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## **A Study on Psychiatric Social Worker and Child Guidance Clinic**

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### **Abstract**

This study delves into the role of psychiatric social workers in treating children facing social, mental, and environmental challenges, commonly addressed in child guidance. These professionals are trained to address a diverse array of issues stemming from children's various backgrounds. The study explores the expansive scope of responsibilities within child guidance, spanning mental hospitals and local health sectors. In India, numerous child guidance clinics cater to children's mental health needs, where psychiatric social workers engage in both theoretical and clinical practices. This research-based paper investigates the problem-solving approaches of psychiatric social workers in hospital settings concerning children's behavioral and mental health issues, which often pose challenges for parents, families, and society.

**keywords: Psychiatric Social Worker, Child Guidance Clinic, Mental health**

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### **INTRODUCTION**

The clinic is worried about removing the psychological and environmental problems of the children and the social worker has been working with children to address the children's behavioral and psychological problems (Monds-Watson et al., 2010). Social workers work in hospitals, outpatient and community psychiatric social workers assess the psycho-social functioning of patients and families and interfere with necessary needs, and provide psycho-therapy and supportive consoling (Lorant et al., 2016). Social workers are most trained and practice professional work with individuals and families to help improve results in their lives working to improve the quality of life and wealth of others (Thompson, 2024). Eg. Problem solving, practice crisis intervention, policy change, recreation and educational program.

Psychiatric social work is the implementation and practice of social work in a psychiatric setting, psychiatric social work is a specialized type of medical social work that involves supporting, providing, therapy to co-operation and coordinating the care of people who are critically mentally ill and who require hospitalization or other types of intensive psychiatric help (Bland et al., 2021). A child guidance clinic is one of the medico-social amenities and may be best defined as a Centre for the organized and scientific study and treatment of maladjustment in children.

### **METHODS**

## A Study on Psychiatric Social Worker and Child Guidance Clinic

The respondents for this study include Psychiatric social worker, from the KR Hospital Mysore and another Social Work Students Participated. The purpose of the study is together information on Psychiatric Social Worker and Child Guidance Clinic. Pathak et al., (2013) This research is based on qualitative research where the researcher has prepared a self-constructed questionnaire on Google form to find out the various parameters of "A Study on Psychiatric Social Worker and Child Guidance Clinic. The questionnaire consists of seven statements that have multiple choice (Sirota & Juanchich, 2018). The respondents had to fill the one multiple-choice option in Google form.

### RESULTS AND DISCUSSION

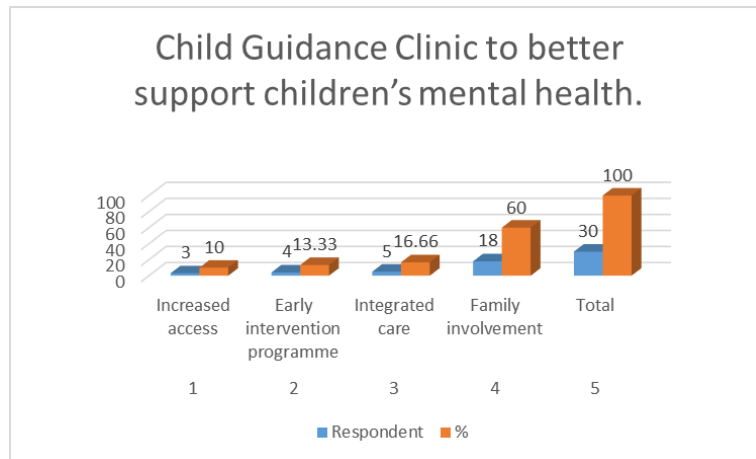
The researcher has ten years of experience in teaching at Chamarajanagara University, Suvarnangotri Chamarajanagara. This experience created many questions about the present Psychiatri Social Worker and Social Worker participants. Therefore, the aim of conducting this study is to gain knowledge of Psychiatric Social Worker and Child Guidance Clinic

1. Age
2. Gender
3. Occupation
4. Education Background

1. What improvement or Changes would you like to see in the Child Guidance Clinic to better support children's mental health?

**Table 1. Improvement or Changes Would You Like to See in the Child Guidance Clinic To Better Support Children's Mental Health**

SL.NO	Opinion	Respondent	%
1	Increased access	03	10
2	Early intervention programs	04	13.33
3	Integrated care	05	16.66
4	Family involvement	18	60
5	Total	30	100



The data provided presents opinions from respondents regarding improvements or changes they would like to see in child guidance clinics to better support children's mental health (Marcdante et al., 2021). Here's a breakdown of the data interpretation and analysis:

- a. Increased Access (10%): A minority of respondents (3 out of 30) indicated that they would like to see increased access to child guidance clinics. This suggests that there may be some awareness of issues related to accessibility and the need for more widespread availability of mental health services for children.
- b. Early Intervention Programme (13.33%): A slightly larger portion of respondents (4 out of 30) desired early intervention programs. This indicates recognition of the importance of addressing mental health issues in children at an early stage to prevent further escalation and promote better outcomes.
- c. Integrated Care (16.66%): A moderate number of respondents (5 out of 30) emphasized the importance of integrated care within child guidance clinics. This suggests an awareness of the need for collaboration between different healthcare providers to ensure holistic support for children's mental health needs.
- d. Family Involvement (60%): The majority of respondents (18 out of 30) highlighted the significance of family involvement in child guidance clinics. This indicates a strong consensus among respondents regarding the importance of engaging families in the treatment process to better support children's mental health.

