

# YMHCC Agenda Paper 6: Literature Review

## Recommendation

That the Youth Mental Health Commitments Committee (YMHCC):

1. Note the literature review on four of the Adolescent Mental Health Extended Treatment Initiative (AMHETI) components and discuss.

## Issues

The AMHETI is comprised of five key service types being:

- Mobile outreach services [referred to as Assertive Mobile Youth Outreach Services (AMYOS)]
- Residential rehabilitation services
- Day programs
- Step-Up/ Step-Down Units
- Subacute beds.

At the meeting on 22 September 2015, it was noted that Children's Health Queensland (CHQ) was preparing a literature review on the utility of sub-acute beds in the AMHETI continuum of care.

Mental Health Alcohol and Other Drugs Branch committed to developing a literature review to complement the review of sub-acute beds conducted by CHQ.

## Attachments



Literature  
review\_180216.pdf

## Summary (taken from literature review concluding statement)

Current mental health policy approaches focus on provision of mental health services in the least restrictive setting and based in the community (Munton et.al. 2011). For young people, care in the community may be particularly important as it allows them to maintain the support from their family and remain engaged with mainstream education and employment. Aligned with this, the primary aim of Queensland's AMHETI model is to provide an integrated continuum of care to young people with long term, severe and complex mental health needs, outside of the hospital setting as much as possible.

The evidence for the components of the AMHETI model is varied. Mobile outreach services (such as AMYOS) seem to be highly effective in engaging with, and producing positive outcomes for young people with severe and complex mental illness. There is also substantial evidence to support the use of day programs for young people. There is however some difficulty in drawing on the literature to establish the effectiveness of residential rehabilitation services for improving mental health outcomes in young people. Despite this dearth of evidence, there is a recognised need for tailored accommodation options for young people with a serious mental illness, and youth residential rehabilitation services can fill this gap. Added to this is the success of extended care facilities such as CCU's for adults and their resemblance to the youth residential rehabilitation model. Finally, there is policy support and emerging research to suggest that step-up/ step-down services would be of benefit in the service continuum to respond to the needs of young people with severe and complex mental illness.