

headspace Port Macquarie Summer 2016 Newsletter



Great Start to 2016

Our school holiday programs were a real hit! They consisted of a Beauty 101 workshop, Stand Up Paddle Boarding, Harry Potter movie marathon and bushwalking. It was great to give young people an opportunity to meet some new friends and get out and about with our awesome staff.

Our team has been kept busy with young people coming steadily through the door. The commencement of a new school year often brings about new challenges and increased anxiety and we are here to offer support and coping strategies to assist with smoother transitions.

Youth Space

The **headspace** Youth Reference Group (YRG) will be undertaking the new Youth Advocates Program this coming semester.

Youth participation is a fundamental part of effective service design and delivery at **headspace**. This program exists to ensure young people engaged in youth representative roles and activities at **headspace** Port Macquarie are resourced and have opportunities to develop skills to become advocates for change in their communities.

Once the 9 modules of the project based Youth Advocates Program are complete, our Youth Reference Group will be able to talk knowledgeably about mental health, **headspace**, encourage help seeking, analyse local area needs and plan their advocacy.

When we are open

Monday	9.00am - 2.00pm
Tuesday	8.30am - 6.00pm
Wednesday	8.30am - 6.00pm
Thursday	8.30am - 6.00pm
Friday	9.00am - 2.00pm

headspace is not a crisis service.
If you have an urgent enquiry please call the
24hr Mental Health Line 1800 011 511 or Lifeline 13 11 14.

Kind Community Donations - Thank You!

Support from the local community enables **headspace** Port Macquarie to enhance and complement our existing services that are funded by the Federal Government.

We would like to thank the Willy Bop Mates for Mates Committee for their kind donation from their annual golf day. What a great day and what a

great opportunity to raise awareness of mental health and to encourage aboriginal men in particular to have a yarn when they are going through tough times.

We would also like to sincerely thank the Kendall Community Op Shop who have continued to support our **headspace** Port Macquarie programs.



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Staff Profile

Lisa Hogan is the Clinical Lead for **headspace** Port Macquarie. Her role is to support our team of Youth Workers and Allied Health Professionals who provide mental health services to **headspace** clients, including doing some direct clinical work herself. She also liaises with various other services who work with young people, including Community Health services and housing providers.

*What do you love most about working at **headspace** Port Macquarie?*

I enjoy working with young people who are accessing mental health services for the first time, as this is often the most stressful and difficult point in the process of recovery. I see this as the biggest opportunity to provide young people with useful, meaningful information and support, to demystify and guide people through the system, and to explain the conditions and treatment options so they can make informed choices how to move forward. It is important to me to provide the best possible quality of care and the most freedom of choice to our clients, so they can take control of their own mental health.



School Based Intake and Assessment

With the commencement of the 2016 school term, our school based Intake and Assessment Youth Workers are back on deck at Wauchope High School and Camden Haven High School.

Casey Hudson and Ashlee Crow base themselves at their allocated High School one day a week where School Counsellors in consultation with welfare teams make appropriate referrals to our **headspace** workers. Casey and Ashlee then undertake intake and assessment with eligible young people who would otherwise not be able to access our centre in Port Macquarie. They provide information, support, advocacy and general supportive counselling where appropriate.

School Based Intake and Assessment has allowed us to extend our reach within the community and provide a much needed service to young people in remote areas.

We have also been able to strengthen our relationships with GP's, psychologists and other Allied Health Professionals local to these areas.



Fast Facts

headspace Port Macquarie has serviced 358 young people from the 1st July 2015 to the 31st December 2015. 192 of these young people were new to our service.

Our staff attended to 1,195 occasions of service during this time with an average attendance of 3.5 sessions per client.

eheadspace

eheadspace is a confidential, free and secure space where young people 12-25 or their family can chat, email or speak on the phone with a qualified youth mental health professional from 7am to 1am 7 days a week.

Phone: 1800 650 890

www.eheadspace.org.au