



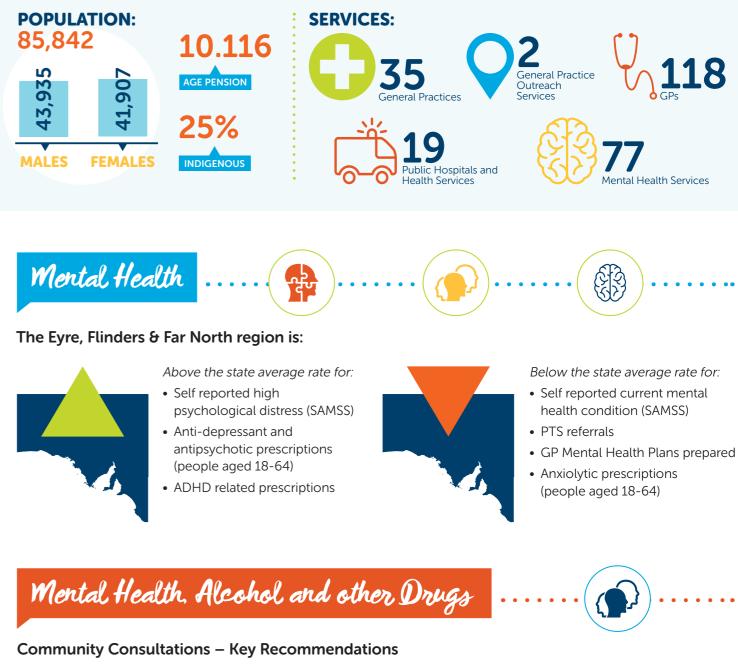


Contact Country SA PHN 30 Tanunda Road, Nuriootpa SA 5355 PO Box 868 Nuriootpa SA 5355 Ph: 08 8565 8900

www.countrysaphn.com.au



# Eyre, Flinders & Far North



The need for additional male staff in mental health for rural communities Early intervention education programmes in

Q

(24h)

schools and early targeted intervention for high risk families

The provision of after-hours services (after 5pm weekdays and on weekends)

The information in this document is based on the Country Health SA LHN boundaries and is correct at time of printing. Printed November 2018.







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<b>وپ</b>	Affordable and bulk billed services for the community.
Ū	Establishment of a 'no wrong door' approach.
<b>⁴</b> + <b>  </b>	A need for a long-term rehabilitation and recovery service for those struggling with addiction

Regional Stepped Care

## Eyre, Flinders & Far North Mental Health Services

23.1% of population

At Risk groups

Self-help resources, low intensity interventions

including digital mental health.

19,829 persons

Mild Mental Illness Mix of self-help resources and low intensity face to

9.0% of population

7,725 persons

face services with Psychological Services to those

who require them.

Face to face clinical services through PHC and psychiatrists where required.

Clinical based self-help resources and other low intensity intervention services.

#### Low Intensity Mental Health Service

Regional Access

Whole of Eyre, Flinders and Far North: • Low Intensity Psychological services via telephone, video or webchat chat psychotherapy sessions Provider: On the Line

#### PHN Flexible Funding targeted Mental Health

Mental Health Counselling - Eyre & Flinders (Kimba, Cleve, Cowell, Arno Bay)

Counselling and therapy for adults, children and youth experiencing mild mental illness such as depression and anxiety.

This includes on-campus services conducted in collaboration with school counsellors and teachers.

Video conferencing and/or Low Intensity Cognitive Behavioural Therapy services to clients aged 12+ to assist with high demand and wait lists in rural and remote areas

PHN Flexible funding – targeted Mental Health Mental Health Low Intensity Cognitive Behavioural Therapy (step 3 of Stepped-Care Model of Care) – Outback, Far West, Eyre & Flinders, Yorke & Northern.

 Provision of Low-Intensity Cognitive Behavioural Therapy appropriate for Step 3 of the Stepped-Care Model of Care. This will be conducted via telephone, video conference or face to face. The model includes:

- Guided self-help based on Cognitive Behavioural Therapy principles - 'Sign-posting' to psychosocial services and other

providers - 'Social prescribing' to initiate an increase is social

connection

• Operating within the Stepped-Care Model of Care stepping clients to higher levels for those experiencing moderate or severe mental health problems, and, to lower levels of support including online eMental Health resources and modules where clinically indicated

• Demand and wait list management through the provision of Low-Intensity Cognitive Behavioural Therapy to adults that are on mental health treatment wait lists where clinically appropriate.

Psychological Therapy Services (PTS)

- Mental Health Clinicians
- Port Augusta (CObH)
- Whyalla (CObH)
- Port Lincoln (CObH)
- Roxby Downs (CObH)

• Ceduna (CObH)

• Coober Pedy (CObH)

Suicide Prevention referral pathways embedded into Psychological Therapies for those at risk of, or have attempted, suicide or self-harm.

## Aboriginal and Torres Strait Islander Mental Health Services

 Coober Pedy – Umoona Tjutagku Health Service Aboriginal Corporation • APY Lands – Nganampa Health

### Suicide Prevention Services

- Post suicide attempt and discharge support program
- Aboriginal and Torres Strait Islander specific
- Pt Augusta
- Provider: Pika Wiya Health Service Aboriginal Corporation

### headspace Centre

- Port Augusta
- Whyalla

#### Suicide Prevention Services

Post suicide attempt and discharge support program

- Port Pire
- Pt Augusta
- Whyalla
- Port Lincoln

Provider: Country and Outback Health

#### **ATSI Suicide Prevention**

- ATSI male prevention, connection to country, supported at risk referrals and education. Whyalla Port Augusta
- Davenport community Provider: Centacare Catholic Country SA,
- Port Augusta

This stepped care continuum represents joint service mapping and collaboration between Country SA PHN and Country Health SA Local Health Network.

Source data: PHN Primary Mental Health Care Flexible Funding Pool Implementation Guidance

## **Commissioned Services Legend:** Country SA PHN commissioned mental health services

Country Health SA Local Health Network and commissioned mental health services



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#### 4.6% of population

#### 3,948 persons

## 3.1% of population 2,661 persons



#### Severe Mental Illness

Clinical care using a combination allied health.

patient services and psychological support services.

Coordinated multiagency services

Whyalla Hospital and Health Service 6 beds Acute Inpatient service

Whyalla Community Mental Health Team

Whyalla Community Rehabilitation Services 24/7 support, accommodation

Whyalla Intensive Community Program Subacute level of care

Eyre Mental Health Services

Port Augusta Mental Health Service

Individual Psychosocial Rehabilitation Support Services (IPRSS) - Life without Barriers

Accommodation Support Program (ASP) -6 packages - Baptist Care Port Lincoln

Port Lincoln Aboriginal Health Service (PLAHS)

CHSA fund 2 Aboriginal Support Workers and 1 Aboriginal Liaison position

Accommodation Support Program (ASP) • Whyalla

Accommodation Support Program (ASP) -Psychosocial support packages • Whyalla

#### Partners in Recovery (PIR)

Port Lincoln

- Whyalla
- Port Augusta

Provider: Country and Outback Health

#### Youth Triple C via headspace

- Whvalla
- Port Augusta