

# Y-ATAPS



## Youth Access to Allied Psychological Services

# Do you have a young person who needs to see a Psychologist?

Do they display or report any of the following?

- Rapid changes in mood
- Depressed or low mood
- Social withdrawal/isolation
- Decreased appetite
- Irritability
- Aggressive outbursts
- Loss of motivation
- Risk taking behaviour
- Changes in sleeping patterns
- Panic attacks
- Fearful, tense anxious
- Suspicious behaviour
- Flashbacks/Nightmares
- Obsessional thoughts
- Regular impulse buying
- Sexual Promiscuity
- Repetitive behaviours
- Difficulty concentrating

The Knox Division of General Practice has employed Youth ATAPS worker to support young people with a mental illness or who are at risk of developing a mental illness and link them in with a local GP for support accessing psychological services.

### How does it work?

Referrals will be sought from various agencies within the Knox region. Eligible young people will undergo an initial assessment and be linked to a suitable GP in their local area. If appropriate, the GP will complete a Mental Health Treatment Plan and refer the young person to a suitable Psychologist. The Youth ATAPS worker will periodically follow up with the young person to ensure referrals have been successful and psychological services are being accessed.

### How many sessions does the young person receive?

The young person will receive an initial six sessions with an ATAPS registered Psychologist and then referred back to their GP for a review and referral for another six sessions if necessary. The Youth ATAPS worker can help coordinate this process.

### What is the cost?

It's Free.<sup>1</sup>

### How many young people can I refer?

There is no limit to the number of young people you can refer. However there are limited places allocated each quarter. Eligible young people not accepted into the current round will be considered for subsequent rounds.

### How do I refer?

Contact Greg Lolas (Tuesday to Thursday) on 9764 9898. Alternatively, complete the referral form on the back of this page and fax "Attention Greg Lolas" to 9764 9828

**All referrals will be responded to within three working days of being received by Knox Division of General Practice**

<sup>1</sup>The Knox Division's ATAPS program is a federally funded program which allows GPs to refer patients to Psychologists. The program has been running in the Division for a number of years now and offers an alternative referral pathway for those patients who may not be able to afford sessions with a Psychologist through the Better Access Initiative. All GPs can refer through ATAPS, but first need to be registered with the program to receive referrals. Referral occurs only to Psychologists registered with the Knox Division's ATAPS program. The ATAPS program is for low income patients or individuals under 25. Patients receive all sessions with the Psychologist free of charge. GPs must complete a mental health care plan (2710) to refer through ATAPS. Eligible participants are unable to utilise both ATAPS and Better Access programs concurrently. Twelve sessions are available per calendar year with further six available under exceptional circumstances.

# Y-ATAPS



## Youth Access to Allied Psychological Services

# REFERRAL FORM

Young Persons Name: \_\_\_\_\_ Nick name: \_\_\_\_\_

Gender:  Male  Female D.O.B: \_\_\_/\_\_\_/\_\_\_ AGE: \_\_\_\_\_

### REFERRAL SOURCE:

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Youth related service      | <input type="checkbox"/> Employer                   | <input type="checkbox"/> Word of mouth          |
| <input type="checkbox"/> Schools/Education provider | <input type="checkbox"/> General community services | <input type="checkbox"/> Media                  |
| <input type="checkbox"/> Drug treatment service     | <input type="checkbox"/> DHS                        | <input type="checkbox"/> Courts and corrections |
| <input type="checkbox"/> Centrelink                 | <input type="checkbox"/> Crisis/Accommodation       | <input type="checkbox"/> Police                 |
| <input type="checkbox"/> Medical service            | <input type="checkbox"/> Church organisation        | <input type="checkbox"/> Self Referred          |
| <input type="checkbox"/> Psych/counselling service  | <input type="checkbox"/> Family                     | <input type="checkbox"/> Other _____            |

Workers Name: \_\_\_\_\_

Organisation: \_\_\_\_\_

Contact Phone-Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

### OTHER SERVICES SUPPORTING THE YOUNG PERSON

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Youth related service  | <input type="checkbox"/> General community services | <input type="checkbox"/> Church organisation    |
| <input type="checkbox"/> Drug treatment service | <input type="checkbox"/> DHS                        | <input type="checkbox"/> Courts and corrections |
| <input type="checkbox"/> Counselling service    | <input type="checkbox"/> Accommodation Service      | <input type="checkbox"/> Centrelink             |
| <input type="checkbox"/> CAMHS                  | <input type="checkbox"/> Employment Service         | <input type="checkbox"/> PHAMS                  |
| <input type="checkbox"/> Legal Service          | <input type="checkbox"/> Recreational Services      | <input type="checkbox"/> Other _____            |

Details: \_\_\_\_\_

### YOUNG PERSONS CURRENT LIVING SITUATION:

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Family           | <input type="checkbox"/> Friends/partner        | <input type="checkbox"/> Squats          |
| <input type="checkbox"/> Foster family    | <input type="checkbox"/> Streets                | <input type="checkbox"/> Hotel/motel     |
| <input type="checkbox"/> Residential unit | <input type="checkbox"/> Medical based facility | <input type="checkbox"/> Car/van/Caravan |
| <input type="checkbox"/> Refuge/Hostel    | <input type="checkbox"/> Share house/boarding   | <input type="checkbox"/> Other _____     |

Current Address (If known): \_\_\_\_\_

Suburb/Town: \_\_\_\_\_ Postcode: \_\_\_\_\_

Contact Phone-Number: (1) \_\_\_\_\_ (2) \_\_\_\_\_

### YOUNG PERSONS SCHOOL/EMPLOYMENT STATUS:

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Full-time secondary school/TAFE | <input type="checkbox"/> Part-time university | <input type="checkbox"/> Employment training |
| <input type="checkbox"/> Part-time secondary school/TAFE | <input type="checkbox"/> Short course         | <input type="checkbox"/> Work experience     |
| <input type="checkbox"/> Full-time university            | <input type="checkbox"/> Full-time employment | <input type="checkbox"/> Volunteer           |
|  | <input type="checkbox"/> Part-time employment | <input type="checkbox"/> Unemployed          |
|  | <input type="checkbox"/> Casual employment    | <input type="checkbox"/> Other _____         |

Details: \_\_\_\_\_

### OTHER INFORMATION

- Does the young person have an current active relationship with a GP in the area?  No  Yes
- Has the young person seen psychologist under Medicare in the last 12 months?  No  Yes
- Does the young person require a guardian for informed consent purposes?  No  Yes
- Does the young person have a Medicare Card?  No  Yes
- Does the young person have a Health Care Card?  No  Yes

