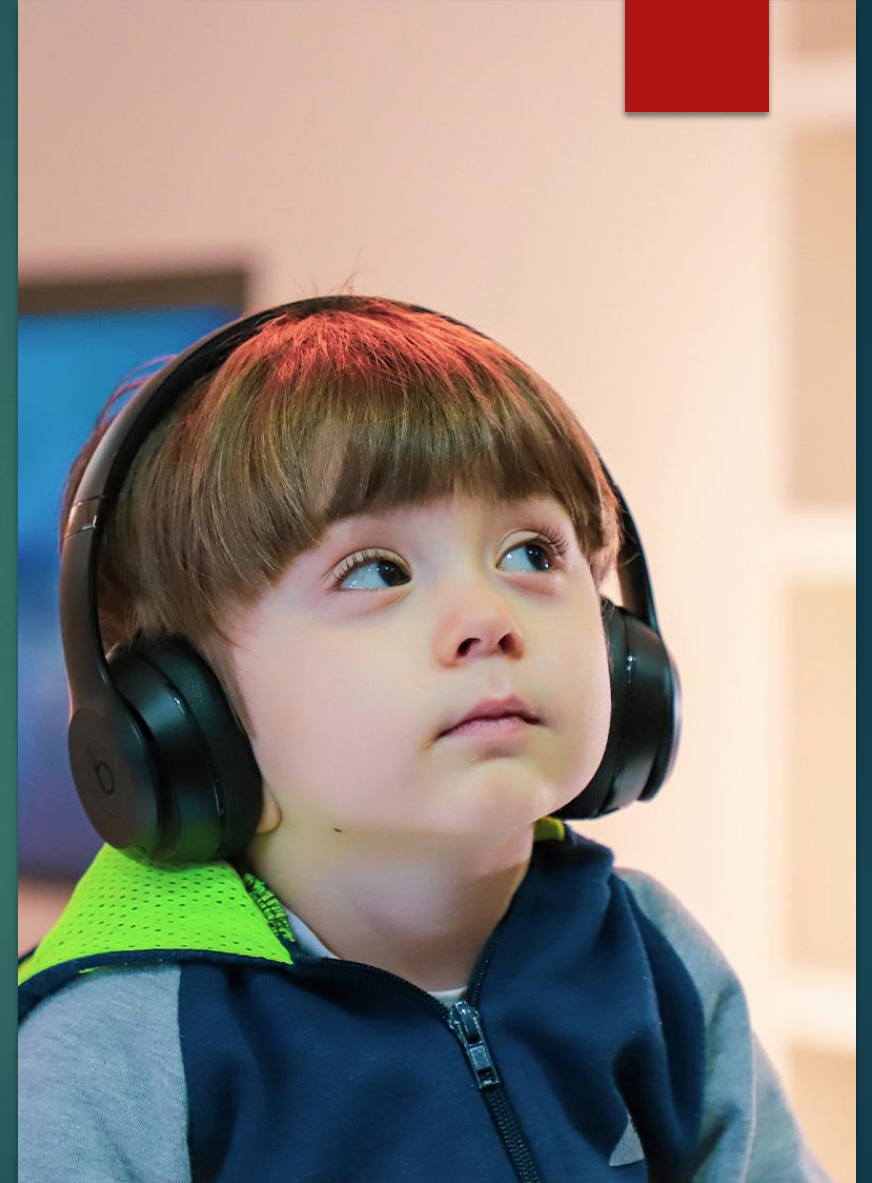


What you can do to help,
especially when things are
hard...

Having regular check ins can help
the parent feel cared for and
that there's a path forward. That
they have someone to turn to
when things aren't working.

What you can do to help,
especially when things are
hard...

Reminder - Being 'normal' doesn't mean it's not hard or that it is sustainable or manageable. Offer suggestions of coping strategies and remind families it's OK to feel like this and find things hard that are normal. E.g. infant sleep, toddler tantrums





- Keep in mind, referrals to different supports or specialists will resonate differently for different parents and families. Some may be elated at the possibility of a diagnosis or that they might finally be on the path to help. Others may feel stigma, shame or be resistant.

Dr Michaela Baulderstone



GP
BMBS, DCH, FRACGP

Webinar 4: Infant and early childhood mental health: Collaborating with the family

Dr Michaela Boulderstone



Learning outcomes

- Identify the key aspects of infant and early childhood mental health practice during the ***implementation*** of a plan to support the child and family.
- Apply skills in managing, ***reviewing and supporting*** infants and young children and their families following a child-centred, family-focused mental health assessment and plan.

Dylan



<https://vimeo.com/668437526/a1e004c7c1>

So much covered in just 9 minutes!

This sort of highly efficient check in cannot be done in only a couple of visits!

All credit to the ground work of previous 3 visits!: Make a friend of time!

