

## P02-88

### PATHWAYS TO PSYCHIATRIC CARE IN CHILD AND ADOLESCENT MENTAL HEALTH - TIRANA

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There has been almost no mental health service research in Albania. A pathway study provides a quantitative description of the filters in the help-seeking and investigate the relative contributions of child, parents, pediatrics, GP etc. in determining service use.

**Aims:** To investigate the process of help seeking for child and adolescent psychopathology at Child and Adolescent Mental Health Service (CAMHS) in UHC "Mother Teresa", Tirana.

**Method:** Participants were 5-18years old, newly referred children/adolescents in CAMHS during 2006. *Measures:* Strengths and Difficulties Questionnaire for parents/children, Pathways Encounter Form. Pathway diagram was drawn showing the main routes of care seeking. Patterns of care seeking, durations and previous treatments for diagnosis within ICD-10 groups were prescribed. *Analysis:* Comparisons between groups, diagnosis and predictive factors influencing help seeking care.

**Results:** The main pathway of seeking care resulted to be from hospital doctors or to be direct access. General practitioners have a limited role as 'gatekeeper' for patients. 72% of individuals resulted with conduct, hyperactivity, depressive and some anxiety disorders, but fewer than 30% of individuals with specific phobias, separation anxiety and eating disorders.

**Conclusions:** A clear picture of pathway of seeking care in mental health for children/adolescents coming in CAMHS is provided. Findings highlight areas that require further attention if aspirations for community-oriented mental health care are to be realized in Tirana and Albania. *Declaration of interest:* None