



Newsletter

debspace - update from the Director

Hi all,

I can't believe it - we have now hit the halfway point for 2010 and I'm wondering, where has this year gone.

I would firstly like to start on a very sad note which is that Sheila Astolfi passed away several months ago. Sheila was the CEO of Pacific Link Community Housing Association and she was an innovator and pioneer in the Community Housing sector and our partner for many years. Firstly with CC Children and Young People's Mental Health (CC CYPMH) YPPI Program and more recently over the past 3 years or so as

one of the 'inaugural' members of the headspace Central Coast Consortium Management Team. Sheila's contribution to the community was enormous and we would like to extend our sympathy to her partner and to her family and she will be sadly missed.

It seems that 2010 will be a big year for mental health. It was very exciting when our friend Professor Pat McGorry was named the Australian of the Year. This is a wonderful opportunity not just for Pat but also for the mental health sector which has struggled with both funding and service reform over many years. Mental health has yet to find its place within the health system in terms of equity of access to the same level of funding that is allocated to other components of health care.

The profile and need for additional funding for mental health has also been taken up as a key theme for 'Getup'. 'Getup' is an independent political movement which brings 'like minded' Australians together on key issues. The recent petition that was given to Ms Julia Gillard on her first day of Office as PM, of some 84,000 signatures requesting additional funding for mental health, reflects the momentum that is growing across the community about the importance of mental health as a key issue for us all. It has been really busy across ycentral

as usual and our MBS funded component of the service continues to grow. We now have GPs here four days a week and Private Allied Health staff providing counsel-

ing 5 days of the week. The demand is high for counseling services and there is now a waiting time to access these services on site. The headspace CC Consortium have signed off on expanding to take on more space downstairs and we are just waiting for the formal sign off on the fit-out that is required with the new space. This will then mean that we can take on more Private Providers on the headspace component of the site.

We are still working on the transition of headspace CC from CC CYPMH to Samaritans and this should be completed soon with CC CYPMH stepping back from the headspace CC program management role. We would like to congratulate Fiona Duignan who has been successful in obtaining the headspace CC Program Development Manager's position. Fiona will begin this position from July 1 and we are very lucky to have someone as competent as Fiona in this role.



Keep safe
Cheers Deb

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Newsletter

International Youth Mental Health Summit

An International Youth Mental Health Summit was held on the 19th May this year in Killarney Co Kerry Ireland. The purpose of the Summit was to bring together an International group to seek consensus in creating an International Declaration for Youth Mental Health.

The Summit was auspiced by the Association for Child and Adolescent Mental Health (ACAMH) Special Interest Group: Early Intervention in Youth Mental Health.

The participants in the Summit included international leaders in YMH and early psychosis services; GPs; academics and researchers; philanthropists; policy advisors; health department staff; carers, families and consumers of services.

The idea for the International Youth Mental Health Declaration was based on the previous work which resulted in the Early Psychosis Declaration (WHO/IEPA 2004). This declaration significantly informed and supported the transformation of the early psychosis models of care. This has been taking place for the past ten years or so, and has refocused mental health service provision towards the need for an early intervention approach. The early psychosis declaration also 'articulated a consumer-led demand for greater social justice for young people and their families, and called for a replacement of a 'one size fits all' service led

approach by a person centered approach' (ACAMH, 2010).

Young people wrote the forward to the Draft International Youth Mental Health Declaration and there were four main themes.

Community Awareness and Competence: which aims at addressing stigma by challenging attitudes, increasing the knowledge and awareness in young people about mental health problems and mental illness and ensuring equitable access to services at the earliest possible stage.

Culture of Care: taking on a staged approach to treatment; ensuring youth and family friendly services and settings; continuity of care and access to services across the age span of 12-25 years, especially for young people at critical transition points; young people and families having access to integrated services and young people being actively engaged in youth participation strategies in order to inform service development.

Social Recovery and Outcomes: young people should be assisted to achieve their full potential and to lead fulfilling lives.

Families and Carers: families and carers are vital partners in care and the service system should be inclusive of and responsive to their needs.

The Summit was broken up into four sessions: Youth Mental Health Per-

spectives - Needs and Challenges; Development of Youth Appropriate Services - Principles and Practice; The International Declaration of Youth Mental Health; and Formation of a Youth Mental Health International Network. A range of international speakers presented and, from a NSW perspective, Deb Howe spoke about the integrated model of youth mental health care developed through the ycentral site. It was great to see a Central Coast program 'showcased' at this level on the international stage. Where to next?

From the feedback obtained at the Summit another draft will be developed for discussion at the International Youth Mental Health Conference to be held in Melbourne in July 2010.



