

P-316 - WHO ARE THE PATIENTS IN TREATMENT AT CHILD AND ADOLESCENTS MENTAL HEALTH SERVICES? A REGIONAL INVESTIGATION IN ITALY

L.Pedrini¹, G.de Girolamo¹, D.Sisti², S.Palazzi³, on behalf of the PREMIA Group

¹IRCCS Istituto Centro San Giovanni di Dio Fatebenefratelli di Brescia, ²Institute of Biomathematics, University of Urbino, ³AUSI di Ferrara, UONPIA Ferrara, Brescia, Italy

Introduction: In Italy, the only prevalence study carried out with rigorous methodology in a sample of children and adolescents found that about 8% met criteria for any mental disorders. However, there is no systematic information available about the sociodemographic, clinical and treatment-related characteristics of young patients in contact with Child and Adolescent Mental Health Services (CAMHS).

Objectives: To assess the characteristics of children and adolescents in contact with CAMHS and to analyse the pathways through which they referred to services.

Methods: All public outpatient CAMHS operating in a Region of 633,725 inhabitants aged 6-17 years participated to the study. A total of 710 consecutive patients were enrolled and were evaluated with a detailed Sociodemographic Form, and standardized assessment instruments, including the CBCL, the HoNOSCA, the C-GAS, the CGI.

Results: The mean age of the users was 10(\pm 3) years, about 60% was male, and they were comparable to general population in terms of nationality, living situation and socioeconomic status. A large proportion (76%) of patients were diagnosed within the broad groups of emotional and specific developmental disorders. Most parents had been referred by general practitioners (48,2%), and/or by school teacher (31,9%); About 60% had never received any treatment before the first contact with CAMHS.

Conclusions: Overall, patients do not come from families with disadvantaged social and economic backgrounds; adolescent with behavioural disorders seems to require more intensive levels of care. The recognition of the patient's problems by parents and general practitioners play a central role in the referral pathway to CAMHS.