

NEWSLETTER

Knocking on the Mental Health door

Do you remember the Mental Health Expo that was held last year? The expo came out of the Partner's in Mind project which has recently been placed under the auspices of the Mental Health Executive Council. You may wonder what this has to do with you. If you're a privately practicing psychologist, social worker or occupational therapist then it is highly relevant because the aim of this group is to promote communication and collaboration between allied and primary health workers.

The government wants to get more 'bang for its buck' from the Better Access program (i.e. Medicare) and that means getting psychologists, doctors, allied health and mental health to talk to each other and improve the coordination and care of patients. The principles of collaboration and shared care, while desirable, are not easy to achieve. We have all been frustrated by the difficulties of accessing services because of internal processes, staffing issues and incorrect expectations.

As a member of the newly formed Mental Health Executive Council I have put to the District Mental Health Service, on your behalf, a request for information on how to establish and maintain communication between allied health and mental health. At times this feels like a lone voice knocking on a very big door! The Executive Director of the Sunshine Coast-Wide Bay District Mental Health Service has made it clear that the only access point for allied health practitioners

is through the 1300 number (1300 767 155). However, it was also pointed out to me that under the Mental Health Services Act, practitioners (including allied health) can exchange information about a patient without the patient's written consent. As such, you have a right to information about patients/clients being treated in a mental health facility. However, without patient/client consent, I think that under the APS Code of Ethics that this might be seen as an ethical problem.

What does this mean for you? Firstly, you should expect and seek information about your client/patient who is being treated by the mental health service. You can request a copy of hospital discharge papers and ask to be kept informed about important treatment or diagnostic issues when the patient/client is referred back to you. This may necessitate 'knocking on the mental health door'. Secondly, we should all try to promote a model of shared care which means communicating with other professionals and being aware of and utilizing government and non-government organizations that may assist or support our client/patient. The next Mental Health Expo is planned for the afternoon and evening of Thursday 18th June. I encourage you to mark this in your diary so that you can attend and get to know local agencies and services.

Kelly Callaghan

Notice board

There has been plenty of activity on the Sunshine Coast with Government sponsored training opportunities, email discussions and allied health networking. Some of us had the opportunity to attend the two day seminar organised through Australian Centre for Posttraumatic Mental Health, DVA training initiative for mental health practitioners. I look forward to receiving some feedback on the training. The debates as to the wide and varied views on Generalist versus Specialist Psychologists distinction appears hotter than ever. Please join us at our next SCAPS meeting and share your views, opinions and concerns with others. If you had not had the opportunity to express interest in the Mental Health Professional Network networking opportunity then follow up on contactus@mhpn.org.au. The Sunshine Coast Directory Survey will close on the 1st April, so hurry if you have not registered. Don't miss out! Look forward to seeing you all soon. maggie

Congratulations!!!

We would like to welcome three new honorary baby members.... and congratulate their Mums and Dads on their wonderful arrivals. Naomi Campling had a little girl Matilda Margaret (7lb 3oz), Deb Dewberry had a big boy, Hamish (9lb 2 oz). Yes he did arrive as the cyclone Hamish was hovering around Queensland... and Janina Leo also had a big boy Jaxon Harper (9lb 7oz). They are all gorgeous and adorable.

Wishing you all the very best.

SCAPS Committee

Hamish



Matilda



Janina & Jaxon

Forthcoming events

Wednesday 1 April 2009

The next APS Sunshine Coast meeting will be a very special one. The meeting will be held in conjunction with the School of Psychology Award Night at the University of Sunshine Coast as we have been honoured to present the 2008 APS 4th Year Prize to the winning student, Ms Ingrid Hawkins.

The meeting will be held on Wednesday 1 April from 6.00 - 8.00 pm on Level 1 of the Health Tower (Bld T). We will gather at 6.00 pm in the foyer of the clinic located in the same building. Refer to the USC map.

<http://www.usc.edu.au/University/AbouttheUniversity/Campus/MapsandDirections/UniversityMaps.htm#CampusMap>.

The meeting is an opportunity for the APS Sunshine Coast Branch and the University of Sunshine Coast Psychology to come together to promote not only the student awareness of APS, but also the support that APS provides and the recognition which it awards to those who make significant contribution to the field of psychology such as the APS 4th Year Prize.

It will be a wonderful opportunity to meet our Sunshine Coast students, new graduates, and our colleagues, practicing psychologists, and to find out a little bit more about each other.

In addition, to the formal presentation of the award, we hope to open a discussion about the proposed national system of accreditation and registration due to start in 2010 and the impact it will have on the proposed training in psychology and registration options. We are very interested in knowing what people are thinking about psychology and how the profession is preparing itself for the current uncertain times.

For catering purposes, please RSVP to Maggie on mb@maggiebailey.com.au before the 26th March 2009.

Monday 18 May 2009

This will be the day of our first workshop for the year and we will have the pleasure of Paul Rushton speak to us about Interpersonal Psychotherapy.

