

## POLICIES

**PROJECT EVIDENCE for Treatment of Mental Disorders.** The project coordinator is Dr Allan Mawdsley. The version can be amended by consent. If you wish to contribute to the project, please email [admin@mhyfvic.org](mailto:admin@mhyfvic.org)

### **[6] Standard Treatment**

- a) Outpatient psychotherapies, medication and procedures
- b) Inpatient psychotherapies, medication and procedures
- c) Ancillary support services

## **[6 a ] Outpatient psychotherapies, medication and procedures**

### **POL6a (ix) Behavioural and Relationship Disorders**

MHYFVic advocates that Specialist mental health services should offer a range of therapeutic programs for disabling mental health problems in the community. These are grouped under nine headings: (i) organic brain disorders, (ii) substance abuse disorders, (iii) psychotic disorders, (iv) mood disorders, (v) anxiety disorders, including stress-related, somatoform and obsessive-compulsive disorders, (vi) physiological disorders, including eating, sleeping and sexual, (vii) personality disorders, (viii) intellectual disability and developmental disorders including autism spectrum disorders, (ix) behavioural and relationship disorders of childhood. All disorders in childhood require wholistic management involving caregivers. See PE4 for a general outline of case identification and assessment and PE2a(i) for infant mental health.

MHYFVic advocates that in addition to direct clinical casework with identified cases, Specialist mental health services should liaise with educational facilities in the provision of preventive services for behavioural disorders, such as the CASEA programs.

MHYFVic advocates that this proven initiative of preventive mental health should immediately be made available in **all** primary schools and that research be undertaken for possible implementation in pre-schools. The future costs to the community of a behaviourally-impaired life trajectory can be immense, and the savings by a favourable improvement far outweigh the costs of the program. This is an extremely important health initiative not only because it can improve the life of individuals but also the lives of current and future families and friends.

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