

The Central Coast Mental Health Service sees people with moderate to severe mental health issues. It is available 24 hours a day, every day. If you or someone you know needs help with a mental health problem, call the **Mental Health Line – 1800 011 511**

*The Central Coast Mental Health Service is not an emergency service. If an emergency response is needed, call 000.*

## MENTAL HEALTH ED TEAM

- Provides assessments at the Emergency Departments at Wyong or Gosford Hospital after presenting to triage.
- Only in an emergency situation will an individual be directed to the emergency department.

**Available 24 hours a day, 7 days a week.**

## ACUTE CARE TEAM (ACT)

- Assessments (telehealth or face to face) for people experiencing acute symptoms of mental illness, including those at risk of suicide.
- Assessments, crisis interventions, and support linkages are provided in the community with an aim to prevent the need for hospitalisation.
- Provides short-term care for people experiencing mental illness referred directly from the community or hospital settings requesting post discharge follow-up.
- Available 8:30am – 9pm, 7 days a week.**

## INPATIENT UNITS

They provide specialist care in a hospital setting during an acute episode of mental illness or disorder.

**Gosford Mental Health Unit** is a 30 bed adult unit - part of Gosford Mental Health Centre at Gosford Hospital.

**Wyong Mental Health Centre** at Wyong Hospital is a 50 bed Psychiatric Unit.

- Wyong Mental Health Unit - a 35 bed adult unit.
- Miri Miri - a 15 bed older persons unit.

**Psychiatric Emergency Care Centre (PECC)** at Wyong Hospital is a 4 bed Psychiatric Unit that provides emergency care up to 48 hours.

## CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)

Provides assertive community based interventions.

### Consultation and Assessment Team (CAT)

- Provides a range of mental health interventions including mental health assessment, brief intervention and supported referral aimed at assisting young people in accessing appropriate follow up support. These are dependent on age (0-11yrs, 12-17yrs, and 18-23yrs) and the nature of the referral.

- Following a Mental Health Line referral, CAT may facilitate a link into the clinical services offered through CAMHS, which include:

### Safeguards

Extended hours mental health services children and adolescents aged 0-17yrs experiencing acute mental health distress. Providing short-term (4 weeks) interventions to resolve mental health crisis.

### Exclusion Criteria

Child or adolescent is already actively in treatment AND their usual treating practitioner/team is available to see them.

Acute intoxication.

Primary placement problems.

### Children's Mental Health Team

- Provides intensive case management and support for young people aged 5-12 presenting with moderate to severe mental health concerns.

### CAMHS South and North Teams

### Young People & Early Psychosis Intervention (YPPI)

- Provides specialist intensive case management and support for young people aged 12-23yrs with early/first episode psychosis.

### Youth Mental Health Team (YMH)

- Provides intensive case management and support for young people aged 12-17yrs/presenting with moderate to severe mental health concerns. (other than psychosis).

### School Link

- Provides consultation and liaison support to school staff to support schools manage complex mental health concerns. This occurs through consultation line, school support meetings, specialised support, education, and training.

### The Perinatal & Infant Mental Health (PIMH) team

- Provides specialist interventions for women presenting with moderate to severe mental health needs, working with their infants and families in the perinatal period.

### Family Focused Recovery

- Promotes parenting as a key aspect of family focused recovery where a parent/carer is a current consumer of CCLHD Mental Health.

### **Getting on Track in Time (Got It!) program**

- An early intervention mental health program for children in Kindergarten to Year 2 and their parents and carers. The program helps parents and schools to identify children's social and emotional difficulties and supports them to respond to difficult behaviours.

### **HEADSPACE PLATFORM SERVICES – located at Gosford; Lake Haven and Wyong.**

#### Hours:

- Gosford: Mon-Fri 8:30am - 5pm.
  - Lake Haven: Wed & Fri 8:30am - 5pm and Mon, Tues & Thu 8:30am - 8pm.
  - Wyong: Tues-Thu 8:30am - 5pm.]
- headspace is a mental health service for young people aged 12-25yrs experiencing mild-moderate mental health problems.
  - headspace provides free support in the following areas: Physical Health (GP's and Nurses); Mental Health (intake; assessment and counselling); alcohol and drug support and vocational and educational support.

#### **Connected Recovery Service (CRP):**

- CRP is a mental health service for young people aged 12-25yrs experiencing or at risk of developing moderate mental health problems that can be managed within a primary care setting.
- CRP provides intake, assessment, counselling, therapeutic case management and DBT groups.

#### **Individual Placement and Support (IPS):**

- IPS assists young people aged 16-25yrs on the headspace platform achieve their vocational and education goals.
- IPS provides: vocational assessment; case management; advocacy; career planning; education support; rapid job search; job placement, and follow up support.
- All of these services operate from the three headspace sites: Gosford, Lake Haven, and Wyong.

### **ADULT MENTAL HEALTH**

#### **Consultation Liaison Psychiatry**

- Provides a consultation service to the General Hospital for clients with a mental illness or for clients experiencing psychological stress.
- Provides education and support to staff about management issues relating to mental health patients.

#### **Care Coordination Team (CCT)**

- Provides clinical interventions, psychological therapies, support and education to consumers, carers and family members with the goal of improving the consumer's mental and physical health. Works very closely with community partners of health care, the client and their GP to assist in recovery.

#### **Assertive Outreach Team (AOT)**

- Assertive community treatment and support to clients needing medium to long term care.
- Assists people who are seriously affected by mental illness to live as independently as possible in their own home.

#### **Specialist Rehabilitation Clinicians (SRC)**

- Works with consumers, and their Care Coordinator, to identify their personal strengths, values, recovery goals and needs, and how to achieve them.

#### **Eating Disorders Outpatient Service**

- An Eating Disorders Outpatient Service for people who have recently been diagnosed with an eating disorder or who are at risk of developing one.
- Provides individual and family assessment, treatment and referral services.

#### **Aboriginal Mental Health Team**

- Liaises with mental health staff to support Aboriginal clients and ensures that mental health care is provided in a culturally appropriate way.
- Provides support and advocacy to clients such as liaising with other government departments and referring to NGO support services.
- Provides support and education to families, carers, and community members.

### **OLDER PEOPLE'S MENTAL HEALTH SERVICE**

- Provides an assessment, treatment and referral service for people over the age of 65yrs who have complex mental health and age related needs.
- Provides consultation & collaboration with GP's and other health agencies.

### **MENTAL HEALTH BEHAVIOURAL SERVICE**

- Provides a tertiary consultation service to consumers under the care of other CCLHD mental health services.
- The aim of the MHBS team is to improve equity of access to services and supports for priority populations who are experiencing behavioural health changes.

### **MENTAL HEALTH PEER WORKER PROGRAM**

- Peer workers provide a non-clinical, individual support service to consumers following discharge from inpatient care.
- Provided in the home or at the local health centre.

## **PARTNERSHIP PROGRAM**

The Mental Health Service works in partnership with government departments, NGOs, and community organisations. For example:

- *HASI Program:*
  - Provides recovery orientated psychosocial support for people with a diagnosis of mental illness including; living skills development; tenancy maintenance; socialisation; healthy living; and medication monitoring.
  - Clients must be linked with CCLHD at the time of referral.
    - South – New Horizons
    - North – Neami
- CLS [Community Living Supports]:
  - Provides recovery orientated psychosocial support for people with a diagnosis of severe mental illness/disorder that results in functional impairment.
    - Uniting.

## **MENTAL HEALTH PROMOTION**

The Mental Health Service works in collaboration with other health workers, service providers & the community to implement mental health promotion and education projects.