



Appendix 2

This appendix was part of the submitted manuscript and has been peer reviewed. It is posted as supplied by the authors.

Appendix to: Hetrick SE, Bailey AP, Smith KE, et al. Integrated (one-stop shop) youth health care: best available evidence and future directions. *Med J Aust* 2017; 207 (10 Suppl). doi: 10.5694/mja17.00694.

Appendix 2. Outcomes 2: Services provided

Service	Study	Presenting Issue(s)	Psychological Distress/Severity (Baseline/Intake)	Services Received	No. of Sessions Attended/Delivered	
					Average per client	Occasions of service
Jigsaw	(48, 49)	Anxiety; Family problems; Low mood; Isolation; Anger ^a ; Stress ^b .	87% clinical level of distress; 52% moderate/ severe/severe distress ^c	51.1% brief interventions; 14.6% brief contacts; 34.3% individual case consultations.	4.4 (mean engagement 13 weeks).	NR
	(47)	Anger; Stress; Tension; Low self-worth; Family problems; Alcohol use.	NR	17.2% brief interventions; 21.3% brief contacts; 37.4% individual case consultations; 23.4% intensive engagement and intervention.	NR	NR
	(50)	Developmental (n=334); Comorbid issues (n=194); Anxious (n=540); Externalising (n=179).	High levels of psychological distress.	NR	NR	NR
Irish Youth One Stop Shops	(51)	Alcohol issues (30%); Confidence/self-esteem (24%); Depression (22%); Coping with school (17%); Drug misuse (17%); Relationships (16%); Suicide self-harm (14%); Sexual health (9%); Employment/training (7%).	NR	NR	44% visited service >10 times.	NR
The Well Centre	(52)	33.3% mental health problems; 33.3% general nervous systems, harmful thoughts or mood issues; 33.3% other health conditions. (from 368 new service users).	NR	NR	> 4 sessions in 2014.	1600 in 2014
Youthspace	(53, 55)	33.3% mood disorder; 11.1% social/emotional difficulties; 10.1% learning disability/difficulties; 5.8% first episode psychosis.	NR	40% brief interventions; individual case consultations (n=145); 60% treatment (psychological therapy, medication, social support); 32.4% signposted to other service.	20% had > 6 sessions.	NR
	(54)	NR	NR	NR	NR	NR
The Junction	(56)	NR	Abnormal category (SDQ 20-40) (n=6); Borderline category (SDQ 16-19) (n=3); Normal category (SDQ 0-15) (n=2).	NR	NR	NR
NZ Youth One Stop Shops	(59)	NR	NR	NR	NR	11,430 per YOSS per year.

(YOSS)	(58)	NR	58% having challenges, being at risk, or seriously at risk; 25% with complex needs.	NR	NR	NR
	(57)	NR	NR	NR	NR	NR
	(60)	Not avail.	Not avail.	Not avail.	Not avail.	Not avail.
	(cited in 57)	Not avail.	Not avail.	Not avail.	Not avail.	Not avail.
Your Choice	(61)	Personal relationships (n=332); Family stressors (n=265); Low mood (n=248); Anxiety (n=158); Grief and loss (n=139); AOD (n=57); Medication for mental health concerns (n=32); Other (n=79)	Mean SDQ = 15.6 (SD 5.7) = "clinically significant problems likely".	63% individual counselling; 30% group work; 1.9% family therapy; 2.6 % individual + family; 1.9% individual + group.	8 individual counselling sessions.	NR
CHAT (Community Health Assessment Team)	(62)	29.1% depression; 9.4% anxiety; 7.3% adjustment disorders; 8.1% psychosis; 19.5% at risk of psychosis	NR	Assessment (n=395); 61.5% referred to specialist clinics; 28.6% referred to school or community counsellors.	NR	NR
SPOT (Supporting Positive Opportunities with Teens)	(63)	Psychiatric evaluation (n=74): 79.4% mood disorder; 11% psychosis; 8.2% anxiety disorder; 2.7% ADHD; 2.7% eating disorder. Most common issues: relationships, stress, depression, anxiety.	NR	Psychiatrist consult or counselling sessions (n=167)	NR	NR
Adolescent Health Service	(64)	80% somatic; 12% sexuality; 8% psychosocial. After assessment and diagnosis: 84% somatic; 20% sexuality; 30% psychosocial.	NR	NR	NR	NR
Rural Clinic for Young People	(65)	Consultations (N=80): Mental health (n=31); Sexual health (n=18); General medical (n=16); Antenatal (n=15)	NR	NR	NR	80
YStop (Youth Stop)	(66)	NR	NR	100% (n=20) received secondary consultation; 45% (n=9) proceeded to primary consultation reflecting case complexity.	NR	NR
KYDS Youth Development Service	(67)	Anxiety; Depression; Anger; AOD; Self-harm and suicidal ideation; Family issues; Bullying & other school issues; Sexual assault; Domestic violence.	NR	NR	NR	NR
headspace, National Youth	(71)	68% emotional problems; 11% relationship problems; 6% problems at school/work; 2% physical health; 1%	74% high/very high psychological distress (K10). Between 55.3% and 71.9% had	Type and number can vary considerably (related to baseline severity); range of	4.3	194,968