**The objectives of a study on psychiatric social workers and child guidance clinics:**

1. Assessing the Role of Psychiatric Social Workers:

To examine the roles and responsibilities of psychiatric social workers within child guidance clinics (Alt, 1951), including their contributions to assessment, intervention, and ongoing support for children's mental health.

2. Understanding Treatment Approaches:

## A Study on Psychiatric Social Worker and Child Guidance Clinic

To explore the various treatment modalities employed by psychiatric social workers in child guidance clinics, including therapeutic techniques, counseling methods, and collaboration with other healthcare professionals.

### 3. Evaluating Clinic Effectiveness:

To evaluate the effectiveness of child guidance clinics in addressing the social, mental, and environmental needs of children, as well as their impact on children's well-being, functioning, and overall outcomes.

### 4. Identifying Challenges and Barriers:

To identify the challenges and barriers faced by psychiatric social workers in providing mental health services to children within child guidance clinics, including limitations in resources, systemic issues, and cultural factors.

### 5. Examining Collaborative Practices:

To examine the collaborative practices and partnerships established by child guidance clinics, including interactions with families, schools, community organizations, and other healthcare providers, to support holistic care for children.

### 6. Exploring Opportunities for Improvement:

To explore opportunities for improvement and innovation in child guidance clinic services, including suggestions for enhancing access, cultural competence, early intervention, family involvement, and integration with other healthcare systems.

### 7. Investigating Professional Development Needs:

To investigate the professional development needs of psychiatric social workers working in child guidance clinics, including training requirements, skill development, and ongoing support to enhance their effectiveness in practice.

### 8. Informing Policy and Practice:

To inform policy and practice recommendations aimed at improving the quality, accessibility, and effectiveness of child guidance clinic services, based on research findings and stakeholder input.

### **Scope of psychiatric social work:**

The scope of psychiatric social work is wider and broader Gould, (2022), psychiatric social workers can work as following bellows :

- a. Case managers in non-government organizations and projects.
- b. Education and research activities.
- c. Rehabilitators in medical and psychiatric settings.
- d. Work in delicate psychiatric hospitals.
- e. Mental health counselings and case work.
- f. Community mental health – PHCS and CHCs
- g. Multidisciplinary area.

- h. Correctional institutions like prisons and juvenile homes
- i. Crisis intervention Centre and also disaster management (Fisher et al., 2021).

**Functions of Psychiatric Social Worker:**

- a. Psychiatric social worker helps mental health patients in a similar way through counseling and psychiatric work.
- b. Psychiatric social workers' main work is to assess patients and develop specific plans, care, and protection of patients.
- c. They also provide therapy or counseling practice to patients as well as help family members to deal with mental illness, Mental retardation in the family.
- d. Psychiatric social workers generally interview with admitted patients members of their families agency staff and others and through security investigations, the range of services needed by residents and their families.
- e. Planning, and development of a social plan of care for each resident and his/her family which may include direct counseling, treatment provided by other agency support services, and/or referral to their agencies.
- f. Provide individual and group therapy sessions: instructs and direct other agency support staff in therapeutic techniques
- g. Arrangement for services from different agencies.
- h. Reviews resident and family social situations as necessary and modifies social plan of care as indicated.
- i. Explain the scope of services to the resident and family as is appropriate.
- j. Provide crisis intervention services.
- k. Main training case records and preparing reports.
- l. Facilitates development of interdisciplinary active treatment, Counselling goals, arranges interdisciplinary reviews of active treatment plan periodically.

**The historical development of a study on psychiatric social workers and child guidance clinics.**

**Early Beginnings:**

The origins of psychiatric social work can be traced back to the late 19th and early 20th centuries, with the emergence of social work as a profession dedicated to addressing social and mental health issues (Payne, 2020). Early pioneers, such as Mary Ellen Richmond and Jane Addams, laid the groundwork for the integration of social work principles into mental health practice.

**1. Establishment of Child Guidance Clinics:**

The concept of child guidance clinics began to gain momentum in the early 20th century, influenced by the recognition of the importance of early intervention in addressing children's

mental health issues. The first child guidance clinics were established in urban areas, aiming to provide comprehensive assessment, treatment, and support services for children and families.

