

# **Mental Health Services in Central Australia**

**Max Yffer**

Manager / Psychologist

**Child and Youth Mental Health Team**

Central Australia Health Service

NT Department of Health

# Mental Health Services in Central Australia

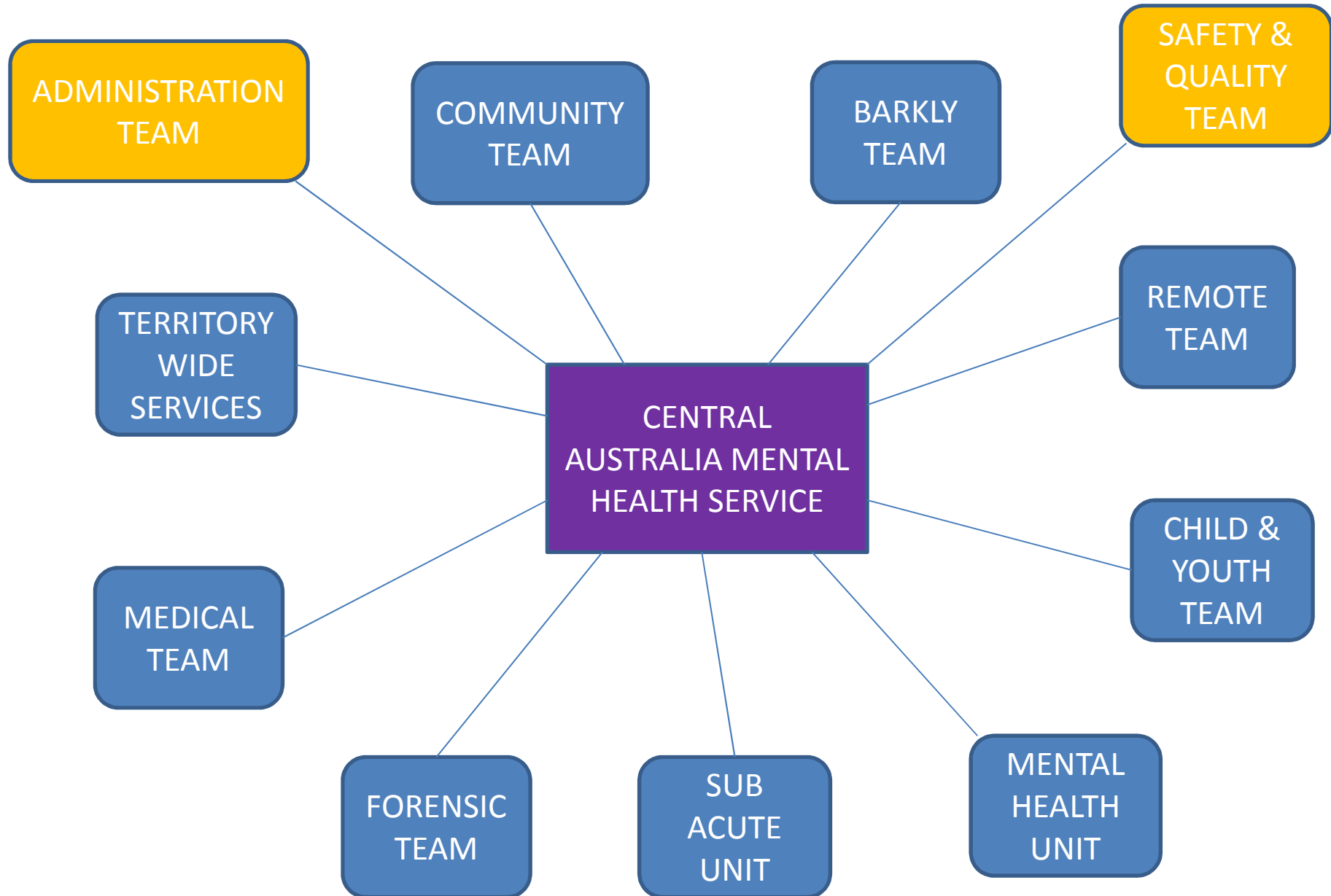
(1) Central Australia Mental Health Service (CAMHS)  
(Department of Health - NTG)

(2) Mental Health Association of Central  
Australia (MHACA)

(3) Mental Illness Fellowship of Australia (NT)

(4) headspace

(1) Central Australia Mental Health Service (CAMHS, NTG – Dep of Health)



# Community Team

## Community Case Management Team

- Case management service for people aged 18 years and above
- Located at Stuart Terrace (next to Royal Flying Doctor Service)
- Outreach service available.



## Crisis Assessment Triage Team (CATT)

- 24 hour crisis intervention and treatment telephone support service - **1800 682 288**
- Should be used for all *urgent enquiries* from people experiencing a mental health crisis or with concerns about another person's mental health wellbeing
- In an *emergency*, (risk to life or personal safety) please phone **000**.