Mental Health Foundation		vocational assistance.	considered suicide in the previous year.	sessions from 1 to 15.		
	(75, 91)	High rates of depression, anxiety, AOD.	NR	NR	4.2	NR
	(76)	NR	NR	NR	NR	NR
	(84)	66.6% depression or anxiety.	NR	43% CBT; 18% supportive therapy; 10% psycho-education; 7% interpersonal therapy; 6% acceptance and commitment therapy	NR	NR
	(85)	73% mental health and behaviour; 13% situational; 7% physical/sexual health; 3% AOD; 2% vocational.	NR	94% received mental health services.	4.4	NR
	(81, 90)	74% emotional problems; 11% relationship problems; 7% problems with school/work.	NR	NR	NR	NR
	(86)	72% emotional problems; 25% sad or depressed; 13% anxious; 11% relationship problems; 7% physical health; 6% school/work problems; 2% AOD; 2% sexual health; 1% vocational concerns	69% high/very high psychological distress ^e ; 14.6% no mental disorder; 39.6% mild-moderate symptoms; 16.9% subthreshold diagnosis; 18.8% full-threshold diagnosis; 3.5% periods of remission; 6.4% serious & ongoing mental disorder.	NR	NR	NR
	(79)	51% generalized anxiety; 45% moderate-severe depressive symptoms; 33.3% subthreshold psychosis; 32% disordered eating; 56% problematic tobacco use; 30% problematic cannabis use; 38% problematic alcohol use.	39% functionally impaired at baseline	NR	NR	NR
	(68, 69)	56.9% no primary diagnosis; 14.9% depressive disorders; 9.3% anxiety disorders; 6.6% adjustment disorders; 3.6% psychotic/bipolar disorder.	67.5% Stage 1a; 28.9% Stage 1b; 2.7% stage 2; 0.8% Stage 3; 0.1% Stage 4.	<u>Stage 1a</u> : 49% one session; 22% 6 sessions; 29% 10 sessions. <u>Stage 1b</u> : 43% one session; 28% 6 sessions; 39% 10 sessions.	NR	NR
	(87)	NR	Psychological distress ^e : 70% high/very high; 42% very high. 70% in Stage 1a/1b: 14.9% anxiety; 33.8% depression; 28.4% socially disruptive behaviours (e.g. poor attention, antisocial); 63% unable to function for ≥2 days in past month; 52% significant social/occupational functioning problems; 24.9% receiving income support.	NR	NR	NR

	(88)	NR	32% positive response to suicide items; 16% life not worth living; 16% thoughts of death or suicidal ideation. Young women more likely to report than young men (19% vs 16%); Higher levels of psychological distress, later stages of illness, depression diagnosis and depression symptoms were predictors of suicidal risk reporting.	NR	NR	NR
	(70)	37% affective disorder; 16% anxiety disorder; 37% other behavioural/ developmental; 10% not specified.	69% high/very high psychological distress; Moderately impaired social/occupational functioning. Clinical Staging: 33% Stage 1a; 38% Stage 1b; 14% Stage 2; 7% Stage 3+; 7% unspecified.	NR	NR	NR
	(77)	NR	NR	NR	NR	NR
	(78)	NR	NR	NR	NR	NR
	(72)	75% mental health; 25% physical health; 10% AOD; 3% vocational; 6% other; 9% assessment. Common presenting issues: 26.1% depression; 23.3% anxiety; 10.8% stress; 7.3% behavioural; 6.6% suicidal thoughts/behaviour; 3.8% relationships difficulties; 2.9% conflict at home; 2.4% cannabis.	NR	NR	12	15,632 per year
	(73)	Depression; Depression & anxiety; Depression & AOD	NR	NR	NR	NR
	(83)	NR	NR	NR	NR	NR
	(74)	Depression; Anxiety; Bipolar; Personality; Bulimia	NR	NR	NR	NR
	(89)	NR	NR	NR	NR	NR
	(80)	NR	NR	NR	NR	NR
		65% Diagnosis recorded; 3% no mental disorder; 32% mild-moderate; 13% sub-threshold; 52% diagnosis/ remission.	K10(mean)=32; SOFAS=59.3	63% Mental health; 27.3% Engage/assess; 5.5% Physical health; 0% Vocational; 1.2% AOD; 2.7% Other; <1% Missing.	3.3	798
		3% Diagnosis recorded; 18% no mental disorder; 49% mild-moderate; 15% sub-threshold; 18% diagnosis/ remission.	K10(mean)=27; SOFAS=71.3	75% Mental health; 22% Engage/assess; 0% Physical health; <1% Vocational; <1% AOD; <1% Other; 1.6% Missing.	2.9	787

