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## NSW Youth Mental Health Service Model: Central Coast Pilot Project

The pilot project is focused on the expansion of the clinical services within Children and Young Peoples Mental Health and the evaluation of the youth mental health model on the Central Coast.

Consultations with clinicians identified **10 key principles for a youth mental health model**. These are reported on in the latest Summary and Background Reports from the project. The youth mental health model principles and reports from the Central Coast project were recently presented by the project team at a **NSW Health Youth Mental Health Forum**. Other Area Health Services from across NSW were there and gave presentations on the youth mental health model development within their Area.

At the Forum two young people from the Central Coast participated alongside a young person from Reach Out on a Youth Panel. They talked about what it was like for them trying to access services for young people and the best ways to involve young people in service delivery.

### The reports from the NSW YMHS: Central Coast Pilot Project are available on CD:

- Youth Mental Health Literature Review
- Summary and Background Reports
- Youth Alliance Model
- 'e' Youth Mental Health Initiatives
- Primary Youth Mental Health Initiatives

### Where can you get more copies?

Contact Fiona Duignan  
(02) 4304 7845 or [fduignan@nscchahs.health.nsw.gov.au](mailto:fduignan@nscchahs.health.nsw.gov.au)



## New Groups for young people

New groups will be offered in a youth friendly environment for young people 12-24 years who are current clients of Central Coast Children and Young People's Mental Health.

The new group program currently being trialed by Youth Mental Health commenced in September. At this stage the program consists of two phases. The first phase is a group program called Rock & Water and the second phase is a Cognitive Behaviour Therapy (CBT) group.

Rock & Water is an activities based program which draws on techniques from Tai Chi and Karate and uses physical activities as the basis for emotional growth.

Six young people experiencing depression and/or anxiety commenced and completed the first Rock & Water program. Preliminary evaluation suggests that the young people enjoyed the experience, and importantly all of the young people have agreed to attend the first CBT group. The validated measures that the young people completed also indicate positive changes in scores related to depression and anxiety.

The second Rock & Water group started on the 20th November and the first CBT group started on the 21st November. Family sessions will also be offered this time around for family members of clients attending the Rock & Water Program.

## New pre-employment education group

Ever thought about taking the next step into the workforce but not sure where to get help? Then this 3 week group can help! Looking at fears about work and unemployment and learning new skills to become job ready.

For more information about the next group contact: Michael **4304 7878**



Mental Health Artwork Exhibition 2007  
Winning entry self portrait by Jay

## New express yourself art group

**Thursday's 2pm – 4pm Youth Arts Warehouse  
Parkside building Donnison St Gosford**

The group can:

- Provide a venue for you to express yourself
- Be enjoyable & fun
- Help to develop a better awareness of yourself & your strengths
- Allow you to explore issues of mental health
- Enable you to experience success & sense of achievement

You don't have to be an artist to come along!

For more information about the next group contact: George **4304 7878**

These groups are for young people currently using Children & Young Peoples Mental Health services.



## New headspace Youth Alliance Consultants (YAC)

### What's this all about?

We are seeking interested young people aged 12 to 24 to give us advice and to help set up a youth friendly service for young people on the Central Coast.

Being involved in the "headspace Youth Alliance" is not scary. It's an opportunity for young people to make friends, make improvements to our service, promote positive mental health within the community, and make real changes that affect other people like you. Plus: Have fun and learn new skills.

(It will look great on your resume).

We value the opinions, ideas and perspectives of young people. We think that young people have a lot to contribute and therefore we would like to offer you an opportunity to express your ideas and concerns.

### What's in it for you?

Young people selected as consultants will receive casual employment and training. We will also pay for your travel to meetings and consultations. We want to make the meetings fun and easy going with a positive education component.

### What do you need to do?

After reading this!

1. Just ask for an expression of interest form and fill it in.
2. Your name, age and contact details are only required at this stage.
3. You will be contacted soon with details on how to become an Advisory member and given a comprehensive information package.

### Who can you chat to?

Contact the Youth Alliance Coordinator, Dion Richardson on ph **4304 7878**



Kenny Ross & Lorren McKellar at NSW Health Youth Mental Health Forum

### Training and Education Project

Sean Crawley and Adrian Cobbold (CNC) attended a train the trainer workshop in Melbourne recently for the roll out of a new headspace Training Package titled "Youth Friendly Practice".