Paul Rushton is a Clinical Psychologist and the Managing Director of PRA Consulting, a firm that specialises in psychological therapies and employee assistance. He has extensive experience in a range of areas including clinical psychology, employee assistance, and public mental health. He has held adjunct academic appointments as a Clinical Assistant Professor at Bond University, Lecturer at Griffith University (Gold Coast Campus) in post-graduate CBT, and Sessional Lecturer with the Medical School at the University of Queensland. He is a member of the Clinical College of the APS.

Paul is considered one of the leading authorities in Australia on clinical training in IPT. He has conducted over fifty workshops on IPT nationally and internationally. He regularly provides training for organisations as diverse as the Australian Psychological Society, PsychOz and the Singapore Government. In 2004/5 he conducted an IPT workshop tour across Australia for the APS, and repeated this in 2008 for PsychOz. He has also conducted Advanced CBT workshops for the APS National Office.

Interpersonal Psychotherapy (IPT) is a semi-structured, time-limited therapy with demonstrated efficacy for a range of conditions including Depression and Bulimia. IPT was developed in the late 1970s as a brief structured psychological treatment for Depression. It later rose to prominence when it compared favourably to CBT and Medication in the NIMH Treatment of Depression study conducted in the mid 1980s. The efficacy of IPT as a treatment alternative or adjunct to other approaches has since been confirmed in numerous studies for a range of conditions. Despite these developments, many practitioners within Australia have received little exposure to IPT education and training.

IPT does not engage the patient at the level of symptom formation but rather helps to reduce psychological stress by intervention in psychosocial function. IPT therefore targets four problem areas: Role Transitions, Grief, Interpersonal Disputes and Interpersonal Deficits/Sensitivity. This presentation will review the basic components of IPT and will highlight its relevance to a range of disorders especially depression. For practitioners with specialisations in other therapies, IPT can be a useful alternative or adjunct to your current practice.

A standard introductory workshop is two days. This workshop will therefore provide a briefer introduction to IPT with an overview of the theory, structure, evidence base and clinical application for IPT. For further information on IPT visit www.interpersonalpsychotherapy.org

Learning Outcomes:

1. Enhanced knowledge of the theory underpinning IPT
2. Enhanced knowledge of the structure of IPT
3. Enhanced knowledge of the evidence base for IPT
4. Familiarity with key IPT techniques.

The workshop will be held at the spectacular Maroochydore Surf Club. Please take the time to surf the net and explore the venue. This year we will have the registrations online through APS National Office as well as postal. I would encourage you to register online as it is quick and efficient. The registrations will close on Friday 8th April. Register early as there are terrific Early Bird registration specials. The registration notice will be coming out any day now.

See us at: www.groups.psychology.org.au/sunshinecoast

Your committee

APS Sunshine Coast Branch
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 MOOLOOLABA QLD 4557

Please email newsletter contributions to
 mb@maggiebailey.com.au



From left, Gaye, Rossane (not Kathy as initially stated), Sally & Di

Office Bearers for 2008 – 2010

As a committee we will also meet on the second Tuesday of each alternative months – so please contact us if there is anything you would like to raise with us. Your committee contacts are:

Chair	Brad Levingston	brakerry@optusnet.com.au
Treasurer	Kay Manning	kaymanning@ozemail.com.au
Secretary	Maggie Bailey	mb@maggiebailey.com.au
Committee Member	Kelly Callghan	kc_59@bigpond.net.au
Committee Member	Gaye Foster	gayefoster@bigpond.com
Committee Member	Di Harrison	dianne_harrison@hotmail.com
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Committee Member	Shane Rebgetz	Shane_Rebgetz@health.qld.gov.au
Committee Member	Sally Rostas	sroostas@bigpond.net.au

Calendar of events

Date	Topic	Presenters
1 April	APS & USC Award Night	Maggie Bailey Mary Katsikitis Graham Davidson
18 May	Interpersonal Therapy Full day workshop	Paul Rushton
3 June	Mindfulness	Todd Zemek
18 June	Mental Health Expo	
5 August	TBA	Angela Huntsman
30 Sep- 4 Oct	APS Annual Conference Darwin	
7 October	Hepatitis and depression	Sally Rostas
December	Christmas function	TBA

iHealth Care

For those who have been unable to attend our last SCAPS General Meeting, we had the great pleasure of Ian Ludowyke and his team from the Sunshine Coast Division of General Practice speak to us about the iHealth Care Directory to assist with secure electronic messaging. There were many benefits of the system introduced including access to up to date data on GP's in your area; being listed on the address book that GPs use to send referral; quicker and easier and safer way to share information about your clients; eliminates scanning; faxing, and filing; saves time and money. If you are interested in following up with the installation of the system, or register for an educational evening, please contact the team on 07 5456 8888. The software is included under the terms and conditions of iHealth Care contract with Medical-Objects and are supplied free for Queensland GPs, specialists, and allied health professionals till 30 June 2010. This is not to be missed offer!

See us at: www.groups.psychology.org.au/sunshinecoast