



Level 1, 33 Brantome Street  
PO Box 620 Gisborne Vic 3437  
Tel:03) 5428 4848  
Fax: 03) 54284842  
Email: [christine.borg@chqpn.com.au](mailto:christine.borg@chqpn.com.au)  
Web: [www.chqpn.com.au](http://www.chqpn.com.au)

## **Bushfire Access to Allied Psychological Services (Bushfire ATAPS) Access Guide:**

### **How to access CHGPN's Bushfire ATAPS Program:**

1. The Patient needs to visit their GP or Case Manager.
  - > If a referral is made by a Case Manager the client must be connected to their GP before their next ATAPS counselling session.
  - > GPs please be aware that clients may see you to complete an Item 2710 – this is due to them being referred to the Bushfire ATAPS program by their Case Manager.
2. The GP needs to complete a GP Mental Health Care Plan (Item 2710) using the templates:
  - > Plan
  - > Assessment with an outcome tool e.g K10, Dass
  - > Referral
  - > Free Sessions available are 6 sessions plus 6 Sessions
  - > GP Review (Item 2712) post 6 initial sessions

GP then can make the referral to Central Highlands GP Networks ATAPS funded Allied Health Professionals

- Castlemaine District Community Health-Michelle Lawler and Heather Steele  
Bushfire ATAPS offers: Individual sessions, Group sessions-eg. Family.
- Macedon Ranges Health Service- Danielle Lachlan  
Bushfire ATAPS offers: Individual sessions, Group sessions,
- Hepburn Health Service-Namita Trensky  
Bushfire ATAPS offers: Individual sessions, Group sessions.
- Mitchell Community Health Services-Michelle Morris, Lisa Costantin and Marg Finley  
Bushfire ATAPS offers: Individual sessions, Group sessions –eg. Family.
- COBAW Community Health Services-Anne Moriarty  
Bushfire ATAPS offers: Individual sessions, Group sessions.
- Western Psychological Services- Angelo Pagano  
also 6 Psychologists Available.  
Bushfire ATAPS offers: Individual sessions, Group sessions, Outreach service.
- Sunbury Community Health Centre - Peter Pinney  
Bushfire ATAPS offers: Individual sessions, Group sessions.

3. After 6 sessions the AHP recommends a GP Review.

4. Additional 6 sessions available.

**Please Note:** Bushfire ATAPS sessions is uncapped. The CHGPN need to be notified if more than 12 sessions are required.



## **Assist Bushfire Survivors by using Central Highland's Bushfire Access To Allied Psychological Services (Bushfire ATAPS) Program**

Black Saturday's devastating bushfires has affected so many Victorians. The extent of this freak disaster will haunt every body touched for years to come. Central Highlands GP Network were affected in 4 different areas of our catchment. The towns affect were Wandong, Kilmore Murrindindi fire which borders on Hazledene and Flowerdale, Kyneton and Baynton with the Redsdale-Sidonia Fire, Daylesford and Trentham-Muskvale Fire and although not directly in our catchment area the Bendigo-Eaglehawk fire- Lodden Mallee region, where we have assisted those affected at the Castlemaine District Community Health Centre through the ATAPS program. These unfortunate towns were devastated with this horrific incident. CHGPN assisted the survivors with Access to Allied Psychological Services (ATAPS). We provide General and Bushfire ATAPS at the following locations-Castlemaine District Community Health, Hepburn Health Services, Mitchell Community Health Services and Cobaw Community Health are currently recruiting to commence delivery of ATAPS in the Kyneton region. The Macedon Ranges Community Health offer General ATAPS and the Western Psychological Services based in Melton offer General ATAPS and Bushfire ATAPS as an outreach model if required in the future.

On the Saturday the 30<sup>th</sup> May 2009, Central Highlands General Practice Network were fortunate to run the **first** Bushfire Recovery Skills Development training in Victoria. The Australia Psychological Society (APS) and the Australian Centre for Post traumatic Mental Health (ACFPTMH) developed and presented training for ATAPS Clinicians and GPs on "Bushfire Recovery Skills Development-Skills for Psychological Recovery- Harnessing your skills for work in the bushfire aftermath." The workshop was facilitated by Susie Burke- Psychologist with APS and Jane Nursey, who is the manager of the Outpatient Programs in the Veteran Psychiatry Unit at Austin Health. There were 6 GPs and 4 ATAPS Psychologist and 2 Mental Health Counsellors who attend the workshop. The Skills for Psychological Recovery (SPR) Workshop is an exciting new initiative developed by experts in Australia and the USA, the information gained will play a vital role in ensuring that SPR is a high quality, effective intervention.

Dr John Griffiths a local General Practitioner from Wallan Medical Centre has given his perspective on the Bushfire Recovery Skills Development training:

"The Saturday training day for Skills for Psychological Recovery from Bushfires was attended by Psychologists and interested GPs from the Central Highlands GP Network.

The psychologists, in the main, worked for various agencies and as a G.P. I wondered how we would fit in.

Actually it turned out that the training and techniques were well suited to G.P with emphasis on C.B.T. based techniques and brief interventions and the GPs acquitted themselves very well.

The program was devised by psychologists and I thought it was very practical and sensible.