		40% Diagnosis recorded; 11% no mental disorder; 67% mild-moderate; 9% sub-threshold; 12.7% diagnosis/ remission.	K10(mean)=29; SOFAS=63.4	75% Mental health; 22% Engage/assess; 0% Physical health; <1% Vocational; <1% AOD; <1% Other; 1.6% Missing.	NR	NR
		65% Diagnosis recorded; 8% no mental disorder; 25% mild-moderate; 22% sub-threshold; 45% diagnosis/ remission.	K10(mean)=29; SOFAS=63.1	56% Mental health; 21% Engage/assess; 6% Physical health; 1.4% Vocational; 1.2% AOD; 12% Other; 2% Missing.	3.4	1660
		23% Diagnosis recorded; 9% no mental Disorder; 53% mild-moderate; 9% sub-threshold; 28% diagnosis/ remission.	K10(mean)=27; SOFAS=64.7	34.6% Mental health; 17.6% Engage/assess; 1.3% Physical health; 0.1% Vocational; 1.5% AOD; <1% Other; 44% Missing.	2.7	2285
		15% Diagnosis recorded; 39.4% no mental disorder; 31% mild-moderate; 17.3% sub-threshold; 12.3% diagnosis/ remission.	K10(mean)=26; SOFAS=81.6	44.5% Mental health; 26% Engage/assess; 6% Physical health; <1% Vocational; 1.2% AOD; 20% Other; 3% Missing.	2.6	1671
		8% Diagnosis recorded; 75% no mental disorder; 12.5% mild-moderate; 0% sub-threshold; 12.5% diagnosis/ remission.	K10(mean)=27; SOFAS=62.8	71% Mental health; 17% Engage/assess; 0% Physical health; 1% Vocational; 2% AOD; 8.5% Other; <1% Missing.	2.7	201
		28% Diagnosis recorded; 4% no mental disorder; 37% mild-moderate; 27% sub-threshold; 32% diagnosis/ remission.	K10(mean)=29; SOFAS=61.5	66% Mental health; 25% Engage/assess; <1% Physical health; 2.2% Vocational; 1.8% AOD; 2.6% Other; 2.7% Missing.	3.2	1205
		24% Diagnosis recorded; 10% no mental disorder; 48% mild-moderate; 20% sub-threshold; 22% diagnosis/ remission.	K10(mean)=27; SOFAS=66.7	68.5% Mental health; 18% Engage/assess; <1% Physical health; <1% Vocational; <1% AOD; 6% Other; 6.2% Missing.	3.7	3288
		27% Diagnosis recorded; 22% no mental disorder; 30% mild-moderate; 18% sub-threshold; 30% diagnosis/ remission.	K10(mean)=24; SOFAS=64.7	63% Mental health; 17.5% Engage/assess; <1% Physical health; <1% Vocational; 3.6% AOD; 11% Other; <1% Missing.	3.5	1270
	(82)	<u>Young Men</u> : 24.9% Depression; 20.7% Anxiety; 11% Anger. <u>CALD</u> : 73% MH & behaviour; 13.7% Situational; 7.5% Physical health. <u>LGBTIQ</u> : 34.5% Depression; 22.1% Anxiety; 4.4% Stress. <u>Aboriginal & Torres Strait Islander</u> : %NR Depression; 23% Anxiety; 16% Anger. <u>Using AOD</u> : 38% Comorbid depression; 24% Anxiety; 14% Anger. <u>Homeless</u> : 56.9% MH & behaviour; 27.6% Situational; 6.9% AOD.	NR	NR	NR	NR
Foundry	(unpublished data)	28% suicidal ideation in past month; 42% significant psychological, behavioural or personal problems. Problems presented: Stress, anxiety, depression,	GAIN Short Screen. 77% had a high risk, 12% moderate risk, 11% low risk	NR	NR	NR

		physical and sexual health, AOD, school, work, relationships, eating/ nutrition, and family issues.				
Maisons des Adolescents	(92)	Most common: self harm, suicidal behaviours, eating disorders, depression, anxiety, stress, adjustment and somatoform, hyperkinetic/conduct disorders, cannabinoids use disorders. Psychosocial stressors including vocational and social difficulties.	NR	Number of consultations for young people received ranged from 226 to 5602; number of families seen ranged from 107 to 279	4-5	NR
ACCESS Open Minds*	(93)	Presenting issues are reported by young people and clinicians (from a listing of 68 potential issues).	K10 completed as part of initial evaluation.	Type of services requested by the youth and received will be evaluated (including wait times)	NR	NR
Integrated Collaborative Care Team (ICCT)*	(46)	Presenting issues will be evaluated.	SDQ completed at baseline and follow-up.	Health service use collected as part of the cost effectiveness evaluation.	NR	NR

NR = not reported

SES = Socioeconomic Status

SDQ = Strengths and Difficulties Questionnaire

AOD = Alcohol and other drugs

LGBTI/LGBTIQ = lesbian, gay, bi-sexual, transgender or inter-sex, questioning

LOTE = Language Other Than English as primary language spoken at home

CBT = Cognitive-Behavioural Therapy

NEET = Not in Education, Employment or Training

^a = Males only

^b = Females only

^c = using the Clinical Outcome Routine Evaluation (CORE-10)

^d = All sample characteristics extracted from MHAGIC data and are not representative as there is a large number missing.

^e = using the K10