Local roll out of this package is expected in the near future and is intended for a multidisciplinary audience who has contact with youth in the community.

If you have any specific training needs in your workplace please feel free to contact Sean at [scrawley@nscchhs.health.nsw.gov.au](mailto:scrawley@nscchhs.health.nsw.gov.au) or on (02) 4304 7878.



## Meet The New Staff headspace Central Coast

### **James Wilson: headspace Site Integration Project Officer**

I have worked in a combination of roles that have prepared me for the role within the headspace Project Team including working as a Case Manager, Youth Development Officer, managing a Road Safety Program and experience in developing mechanisms of community participation. The roles have involved project management - from inception through to completion.

### **Sean Crawley: headspace Training and Education Project Officer**

I recently joined the team as the headspace Training and Education Project Officer. I have a teaching and training background and was most recently working as the Education Coordinator for the POEMs program.

### **Dion Richardson: headspace Youth Alliance Coordinator**

After working in the community sector for a non government organisation for many years, I'm excited about being part of the headspace Central Coast Project and teaming up with enthusiastic and committed project workers and clinicians to enhance and improve youth access to mental health services.

### **Cindy Dargaville: headspace Community Awareness Project Officer**

I have worked for many years in youth health and health promotion in Northern Sydney and most recently worked as a community participation officer for Northern Sydney Central Coast Health. I'm looking forward to developing an innovative Youth Mental Health Community Awareness campaign.

### **Sandy Lane: headspace Admin Officer**

I have previously worked at Central Coast Cardiac Services. I'm thoroughly enjoying my new role working at ycentral.



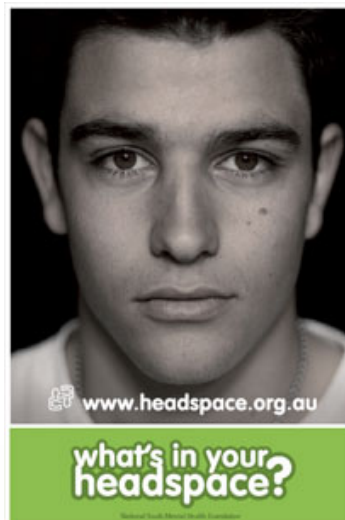
The headspace team, from left: Dion Richardson, James Wilson, Kathryn Culgan, Cindy Dargaville, Sean Crawley, Kerrie Turner

### **Kerrie Turner: headspace Data Project Officer**

I have worked for Northern Sydney Central Coast Health Service for almost 7 years, mainly in the administration field. Since coming to CYPMH, I have enjoyed collating data about the clients who use our service. I am looking forward to the challenge of the headspace data reporting with interest!

### **Kathryn Culgan: headspace Admin Officer**

Hi everyone. I used to work at Youth Connections and I'm looking forward to interacting with young people at ycentral.



## New Youth Mental Health clinicians

### **Julie Scullard: Youth Mental Health Worker**

New to the Central Coast I joined the team in July. I am an intern psychologist due to complete my registration in December this year and I have previously worked with adolescents and adults with both Alcohol and other Drug and mental health issues.

After working in the community sector for a non government organisation for many years, I'm really excited to help enhance and improve youth access to Mental Health services.

### **Melanie Clark: Youth Mental Health Worker**

I am new to this area health service and recently started on the Adolescent Mental Health Team. This will be an interesting and challenging position and I am looking forward to working with the young people who access our service. Before beginning with the Adolescent Mental Health Team I was working as a psychologist in adult mental health for nearly ten years.

### **Georgie Moore: Youth Mental Health Worker**

My name is Georgie (aka George) and I have lived on the Central Coast for 3 years now from Melbourne. I have previously worked in the Drug and Alcohol sector and with young people in employment, training recreational activities and disabilities. I look forward to many laughs and lots of loud music.

### **Michele Munday: Youth Mental Health Worker**

After relocating to the Central Coast 3 weeks ago I look forward to working in Youth Mental Health and I am in desperate need for recommendations on hairdressers, restaurants, a good mechanic and all of the essentials.

### **Marcus Missio-Spiteri: Youth Mental Health Worker**

Originally from Sydney, relocating to the Central Coast is becoming more appealing (beautiful beaches). After working in Sydney with youth for the past 6 years in Drug and Alcohol services, the challenge of mental health is an exciting new area with a steep learning curve. I look forward to working with such a dynamic and experienced team in helping young people access a Mental Health Service with a difference.

