

What is the Central Highlands ATAPS Program...

ATAPS is a component of the Better Outcomes in Mental Health Care (BOIMHC) Program. ATAPS provides funding for General Practitioners (GPs) to refer patients, who have been diagnosed as having a mental disorder, to an Allied Health Professional (AHP) to provide focussed psychological strategies. For the purposes of the BOIMHC Program, the definition of allied health includes the professions of Psychology, Mental Health Nursing, Occupational Therapy, Social Work and Aboriginal and Torres Strait Islander health workers.

Divisions of General Practice act as fund holders for ATAPS and are allocated an annual budget, through Funding Agreements with the Australian Government, to broker allied mental health services for patients referred by GPs who are assessed as having a mental disorder. ATAPS primarily treats high prevalence mental health disorders such as anxiety and depression.

For more information...

Please Contact: Christine Borg GP Consultant-Community Health Care on 03) 5428 4848 or on christine.borg@chqpn.com.au

How to refer into Central Highlands ATAPS Program...

1. Client to Visit their GP for an ATAPS Referral

- Mental Health Treatment Plan. (Item 2710/2720)
- GP Referral Letter for adolescents
- The referral **MUST** be labelled as an **ATAPS Referral**.

2. GP needs to choose an Allied Health Professional as per the Central Highlands ATAPS program Allied Health Professionals listing.

3. Make an appointment as per the instructions listed on the Allied Health professionals listing

Central Highlands ATAPS Program Allied Health Professionals listing...

Macedon Ranges Health Services (MRHS) **Kathryn Lyall Psychologist based in Gisborne**

Kathryn is a Psychologist who comes from a background of not-for-profit Mental Health services and in particular Medicare-funded treatment for individuals with a diagnosed mental illness. Kathryn predominantly uses CBT techniques in her practice, while drawing on other counselling therapies as required. Kathryn has several years experience working in the aged care sector and has an interest in anxiety and depression across the lifespan.

FOR APPOINTMENTS

Contact: All enquires/ appointments P: 5428 0300, F: 5428 0399 Email healthcare@mrhs.com.au
Web: www.mrhs.com.au Availability to see clients: Monday to Wednesday at Macedon Ranges Health Services. 5 Neal Street, Gisborne. Vic 3437

COBAW Community Health Services (CCHS) **Anne Moriarty Credentialed Mental Health Nurse**

To provide support, intervention and information to people suffering from diagnosed depression, anxiety or post-traumatic stress.

Interventions:

Cognitive-Behavioural Therapy
Narrative Therapy
Stress Management
Psycho-education

Make an appointment and discuss your concerns with your GP. They can then assess your suitability for a GP Mental Health Plan.

FOR APPOINTMENTS

GPs can then refer to the ATAPS Program via the Cobaw Access Worker on phone **5421 1666** or Connecting Care.

REACH Counselling

David Younger Psychologist based in Gisborne, Whittlesea and Outreach

David is a Psychologist working with adults, adolescents, couples and families and has been involved in the allied health care field since 1998. David operates independent private practices (Reach Counselling) based in Whittlesea and Gisborne but has the ability to provide outreach services to alternate locations. Most recently, David has been extensively involved in the provision of psychological services to Victoria's bushfire effected communities. Contact: All enquires/appointments M: 0401 490 433, T: 03 9718 1989, F: 03 9718 0089 davidyounger@reachcounselling.com.au Web: www.reachcounselling.com.au PO Box 14 Hurstbridge Vic 3099

Castlemaine District Community Health (CHIRP)

Michelle Lawler BA / MLitt Psyc.

Michelle Lawler will now be taking all referrals for the Better Access in Mental Health program (BAMH) via CHIRP as funded through the Central Highlands General Practice Network.

Michelle is a psychologist who has experience in working with young children, adults and older people in the areas of child and family counselling, sexual assault counselling and mental health. Her specialty interests include Autistic Spectrum Disorder, anxiety and depression.

GP's may refer a client with a diagnosable mental illness to this program by completing a mental health plan and referring to a psychologist for 6 sessions of targeted counselling with the option of a further 6 sessions if necessary. A client can receive a total of 12 sessions in one calendar year. The service is free to clients.