From left to right: Prof Helen Herman, Mr John Moran and Prof Patrick McGorry (from Orygen Youth Health) at the International YMH Summit





An interview with Prof Pat McGorry, Australian of the Year

Professor McGorry is a hugely generous man who has dedicated most of his professional career to assisting young people and advocating for service reform. His extraordinary 27 year contribution to the improvement of the youth mental health sector has transformed the lives of tens of thousands of young people both nationally and internationally. He is recognised world wide as a leading researcher, clinician and advocate for Youth Mental Health. In January 2010, Professor McGorry received the prestigious honour of being named the Australian of the Year.

Professor McGorry has a long term association with Children and Young People's Mental Health. He was highly influential in the development of the service, in particular the Young People & Early Psychosis Program (YPPI). YPPI was one of the first early psychosis services to be established in Australia. The development of YPPI closely mirrored the work of Professor McGorry and his team at the Early Psychosis Prevention Intervention Centre (EPPIC), Melbourne. EPPIC set the standard both nationally and internationally in terms of mental health care for young people with emerging and established psychotic disorders. Given Professor McGorry's busy schedule, we were delighted to be able to ask him a few

quick questions.

Q: What does it mean for you Prof McGorry being Australian of the Year?

Prof McGorry: A great honour—one that is owed to and shared with my colleagues, family and people with mental ill health and their families. A huge opportunity to advance the cause of mental ill health in Australia.

Q: How might this help to progress Youth Mental Health?

Prof McGorry: Better access to the media, the public and the political leadership.

Q: What changes have you seen in Youth Mental Health over the past 10 years?

Prof McGorry: The advent of specialist Youth Mental Health services separate from children and older adults, most dramatically via head-space.

Q: What would you like to see for Youth Mental Health in the future?

Prof McGorry: We have put a toe in the water only so far. We need to scale up the system dramatically. Need major investment, a new type of workforce and a new professional field.

Q: Being so busy—how do you look after your own mental health?

Prof McGorry: Being busy is part of my good mental health, I am not bored! Progress and better access

and care for young people make me feel optimistic and positive in my outlook. I also have a great family and friends and enjoy surfing and watching football.



Above: Prof Patrick McGorry at the ycentral launch.





An introduction to new headspace Consortium Partners



The headspace CC Consortium expanded in late 09 to include the four following new agencies: Brain Mind Research Institute (BMRI), New Horizons, Regional Youth Support Services (RYSS) and Youth Connections. There was also a change in the headspace CC Lead Agency. Samaritans are now the headspace CC Lead Agency replacing Central Coast Division of General Practice in this role. In this issue we introduce our four new Consortium Partners and a new Lead Agency.

Brain & Mind Research Institute



The Brain & Mind Research Institute (BMRI) has a fundamental commitment to the long-neglected areas of brain and mind disorders. Their commitment also includes pursuing genuine partnerships with the wider community and is a vital part of their research and activities.

The BMRI brings together clients, support groups and front-line carers with scientists and clinicians working in neurosciences and brain research. The neurologists, psychiatrists and basic neuroscientists are housed together in an environment that pro-

motes synergy of effort and sharing of ideas. The BMRI promotes new research discoveries into disorders of the brain and mind and provides hope for those individuals and families whose lives are devastated by these conditions.

The BMRI is the lead agency for headspace in Macarthur, Campbelltown & Southern Highlands and they opened a new Youth Mental Health centre in 2009, which has been funded by NSW Health.

New Horizons



The mission of New Horizons is to provide quality support services for people with disabilities or who are frail aged. New Horizons provides services in supported accommodation, supported employment and aged care.

New Horizons services have a strong consumer focus with staff working in partnership with service recipients to maximise individual outcomes. Service recipients are supported to access a range of community based services that facilitate integration and participation in community life. The target group includes people with:

- a psychiatric disability
- a mental illness and problematic substance abuse

- an intellectual disability
- an acquired brain injury
- dual diagnosis

New Horizons provides the following services:

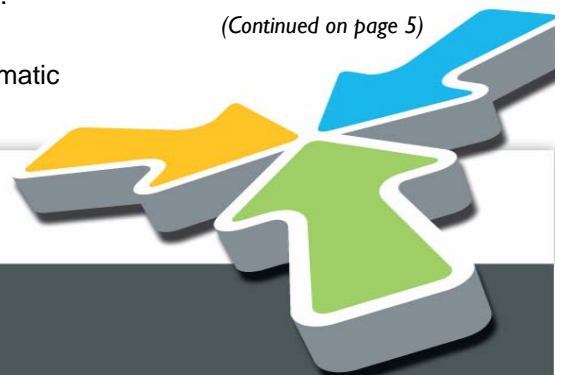
- developing, implementing and monitoring Individual Service Plans in conjunction with service recipients
- coordinating a range of clinical, vocational, recreational and support services
- providing support, counselling and education to service recipients and significant others
- liaison with other service providers involved in support management
- medication management
- support and training with daily living skills