## Useful Phone Numbers

Central Coast Mental Health Intake	4320 3500
Central Coast Youth Health Services	4356 9333
Central Coast Drug & Alcohol Intake	4394 4880
Central Coast Division of General Practice	4365 2294
Pacific Link Housing Association Pty Ltd	4324 7617

### **Children & Young People's Mental Health**

The Gateway Centre, Suite 1,  
Level 2, 237 Mann Street, Gosford, 2250  
Phone: 4304 7878 Fax: 4304 7800



## Deb's space

Hi everyone – well it's nearly Christmas and it's hard to believe that we have been working away here for over a year, creating the new Youth Mental Health Service model (YMHSM) as part of the NSW YMHSM Project. It's also hard to believe that we put our tender in for the national headspace initiative funding last September and now we have the people on the ground, rolling out this project as well. I would have to say, it's been a big year!!

On reviewing the year that has (nearly) passed, there have been many moments of frustration (the slowness of the site (ycentral) being developed), and other moments of humor, particularly in working with Mel, and then there have been moments of pure joy (when a young person was recently assisted by the Primary Health Clinic and said it was so good they have referred a few friends).

Accolades to our partners: The concept of ycentral is for services focused on improving health and other outcomes for young people, to come together to achieve our common goals. What has been the singular most impressive part of this whole shared venture has been the commitment that everyone has had to step outside of their traditional boundaries, share resources and to generally work together in order to make things easier for young people, who need to access help.

Accolades to our staff: There have been many who have assisted over the past year, thank you to you all and I would like to take this opportunity to make a special mention of a couple in particular. To Fiona and Mel, who have worked tirelessly to make sure that all of our commitments (to timelines) have been met and ensure that our resolution to develop up this model with meaningful participation and consultation, many thanks.



Paul Warwick has also been fantastic in assisting us with what has been for us a new partnership with the CC Division of GP's and Dr Nick O'Connor has taken the leadership of YMH for Area Mental Health. To Sandie Carpenter (Mental Health), Kerry Stephenson, Graham Lane (Youth Health), Steve Childs (Drug and Alcohol), Shelia and Lou (Pacific Link Housing), our great Consortium partners, many thanks for making partnerships so much fun!

All of the new clinical staff have taken up the challenge of developing a new clinical service model well, and Reg is leading us quickly into the 'techno' revolution.

Welcome to our new staff who have recently joined us on this exciting adventure and to our new and emerging partners – we'll see a lot more of you next year!! All the best for the festive break and keep safe.

Cheers Deb Howe  
Project Mgr NSW YMHSM- CC Pilot and  
headspace CC





There are a number of consultation groups that continue to meet to help progress the establishment of ycentral. If you want to know more contact:

ycentral Accommodation Working Party  
ycentral Triage Working Party

headspace Training & Development Working Party

Youth Mental Health Community Consultative Committee & YMH Evaluation Working Party

Youth Mental Health Community Awareness Campaign Working Party

Youth Alliance

[jrwilson@nsccahs.health.nsw.gov.au](mailto:jrwilson@nsccahs.health.nsw.gov.au)  
[sleonard@nsccahs.health.nsw.gov.au](mailto:sleonard@nsccahs.health.nsw.gov.au) or  
[acobbold@nsccahs.health.nsw.gov.au](mailto:acobbold@nsccahs.health.nsw.gov.au)  
[schilds@nsccahs.health.nsw.gov.au](mailto:schilds@nsccahs.health.nsw.gov.au) or  
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[cdargaville@nsccahs.health.nsw.gov.au](mailto:cdargaville@nsccahs.health.nsw.gov.au)

[drichardson@nsccahs.health.nsw.gov.au](mailto:drichardson@nsccahs.health.nsw.gov.au)

## ycentral Planning Day

Over 30 people attended a planning day for ycentral to start to develop a mission and a set of values to guide ycentral into the future. Small groups looked at partnerships, why it exists, who does it serve, what will it do to achieve its goals and what image does ycentral need to convey to young people and the community. Further consultations with young people, staff and the Management Committee are continuing to finalise the mission.



Children & Young Peoples  
Mental Health

NORTHERN SYDNEY  
CENTRAL COAST  
NSW HEALTH