All enquires/appointments P: 5479 1000 F: 5472 3221 E: email@cchc.com.au
Address 13 Mostyn St Castlemaine 3450

Castlemaine District Community Health (CHIRP)

ACUTE ATAPS

Robert Gill B.A, B.S.W, M.A.A.S.W

Robert Gill will now be taking referrals for the Acute Access to Allied Psychological Services program (Acute ATAPS) and bushfire/general ATAPS via CHIRP as funded through the Central Highlands General Practice Network.

Robert is a social worker who has 20 years experience working with adolescents, adults, families and couples. He has particular expertise around high prevalence disorders, substance abuse and family and relationship issues.

Referrals are accepted for community members who are at risk of self harm and /or suicide for provision of short-term high intensive psychological support. This free service is targeted at clients who are ready to rejoin the community and is therefore not a crisis service. Clients will be contacted within 24-72 hours from the referral being received.

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Address 13 Mostyn St Castlemaine 3450

Hepburn Health Services (HHS) Daylesford
Robyn Urquhart Psychologist
Namita Trenskey Psychologist

- Provides generalist Counselling and Psychology support to individuals, couples and families. Assistance can be provided for a large range of issues, which includes:
 - depression
 - anxiety
 - mood disorders,
 - psychosis,
 - anxiety disorders (including PTSD, OCD, agoraphobia, panic disorder),
 - ADHD,
 - Asperger's disorder
 - chronic pain
 - adjustment to disability issues
 - relationship issues
 - grief issues
- Assessment of need and individual treatment planning is provided to each individual to make sure their needs are met by the service
- Referrals from GP's as well as from other sources, including self referral.
- Appointments are available on Thursdays and Fridays.

FOR APPOINTMENTS

Contact the **receptionist** at the **Daylesford Community Health Centre** on

Tel **5321 6550**

Fax **5348 1785**

Address **corner Jamieson and Hospital streets Daylesford, 3340.**

Sunbury Community Health Services (SCHS)
Peter Pinney Psychologist

Peter is employed to provide practical assistance in resolving issues that are negatively affecting people's quality of life and important relationships.

The aim of the work is to help develop and strengthen the resources to better manage distress and where possible resolve and deal with what it is that has led to the distress developing in the first place. It is important that solutions developed are the ones that can work for you as an individual and produce effective change and transformation in line with your realistic expectations.

If you are interested in an appointment talk to your GP.

FOR APPOINTMENTS

You can phone **9744 4455** to talk to Peter Pinney (the Psychologist) about what you have to do to get an appointment.

Your GP will fax the referral to the Psychologist at the Health Service or you can bring it down yourself. Peter will then phone you to make an appointment.

Alternatively you can phone **9744 4455** or **0427 041 284** to make an appointment.

If you make an appointment and for some reason can't keep it please let us know. If possible give 24 hours notice so that someone else can have that time.

The service is free and confidential.

Western Psychological Services (WPS)

DR. ANGELO PAGANO Psy. D., B.A. (M.A.Ps.S.)

Angelo is a clinical & counselling psychologist, & the Director of Western Psychological Services. He is an accredited member of the College of Clinical Psychologists. His special interests are in recovery from trauma, dealing with depression & anxiety related problems, stress & pain management, working with older adolescents & adults, & life enhancement issues for men & women.

WPS HEAD OFFICE

"Kurrajong"
2 Exford Rd
P.O. Box 2233
Melton South, 3338

ALL ENQUIRIES

T: 03 9746 8088
F: 03 9746 8188
E: reception@wpsychology.com

Western Psychological Services (WPS)

JENNY McCOLL B.A., B.Ed. (Counselling) (M.A.Ps.S)

Jenny is a counselling psychologist specifically trained in relationship counselling, & marital & family therapy. She is an accredited supervisor & member of the College of Counselling Psychologists. Her special interests are relationship & couples issues, working with depression & anxiety related problems, work & family balance & individual self-esteem & self-development.

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Western Psychological Services (WPS)

DR. KERRY PROCTOR (On Sabbatical Feb-Dec 2010)

B.A., Dip. Ed., B. Ed. (Couns.), M.A. Family Therapy Ph. D. (M.A.Ps.S.)

Kerry is a counselling psychologist & family therapist. She is an accredited supervisor & member of the College of Counselling Psychologists, & the Victorian Association of Family Therapists. Her special interests are in Family therapy, recovery from trauma, sexual abuse, acquired brain injury, depression & anxiety related problems, & conflict & relationship counselling.

