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progress on the ycentral Site

Development of the ycentral co-located site at the Gateway Centre is progressing. Since the last newsletter the floor plans have been finalised by the architect, and the Development Application has been lodged and approved by Gosford City Council.

The building works have now commenced and will be completed by the end of June.

Our Youth Access Team has been progressing the development of clinical pathways for young people accessing the services that will be based on the site.

With the launch of the **headspace** yhealth Clinics, there is anticipation in the air of improved health outcomes for the young people of the Central Coast.



The finalised floor plan for the site



debspace

Hi there everyone....

It is really an exciting time at the moment with the commencement of the ycentral expansion finally on its way. The building work has begun and we can really see the site taking form very quickly now. We have

also had some really great consultations with staff and young people about the 'look' of the reception and client areas and that has been a bit of fun! The colour scheme and the general environment of this front area will make it a very comfortable place for young people to be.

There are a lot of other really good things happening here at ycentral. The Youth Access Team (page 7) is going well with lots of referrals coming in. Sean has been out and about with his **headspace** Training and the **headspace** YMH Community Awareness Campaign is about to start (in June). We are also teaming up with SeaFM and 2GO which will be a great partnership for us all. We have a launch coming up soon, so see you all there.
Cheers Deb Howe (on behalf of the CC YMH Consortium Group)

headspace Central Coast Clinics @ ycentral launched in March



Kim Pegg, Youth Alliance, Deb Howe and Peter Orchard, headspace cut the ribbon at the yhealth clinic



Members of the Youth Alliance prepare to crack the headspace piñata

An innovative new clinic for young people 12-24 years opened its doors on the 12th March in the Gateway Centre as part of the national youth mental health initiative known as **headspace**.

headspace Central Coast (CC) is one of 30 new youth mental health services across Australia working to reduce the impact of mental illness and substance use on young people.

The new **headspace** CC clinics for young people (yhealth) clinics will provide a place where young people aged 12 to 24 years can come and talk to doctors and nurses who are specially trained to work with them.

The launch was 'officialised' by Deb Howe, **headspace** CC Project Manager and guests included Peter Orchard, Director of Service Reform and Policy, headspace National, Paul Warwick, CEO, Central Coast Division of General Practice and members of the Youth Alliance.

Kim Pegg from the Youth Alliance spoke about what a great opportunity the CC had with the yhealth clinics being especially designed for young people with the main aim of improving access to GP's and Private Allied Health staff.

headspace Central Coast is a consortium involving the Central Coast Division of General Practice, Northern Sydney Central Coast Health (Children and Young Peoples Mental Health, Adult Mental Health, Drug & Alcohol, Youth Health), and Pacific Link Community Housing Association.



headspace yhealth Clinics @ ycentral information for young people

Have you or someone you know been?

- Feeling unwell lately
- Thinking about contraception
- Not thinking about contraception
- Thinking about sexual health testing
- Worried about drinking or drug use
- Feeling down or worried about something
- Hurt or bullied
- Not coping
- Not sleeping well
- Generally thinking your health could be better

The headspace yhealth clinic is a place where you can come and talk to doctors and nurses who are especially trained to work with young people aged 12 – 24. They are here to help with health problems that you might have... even those really private ones.

The clinic staff can help you with things like

- General physical health checks
- Sexual health
- Pregnancy
- Relationships
- Mental health problems
- Contraception
- Sexuality issues
- Information to keep you safe
- Nutrition and diet
- Immunisation
- Drug & Alcohol issues

What should you expect from the yhealth clinics

- To be seen as quickly as possible
- For your information to be kept confidential
- Respect – no matter what the issue is
- Friendly & non judgmental staff
- Free or low cost service
- Easy referral to other health workers

How to make an appointment

- Call **4304 7870** and ask to talk to the Youth Access Team (YAT)
- Drop in during opening hours 8.30am – 5.00pm
- Ask your health or youth worker, teacher, family or friends to make a referral to ycentral

How do you get there?

