

Open Minds

Internacional Journal

ISSN 2675-5157

vol. 2, n. 6, 2026

●●● ARTICLE 7

Acceptance date: 10/03/2026

MULTIDISCIPLINARY PRACTICES AT THE CHILD PSYCHOSOCIAL CARE CENTER: AN INTEGRATIVE LITERATURE REVIEW

Andrezza Tayonara Lins Melo

Physical Therapist, Specialist in Child Health (Federal University of Rio Grande do Norte (UFRN) and PhD student in the Graduate Program in Health Sciences - University of Pernambuco (PPGCS-UPE)

Alana Maria Ferreira da Paixão

Psychologist, Specialist in Public Health (University of Pernambuco - UPE) and Public Management (Federal Institute of Santa Catarina - IFSC)

Gilvan Gomes Pereira Filho

Educator, with a postgraduate degree in Clinical and Institutional Psychopedagogy from the Souza Institute Integrated College.

Jandeson Lucas de Santana Novelino

Nutritionist, postgraduate degree in nutrition in Autism Spectrum Disorder from the Metropolitan College of the State of São Paulo (FAMEESP)



All content published in this journal is licensed under the Creative Commons Attribution 4.0 International License (CC BY 4.0).



Thalita Maria Marinho Azevedo

Speech therapist, specialist in hospital speech therapy with an emphasis on audiology (Professor Fernando Figueira Institute of Integral Medicine - IMIP) and specialist in psychopedagogy (Olinda Higher Education Foundation - FUNESO)

Maria Catharine da Silva Angelo

Psychologist, Specialist in Mental Health and Cognitive Therapies (Maurício de Nassau University Center - UNINASSAU).

Suziane Ferreira de Souza

Social Worker, Specialist in Social and Community Psychology Interventions (UNIFAFIRE), Specialist in Women's Rights, Specialist in Social Work in Health (Facuminas)

Nadja Ferraz de Oliveira

Nurse, Postgraduate Degree in Nephrology, FAVENI

Alzeni Virgilio de Vasconcelos

Nurse, Postgraduate student in Public and Family Health with an emphasis on Sanitation, ALPHA College, Master's Degree in Public Health from PREMIUM School

Soraya Rejane dos Santos

Physical therapist, postgraduate degree in geriatrics and gerontology from Faculdade dos Vales (VACUVALE), specialization in multidisciplinary care for neurodevelopmental disorders with an emphasis on autism from the University of Pernambuco (UPE), master's degree in geriatrics and gerontology from Escola Premium.

Rita de Kássia Alves Bat

Psychologist, Specialist in Thanatology UNILEYA, Postgraduate student in Behavioral Neuroscience PUC and Master's student in Psychology at the Federal University of Pernambuco (UFPE)

Elizandra Regina dos Santos Gomes

Nurse, Master's degree in Nursing from the University of Pernambuco UPE/UEPB

Abstract : Introduction: Psychosocial care for children and adolescents is a central component of mental health policy in Brazil, with the Centers for Psychosocial Care for Children (CAPSi) playing a fundamental role in providing specialized care for children and adolescents with mental disorders and psychological distress. These services seek to promote comprehensive care through individual and group interventions and therapeutic workshops, always guided by the Individualized Treatment Plan (PTS), a document that organizes clinical and multidisciplinary practices. **Methods:** This is an integrative literature review conducted between November and December 2025, consulting the PUBMED, SCIELO, and LILACS databases. Descriptors related to CAPSi, child and adolescent psychosocial care, and Individualized Treatment Plan were used, with no language restrictions, considering publications from the last four years. Exclusion criteria included integrative literature reviews. The study selection process followed the steps of identification, screening, eligibility, and final inclusion, represented in a flowchart, and resulted in the inclusion of five relevant studies. **Results and Discussion:** The studies indicate that the multidisciplinary team at CAPSi mainly involves psychologists, social workers, and nurses, complemented by psychiatrists, occupational therapists, physical therapists, nutritionists, and speech therapists. The most frequent practices were group sessions, therapeutic workshops, and individual sessions. However, home visits and family groups were rarely addressed, highlighting important gaps in comprehensive care. The COVID-19 pandemic highlights additional challenges, such as restrictions on socialization and limitations on collective activities. **Conclusion:** The multidisciplinary

team is essential for comprehensive care, but it is necessary to strengthen strategies for home visits, family groups, and continuous coordination, ensuring more effective interventions for children and adolescents.

