

Dok 95




**Enhancing Mental Health Care for Youths & Adolescents  
Young People's Unit  
Mount Carmel Hospital**

**Roseanne Camilleri  
Chief Executive Officer  
National Mental Health Services**

21<sup>st</sup> October 2025




# Introduction

- **Mount Carmel Hospital** is the only acute in-patient mental health hospital in Malta.
  - Care during in-patient stays is provided by a **Multidisciplinary Team**. The Team's ultimate aim is to transition care towards community-based care and eventually, independent living.
  - The **Young People's Unit (YPU)** provides specialised in-patient care for children and adolescents (8yrs – 17yrs).
- 




# Objectives of YPU

- Provide safe, therapeutic inpatient care for youths and adolescents with acute mental health needs;
  - Support rehabilitation and reintegration into community and educational settings;
  - Uphold children's rights to dignified and develop appropriate treatment.
- 




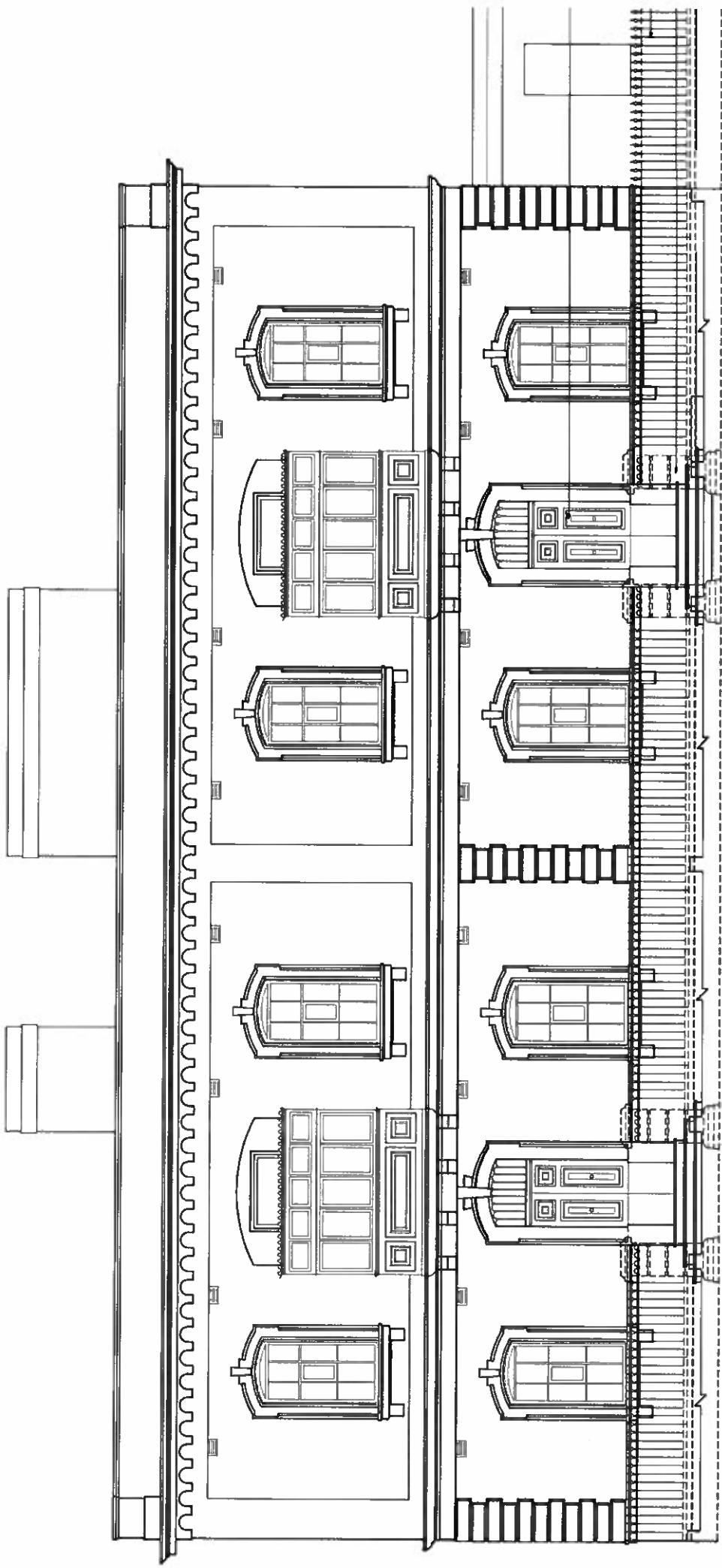
# Services Offered at YPU

- Acute inpatient psychiatric care
  - Multidisciplinary team support: psychiatrists, psychologists, nurses, social workers, occupational therapists and physio therapists
  - Educational support through interactive classroom facilities via the Ministry for Education (MEYR)
- 