Regional Youth Support Services



Regional Youth Support Services Inc (RYSS) provides high quality services, resources, facilities and specifically tailored programs to people aged 12 to 24 years. RYSS initiatives include Interlynk,

(Continued on page 5)





Youth Arts Program, Wyoming Youth Centre, Outreach Youth Workers, Shy Program & Caseworker.

Interlynk provides internet connection, 10 computers, email, word processing, scanning, printing, games and much more to all young people aged 12 to 18 years. Tuesday to Friday 3.00pm to 6:00pm.

Youth Arts Program provides creative community based programs for young people across the region. Activities include virtual arts, music, concerts, drama and access to resources, training and information at an entry level to the arts.

Wyoming Youth Centre provides a Youth Group Program, information and referral services for young people 12 to 18 years of age. Open Tuesday to Friday 3:00pm to 6.00pm.

SHY Program & Caseworker assist young people between the ages of 16 to 21 to gain suitable, independent housing. The SHY Program (Supported Housing for Youth) assists young people who have been referred directly by the Department of Juvenile Justice. The one year program assists motivated young people to develop their living skills so they are equipped to live independently and reduce the chances of re offending. Services and young people can refer to the Casework program.

RYSS CORE VALUES

Potential - We recognise, nurture, & develop potential.

Inclusion - We accept and embrace diversity and inclusion, through service delivery and community participation.

Community - We promote the participation of young people in their communities, through partnership and advocacy.

Quality - We provide quality services for young people, through professional, ethical and respectful practice.

Empowerment - We assist self-determination by exploring options, challenging obstacles, supporting informed choices.

Youth Connections



Youth Connections (YC) supports young people aged 13-19 on the Central Coast. YC helps young people access employment, education, training and recreational opportunities to improve their quality of life and choices for the future. We recognise the unique learning abilities among all youth and aim to provide a wide range of programs with differing learning environments that meet their specific needs.

youthconnections.com.au staff is active in all schools on the Central Coast, supporting participants with a holistic approach, ensuring they are up to date with all youth services available. Regular face-to-face meetings are imperative to the success of

this support process.

youthconnections.com.au has also implemented a number of initiatives including YC Industry Link, YC Radio, Green Central and after school and vacation care to partner more widely with the youth community.

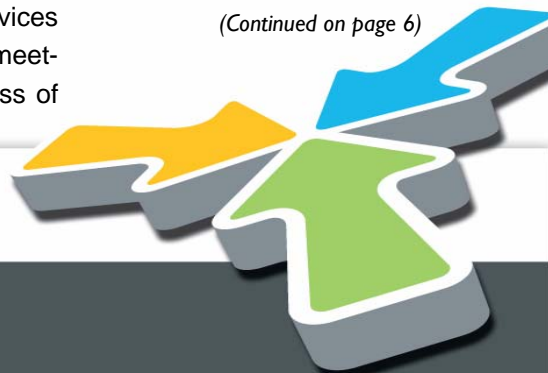
YC Industry Link is a member of the Central Coast Apprenticeship Training Advisory Committee supporting education with employment opportunities for young people.

YC Radio is a youth-run radio station under the guidance of media professionals. YC radio offers Central Coast Yr 11 and 12 entertainment students valuable hands-on, studio experience. In partnering with CoastFM963, YC Radio plays student self-produced radio programs at 7pm every Monday night and provides live broadcasting experience with an Outside Broadcasting Van.

Green Central is a hub based at Mt Penang to encourage sustainable community enterprise. Green Central creates more prospective employment for young people in traditional trades, through a café, wholesale nursery and education centre.

T-Team and Skools Out are after school and vacation care for youth with a disability. These programs plan social events and excursions that engage, encourage and develop what

(Continued on page 6)





they have to offer their families, future employers and the community. youthconnections.com.au are inherently convinced by the capabilities of all youth and committed to finding new ways to improve educational outcomes for young people on the Central Coast.

Samaritans



The Samaritans Foundation was established as the welfare agency of the Anglican Diocese of Newcastle in 1984. It is one of Australia's largest regional welfare organisation providing more than 118 services to approximately 60,000 people annually. These services are provided in the areas of children, youth, family, community development, disability, employment, health promotion, recycling of donated clothing and emergency relief services. Other programs include disaster relief coordination, social policy research and special joint initiative projects including the Two Bishops Trust.