Introduction

Psychosocial care for children and adolescents is an essential component of public mental health policy in Brazil, with the Child Psychosocial Care Center (CAPSi) playing a fundamental role in providing specialized care for children and adolescents with mental disorders and needs arising from psychological distress. These services seek to promote comprehensive care through actions ranging from individual care to collective interventions, always based on the development of the Individualized Treatment Plan (PTS), a document that guides clinical and multidisciplinary practices. (Jafelice et al., 2018)

The work of the multidisciplinary team at CAPSi is highlighted by the diversity of professionals with higher education degrees, including psychologists, social workers, nurses, psychiatrists, occupational therapists, physical therapists, nutritionists, and speech therapists, among others. Each professional category contributes in a complementary way to the development of comprehensive care focused on the specific needs of the child and adolescent population served. (Evangelista et al., 2017)

In the context of interventions, group approaches, such as therapeutic groups and workshops, are widely used strategies that promote the social and emotional development of children and adolescents. At the same time, individual care is essential for deepening the analysis of unique demands

and enabling more targeted and effective interventions, although these are less explored in the available literature. (Pini et al., 2023)

In addition to the activities carried out in the institutional space, home visits are an important practice, still little addressed in studies, which allows for in-depth knowledge of the user's family and socio-environmental context. This dimension is crucial for the construction of therapeutic projects that consider the singularities of each child and adolescent, expanding the effectiveness of multidisciplinary care. (Tavares et al., 2017)

Finally, this study proposes an integrative review of the literature with the aim of analyzing the main practices carried out by multidisciplinary teams in CAPSi, identifying both consolidated strategies and existing gaps, especially with regard to individual care and home visits. This research aims to contribute to the improvement of psychosocial care for children and adolescents, in line with the guidelines of the National Mental Health Policy.

Methodology

This is an integrative review of the literature conducted between November and December 2025, with the objective of analyzing the practices of the multidisciplinary team at the Child Psychosocial Care Centers (CAPSi). For the selection of articles, the PUBMED (National Center for Biotechnology Information), Scientific Electronic Library Online (SCIELO), and Latin American and Caribbean Health Sciences Literature (LILACS) databases were consulted.

The descriptors used included "CAPSi," "child and adolescent psychosocial

care,” “Individual Therapeutic Plan (PTS),” as well as their corresponding translations into English: “Child and Adolescent Psychosocial Care Center,” “Child and Adolescent Mental Health Care,” and “Individual Therapeutic Plan,” including cross-references between these terms. The choice of these databases is justified by their widespread academic use and the scientific rigor of the indexed journals.

The inclusion criteria considered publications from the last four years, without language restrictions, while integrative literature reviews were applied as exclusion criteria. Studies that had an impact and relevance in the literature on child psychosocial care were prioritized.

A flowchart was developed describing the process of identifying and selecting articles, subdivided into the stages of identification, screening, eligibility, and final inclusion (Figure 1).

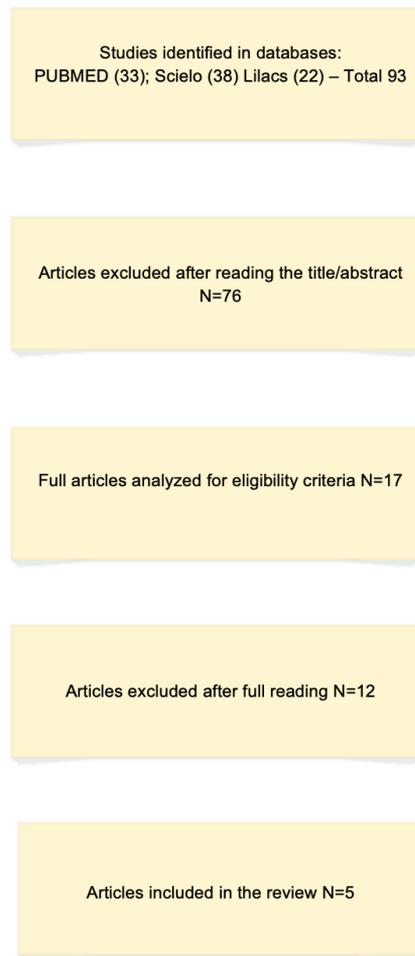


Figure 1: Flowchart of study selection for the literature review.