### 2. Development of Psychiatric Social Work:

As child guidance clinics evolved, so too did the role of psychiatric social workers within these settings. Psychiatric social workers played a vital role in conducting assessments, providing therapeutic interventions, and advocating for the needs of children and families within the clinic and the broader community.

### 3. Expansion of Services:

Over time, child guidance clinics expanded their services to meet the growing demand for children's mental health support. This expansion included the development of specialized programs for specific populations, such as children with developmental disabilities, trauma survivors, and adolescents with substance abuse issues.

### 4. Integration of Research and Practice:

The integration of research into psychiatric social work practice became increasingly important in informing evidence-based interventions and improving outcomes for children and families. Research studies conducted within child guidance clinics helped to identify effective treatment approaches, evaluate program effectiveness, and advance knowledge in the field of child mental health.

### 5. Advocacy and Policy Initiatives:

Psychiatric social workers working within child guidance clinics played a key role in advocating for policy changes and reforms to better support children's mental health needs. This advocacy included efforts to increase funding for mental health services, expand access to care, and promote the integration of mental health into broader health and social service systems.

### 6. Current Trends and Challenges:

Today, child guidance clinics continue to play a vital role in addressing children's mental health needs, although they face various challenges, including funding constraints, workforce shortages, and disparities in access to care. Psychiatric social workers remain at the forefront of efforts to innovate and improve services within child guidance clinics, adapting to changing social, cultural, and economic dynamics to better meet the needs of children and families.

### The aims of the study:

Psychiatric social workers and child guidance clinics include assessing the effectiveness of interventions provided by psychiatric social workers within child guidance clinics, understanding their roles in multidisciplinary teams, and identifying areas for improvement in services provided to children and families (Webb, 2019). Suggestions for a study on psychiatric social workers and child guidance clinics (Sukmana, 2022):

1. Comparative Analysis:

Compare the roles, responsibilities, and practices of psychiatric social workers in different child guidance clinics, examining variations in approaches, service delivery models, and outcomes.

2. Client Perspectives:

Investigate the experiences and perspectives of children and families receiving services from psychiatric social workers in child guidance clinics, exploring their satisfaction levels, perceived benefits, and suggestions for improvement.

3. Effectiveness of Interventions:

Evaluate the effectiveness of specific interventions delivered by psychiatric social workers within child guidance clinics, using quantitative and qualitative methods to assess outcomes related to symptom reduction, functional improvement, and overall well-being.

4. Collaborative Practices:

Explore the collaborative practices and partnerships established by psychiatric social workers within child guidance clinics, examining interactions with other healthcare providers, educators, community organizations, and social service agencies to support comprehensive care for children and families.

5. Training and Professional Development:

Assess the training needs and professional development opportunities for psychiatric social workers working in child guidance clinics, identifying gaps in knowledge, skills, and competencies and proposing recommendations for enhancing training programs and continuing education initiatives.

6. Cultural Competence:

Examine the cultural competence of psychiatric social workers in child guidance clinics, exploring their awareness, knowledge, and skills in working with diverse populations and addressing cultural factors that influence help-seeking behaviors, treatment engagement, and outcomes.

7. Integration of Technology:

Investigate the integration of technology into psychiatric social work practice within child guidance clinics, exploring the use of health, digital tools, and mobile applications to enhance access, engagement, and effectiveness of services for children and families.

8. Policy and Advocacy:

Analyze the policy landscape and advocacy efforts related to children's mental health and social services, assessing the impact of legislative changes, funding allocations, and systemic reforms on the delivery of care within child guidance clinics and the role of psychiatric social workers in shaping policy agendas and advancing social justice initiatives (Saggaf et al., 2018).

### 9. Longitudinal Studies:

Conduct longitudinal studies to track the trajectories of children and families served by psychiatric social workers in child guidance clinics over time, examining patterns of service utilization, treatment outcomes, and factors influencing resilience, recovery, and relapse prevention.

### 10. Innovative Approaches:

Explore innovative approaches to psychiatric social work practice within child guidance clinics, such as peer support programs, art therapy interventions, mindfulness-based techniques, or community-based initiatives, assessing their feasibility, acceptability, and effectiveness in addressing emerging challenges and meeting evolving needs in children's mental health care (Walker, 2011).

## CONCLUSION

This study sheds light on the critical role of psychiatric social workers within child guidance clinics, highlighting their contributions to the assessment, treatment, and support of children's mental health needs. Through an exploration of their roles, practices, challenges, and opportunities for improvement, this study provides valuable insights into the complex dynamics of child guidance clinics and the evolving landscape of mental health services for children and families. By identifying areas for enhancement in services, collaboration, and professional development, this study contributes to the ongoing efforts to optimize the effectiveness and accessibility of child guidance clinic services, ultimately aiming to improve the well-being and outcomes of children and families facing mental health challenges.

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