

Mental Health Program Information



Severe Mental Illness						
Program	Partners in Recovery	My Coordinated Care (Mental Health Shared Care)	My Navigation	My Life		
Referral	GP, self-referral, service provider	GP or Psychiatrist Mental Health Treatment Plan required	GP, self-referral, service provider	GP, Self-referral, Emergency Department, Community Mental Health Team, service providers		
Client Group	Support for people with severe and persistent mental illness who have complex needs. By coordinating multiple sectors, services and supports to provide wrap-around care.	K10= 25 or above . People, 18 years and over, with a diagnosable mental illness that significantly impacts on social, personal or work life. At risk/have been hospitalised for treatment. Expected to require ongoing care.	NDIS participants, of any age, that have 'coordination of supports' listed in their package.	People, 16 years and over who have attempted suicide recently, have presented in suicidal crisis or people considered at risk of suicide and lacking support.		
Therapy	Facilitation of clinical and other supports. Strengthening of support partnerships and referral pathways. Unlimited sessions.	CBT, ACT and Interpersonal therapy. Unlimited, minimum fortnightly sessions.	Upskilling NDIS participants to manage their own package, assistance in connecting to supports. Length of support dictated by participant funding.	Practical support to link in to psychosocial supports and services.		
Location / Staff	Clare, Kadina, Nuriootpa, Port Pirie, Port Augusta, Port Lincoln, Whyalla	Ceduna, Jamestown, Kadina, Nuriootpa, Peterborough, Port Lincoln Port Pirie, Whyalla + Yorketown	Clare, Kadina, Nuriootpa, Port Pirie, Port Augusta, Port Lincoln, Whyalla	Kadina, Port Lincoln, Port Pirie + Whyalla		
Mild to Moderate Mental Illness						
Program	My Mentor (Formerly ATAPS- Child)	headspace	Mentally Fit Australia (Formerly ATAPS- Adult)	My Life	My Steps	SPP
Referral	GP referral required	GP, self-referral, service provider or family member	GP Mental Health Treatment Plan required	GP, Self-referral, Emergency Department, Community Mental Health Team, service providers	GP, self-referral, service provider or family member	GP phone call
Client Group	Children, under 12 years, with or at risk of developing a mental illness.	Young people aged 12-25. No mental illness diagnosis required.	People, 12 years and over, who have a high prevalence diagnosable mental illness; who are less able to pay fees, CALD, PND, ATSI, homeless or at risk of homelessness, Rural or Remote.	People, 16 years and over who have attempted suicide recently, have presented in suicidal crisis or people considered at risk of suicide and lacking support.	No wrong door. Any person, 16 years and over, experiencing the impact of drug or alcohol misuse or addiction.	People, 16 years and over, who have expressed suicidal ideation, following an incident of self-harm or a suicide attempt and have been discharged into GP care.
Therapy	Broadly consistent with Mentally Fit Australia (Psychological Therapies) tailored to the aged group appropriate in addition family based therapy. Up to 12 sessions (6+6). Face to face or VC.	CBT, narrative therapy, motivation interviewing, dialectical behavioural therapy. Access to a GP. Drug and Alcohol interventions. Number of sessions dependent on client requirements.	Psycho education, CBT, relaxation, skills training, interpersonal therapy, narrative therapy, behavioural activation, dialectical behaviour therapy, ACT. Up to 12 sessions (6+6). Face to face, telephone or VC.	Practical support to link in to psychosocial supports and services.	CBT supported by a peer worker who acts as a role model and to support participation in activities. Often post residential or inpatient. Unlimited support.	Contacted within 24hrs, face to face where possible, service for up to 2 months, unlimited number of sessions. Therapy broadly consistent with Mentally Fit Australia (Psychological Therapies).
Location / Staff	Clare, Elliston, Port Augusta Port Pirie, Streaky Bay + Wudinna	Port Augusta, Port Pirie (Outreach) + Whyalla	Ardrossan, Balaklava, Ceduna, Clare, Coober Pedy, Elliston, Kadina, Maitland, Port Augusta, Port Lincoln, Port Pirie, Roxby Downs, Streaky Bay, Whyalla, Wudinna + Yorketown	Kadina, Port Lincoln, Port Pirie + Whyalla	Port Augusta, Port Pirie + Whyalla	All areas, face to face if possible by telephone if required.
Mild Mental Illness						
Program	My Mentor	headspace	Mentally Fit Australia	My Life	My Steps	
Referral	GP referral required	GP, self-referral, service provider, agency or family member	GP Mental Health Treatment Plan preferred	GP, Self-referral, Emergency Department, Community Mental Health Team, service providers	GP, self-referral, service provider, agency or family member	
Client Group	Children, under 12 years, with or at risk of developing a mental illness.	Young people age 12-25. No mental illness diagnosis required.	People, 12 years and over, presenting with symptoms of mild mental illness- depression and/or anxiety.	People, 16 years and over who have attempted suicide recently, have presented in suicidal crisis or people considered at risk of suicide and lacking support.	No wrong door. Any person, 16 years and over, experiencing the impact of drug or alcohol misuse or addiction.	
Therapy	Counselling, Psycho education, case management. Up to 12 individual sessions. Face to face, telephone or VC.	Group work, community awareness outreach activities, eHealth, individual placement and support service. Number of sessions dependent on client requirements.	LICBT or counselling, assisting with referrals to other services and engagement in social activities (inc. family and friends) + eHealth.	Practical support to link in to psychosocial supports and services.	CBT supported by a peer worker who acts as a role model and to support participation in activities. Often post residential or inpatient. Unlimited support.	
Location / Staff	Cleve, Kimba + Nuriootpa	Port Augusta, Port Pirie (Outreach) + Whyalla	Cleve, Kimba, Port Lincoln + Whyalla	Kadina, Port Lincoln, Port Pirie + Whyalla	Port Augusta, Port Pirie + Whyalla	



General Health Program Information

Program	Wellness Our Way (Formerly Closing the Gap)
Referral	GP or Psychiatrist Mental Health Treatment Plan required
Client Group	Aboriginal and Torres Strait Islander people enrolled for chronic disease management in a general practice or an AMS.
Therapy	Connecting clients to culturally appropriate mainstream primary care services (inc. GP, allied health and specialists). Promote compliance of disease management plans and self-management of chronic diseases through increased education.
Location / Staff	Port Augusta + Whyalla



NDIS Program Information

Program	Discovering Me	My Navigation
Referral	NDIS	GP, self-referral, service provider
Client Group	Children, under 12 years, with disabilities, require support with understanding feelings, developing coping mechanisms and social skills	NDIS participants, of any age, that have 'coordination of supports' listed in their package.
Therapy	Psychological therapy, skill development.	Upskilling NDIS participants to manage their own package through assistance in connecting to supports. Length of support dictated by participant funding.
Location / Staff	Nuriootpa	Clare, Kadina, Nuriootpa, Port Pirie, Port Augusta, Port Lincoln, Whyalla

GLOSSARY

CBT = Cognitive Behavioural Therapy
ACT = Acceptance and Commitment Therapy
LiCBT = Low intensity Cognitive Behavioural Therapy
AOD = Alcohol and Other Drugs
GP = General Practitioner
VC = Video Conferencing
Triple C = Complex Care Coordination
NDIS = National Disability Insurance Scheme
PIR = Partners in Recovery
MHSC = Mental Health Shared Care
PMHC = Primary Mental Health Care
NDIS = National Disability Insurance Scheme
CALD = culturally and linguistically diverse
PND = Perinatal Depression
ATSI = Aboriginal and Torres Strait Islander
AMS = Aboriginal Medical Services