



POSTER

PRINCIPLES OF TREATMENT AND CARE

Community Care, Day Programs (PSTR-290)

TRENDS OF DEMAND FOR COMMUNITY-BASED MENTAL HEALTH SERVICES IN CHILD AND ADOLESCENT RESOURCE CENTRE

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Background: The growing demand for mental health services among children and adolescents has become a major issue worldwide. The Children and Adolescent Resource Centre (CARC) is the first youth-friendly community-based early-intervention centre in Latvia that opened in Riga in 2018, that provides psychological support for children and adolescents with mental health issues.

Aims & Objectives: To examine the trends of demand for community-based mental healthcare services and its outcomes among participants who completed the mental health program provided by CARC in Riga, Latvia.

Patients / Materials & Methods: A retrospective study was conducted using CARC inner documentation, that included socio-demographic data, duration and outcomes of treatment (reached mental health goals, failure, treatment interruption due to non-cooperation, hospitalization, redirection to other healthcare service and others) of all participants. IBM SPSS v.27 was used for statistics analysis.

Results: In total 905 participants from age 8 to 18 completed program in CARC from 2019 to April 2022. There were 164 participants (94 females, 57.3%) in 2019, who underwent therapy with a mean age of 14.68, and the duration of therapy for an average of 132.49 days. In 2020 there were 239 participants (163 females, 68.2%) with a mean age of 14.87 and the average duration of therapy for 98.03 days and in 2021 there were 309 participants (231 females, 74.8%) with a mean age of 14.69 and average duration of therapy for 94.78 days. Until the end of April 2022, already 193 adolescents (142 females, 73.6%) have completed treatment. From all the outcomes 0.6% (1) were hospitalizations in 2019, 2.5% (6) in 2020 and 2.6% (8) in 2021.

Discussion & Conclusion: Research shows that the demand for psychological support among children and adolescents in CARC has grown. If the observed trend persists, accessibility to mental health services and providers needs to be improved.

Disclosure of Interest: None Declared