Implement

- Manage
- Support
- Review
- (Repeat)



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Implement

Dylan's mum Charlotte

- Charlotte has opportunity to reflect on what works, and how Dylan is going. GP reinforces how relationship with teacher is integral part of engagement (Management)
- Mum is actively working with teacher "tips and tricks". Charlotte reflects on her own work on everything and the GP actively praises this work (Support)
- This is the 4rd visit for Charlotte with strong foundations already built but ongoing care will allow building on this (Review)



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Review and support

- Regular appointments
- Frequency depending on need/severity
- Power of unconditional positive regard each visit provides to struggling families
- “Referral process” = advocacy as well as communication



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Review and support

Charlotte: “The great battle” of the nighttime routine:

- Better but still hard over a few visits (Regular appointments)
- Charlotte has opportunity to give herself credit for the hard work she has put in (positive regard)
- Coping with the No's /exploring consistency as a journey, not a magic overnight process (future review with GP now established part of support)
- Charlotte is empowered with her own insights: less TV = less jangly (positive regard)

Review and support

Charlotte: Worry about Dylan's future

- GP provides a thoughtful response to Mum's worry about the future
- Note the pause
- The GP highlights strengths without making big promises or dismissing the challenges/Charlotte's concerns (positive regard)



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Review and support

“Referral process” = advocacy as well as communication

- Update letters when things are getting worse to aid triage
- Phoning the specialist for severe or complex patients
- Ringing for advice
- Underpinned by the GPs skill in establishing professional relationships with local services

Opening doors

Kindy and speech path being updated with each others roles (via GP): “Team Dylan”

Parenting group for Charlotte to meet other parents

“Family support service” proposed:

- Depends on state: Please advise in chat if you have access to such for your patients! Happily here in SA, NGO parenting programs here can give a similar “family focussed role” eg Lutheran Care parenting courses

Charlotte and the GP have an established open-ended collaboration.

Dr Ewa Bodnar



Child and adolescent Psychiatrist

Zero to Four Child and Youth Mental Health Service (CYMHS)
Perinatal and Infant Mental Health (QCPIMH)



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RACGP Specific Interests

It takes a village to raise a child (African Proverb)

- Parents are frequently isolated and village-less in modern western society
- COVID has increased this sense of disconnect
- It also takes a village of professionals to support a family
 - You don't have to do everything
 - Your role is key and unique



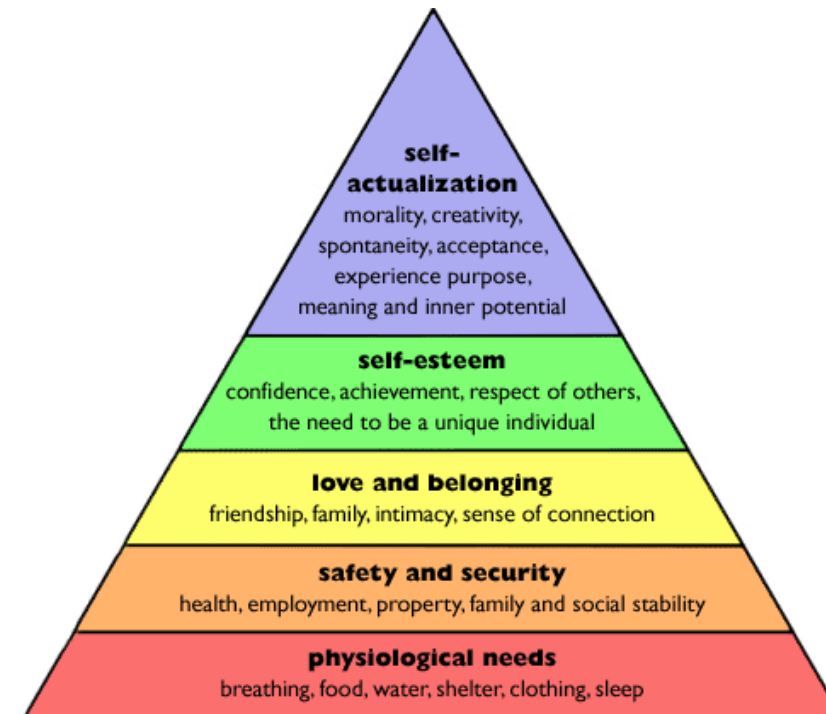
GP roles

- Holder of the broadest health information across the family – often across multiple members of the family
 - Long term secure base for the family
 - Ability to up and down regulate frequency of appointments over longer time frame depending on need
 - Liaison and advocacy for the child and family
 - Provide an informed health lense over what may be of most help to a particular family
 - Longterm view – interaction across time not just in crisis
- More holistic measure of strengths and struggles

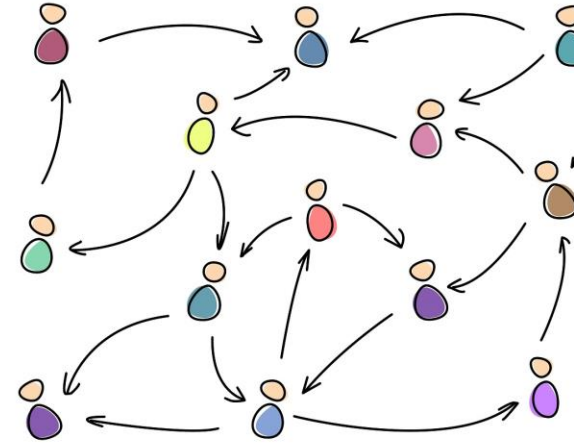


Referrals for complex children and families

- Best placed to consider what to prioritise
- Maslows' hierarchy – address most basic needs first
- Concurrent or sequential?
- Port of entry – what do family prioritise?



