Introduction

The demand for child and adolescent psychiatry (CAP) services often exceeds service capacity in sparsely populated rural areas. The lack of appropriate services may be damaging in conditions sensitive to neurodevelopmental maturation processes. Here we present The eHealth Services for Child and Adolescent Psychiatry - eCAP project, which is one attempt to solve the problem of providing CAP services in Northern peripheral areas.

Methods

Partners in the eCAP project include Northern Norway and Sweden, Finland and the Scottish Highlands. The project builds upon transnational learning and knowledge exchange between the partner regions and it is financed 2015-2018 by the Northern Periphery and Arctic Programme 2014-2020.

Aim

The aim of the project is to develop consultation, diagnosis, supervision, treatment and collaboration through modern information technology (IT). The intervention target groups are children and adolescents with mental health issues in remote areas. It also involves their families and professionals in primary and special health care, social care, and education.

Findings

Experiences so far of developing and piloting operational models according to each region’s needs are shared. The examples include the setup of a booking system, the video conferences for consultation and distant psychiatric treatment, the use of the Development and Wellbeing Assessment (DAWBA) online in primary health care, and training for multi-professional groups about mental health issues of children.