## **Barkly Team**

- The Barkly Team, based in Tennant Creek, provides assessment and case management to residents in the Barkly Region with mental health issues.
- Includes Elliott, Ali Curung, Epenarra & Canteen Creek



## **Remote Mental Health Team**

- Multi-disciplinary team that travels throughout Central Australia
- Services 28 communities including Kintore, Willowra, Mutitjulu, Docker River, Bonya
- Work with local remote health centres, NGOs and other regional services
- Work closely with Royal Flying Doctor Service's primary mental health team
- Provide support to people with a mental illness (mainly acute), or who need assistance in maintaining their mental wellbeing.

## Mental Health Unit

- Located in Alice Springs Hospital
- 12 beds for inpatient use
  - 8 beds for general use
  - 4 high-dependency beds



- Provides inpatient services for people with a mental illness needing structured intervention in an acute care hospital setting
- Services for both voluntary and mandated clients as per the *Mental Health and Related Services Act*

## Mental Health Sub Acute Unit



- Provides recovery-focussed care for people in a residential setting
- Consists of 6 beds for short-term support
- Has 2 other beds for longer-term supported accommodation
- Currently applying for funding to expand and increase bed capacity



## Forensic Mental Health Team



- Based at the Alice Springs Correctional Centre
- Service for people in the criminal justice system charged with an offence and who have a mental illness
- Staff work in the prison and the community
- Provide direct clinical services to adult prisoners
- Provide education to prison officers on mental illness
- Support clients on parole in the community



## Child & Youth Mental Health Team

- Located at 3/15 Leichhardt Terrace (next door to Congress Head Office)
- Provides support and advice to children and youth (up to 17) experiencing moderate to severe mental health concerns e.g.
  - Depression and anxiety
  - Grief and loss
  - Self-harming and suicidal behaviours
  - Other psychiatric disorders e.g. schizophrenia, psychosis



## Child & Youth Mental Health Team



## Who we are

Max Yffer

Sarah MacKenzie Dodds

Polly Rubin

Margaret Shaw

Kate Walton

Vacant

Amanda Worrall

Deb Bentley

Dr Megan Chambers

Dr Sally Cleworth

Dr Hong Chan

Christine Kipps

- Manager (Psychologist)
- Senior Specialist Mental Health Worker (Social Worker)
- Specialist Mental Health Worker (Mental Health Nurse)
- Specialist Mental Health Worker (Social Worker)
- Specialist Mental Health Worker (Social Worker)
- Specialist Mental Health Worker (Social Worker)
- Specialist Mental Health Worker (Social Worker)
- Perinatal Mental Health Nurse
- Reception/Administration
- Consultant Child & Adolescent Psychiatrist
- Consultant Child & Adolescent Psychiatrist
- Psychiatrist Registrar
- Consultant Clinical Psychologist

## Child & Youth Mental Health Team

### What we do

- Work with children/youth and their families to support, assess and assist the condition of the young person experiencing mental health challenges
- Help them to understand their condition and with them, put together a plan to help them manage the problems they are experiencing
- Operate in conjunction with other agencies and services
- Provide:
  - ❖ Individual therapy
  - ❖ Behavioural management strategies for parents, carers, teachers etc
  - ❖ Psychiatric assessment and consultation (when required)

### Referral Process

The child/young person may be referred by:

- ❖ School counsellor
- ❖ General practitioner
- ❖ Health service provider
- ❖ Parent/guardian of the young person

Tel. 8951 5950



## (2) Mental Health Association of Central Australia (MHACA)

Location: 14 Lindsay Avenue, East Side ; Tel. 8950 4600 ; [www.mhaca.org.au](http://www.mhaca.org.au)



## Mental Health Association of Central Australia (MHACA)



Community-based, non-profit organisation that aims to improve services and quality of life for people aged 18 and over experiencing mental illness, their families and carers

- Individual support
  - Education and training including Mental Health First Aid and suicide intervention
  - Mental health promotion to raise community awareness and reduce stigma
  - Drop-in centre and peer support program, and have a range of weekly social and recreational activities
- Advocacy work at local, state and national level and support for participant involvement
- StandBy Program**
- Suicide Bereavement Support Service provides a 24hr co-ordinated community crisis response to families, friends and associates who have been bereaved through suicide
  - StandBy Co-ordinator
    - ❖ Entry point for the Suicide Coordinated Community Response Plan
    - ❖ Receives referrals from Police, Ambulance, Emergency and Community Services
    - ❖ Co-ordinates local integrated support systems built on existing emergency and community response mechanisms
  - Suicide Bereavement Response (once consent is granted)
  - Telephone response providing crisis counselling, information and links to the StandBy Referral Pathway or outreach response by the StandBy Crisis Response Team
  - StandBy Crisis Response Team: provides a 24 hr face to face outreach response

## Mental Health Association of Central Australia (MHACA)

### Suicide Story Training



- ❖ **Suicide Story** is a suicide prevention program developed specifically for remote Aboriginal communities of the Northern Territory.
- ❖ The program is a three-day skills-based workshop, grounded in the practices of ‘both-ways’ learning and comprised of story-telling, group work, short films and animation.
- ❖ **Suicide Story** creates a safe space for Aboriginal people to share knowledge and learning about culturally appropriate ways to address suicide awareness and create more resilient, suicide-safer communities.