We are right across the road from Gosford railway station in the Gateway Centre.



an introduction to one of our Consortium Partners



Central Coast
Division of
General Practice

The Central Coast Division of General Practice (CCDGP) is the lead agency for the headspace Central Coast project. The CCDGP was constituted in 1994, and since then has demonstrated an unwavering commitment to the provision of quality health care to the community of the Central Coast through General Practice. In a region known for its broad geographic spread, its diversity of population density and high growth and its ageing population, the Division has always emphasised supporting patient care.

CCDGP is dedicated to assisting local general practitioners and their staff in supporting and developing their clinical and business needs.

The Division is active in facilitating general practice input into regional, state and national initiatives and offers a number of Program and Services to assist GPs in the provision of high quality primary care. Some of these with a mental health focus include:

- **The Better Access initiative** which aims to increase community access to mental health professionals and team-based mental health care, with GPs encouraged to work more closely and collaboratively with psychiatrists, clinical psychologists and other allied mental health professionals.
- **The Better Outcomes in Mental Health Care program** which is designed to provide GPs with support from allied health professionals contracted by the Division in treating people with a mental health disorder.
- **GP Shared Care** under which Clinical Support is provided to Central Coast Mental Health clients and their GPs. This clinical support continues until all parties involved agree that the patient's care will be managed by the GP solely.
- **The Mental Health GP Liaison Officer (MHGPLO)** ensures that all Central Coast GPs have the opportunity to utilise the support services of the MHGPLO via phone or practice visits from Monday to Friday 9am – 5pm.

Other programs focus on Advanced Care, Aged Care, Antenatal Shared Care, APAC/GP Shared Care, Cancer Care, Chronic Disease Management, Cervical screening, Home Medication Review, Primary Health Care, Practice Support and Quality Prescribing.

The Central Coast Division of General Practice is located at Suite 4, 210 The Entrance Road, Erina.
Ph: 4365 2294



another Community Partner youth connections the Youth Pathways Program

The Youth Pathways Program provides individualised personal assistance to young people aged between 13 and 19 who are most at risk of not making a successful transition through school and from school to further education, training, employment or active participation in the community.

One of our projects was to engage young people in a gardening project where the young people gained accreditation in Landcare Management and Conservation. This project aimed at getting young people to understand the value in conserving our environment and along with that it provided a feeling of ownership which in turn created a sense of belonging and self worth. This has proved invaluable for these young people to focus on their education.

Youth Pathways will link young people with other services who can help them reach their goals. The Youth Pathways team will meet young people in school or if they have left school at our Gosford or Wyong Office.

To find out if you are eligible or for further information regarding Youth Pathways please contact:
Annette D'Adam or Nikki Szabo on: 43228600



Participants enjoying the activities of the gardening project



Youth Alliance Consultants (YAC)

On the 15th and 16th April, 12 young people from the Central Coast got together for the first time to begin their orientation to their new role as **headspace** Youth Alliance Consultants.

The **headspace** Youth Alliance are a group of young consultants employed to work within the one stop shop youth mental health service **ycentral**. Their role is to improve the youth friendliness and access to services for young people who need help on the Central Coast.

The Alliance learnt lots of new skills over the 2 days including how to work together as a team.

Jedda Maloney said "I made 12 new friends in my team, we played games and got to know each other which was really fun – I'm really excited about headspace and the great new programmes".

Nerissa Bain and Kenny Ross felt really nervous about walking into the training. They thought they had nothing in common with the others. However, after talking and interacting in the training what had made an impact on them was hearing other people's opinions and their different perspectives, "because everyone in the Youth Alliance is so different".

"Even when we were learning it didn't feel like there was any pressure. Dion and Sean explained our role really clearly".

When asked why they got involved with the Youth Alliance, Kenny said that he "never thought that he could do anything like this and is really excited about working here".

Nerissa explained why she wanted to work with the Alliance. "My dream was always to be a hairdresser – but a lot of my friends have had some really big issues so when this came up I really wanted to make sure people get the help they need – I know we're not youth workers but we are going to help people -it's really a big deal for me".