Samaritans employs more than 450 people working in a diverse range of community welfare, support and administrative roles. Importantly, 400 volunteers throughout the regions support the foundation.

Examples of the Samaritans Services on the Central Coast include:

Central Coast Youth Outreach

Team (SORT) works with young people aged between 14 and 24 years specifically targeting teenagers who are homeless or at risk of homelessness, providing one-on-one support, advocacy and referral.

Early Intervention and Activities (EIA) Service provides a variety of supervised activities for young people aged between 10 and 18 after school and during school holidays.

Wyong Youth Crisis Accommodation (Stepping Stones) is a crisis accommodation provided to young people for up to three months who are homeless.

Active Linking Initiative/Community Based Activities (ALI/CBA) provides community access, skills building and recreational activities for people living in Licensed Residential Centres and Supported Accommodation.

Enhanced Living Options (ELO) residential services are group homes in Bateau Bay and Warnervale for people with a disability, supporting the development of living skills.

Central Coast Respite Services Adjoining properties Jilliby and Killara provide respite accommodation and activities to people with a disability over the age of 18 for one week every four months. Killara provides residential respite for people with intensive care support needs.



Four buses run across the Central Coast to inform young people and their families about headspace @ ycentral.





YAT, CYPMH & MH Central Intake - what is what...

headspace CC Youth Access Team (YAT)

YAT is based on the ycentral site. YAT assists young people (12-25) to successfully navigate their way through a range of services on the Central Coast. YAT provide information, assessment and facilitated referral. The main focus of YAT is to help with early access to mental health and drug and alcohol services.

YAT can be contacted on
4304 7870 between 1pm-4pm
(Monday to Friday)

YAT receives referrals from a variety of sources including family, friends, school counsellors, GPs, support workers and from the young person directly. The referrals are for a variety of issues such as mental health, family conflict, drug & alcohol use, physical health issues including sexual health and bullying. In addition to information, referral and assessment, YAT also provides support for the yhealth GP clinics, located @ ycentral.

Children and Young People's Mental Health @ ycentral

Children & Young People's Mental Health (CYPMH), funded by NSW Health, provides mental health services and non clinical services in both

the community and inpatient settings. Programs cover early recognition and initial contact & assessment through to acute community based support recovery and ongoing care. Services provided through CYPMH @ ycentral include:

ypage provides information, mental health assessment, brief intervention and referral for children and young people 12-24 years. Following a referral from Central Intake, ypage is the access point into the clinical services provided through CYPMH.

Youth Mental Health team provides intensive case management and support for young people aged 12 to 24 years with moderate to severe mental health problems and mental illness excluding psychosis.

Young People & Early Psychosis Intervention (YPPI) team provides specialist intensive case management and support for young people aged 12-24 years with early / first episode psychosis.

Prevention, Promotion and Early Intervention (PPEI) team includes Children of Parents with a Mental Illness (COPMI) and Parenting, Perinatal and Infant Mental Health, School-Link Coordinator, 'e' Youth Mental Health Coordinator and Research Officers. Children and Young People's Mental Health is located at the ycentral site in the Gateway Centre,

Gosford.

Mental Health Central Intake is the main access point for young people with serious mental health problems and/or referral out of hours. Central Intake is the point of contact for **ALL PARTS** of the Mental Health Service, e.g. Children & Young People's Mental Health, Adult Mental Health and Older Persons Mental Health. Central Intake links people into the most appropriate part of the Mental Health Service or provides information about other services & agencies that might better meet the needs of the client. Mental Health Intake can be contacted on **4320 3500, 24/7.**





headspace CC update



headspace CC has had a very busy time seeing over 100 young people every month. We've had a few staff changes...we say "thank you" to Andrew Astolfi our hardworking Youth Access Team Worker who has left us to finish his University degree and thank you to Katie Gordon who has moved to the Hunter headspace site. We say "welcome" to Fiona Duignan who is the new Program Development Manager for headspace CC.

headspace CC is looking at expanding downstairs on street level right next to the Medical Centre. We will still be part of ycentral and we will be adding some more consultation rooms where young people and their families can see headspace Allied Health Professionals once referred by a GP. Watch this space for further info!

Spotlight on the faces of headspace CC...