Source: Melo et al., 2026.

Results

The data were organized according to the themes and work processes discussed in the articles analyzed and were grouped to represent the findings reported by the authors (Table 1).

CAPSi: Psychosocial care center; PTS: Individual therapeutic plan

| Author (Year) | Objective | Type of study | Population | Main results | Conclusion |
|-----------------------|--|--|--------------------------|---|--|
| Teixeira et al., 2021 | To analyze the perception of psychologists who are part of the multidisciplinary team at CAPS i, | This is a qualitative field study | Children and adolescents | Individual care, group activities, referred to as therapeutic groups, therapeutic workshops, and group dynamics | The multidisciplinary team contributes mainly in team meetings where they discuss cases and the PTS. |
| Costa et al., 2023 | Evaluate the construction and operationalization of the PTS in a Psychosocial Care Center for Alcohol and Other Drugs for Children and Adolescents | Exploratory-descriptive research, with a qualitative approach a. | Children and adolescents | Construction of the PTS | The implementation of the PTS is still a challenge in the mental health service researched, as is the implementation of the assumptions that should guide the provision of mental health care from a psychosocial perspective. |
| Silva et al., 2025 | Understanding mental health care provided by the multidisciplinary team at the CAPS Infantojuvenil in a municipality in northeastern Brazil | Descriptive study - exploratory, with a qualitative approach | Children and adolescents | Main approaches therapeutic groups and targeted workshops | The multidisciplinary team needs continuous improvement through investments in education permanent |
| Souza et al., 2025 | Identify and analyze network care related to child and adolescent mental health during the Covid-19 pandemic | Qualitative Approach Research | Children and adolescents | Individual, in-person, and online care | The articulation of the multiple dimensions that make up the phenomenon studied broadens the degree of understanding and knowledge, making it possible to glimpse its complexity, especially when it comes to multidisciplinary care |

| | | | | | |
|---------------------|--|---|----------------------------------|---|---|
| Leitão et al., 2025 | Describing therapeutic pathways in child and adolescent mental health at CAPSi | Descriptive study with a qualitative approach | Children and adolescents at CAPS | Individual and group care; With the support of the school | The multidisciplinary team is extremely important, as is the perspective of professionals and management regarding care processes |
|---------------------|--|---|----------------------------------|---|---|

Table 1: Characterization Table of Included Studies

| Practice/Intervention | Professionals involved | Therapeutic Objective/Benefit |
|---|-------------------------------|--|
| Group sessions | Entire multidisciplinary team | Development of social skills, strengthening of bonds, collective strategies for coping with psychological distress |
| Therapeutic workshops | Entire multidisciplinary team | Cognitive, motor, emotional, and social stimulation; creative expression; support for PTS development |
| Individual consultations | Entire multidisciplinary team | Interventions tailored to specific needs; in-depth assessment of the user; development of the PTS |
| Home visits | Entire multidisciplinary team | Knowledge of the family context; strengthening of bonds ; adaptation of therapeutic strategies to the user's environment |
| Family group | Entire multidisciplinary team | Family involvement; guidance and support; promotion of comprehensive care |
| Ambient therapy / Environmental therapy | Entire multidisciplinary team | Understanding the impact of the institutional environment; encouraging socialization and integration; valuing daily routines |

PTS: Individualized treatment plan

Table 1: Main practices performed by the multidisciplinary team at CAPSi

A summary table was created to better visualize the multidisciplinary work, listing the main practices carried out by the team at CAPSi, organized by type of practice and therapeutic objective. (Table 1)

Discussion

The units evaluated included patients aged 2 to 17 years old, with treatments lasting around a year and a half. The inclusion of each child or adolescent in group care is always done with respect for school hours, age, and gender; a point emphasized by all the articles analyzed. (Vínculo – Revista do NESME, 2008, v. 1, n. 5, pp. 01-99)