### (3) Mental Illness Fellowship of Australia (NT)



Mental Illness Fellowship of Australia (NT) (MIFANT) is a non-government organisation providing support, advocacy, information, referral and education for carers, family, friends and people affected by mental illness.

#### Carers Program

- **Individual and Group Support** for family and friends to help cope and care; carer drop-in
- **Respite** programs offering time-out for carers
- **Information, Education & Advocacy**

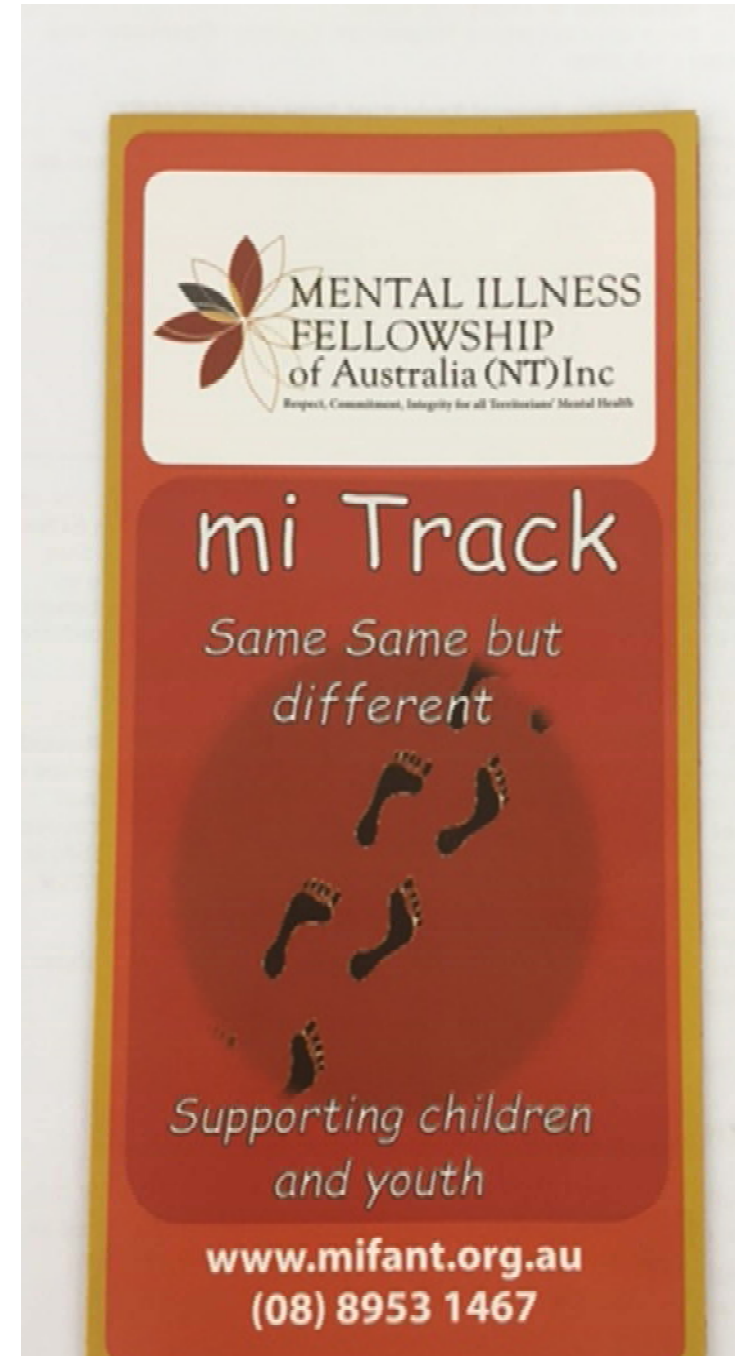


Location: 3/58 Reg Harris Lane ; Tel 8953 1467 ; [www.mifant.org.au](http://www.mifant.org.au)

## Mental Illness Fellowship of Australia (NT)

### [mi Track Program](#)

- New program!
- Funded by Dep of Social Services
- Free service for children/youth aged 6-18 who are at risk of or experiencing early signs of mental illness
- Alice Springs, Tennant Creek, Elliott and Ali Curung
- Must have a parent, carer or significant other adult willing to engage with the program
- Young person must not be current DCF client
- Aims to help the young person work with their parent/carer to assist them to build their strengths to achieve their goals and get more enjoyment out of life
- Relationship-building program – not therapeutic



## (4) Headspace

headspace Alice Springs is a free and confidential service for all young people aged 12 – 25 years.

They provide mental health and alcohol and drug counselling, a GP clinic for all physical and sexual health needs and social support services (previously Congress Youth Outreach Team) for case management, advocacy and social support.

headspace provides holistic through care for all young people.



Location: 5/5 Hartley Street ; Tel. 8958 4544 ; [headspace.org.au](http://headspace.org.au)