Hi my name is **Tash** and I've been working here at headspace @ ycentral in reception for just over a year now. Before that, I was working in a medical centre, but I have found that I much prefer working with young people! I really enjoy working here, we have an awesome team and I have met loads of great young people along the way. I have 0 cats, 0 dogs, 0 fish and 1 husband! I am a fan of all things Jane Austen, love playing air

hockey, and can usually be found with some form of chocolate nearby! ..THE END

headspace Specialist Training

Our Managing Challenging Behaviors Workshop on 11th June was hugely popular. It was an interactive workshop for a multidisciplinary group with lots of small group work. We'd love to share with you a great article from the workshop.

McCutcheon LK et al. (2007), *Tips and techniques for engaging and managing the reluctant, resistant or hostile young person, The Medical Journal of Australia* 187 (7): S64-S67.

This article provides an overview of the issues of managing challenging behaviours in young people. Although it was written for primary carers and mental health clinicians, there are many useful practical strategies that will be helpful to others working with young people. The article includes information on: engagement (the process of establishing and maintaining a collaborative working relationship) and potential barriers to engagement, the management of risk of suicide and self-harm and the management of aggression.

For further information about headspace CC contact front reception on 4304 7870.

CHANGE IN HOURS OF SERVICE

Please note that due to a high demand we are changing our hours so that we can continue to provide quality services.

We are open from between 8:30am – 5:00pm (Monday to Friday) for **BOOKED APPOINTMENTS ONLY**

Drop in and new referrals are invited to visit between **1.00pm-4.00pm** (Monday to Friday)

Callers arranging new appointments or seeking help are asked to call between **1.00pm-4.00pm** (Monday to Friday)

Changing or canceling an appointment? Please call between **8:30am-5:00pm** (Monday to Friday)

If a young person is in a crisis situation or needs immediate medical assistance please advise them to contact emergency services on 000 or visit the Emergency Department of Gosford or Wyong Hospitals.



What we know about young people @ ycentral

A total of 1541 young people were referred to the ycentral site between 1st of December 2009 and 31st May 2010. Eight hundred and sixty seven (867) young people were involved with ypage (intake team for Children and Young People's Mental Health (CYPMH)), of those, 460 were new clients. Six hundred and three (603) referred to headspace CC and 71 were referred to both services.

CYPMH clients

Seventy one percent (71%) of new referrals (460) to CYPMH were 12-17 years old and 25% were 18-24 years old. Over half (58%) of all referred young people were females. Two percent (2%) were Aboriginal or Torres Strait Islander. The most common presenting problems were depression, suicidal ideation, self harm and anxiety which account for 51% of all presenting issues.

headspace CC clients

Around three quarters of headspace clients were under the age of 18 and more than half were females. Almost 9% of clients were Aboriginal or Torres Strait Islander. The majority of the clients lived in private housing, with either both or one parent. Young people were most commonly referred by a family member (40.8%)

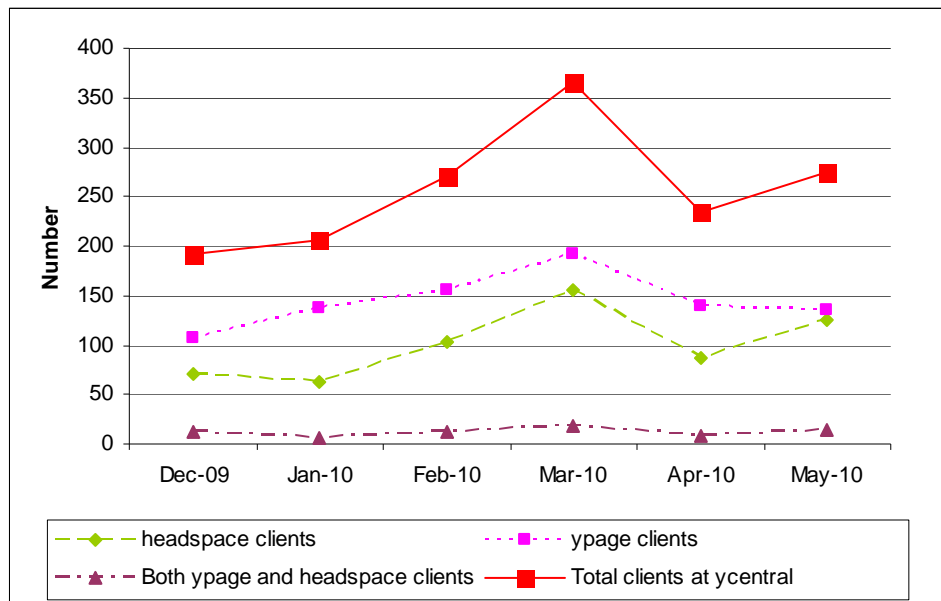


Figure 1: Referrals to ycentral site by month (Dec 09 to May 2010)

or self presented (23.7%). A significant number of headspace CC clients were referred for multiple issues, the most common being mental health issues (71.5%), followed by physical health (28.5%) and general assessment (18.8%). The most common presentations for mental health problems were anxiety disorders, depressive disorders and anger management issues. After assessment the majority of young people were referred to General Practitioners or Private Allied Health Professionals at ycentral.