In all the articles evaluated, the multidisciplinary team was constituted as recommended by Ordinances No. 336/GM/MS and No. 3,088/2011. The team is essential for promoting comprehensive mental health care for children and adolescents. (BRAZIL, 2002; BRAZIL, 2011) The analysis of the studies included in the review showed that most articles pointed to psychologists, social workers, and nurses as common members of multidisciplinary teams in child psychosocial care services. These professionals form the core of care, working continuously in reception, clinical monitoring, and coordination of network care. (Gazignato et al., 2014) and (Brazil 2011)

The work of other professionals aims to strengthen the team, with professionals such as physical therapists, nutritionists, and speech therapists, among others, contributing to comprehensive mental health care. In addition, they expand interdisciplinary care and promote better therapeutic results (BRASIL, 2011; YASUI, 2010). These professionals enable more comprehensive interventions, considering physical, nutri-

tional, and communicative aspects of child development. In this way, they promote the construction of unique therapeutic projects that are more appropriate to the needs of the children and adolescents served.

The PTS is developed during the intake process and can be reevaluated or altered during the therapeutic process. The role of the multidisciplinary team in developing the PTS was highlighted in all articles in this review. The articles emphasize that the PTS is carried out upon arrival at the service, as it involves listening to the adolescent and their family member/companion. The relational and social empowerment of the user is included, with actions that stimulate their personal and collective autonomy, aiming to expand the user's ability to deal with their problems in a way that requires fewer and fewer assistance devices. (Costa CN, et al., 2023)

Analysis of the included studies revealed that most articles reported the use of group approaches as a central strategy in CAPSi. These group activities favor the development of social skills, the strengthening of bonds between children and adolescents, and the construction of collective strategies for coping with psychological distress. In addition, group work allows professionals to assess individual behavior and needs within a broader social context, promoting more targeted and effective interventions (TEIXEIRA; BASTOS, 2021; DELFINI et al., 2009).

At the same time, therapeutic workshops stood out as important tools in multidisciplinary care in most articles, providing spaces for expression, creativity, and learning for children and adolescents. These workshops, conducted by the multidisciplinary team, contribute to comprehensive

care, stimulating cognitive, motor, emotional, and social aspects (CAMPOS; AMARANTE, 2007; BRASIL, 2011).

Studies indicate that the practice of therapeutic workshops helps in the construction of unique therapeutic projects, aligning with the guidelines of psychosocial care and strengthening the bond with the multidisciplinary team (CAMPOS; AMARANTE, 2007; BRASIL, 2011). In addition, these collective strategies pave the way for individual care, in which it is possible to further address the specific needs of each child or adolescent.

Individual care at CAPSi is an essential strategy for child and adolescent psychosocial care, allowing for the development of unique therapeutic projects that consider the specific needs, interests, and demands of each child or adolescent. (BRAZIL, 2011; TEIXEIRA; BASTOS, 2021). However, the implementation of any therapeutic strategy, whether individual or collective, faces significant challenges, such as a shortage of human and material resources, high user demand, the complexity of cases, and the need for continuous coordination with the multidisciplinary team to ensure comprehensive care.

The COVID-19 pandemic has been one of the challenges in recent years for all levels of complexity, as well as the impacts on the mental health of children and adolescents, especially due to the loss of socialization resulting from school closures and physical distancing—essential aspects for their development process, especially for adolescents. Another relevant factor was the impossibility of conducting therapeutic groups. One issue is the lack of electronic equipment for the use of technological resources.

The pandemic context has highlighted the need for coordination to build mental health care for children and adolescents. There is a consensus in the literature on the negative consequences of isolation for children and adolescents, due to the lack of socialization resulting from physical distancing during pandemics, in addition to concerns about emotional, behavioral, and attentional aspects during periods of high restrictions on movement and closed educational establishments (Shum et al., 2021; Vásquez et al., 2022).

