

Notes from Quarterly Community Forum - Mental Health Services Update for Young People

Thursday 24 March 2011, 5.00-7.30pm at the Youth Coalition Office, 46 Clianthus St, O'Connor, ACT 2602

LISA KELLY - HEADSPACE ACT

headspace ACT provides support, information and assistance for young people aged 12 to 25 years who are experiencing emotional or mental health issues and/or a substance use issues.

headspace ACT offers integrated collaborative services using a psychosocial perspective. At headspace ACT, young people can receive support from a range of professionals including youth workers, psychologists, social workers, and alcohol and other drug workers. These workers are skilled in listening to young people and can help them identify problems, goals and achieve creative solutions to issues.

There are many referral methods for young people who wish to access headspace ACT; self-referral, family referral, school referral, GP referral or any other agency referral. So far there are about 50% young people accessing the service through self-referral and 50% from GP, school and other agencies.

headspace ACT does not provide family counselling and treatment for people with mental disorders.

Please visit the website for further information:

<http://www.headspace.org.au/headspace-centres/headspace-act>

CONTACT INFORMATION

headspace ACT

Ph: (02) 6201 5343

Fax: (02) 6201 5666

Email: headspaceact@canberra.edu.au

ROD TRAN – STEPS PROGRAM, CATHOLIC CARE

The STEPS program is a residential youth mental health program that offers a step up/step down accommodation option for young people with mental illness.

The 'step up' refers to when a young person experiences moderate to severe

symptoms of mental illness and requires support but is assessed as not requiring hospitalisation.

The 'step down' offers an accommodation option for young people with a mental illness to transition between hospital and returning home.

Young people are assisted in their recovery by focusing on their strengths, resilience and skills.

STEPS offers accommodation, support and limited transitional outreach support to ensure the young person's stability is maintained.

STEPS assist young people to improve and develop life skills. STEPS work together with Child and Adolescent Mental Health Services (CAMHS) to provide young people clinical support.

Parents and/or carers are encouraged to participate in the young person's recovery plan and are able to access support through STEPS or be linked to appropriate services.

Young people may be referred to STEPS by CAMHS, General Practitioners, psychiatrists and psychologists.

Currently STEPS has five beds capacity and the duration of stay is about three months. STEPS focus their services for young people with moderate to severe mental health problems.

Please visit their website for further information:

<http://www.catholiccare.cg.org.au/web.php?sec=36>

CONTACT INFORMATION

STEPS

Ph: (02) 6262 3453

Fax: (02) 6242 8699

Email: steps@catholiccare.cg.org.au

TATIANA BELJIC – YOUTH AND WELLBEING PROGRAM, CATHOLIC CARE

The Youth and Wellbeing Program is funded through ACT Health, Housing and Community Care. The purpose is to support young people living in the ACT between 12 to 25 years of age who have a mental health condition and/or drug and alcohol, anger or behavioural concerns and related issues. The staff at the Youth and Wellbeing Program aim to encourage resilience and independence through a process of support, education and advocacy. Referrals can be made over the phone on the numbers listed below. There are 15 places available.

Please visit their website for further information:
<http://www.catholiccare.cg.org.au/web.php?sec=36>

CONTACT INFORMATION

Youth and Wellbeing

Black Friars reception
(Please ask to be put through)

Ph: (02) 6163 7600

Fax: (02) 6163 7676

Email: youthandwellbeing@catholiccare.cg.org.au

ROGER WEBER – BUNGEE PROGRAM, BELCONNEN COMMUNITY SERVICES

Bungee promotes resilience in children and young people aged 5-18 years who are either living or studying in North Canberra. Bungee focuses on encouraging people to look after and improve their mental health by being physically active and connecting to the arts.

Belconnen Community Services developed, and continues to facilitate, the Bungee program which is funded by ACT Health. Bungee aims to provide early intervention and preventative measures for negative mental health issues for children and young people. This is achieved by providing ongoing support, connectivity and activities.

These sessions are free and at flexible times to provide ease of access for families and young people. Schools, counsellors, families and young people can make referrals to the program.

Programs available at Bungee include Worry Buster (to assist young people with anxiety problems), Dance Program (promote positive body image), Drum Beat (managing aggression), and Painting.

Please visit their website for further information

http://www.bcsact.com.au/detailpage.php?cp_id=67&cat_name=Mental+Health+Services

CONTACT INFORMATION

Bungee Program

Ph: (02) 6264 0232

Mobile: 0411 107 119

Email: bungee@bcsact.com.au

MEGAN CHIU – CHILD AND ADOLESCENT MENTAL HEALTH SERVICES (CAMHS), ACT HEALTH

CAMHS provides assessment and treatment for young people up to the age of 18 years who are experiencing moderate to severe mental health problems. CAMHS community teams are located in Belconnen for Northside residents and Woden for Southside residents. CAMHS is unable to provide assessments or treatment for Autism Spectrum Disorders, ADD/ADHD or behavioural problems. CAMHS also work with headspace ACT and STEPS program and has multidisciplinary teams. Currently there is a waiting list at Southside but no waiting list for Northside. Programs offered by CAMHS include the Cottage Day Program, CAMHS Eating Disorder group, CAMHS DBT (Dialectical Behaviour Therapy) and CAMHS Early Intervention and Prevention.

CONTACT INFORMATION CAMHS

Referral/ Crisis: (02) 6205 1971
Fax: 6207 5266
Southside: 6205 1469
Northside: 6205 1050
The Cottage: 6205 1050
24 Hour Free Crisis Service 1800 629 354

ADDITIONAL INFORMATION

Social Networking Guidelines

headspace ACT is currently piloting a counselling program through Skype. A mobile bus unit with a multidisciplinary team travel once a week around Bega and Narooma area. headspace nationally is looking at guidelines to use social networking as part of communication with young people. Currently headspace's facebook page is only used for promotion and not for counselling.

The general policy is to treat the facebook page as other personal contact details, such as mobile phones, which you don't publicly distribute.

There is currently a digital program initiated and being developed by Black Dog Institute called *My Compass*. The program is looking for trial participants. More information about the program:

http://www.beyondblue.org.au/pages/ehealth/Program_myCompass.html or visit <http://www.blackdoginstitute.org.au/public/research/participateinourresearch/mycompasstrial.cfm> to join the trial.