Mental Health and Parenting Census



Parenting is a challenging task and can be even more demanding for parents experiencing mental illness. Without adequate emotional and social support, dealing with a mental disorder may greatly impact parenting and can result in an inability to meet children's basic needs. Subsequently, there is a need for mental health services to be able to identify and provide appropriate support to these families.

Accurate data on the prevalence of parents with mental health problems has in the past been limited. However, recent estimates range from 11.8% for a general community sample, 20.4% for mental health facility users in Victoria and 23.28% in a large-scale population estimate. International studies suggest that approximately 50% of clients accessing adult mental health services have children below 18 years. Whilst these studies contribute to the knowledge base regarding the prevalence of parental mental health problems or mental illness and the number of children

affected, overall they provide limited detailed and contextual information about family circumstances, including risk factors for children.

In acknowledging this gap Central Coast Children & Young People's Mental Health identified the need to develop an ongoing systematic method to collect data about families within the mental health service system. This resulted in the development and implementation of the Mental Health and Parenting Census (MH&PC).

The MH&PC has occurred annually since 2008. On census day all clinicians within the Central Coast Mental Health Service identify any clients who are parents of children 0-17 years (&/or pregnant) and complete a data collection form. The data collection form has evolved from year to year, but has consistently collected information on parents including demographic variables (e.g. age, gender, residence, marital status, ethnicity), and clinical and social issues (e.g. social support, alcohol and other drugs (AOD) issues, domestic violence). Information about children is also collected including the number of children, age, gender, and frequency of parental contact with children, whether the parent is a biological parent and involvement of Department of Community Services (DoCS).

Over the period of the three censuses 684 clients within the service have been identified as parents of children 0-17 years. The prevalence of parents within the mental health service across this time period has ranged from 25.3% to 28.3%. The most common diagnoses for parents were mood disorders, psychotic disorder and anxiety disorders.

The number of children identified by the censuses has ranged from 405 to 486 children. Of these approximately 60% are in the permanent care of their parent with a mental illness.

The mental health and parenting census has been successful in identifying the prevalence and demographics of parents and their children within a mental health service. It is hoped that this information can be used to inform service planning as well as raise awareness of parents and children accessing the mental health service.

For more results and further information please contact a member of the project team at CYPMH – Deb Howe, Samantha Batchelor, Kashka Bochynska or Ruth Phelan – phone: 43047878.





International Youth Mental Health Conference

The First International Youth Mental Health Conference is to be held in Melbourne on July 29th and 30th, 2010. The conference will bring together local and global experts to inform the wider community of best practice developments and interventions in Youth Mental Health.

The conference will showcase over 60 presentations on research and evidence based best practice across the key areas of youth well-being and mental health.

It will include youth health and mental health, education and vocational issues, health promotion, service re-

form, drug and alcohol, youth participation and e-technology streams.

This is an important event for Australia and the mental health field. It is expected that this will be the first of many similar conferences, bringing together innovators, practitioners, researchers, young people and families to showcase the best of youth mental health innovation from around the globe.

The conference will appeal to mental health and allied health specialists including psychologists, social workers, educators, psychiatrists, nurses, occupational therapists, youth work-

ers, counsellors, policy makers and anyone interested in young people's mental health. For registration details and conference program go to

<http://www.iymhconference.com.au>



Mental Health Month announced

The Mental Health Association NSW (MHA) recently announced the launch of Mental Health Month NSW (MHM) for the month of October 2010. Formerly known as Mental Health Week NSW, the campaign is extending to the whole month of October.

As Gillian Church, CEO of MHA said, the whole month *"provides the hundreds of organisers who participate in the campaign more time to participate in more events across their communities and spread the important message that mental health is everybody's business."*

The theme this year is 'Good friends help us bounce back' - promoting the

importance of building and maintaining good friendships in the building of our resilience. The Starter Kit is now available for download from the MHA website. The Kit contains information about applying for small grants and ordering free resources. The information and nomination form for the 2010 Mental Health Matters Awards is also available. Last year we were proud to celebrate ycentral receiving NSW Mental Health Matters Award in the category of Innovation in Service or Program Delivery. For more information about Mental Health Month visit

www.mentalhealth.asn.au



Above : Ms Deb Howe, Director CYPMH, accepting the 2009 NSW Mental Health Matters Awards in a presence of the NSW Governor, Her Excellency Prof Marie Bashir





ycentral.com.au gets a new, fresh look

The new ycentral website was re-launched recently during youth week (10-18 April 2010). The launch was well attended, and the site received much positive feedback.