Silva et al., 2021 observed that the main feelings experienced by children during the pandemic were fear, sadness, insecurity, anger, and boredom, and it should be noted that adults' feelings directly interfere with children's mental health (Silva et al., 2021). Emphasizing the importance of group care for mental well-being. (Silva et al., 2021)

Another important aspect is environmental therapy, highlighted in the article by Moreto et al., 2008, whose process consists of understanding all elements of the institution's environment that have an impact on the patient, among which it values daily life routines, aiming to offer possibilities for new and/or more appropriate human relationships, the best way to achieve environmentalization and integration of users being through therapeutic groups. (Vínculo – Revista do NESME, 2008, v. 1, n. 5, pp. 01-99)

In summary, the multidisciplinary team works in an integrated manner, combining group care, therapeutic workshops, individual care, and strategies such as environmental therapy (BRASIL, 2002; BRASIL, 2011). Group sessions promote socialization, emotional expression, and skill

development, while individual sessions allow for interventions tailored to the specific needs of each child or adolescent.

However, challenges remain, such as a shortage of resources, high demand, the complexity of cases, and the impacts of extraordinary situations, such as the COVID-19 pandemic, which restricted socialization and made it difficult to maintain therapeutic groups (SHUM et al., 2021; VÁSQUEZ et al., 2022; SILVA et al., 2021). Thus, although CAPSi are strategic spaces for comprehensive mental health care for children and adolescents, there is a continuous need for team coordination and adaptation of therapeutic practices to overcome barriers and effectively meet the demands of children and adolescents.

Another challenge is the participation of family members in family groups, aiming at comprehensiveness so that care can be provided in line with the demands and needs of users and their families. However, only one article in this review includes family groups in its practices, which implies individual and collective therapeutic practices, as well as the construction of the PTS. (Maliska et al., 2022)

Despite its importance, home visits were rarely addressed in the articles analyzed, highlighting a gap in practices and research on psychosocial care for children and adolescents. The literature points out that multidisciplinary home visits strengthen the bond between the family and the team, allow for the construction of more appropriate care strategies, and integrate them, enhancing the effectiveness of interventions (BRASIL, 2011; MALISKA et al., 2022). Their systematic inclusion in CAPSi practices could broaden the comprehensiveness of care, especially in contexts where social and

family factors directly influence the mental health of children and adolescents.

Final considerations

Multidisciplinary work, with a core team of psychologists, social workers, and nurses, complemented by physical therapists, nutritionists, speech therapists, and other professionals, is essential for comprehensive care and the development of unique therapeutic projects.

Despite the positive results, challenges such as high demand, scarce resources, and exceptional situations—such as the COVID-19 pandemic—highlight the need for constant coordination among the team, innovation in therapeutic strategies, and support policies that ensure the effectiveness and continuity of child and adolescent care. Further studies are also needed, addressing home visits and strategies for family groups, topics rarely addressed in the articles included in this review.

References

BRASIL. Ministério da Saúde. Portaria nº 336/GM/MS, de 19 de fevereiro de 2002. Estabelece diretrizes para o funcionamento dos Centros de Atenção Psicossocial. Diário Oficial da União, Brasília, DF, 20 fev. 2002.

BRASIL. Ministério da Saúde. Portaria nº 3.088, de 23 de dezembro de 2011. Institui a Rede de Atenção Psicossocial para pessoas com sofrimento ou transtorno mental e com necessidades decorrentes do uso de crack, álcool e outras drogas. Diário Oficial da União, Brasília, DF, 26 dez. 2011.

CAMPOS, G. W. S.; AMARANTE, P. D. C. Saúde mental e atenção psicossocial. Rio de Janeiro: Fiocruz, 2007.

COSTA, C. N. Mental health care practices from the singular therapeutic projects. *ANARE* (Sobral, Online), 2023 Jan.-Jun.; 22(1):41-49.

DELFINI, P. S. S. et al. Parceria entre CAPS e PSF: o desafio da construção de um novo saber. *Ciências e Saúde Coletiva*, Rio de Janeiro, v. 14, 2009, p. 1483-1492.

EVANGELISTA, R. H. C.; BARRETO, L. C.; MARTINS, G. T.; BARBOSA, R. V. S.; DANTAS, R. M. S. Multiprofessional performance of CAPS in managing suicidal ideation: therapeutic perspectives and current interdisciplinary challenges.