We would like to welcome the 12 new young people as members of our team who are now working from ycentral.



The Youth Alliance are:
 Back Row, L- R Ben, Rebecca, Steven, Dion, Josh,
 Middle Row, L-R, Kim, Jedda, Michele
 Front Row, L-R, Peter, Kenny, Nerissa, Assunta, Larni



The Youth Alliance Coordinator is Dion Richardson who can be contacted on **4304 7870**



Youth Access Team (YAT)

Yahoo! Two YAT workers have been employed by headspace Central Coast (hCC) and will form the 'front-end' triage for ycentral.

YAT will provide an initial brief triage assessment for young people and then help them to navigate the service system. They will also provide support to the GPs and Nurse Practitioner in the two new clinics.

As readers are possibly aware, ycentral is a 'one-stop-YMH-shop' where a range of different youth orientated service providers will be co-located. These will include Mental Health, Drug & Alcohol, Youth Health, CC Eating Disorders Unit, GPs, VETE, Centrelink, Pacific Link Community Housing and hCC to name a few.

The Youth Access Team are Chris Kearnes & Kaz Knights who will be working 8.30am – 5.00pm Monday to Friday. These hours may change in the future, dependent on need and demand.

Chris is an Intern Psychologist. He has an extensive background in Youth Work, Vocational Education and Employment.

Kaz brings vast knowledge and experience from a Nursing background in Mental Health, Sexual Health, Drug & Alcohol, Youth Health, Corrections Health and development of Primary Youth Health facilities.

They both enjoy art and health, music, good food, laughing and hope that YAT will be able to provide easy access and smooth transition between health services for young people.



Chris Kearnes and Kaz Knights.

SPET - (Service Provider Education and Training)

headspace Central Coast has been busy this year rolling out training to a variety of youth service providers on the Central Coast.

Mental Health First Aid continues to be a popular and well regarded course and with the recent addition of the new Youth Mental Health First Aid Certificate bookings for these courses continue to fill the headspace CC Training Calendar for 2008.

Youth Friendly Practice is a one-day workshop that has been developed by headspace National and is currently being rolled out across Australia through the 30 existing headspace services. This training includes skills for engaging youth and how to perform a psychosocial assessment.

To date Burnside, Home and Community Care, Breakthru, Youth Connections, Juvenile Justice, Workwise and Gosford Youth Services have all received training by headspace CC.

The headspace Central Coast Training Officer is Sean Crawley, who can be contacted via email scrawley@nscchahs.health.nsw.gov.au or telephone (02) 4304 7878.



NSW Youth Mental Health Model Central Coast Pilot Update

The expansion of the clinical services of Children and Young People's Mental Health continues to be an evolving process based on the evidence to date and the experiences of both clinicians and clients. The evaluation of the expansion continues with surveys and focus groups on groupwork, family work, working with GPs and the geographical split of the clinical teams. Both Deb and Fiona continue to meet with other Youth Mental Health staff across NSW. CYPMH had a visit recently from 3 new Youth Mental Health staff from Orange.

NSW Health supports a Youth Mental Health Developers Group, which the Central Coast attend, to assist with sharing of ideas and the building of the Youth Mental Health model across NSW.

*Below are the Youth Mental Health Model Principles.
How many of these does your organisation practice?*

- Sustainable Clinical Governance of Youth Mental Health
- Commitment to a Promotion and Prevention Framework for Mental Health
- Improving Early Access
- Promoting 'Best Practice' Youth Mental Health Clinical Services
- Developing Effective Strategic Partnerships
- Focus on Recovery and Hope
- Establishing youth participation in governance, planning and implementation
- Improving Participation of Families and Carers in Mental Health Services
- Developing a Youth Mental Health Workforce

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
Youth Access Team	4304 7870

Children & Young People's Mental Health 4304 7878
 Suite 1, Level 2, Gateway Centre,
 237 Mann Street, Gosford, 2250