The redevelopment of the website has been a challenge, due to both rapid changes in technology and in trying to gather together so many great ideas to make a youth friendly, functional website. The redeveloped website is now providing a safe environment for young people aged 12-25 to access information on general and mental health services at ycentral.

Results of a survey of young people informed the redevelopment of the new website. A common theme from the results was the need for "more interaction". This has been addressed through the yinteractive link. yinteractive provides young people the opportunity to express their ideas and views, raise issues of concern to them and act on issues which affect their lives through music, art, pod casts and stories. This interaction will also provide an opportunity to decrease the stigma that is often associated with youth and mental health.

Young people connecting to www.ycentral.com.au will be able to read other people's stories, listen to local music, look at local art and keep

up to date with the local happenings through our news and events link. This also provides an opportunity for the wider community to listen to young people, and acknowledge the achievements and contributions they offer to the community.

www.ycentral.com.au also includes an online email support service.



Young people can register with this service to email a qualified health professional for advice or to discuss their current situation. The email support service may provide a stepping stone for young people to come into ycentral to speak with someone face to face.

An e-counselling link which will allow young people to receive in-depth, therapeutic counselling on-line is also planned for the future. Click on "a helping hand" on the home page for more information.

The yworkers link is another new addition which aims to provide information and resources for professionals to support children and young people.

Training and workshops will be advertised here to support professional development.

www.ycentral.com.au enables both young people and health professionals to receive information on a range of mental health issues, and the opportunity to share local art, music, and stories with others.



Feedback on the website is much appreciated and can be provided by clicking our feedback link. We value your comments and will try our best to keep you updated.

For more information contact Marcus Missio-Spiteri, e- Youth Mental Health Coordinator.





Meet our doctors at ycentral

Young people can attend the yhealth GP Clinics @ ycentral to address issues such as women's health, eating disorders, sexual health, men's health and general health. The clinics are bulk billed and confidential. The primary health care clinics can also link into various counsellors if required including drug and alcohol and mental health. Currently two youth friendly doctors are providing services to young people at ycentral. To refer a young person to our doctors call headspace CC on **43047870**.

Dr John Buttlar

What do you like about working @ ycentral?

The friendly and supportive team and approach to problem solving. It is a huge change compared with solo general practice where every problem is yours to solve alone.

How do you find working with young people?

Loving it. I remain constantly amazed by the resilience of these people as they share their stories both happy and painful. An immensely rewarding time.

What are your interests professionally?

General medicine, dermatology, mental health assessments and preventive medicine.

What do you enjoy outside of work?

My other passion and career is a life making art—mainly painting in acrylics/inks. I spend a lot of time paddling in kayaks, fishing in salt and freshwater, growing veggies and cooking. After seven years in Tasmania building a studio/home I am enjoying more time with our 2 children and grandchildren. When I am still at a loose end I practice headstands!

Dr Colette Hourigan

What do you like about working @ ycentral?

The kids, the ability to access many services under the one roof, the fabulous YAT workers including Trina (Practice Nurse) who is amazing and keeps doctors connected with the rest of ycentral.

How do you find working with young people?

Challenging but immensely rewarding. It's a privilege to be able to be involved in their lives and to hopefully improve their lives in some way.

What are your interests professionally?

Eating disorders, polycystic ovarian syndrome, contraception including hirena insertion and implant insertion and removal, management of mental health issues.

What do you enjoy outside of work?

Gardening, reading, cooking and skiing. Being involved in my own boy's lives. I have two boys aged 18 and 16 years. Including my husband the male to female ratio is 3:1 so I get to do a lot of housework.



GP Clinic @ ycentral

Monday	9:00-15:30 (male GP)
Tuesday	9:00-15:30 (female GP) 13:00-15:30 (male GP)
Wednesday	9:00-15:30 (female GP)
Thursday	9:00-15:00 (male GP)





Young Carer Coordinator @ ycentral

A young carer is a child or young person up to 25 years of age who provides support for a family member who has a long term physical illness, a disability, mental illness, or an alcohol and/or other drug problem.

There are 90,200 young carers (4% of all people under the age of 26) in NSW.