The techniques are quite portable to other applications and would be

an ideal introduction to CBT and focused psychological strategies for those contemplating or moving to level 2 mental health accreditation.

In fact I found it more practical and useful than the process that many of us have been through in other mental health training. As this was the first workshop of its kind in Australia, there has been no formal evaluation of its efficacy to date. However there are certain to be further courses and I would recommend it highly to colleagues ,even if counselling is not among your special interests."

Dr John Griffiths

Over all, the training is to be rolled out throughout Victoria there will be ample opportunities for those who would like to participate in the training and for Information on ATAPS please feel free to contact Christine Borg on 5428 4848 for additional information.

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Presenters: Jane Nursey and Susie Burke and the participants who attended the first Skills for Psychological Recovery (SPR) Workshop at CHGPN on the 30<sup>th</sup> May 2009.





## **Clinical Advice and Support Service for ATAPS Clinicians**

**Call - 1800 894 868 or email to  
bushfirerecovery@psychology.org.au**

The APS Clinical Support Service provides:

- Access to resources
- Clinical Advice and Support

The APS will provide project coordination and support to ATAPS workers for the duration of the Bushfire Education and Training project which is funded until 30 December 2010.

The APS will provide:

- organisation and delivery of training
- follow-up teleconferences and peer network support
- access to 1800 number support line
- specialist clinical advice on a regular basis with 24 hr turnaround time

Senior clinical psychologists, based at the APS National Office, will be available for telephone and email consultation to provide clinical advice and support to designated ATAPS workers.

This service will provide up to four face-to-face meetings with ATAPS workers in each of the nine affected Division of General Practice to provide a forum to normalise experiences and progress best practice responses.



## GENERAL PRACTICE NETWORK

Access to Allied Psychological Services (ATAPS)

There are 7 Organisations to choose from.

### Contact Details

**GPs must indicate that the referral is to be under the Bushfire ATAPS Program, in order for their clients to receive the free sessions.**

<b>Service Provider</b>	<b>Castlemaine District Community Health Ltd. (CHIRP)</b>
<b>Allied Health Professional</b>	Psychologist: Michelle Lawler Social Worker: Heather Steele
<b>Address</b>	13 Mostyn Street Castlemaine 3450
<b>Telephone</b>	03 5479 1000
<b>Fax</b>	03 5472 3221

<b>Service Provider</b>	<b>Macedon Ranges Health Services (MRHS)</b>
<b>Allied Health Professional</b>	Psychologist: Danielle Lachlan
<b>Address</b>	5 Neal Street Gisborne 3437
<b>Telephone</b>	03 5428 0300
<b>Fax</b>	03 5428 4433

<b>Service Provider</b>	<b>Mitchell Community Health Services (MCHS)</b>
<b>Allied Health Professional</b>	Psychologist: Michelle Morris (Based in Wallan) and Lisa Costantin (Based in Broadford) Social Worker: Marg Finley (Based in Seymour)
<b>Address</b>	72 Ferguson Street Broadford 3658
<b>Telephone</b>	1300 773 352
<b>Fax</b>	03 578 5525

<b>Service Provider</b>	<b>Hepburn Health Services (HHS)</b>
<b>Allied Health Professional</b>	Psychologist: Namita Trensky
<b>Address</b>	Cnr of Hospital & Jamieson St. Daylesford 3460
<b>Telephone</b>	03 5348 2523
<b>Fax</b>	03 5348 1785

<b>Service Provider</b>	<b>Cobaw Community Health (COBAW)</b>
<b>Allied Health Professional</b>	Credentialed Mental Health Nurse: Anne Moriarty
<b>Address</b>	47 High Street. (PO Box 146) Kyneton 3444
<b>Telephone</b>	03 5421 1666
<b>Fax</b>	03 5422 9918

<b>Service Provider</b>	<b>Western Psychological Services (WPS)</b>
<b>Allied Health Professional</b>	Six Psychologist available
<b>Address</b>	2 Exford Road PO Box 2233, Melton South 3338
<b>Telephone</b>	03 9746 8088
<b>Fax</b>	03 9746 8188

<b>Service Provider</b>	<b>Sunbury Community Health Centre (SCHC)</b>
<b>Allied Health Professional</b>	Psychologist: Peter Pinney
<b>Address</b>	12-28 Macedon Street Sunbury Victoria 3429
<b>Telephone</b>	03 9744 4455
<b>Fax</b>	03 9744 6777

**ALL the Mental Health templates can be located on [www.chgpn.com.au](http://www.chgpn.com.au)**

The Central Highlands General Practice Network (CHGPN) have developed a Bushfire ATAPS resource kit- it is available on our website and here is the link to the Mental Health resource:

<http://www.chgpn.com.au/community-partners/resources/mental-health>



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<DATE>

<NAME>  
<TITLE>  
<ORGANISATION>  
<ADDRESS>

DEAR \_\_\_\_\_

**Re: Client Referral to Bushfire ATAPS Program from a Case Manager**

<TEXT>

Yours sincerely,

<NAME>  
<TITLE>  
<Case Managers CONTACT DETAILS-  
Address, Phone and Fax numbers>  
<Enc. – If there are items to be enclosed in the letter>