





## PROTOCOL

1


### Developmental Delay/Disorder

- » Provide guidance on child/adolescent well-being. (2.1)
- » Provide psychoeducation to person and carers and parenting advice. Provide guidance on developmental disorders. (2.2 and 2.3) 
- » Provide carer support. (2.6)
- » Liaise with teachers and other school staff. (2.7)
- » Link with other available resources in the community such as Community-Based Rehabilitation.
- » Offer Parent Skills Training, when available. (2.8)
- » Refer children with developmental disorders to specialist for further assessment, advice on management plan and family planning. 
- » Ensure appropriate follow-up every three months or more, if needed. 
- »  **DO NOT** offer pharmacological treatment.

## PROTOCOL

2



### Problems with Behaviour

- » Provide guidance on child/adolescent well-being. (2.1)
- » Provide guidance on improving behaviour. (2.3)
- » Assess for and manage stressors, reduce stress and strengthen social supports.
- » Liaise with teachers and other school staff. (2.7)
- » Link with other available resources in the community.
- » Offer follow-up. 

## PROTOCOL

3




### Attention Deficit Hyperactivity Disorder (ADHD)

- » Provide guidance on child/adolescent well-being. (2.1)
- » Provide psychoeducation to person and carers and parenting advice. Provide guidance on improving behaviour. (2.2 and 2.3)
- » Assess for and manage stressors, reduce stress and strengthen social supports.
- » Provide carer support. (2.6)
- » Liaise with teachers and other school staff. (2.7)
- » Link with other available resources in the community.
- » Consider Parent Skills Training when available. (2.8)
- » Consider behavioural interventions when available. (2.8)
- » If above treatments have failed AND the child/adolescent has a diagnosis of ADHD AND is at least 6 years old, refer to a specialist for methylphenidate treatment. 
- » Ensure appropriate follow-up every three months or more, if needed. 

## PROTOCOL

4


### Conduct Disorder

- » Provide guidance on child/adolescent well-being. (2.1)
- » Provide psychoeducation to person and carers and parenting advice. (2.2) 
- » Provide guidance on improving behaviour. (2.3)
- » Assess for and manage stressors, and strengthen social supports.
- » Provide carer support. (2.6)
- » Liaise with teachers and other school staff. (2.7)
- » Consider Parent Skills Training when available. (2.8)
- » Link with other available resources in the community.
- » Ensure appropriate follow-up every three months or more, if needed. 
- » Consider behavioural interventions when available. (2.8)
- »  **DO NOT** offer pharmacological treatment.

## PROTOCOL

5




### Problems with Emotions

- » Provide guidance on child/adolescent well-being. (2.1)
- » Provide psychoeducation to the person and carers and advice on parenting. (2.2) 
- » Assess for and manage stressors, reduce stress and strengthen social supports.
- » Liaise with teachers and other school staff. (2.7)
- » Link with other available resources in the community.

## PROTOCOL

6

### Emotional Disorder or Depression

- »  **DO NOT** consider pharmacological treatment as first line treatment.
- »  **DO NOT** prescribe pharmacological treatment for children younger than 12 years.
- » Provide guidance on child/adolescent well-being. (2.1)
- » Provide psychoeducation to the person and carers. (2.2 and 2.5) 
- » Provide carer support. (2.6)
- » Liaise with teachers and other school staff. (2.7)
- » Link with other available resources in the community.
- » Assess for and manage stressors, reduce stress and strengthen social supports.
- » Consider Parent Skills Training when available. (2.8)
- » Consider referral for behavioural intervention or interpersonal therapy.
- » When psychological interventions prove ineffective, consult a specialist for Fluoxetine (no other SSRIs or TCAs). Go to »DEP for medication details.
- » Ensure appropriate follow-up once a month or more, if needed. 