GAZIGNATO, E. C.; SILVA, C. R. C. Mental health in primary care: the networking and the matrix support to mental health in Family Health Strategy. *Saúde em Debate*, Rio de Janeiro, v. 38, n. 101, p. 296-304, abr.-jun. 2014.

JAFELICE, G. T.; MARCOLAN, J. F. Perception of mental health professionals about the multiprofessional work with residents. *Rev Enferm UFPE* [Internet], 2017;11(2):542-50. Disponível em: http://www.revista.ufpe.br/revistaenfermagem/index.php/revista/article/view/9597/pdf_2508

LEITÃO, I. B.; AVELLAR, L. Z.; MARTINS, T. P.; MILOTI, J.; FERNANDES, T. K. S. N. Child and adolescent mental health: analysis of therapeutic itineraries in an inner municipality without Child and Adolescent Psychosocial Care Centers. *Cad. Saúde Pública*, 2025; 41(1):e00115824.

MALISKA, J. K. L.; MARINHO, J. R.; ZAPPE, J. G. Paths of care in children's mental health care. *Rev. Polis e Psique*, 2022; 12(2):51-70.

MORETTO, C. C.; CONEJO, S. P.; TERZIS, A. O atendimento em uma instituição de saúde mental infantil. Vínculo – Revista do NESME, 2008, v. 1, n. 5, pp. 01-99.

PINI, J. S.; NACAMURA, P. A. B.; HARMUCH, C.; COSTA, M. A. R.; GIACONARUDA, B. C. C.; RADOVANOVIC, C. A. T.; SALCI, M. A.; PAIANO, M. Assessment of the Psychosocial Care Center multidisciplinary team from users' and family members' perspective. *Revista Brasileira de Enfermagem*, v. 76, n. 3, e20220645, 2023. DOI: 10.1590/0034-7167-2022-0645.

SHUM, A.; SKRIPKAUSKALTE, S.; PEARCEY, S. Report 10: Children and adolescents' mental health: One year in the pandemic. *Co-SPACE study*, 2021. Disponível em: <https://cospaceoxford.org/findings/report-10-changes-inchildrens-mental-health>

SILVA, M. E.; BARROS, M. M. M. A. Child and adolescent mental health care: professionals' understandings of multiprofessional practice in a CAPS. *Interinst. Bras. Ter. Ocup.*, 9(4), 3570-3584, 2025.

SOUZA, C. B.; LEAL, T. M. O.; COSTA, L. C. R.; CARLOS, D. M. Um olhar para a (des)articulação da rede de atenção psicossocial infantojuvenil em tempos pandêmicos. *Physis: Revista de Saúde Coletiva*, Rio de Janeiro, v. 35, n. 3, e350310, 2025.

TAVARES, C. M. M. Interdisciplinarity as requisite for the formation of the psychiatric nurse in the perspective of psychosocial care. *Texto Contexto Enferm* [Internet], 2005;14(3):403-10. Disponível em: <http://www.scielo.br/pdf/tce/v14n3/v14n3a12.pdf>

TEIXEIRA, C.; BASTOS, V. O psicólogo no CAPS infantojuvenil: a percepção dos profissionais da psicologia diante da execução do projeto terapêutico singular dos usuários. 2021. Trabalho de Conclusão de Curso (Graduação em Psicologia) — Universidade do Sul de Santa Catarina (UNISUL), Tubarão. Disponível em: <https://repositorio-api.animaeducacao.com.br/server/api/core/bitstreams/82139e63-59a5-451c-9a06-383e-01d607a0/content>. Acesso em: 28 jan. 2026.

VAZQUEZ, D. A.; CAETANO, S. C.; SCHLEGEL, R.; LOURENÇO, E.; NEMI, A.; SLEMIAN, A.; SANCHEZ, Z. M. Vida sem Escola e a saúde mental dos estudantes de escolas públicas durante a pandemia de Covid-19. *Saúde em Debate*, v. 46, p. 304-317, 2022.

YASUI, S. *Atenção psicossocial e reforma psiquiátrica*. Rio de Janeiro: Fiocruz, 2010.