

Poradnia Zdrowia Psychicznego dla Dzieci, Młodzieży i Dorosłych  
ul. Warzywna 3; 35-310 Rzeszów; Poland

Out-patient Mental Health Service in Rzeszow, Poland  
(one of three settings in the city 160.000 population)

Staff:

Psychiatrists – 7,5 posts / one trained in family therapy/  
Psychologists - 5,5 posts / three trained in family therapy/  
Nurse – 2 /first contact and registration duties/  
Administrative staff – 2 posts

Statistics in 2003

Staff	Face to face contact	Number per year 2003	In average at day per one post
Psychiatrists (7,5 posts)	Psychiatric treatment for adults	26287	23
	Psychiatric treatment for children & adolescents	3463	6
Psychologists (5,5 posts)	Psychological assessment for adults	1045	1,5
	Individual psychological treatment for adults	1027	1.5
	Marital and family sessions for adults	56	0.08
	Psychological assessment for children & adolescents	113	0.2
	Individual psychological treatment for children & adolescents	1000	1.7
	Marital and family sessions for children & adolescents	898	1.6

1050 new cases were admitted at CAMHS and about 2500 new cases at Adult MHS. The Adult Mental Health Service is next door to the Children & Adolescents Mental Health Service. Psychiatrists and psychologists make appointments in both settings. It depends on their interests. One psychiatrist and three psychologists have been trained in a systemic family therapy.

Most of cases are self-referrals. Patients don't need a referral to meet with a psychiatrist. Patients have to be referred to psychologist by GPs or other doctors. In CAMHS most of them want to talk about child's emotional and misbehaviour problems, and marital, and personal problems by themselves. Some children with tics, stutters, psychosomatic headaches are referred by child neurologists. Because of shortage of education psychology service many school referrals are met via GPs'. About 50 cases of anorexia and bulimia are dealt with.

The team work has been stopped since the reform of health service started in 1999. In Poland a ambulatory health service (apart from GPs) is paid for an appointment (face to face contact with a patient). There is a great pressure to have so much appointments as possible to collect money from a national health insurance. It means that easy and quick sessions are better. A prescribing medicine is the most profitable activity now. Unfortunately it is accessible to psychiatrists only. Psychological and family therapy is time-consuming activity. A team work means a waste of time and money. That's way statistics look like that.

#### Statistics in the CAMHS

Psychosis - 5%

Developmental disorders 20%

Emotional and behavioural disorders 75%

Patients met by a psychologist and family therapist Dariusz Baran between January and March 2004.

Developmental disorders (F70, F71)	6	6%
Anorexia (F50)	4	4%
Enuresis (F98.0)	3	3%
School skills difficulties (F81)	5	5%
Hyper-activity (F90)	25	26%
Misbehaviour (F91)	8	8%
Mixed emotional and behavioural disorders (F92)	12	12%
Mutism (F94)	2	2%
Psychosomatic reaction to stress /headaches/ (F45), stutters (F98.4), tics (F95)	21	21%
Emotional disorders, separation anxiety (F93)	12	12%

A family therapy is the main approach to deal with that cases. It is worth to add that “hyper-activity” and “early misbehaving” is strongly correlated to dyslexia at school and over use of computer games at home.

Edited in London, 13<sup>th</sup> of July 2004