# Recent Developments

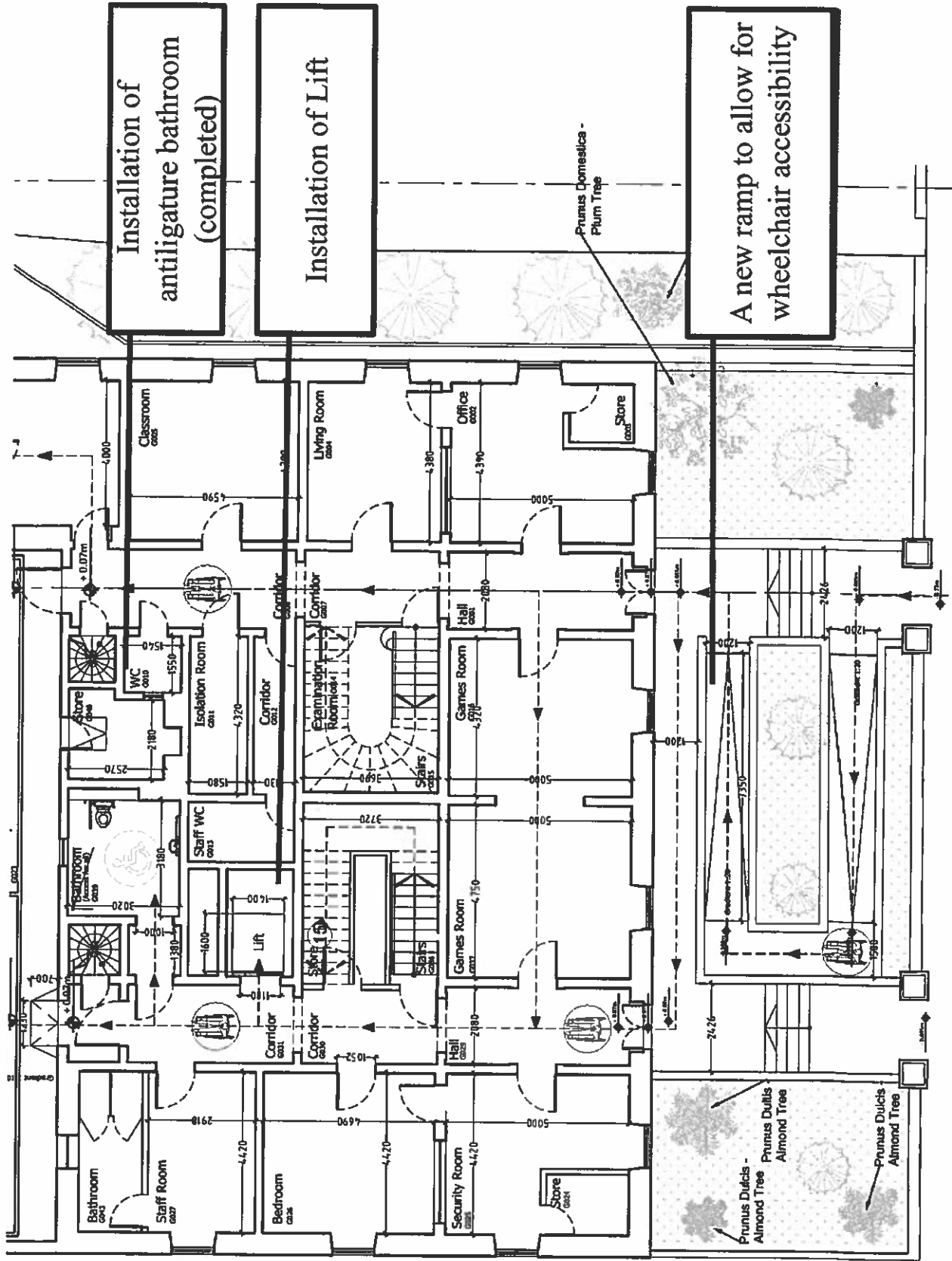
- Refurbishment of YPU facilities in 2025 to improve therapeutic environment.
  - Discussions to relocate classroom to OT Department benefiting from Occupational Therapists and Physiotherapists, particularly when PE or OT sessions are part of the curriculum.
- 



YPU 1

YPU 2

# Approved PA Permits



Installation of  
antilugature bathroom  
(completed)

Installation of Lift

A new ramp to allow for  
wheelchair accessibility

Prunus Domestica -  
Plum Tree


Prunus Dulcis -  
Almond Tree

Prunus Dulcis -  
Almond Tree






# Challenges and Opportunities

- Transforming the YPU facility into a safe and therapeutic environment
  - Further collaboration with Stakeholders
    - Richmond Foundation (working on Second-Tier Supported Placements for Minors: first-tier up to 12 years old, second-tier 13 to 17 years )
    - FSWS
    - Aġenzija Sapport
  - MOU MHA & MEYR – Maximise Mental Health and Well-Being and Build Resilience in Children to consolidate and form part of the curriculum
  - Continuous training for staff working with minors
- 




# Way Forward

- Sustained increase investment in staff training to ensure continuous improvement
  - Sustained increase investment to facilitate infrastructural upgrades
  - Strengthen collaboration with Education and Social Services Ministries
  - Establish monitoring and feedback mechanisms to uphold governance and standards
- 



# Conclusion

- YPU plays a critical role in safeguarding youth & adolescence mental health.
  - Securing Parliament's endorsement is critical to ensuring sustained budgetary allocations and advancing efforts to generate and promote public awareness.
  - *Call to action:* Continue to invest in the future of our children
- 

**Thank You**