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Western Psychological Services (WPS)

DIANE BULMAN

B.A., B.Ed. (Counselling) (M.A.Ps.S)

Diane is a psychologist who has worked with people challenged by addictions including gambling problems. She has worked in Crisis Care, sexual abuse recovery & domestic violence specialist agencies. Her special interests are working with adolescents & adults, self development, women's health, addictions recovery, self esteem, assertiveness, anxiety & depression & parenting skills.

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Western Psychological Services (WPS) - OUTREACH
Richard Kaa Psychologist based in Wallan and Outreach

As a registered psychologist Richard has worked in diverse number of roles in the 10 years since graduating from a Masters degree. These include; counsellor with the AFL players association; research officer at Murdoch Children's Research Institute coordinating a 5-year longitudinal trial; and more recently working in private practice assisting children, young people, adults and families who have been affected by the 2009 Victorian bushfires. Richard is a trained Family Therapist, uses a Cognitive Behavioural therapy approach in addition to specific trauma focussed therapy when relevant.

Outreach Service Location: Wallan Multipurpose Centre 42-80 Bentinck Street Wallan 3756

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Western Psychological Services (WPS)

SIMON LUSH

B. App. Sci., P.G. Dip., M Psych. (M.A.Ps.S.)

Simon is both a clinical and counselling psychologist. He is an accredited member of the College of Clinical Psychologists. He has considerable experience working with the following issues: depression, anxiety, phobias & panic attacks; self esteem; shyness & social anxiety; stress management & relaxation; relationship problems. He works from a range of therapeutic approaches including: cognitive behavioural therapy, interpersonal psychotherapy, psychodynamic, humanistic & existential.

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Western Psychological Services (WPS)

PENNY CLUNIES-ROSS

B.Sci.Psych. (Hons.), Dip. Ed., M. Psych. (M.A.Ps.S.)

Penny is a child psychologist (esp. 5-15yrs) who has a Masters degree in Education & Developmental Psychology. She has worked in the educational system for several years & has recently published in the field of Child Psychology. Her special interests are working with children & adolescents with learning difficulties, behavioural concerns, self esteem and assertiveness issues, & with children who have been diagnosed with an autism spectrum disorder.

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Western Psychological Services (WPS)

JOSEPH GAGLIANO

B.A., B.Litt., P.G. Dip., M. Psych. (M.A.Ps.S.)

Joseph is a counselling psychologist. He has worked in private practice, within small & large organisations, & a variety of psychology practices including University counselling. His special interests are working with people who struggle with anxiety & depression; bullying; work family balance; family & couple difficulties; self-esteem & assertiveness & Post Traumatic Stress Disorder.

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Western Psychological Services (WPS)

LAURA SMOLCIC (Maternity Leave Jan-Dec 2010)

B.A. M.Psych. (Clinical) (M.A.Ps.S.)

Laura is a clinical psychologist. She has worked in public mental health, in Continuing Care and CAT teams being involved in treatment of clients diagnosed with Bipolar Disorder, OCD, Psychosis, Eating Disorders, Major Depression and Anxiety Disorders. Her therapeutic practices range from CBT, Schema therapy to Acceptance and Commitment Therapy. Laura has a special interest in helping individuals with body image issues such as obesity.

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Mitchell Community Health Services

Lisa Costantin

B.A. M.Psych.

Lisa is a psychologist currently working with the ATAPS program at Mitchell Community Health Services in Broadford. Lisa has been working in mental health for 10 years with a background in occupational health, employment counselling, community development with people with disabilities, alcohol and other drug counselling and general counselling in anxiety and depression. Lisa facilitates a therapeutic group called the Wellbeing and Happiness Group in Kilmore, a personal development group for people to come and gather as many tools and strategies to increase their quality of life by making small but significant changes.

FOR APPOINTMENTS

SERVICE ACCESS AND CARE CO ORDINATION (SACC TEAM)

T: 1300 773 352

F: 5784 5525

E: serviceaccess@mitchellchs.org.au

Mitchell Community Health Services
Michelle Morris
B.A. M.Psych.

Qualifications: RN. PhD. MPsych(Couns). GradCertFamTh.

Areas of Specialisation: Pre and Post-natal Counselling, Addictions, Family Therapy, Relationship Counselling, Pervasive Developmental Disorders, Trauma, Child and Adolescent and anxiety and depression.

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