Referrals continued...



- Psychosocially complex families are often overwhelmed with multiple services that offer short term support at the point of crisis
 - Services come with different messages, different priorities
 - Regular review to track the need and change plan/involved parties responsively
- Role in explaining the role / scope of different services and helping families navigate the system
- Ongoing advocacy to remunerate the coordination role GPs undertake

In Summary



GP role – crucial and unique

- bolstered not replaced by specialist referrals
- more complex families - more coordination
- consider what and when
- help family navigate complex health and social systems

Child360: The app every parent needs

**Proactively support your
child's mental health**

Features

- Create a personalised profile based on your child's needs
- Access useful articles, videos, podcasts & more
- Find & contact support services
- Create a customised letter for your GP

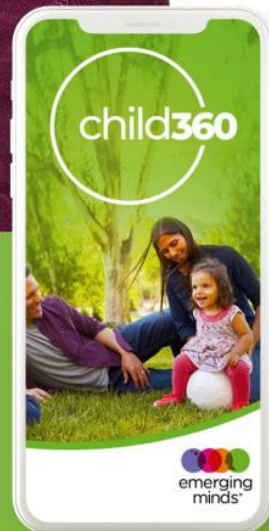
**Download
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info@emergingminds.com.au
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The National Workforce Centre for Child Mental Health is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program



Providing psychoeducation

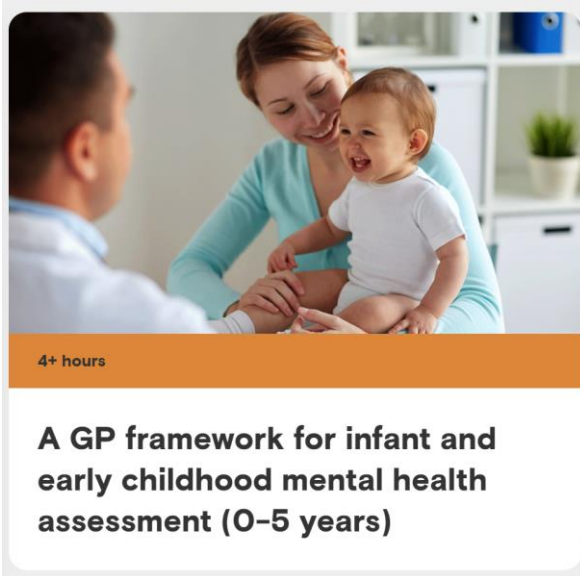
The goal of psychoeducation is to provide information that increases the family's knowledge and understanding of the current mental health concerns and enables them to work more effectively to address these difficulties.

Parents of infants and young children may benefit from information around children's development (including their social and emotional development, developmental milestones and transitions), parenting strategies, and common sleep and behaviour difficulties.

Emerging Minds can send you Child360 flyers to print and share or display in your practice.

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Accreditation

This course is accredited with the RACGP as a CPD Accredited Activity and will attract 40 CPD points.

The course is also accredited by the General Practice Mental Health Standards Collaboration (GPMHSC) as a stand-alone Clinical Enhancement Module (as part of the MHST modular pathway) and with ACRRM as a PDP Accredited Activity.



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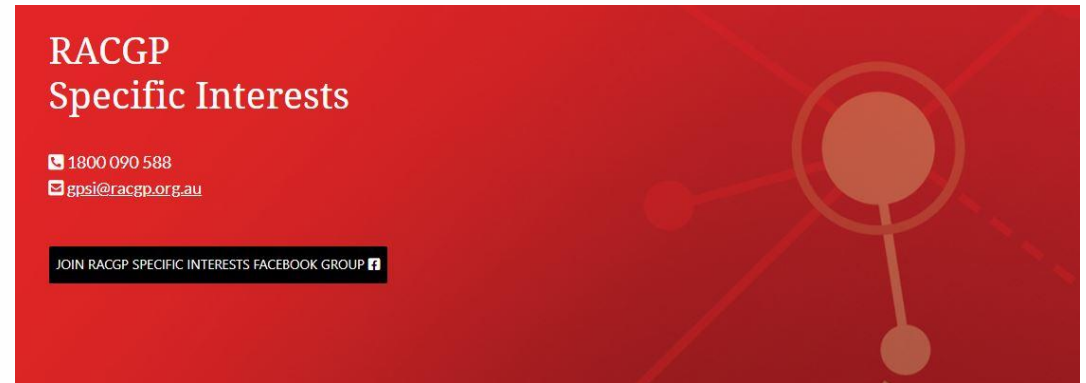


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<https://www.racgp.org.au/the-racgp/faculties/specific-interests/become-a-member>

Q&A and panel discussion

