What is the Provincial Mental Health Metabolic Program?

BC CHILDREN'S HOSPITAL
An agency of the Provincial Health Services Authority

BC Mental Health & Addiction Services
An Agency of the Provincial Health Services Authority

The program provides care for children and youth with mental health disorders who

1

are at high risk for metabolic side effects associated with taking certain types of psychiatric medications, such as Atypical Antipsychotic (AAP) medication.*

2

have pre-existing metabolic conditions (excluding type 1 diabetes) and have been diagnosed with a mental health disorder.

*Atypical Antipsychotics (AAP's), otherwise known as Second Generation Antipsychotics, are a class of medication used to treat some mental health disorders. The most common ones used in children and youth are:

Quetiapine (Seroquel), Risperidone (Risperdal), Olanzapine (Zyprexa)

What are some metabolic side effects/conditions?

They include:

- weight gain (especially around the belly)
- high blood sugar
- high blood pressure
- high cholesterol level
- high triglyceride level

If 3 or more of these occur together, this is called Metabolic Syndrome.

Our Team

Child Psychiatrist, Pediatric Endocrinologist, Dietitian, Lifestyle Coach, Nurse Clinician, Pediatrician

Our Services

Our team members work together to provide screening, education, medical assessment, monitoring, and follow up.

We help patients manage the metabolic side effects associated with taking some psychiatric medications through lifestyle counselling including:

- healthy eating
- physical activity
- good sleep habits
- stress management

Where is the Program?

The program is located at BC Children's Hospital. It is part of the Child and Adolescent Mental Health Programs.

Who is referred to the program?

1. Youth at risk for developing metabolic conditions, but who need to be treated with an atypical antipsychotic (AAP).

   We will see these youth before starting treatment with an AAP.

2. Youth that have developed metabolic side effects during treatment with an AAP.

3. Youth with metabolic conditions who need mental health support.

- Your doctor needs to refer your child to be seen at the program.
- Your doctor can download a referral form by clicking on "Metabolic Clinic" at: www.keltymentalhealth.ca
- Your doctor can fax the completed form to: 604.875.2099
- Or mail it to:

  Child & Adolescent Mental Health Program
  Mental Health Building
  BC Children's Hospital
  4500 Oak Street, Vancouver, BC V6H 3N1

Need More Information?

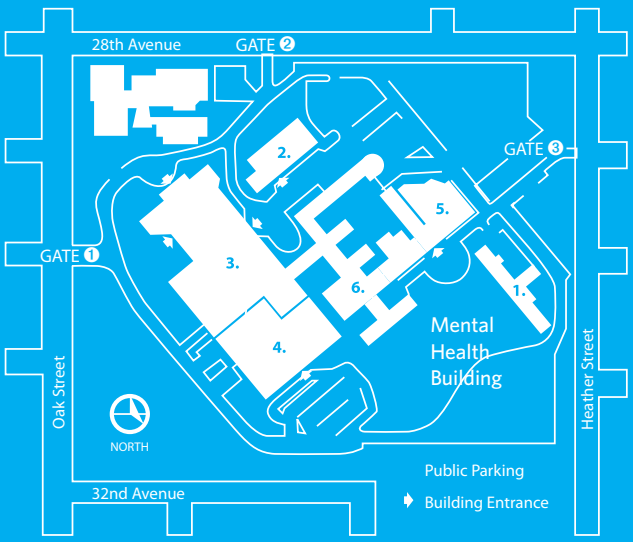
Find information about child and youth mental health at: **www.keltymentalhealth.ca**

For information about medication, click on "Medications" under the "Treatment" tab located at the top of the home page.

Contact Us:

Phone: 604.875.2010 Fax: 604.875.2099

BC Children's Hospital Site
Mental Health Building #85, 3rd floor
4500 Oak Street, Vancouver, BC V6H 3N1
(follow signs to Metabolic Program reception)



1. Mental Health Building
2. Children's Ambulatory Care
3. Children's Hospital
4. Women's Hospital
5. Women's Health Centre
6. Shaughnessy