As many young carers do not identify with the term 'young carer' this number is likely to be an underestimate of the number of young carers. Many young carers see themselves as a son, daughter, brother, sister, good neighbour or friend. The roles of young carers vary greatly and depend on the nature and severity of the illness of the cared-for person. Young carers may provide both practical support (e.g. assisting with domestic duties, personal care and transport) and emotional support (such as lis-

tening to problems of the cared-for person, accompanying an adult to medical appointments and interpreting). Each caring role is unique, what they all have in common is that young carers have more responsibilities than other young people their age. Many young carers are challenged by their situation. Despite this, young carers often do not seek assistance because they are scared of being seen as different from their peers or they are afraid that they will be removed from their family. It is important to remember that young carers need understanding, support and respect.

Assistance for young carers is available through the young carers project. It is a flexible service depending on the young carer needs and can include organising respite, young carer camps, information, advice and referral to other respite options available.

The project also provides the support for instance for tutoring and purchase of school supplies.

The young carers program is now available @ ycentral the last Thursday of each month 2pm-4.30pm.

If you would like to make an appointment to speak with a member from the young carer team please call 4304 7870 or you can just drop in. You can find young carer information on the ycentral website.

You can also contact the Central Coast Carer Respite Centre on 1800 052 222



Mind myths and me - a fact pack for young carers

Mind, myths and me is a fact pack booklet for young people who live with someone with mental illness. This booklet was developed and produced by young carers from Gloucestershire, United Kingdom. They share their own personal experiences to help others in the same situation. The booklet was adapted by Children and Young People's Mental Health for the

Central Coast region. It contains useful information, tips, websites and contact numbers for relevant services. The booklet will be available for download from www.ycentral.com.au (young carers section) in near future.





collocated services at ycentral

At ycentral there are a range of skilled workers providing primary health assessments, intervention and advocacy for young people. Ycentral staff work in collaboration with other health care professionals including GPs where appropriate.

Currently 8 Private Allied Health Professionals (including Psychologists, Social Workers, Occupational Therapist, Dietitian and Exercise Physiologist) are available to see young people @ ycentral. Their services are bulk billed under a Mental Health Care plan and/or Enhance Primary Health Care Plan.

There are also a range of other services including:

Wesley Mission Getting It Together Scheme (GIT) provides support for young people 12 to 18 years of age and focuses on their needs and strengths, to identify new possibilities and to work towards solutions and goals that are identified by the young person. The GIT program works in tandem with Wesley Mission Independent Living Program (ILP), an early intervention, living skills and accommodation initiative. The GIT program operates out of ycentral every Tuesday (times vary).

Centrelink is available to young people who need help with youth allowance, ABSTUDY, Austudy, financial assistance, career information, changes to claims and a lot more. A Centrelink worker is available at ycentral every Tuesday between 9am-12pm.

Central Coast Tenancy Advice and Advocacy Service offers free help with starting tenancy, rights and responsibilities of tenants, information and advice, advocacy, assistance at the Consumer Trader and Tenancy Tribunal and more. The Tenancy Advice and Advocacy Service operates out of ycentral on the first Wednesday of the month between 10:30am-2.30pm.

Cannabis clinic aims to improve the health and well being of people affected by the use of cannabis and to reduce the risks of harm to individuals, families and communities associated with cannabis use. Services provided include assessment and counselling, education, support and specialised treatment for Mental Health clients with co-existing cannabis use.

Young Carer Coordinator see page 14 for more information.

To refer a young person to one of the services at ycentral call headspace CC on **4304 7870**.

Collocated partners @ ycentral

Centrelink	Tuesday 10:30-12:30
Tenancy Advisory Service	1st Wednesday of the month 10:00-14:00
Cannabis Clinic	Wednesday /Friday
Getting it Together Scheme	Tuesday
Young Carer Coordinator	Last Thursday of the month 14:00-17:00



headspace CC reports

Children and Young People's Mental Health research team has been busy working on the headspace CC reports, which were completed in late February. The reports describe the initiatives headspace CC undertook in phase I of the funding.

Three of these reports focus on headspace CC specific projects: Youth Alliance, Training and Education and Community Awareness. The fourth report outlines the structure of

headspace CC, development of clinical components, evaluation and provides the summaries of headspace projects. For copies of the reports please contact us on 4304 7878.



Useful Phone Numbers

Central Coast Mental Health Intake	4320 3500
Central Coast Youth Health Services	4356 9333
Central Coast Drug & Alcohol Intake	4394 4880
headspace CC	4304 7870
Central Coast Division of General Practice	4365 2294
Pacific Link Housing Association Pty Ltd	4324 7617
Children and Young People's Mental Health	4304 7878



If you have any comments about the

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