

## Key commissioned initiatives – as at June 2019

Below are some of the many services and initiatives which EMPHN has commissioned and are currently operational. This list has been compiled for health providers and consumers, and other referrers.

Service/initiative	Provider	Service type	Description	Location	Links and more information
<b>After-hours healthcare</b>					
My Emergency Dr	My Emergency Dr	After-hours healthcare	Free after hours telehealth consultations via smartphone app with a specialist emergency doctor	Catchment wide ( <a href="#">see supported postcodes</a> )	<a href="#">More information</a>
After Hours Medical Neighbourhood	Nexus Primary Health	Chronic disease	Integrated Care Services for those in the community with chronic disease and vulnerable populations, particularly in the after hours	Wallan and Kinglake	<a href="#">More information</a>
<b>Mental health</b>					
Psychiatric Consultation and Advice Service (PCAS)	The Melbourne Clinic	Secondary psychiatric consult	The service aims to help build capacity and confidence of GPs and other mental health service providers to work with clients presenting with mental health conditions on an ongoing basis.	Catchment wide	<a href="#">More information</a>
headspace	Mind Australian – Greensborough	Early intervention youth services	headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year-olds.	Greensborough Hawthorn Knox	<a href="#">More information about headspace headspace Greensborough</a>

	Access health and community services- Hawthorn  EACH- Knox			Monash coming soon  Satellite sites in Yarra Ranges and Whittlesea coming soon	
Mental Health Stepped Care	Inner east- Access Health and Community Outer east- Mentis Assist North East- Banyule health and community *All are working within a consortia	Mental health	Mental Health Stepped Care is an evidence based, clinically-staged system of care that includes a range of mental health interventions, from the least to the most intensive.	Inner east North east Outer east	<a href="#">Mental health stepped care brochure</a> <a href="#">Mental health supports: North east</a> <a href="#">Mental health supports: Outer east</a>
Older persons residential aged care facility mental health pilot	Outcome Health	Older persons mental health (residential aged care facilities)	This trial is designed to provide a clinical mental health residential in reach program for residents of RACFs in the Eastern PHN region.	Catchment-wide	<a href="https://www.emphn.org.au/what-we-do/mental-health/older-persons-mental-health">https://www.emphn.org.au/what-we-do/mental-health/older-persons-mental-health</a>
Eastern Pilot	Eastern Health	Older persons mental health	The pilot program aims to support GPs and practice nurses to better identify mental health challenges in older people, and support them to manage the care of older persons with mental health difficulties in the community. The program aims to reduce preventable admissions to Eastern Health's	Eastern health catchment area	<a href="https://www.emphn.org.au/what-we-do/mental-health/older-persons-mental-health">https://www.emphn.org.au/what-we-do/mental-health/older-persons-mental-health</a>

			Peter James Centre (PJC) and enable timely and supported discharges back into the care of GPs following admissions.		
Youth Severe Mental Health	Neami National, Eastern Health and Austin Health	Youth mental health	Eastern Health with Austin Health (YETTI - Youth Engagement Treatment Team Initiative) and Neami National (YFlex - Flexible Intensive Mental Health Support for Young People). Extra front-line staff to support more people aged 12-25 with, or at risk of, severe and enduring mental illness	Eastern Banyule and Nillumbuk Website link from agnes	Yflex P. 8691 5353 E. yflex@neaminational.org.au www.neaminational.org.au/ find-services/neami-yflex/  YETTI P. 1300 721 927 (option 2)
Neami Steps to Wellbeing (Low Intensity Psychological Strategies)	Neami National	Mental health	Wellbeing Coaching support for people 16years and over to manage stress, anxiety and improve wellbeing. This support can be accessed via either individual sessions, group sessions, phone coaching, online coaching and after hour's appointments.	Whole EMPHN catchment	<a href="https://www.stepstowellbeing.org.au/">https://www.stepstowellbeing.org.au/</a>  <a href="#">Consumer brochure</a>  Flyer in languages other than English: <ul style="list-style-type: none"> <li>• <a href="#">Arabic</a></li> <li>• <a href="#">Cantonese</a></li> <li>• <a href="#">Mandarin</a></li> <li>• <a href="#">Persian</a></li> </ul>
Aboriginal Mental Health Programs (Outer North)	Bubup Wilam	Aboriginal and Torres Strait Islander wellbeing	Aboriginal Mental Health Peer Led Recovery Programs North. Bubup Wilam to build its organisational capacity to expand services. The program provides health, cultural, social, emotional and psychological support services to Aboriginal children and adults with complex needs in the Whittlesea.	Mitchell, Murrindindi, Whittlesea	<a href="http://bubupwilam.org.au/">http://bubupwilam.org.au/</a>
Aboriginal Mental Health Programs (Outer East)	HICSA	Aboriginal and Torres Strait Islander wellbeing	Aboriginal Mental Health Peer Led Recovery Programs East.	Knox, Maroondah, Yarra Ranges	<a href="http://www.hicsa.org/programs.html">http://www.hicsa.org/programs.html</a>

Psychosocial Support	NEAMI National	Mental health	<p>Not all people with psychosocial disability or severe mental illness will be eligible for NDIS support. The new Psychosocial Support Service will ensure that people continue to receive the support they need. These supports are flexible and based on an individual's needs at any one time. They may include:</p> <ul style="list-style-type: none"> <li>• Daily living support</li> <li>• Housing</li> <li>• Employment</li> <li>• Education</li> <li>• Managing money</li> </ul>	Catchment wide	<a href="#">Psychosocial Support Services</a>
Integrated Youth Health Hub Lilydale	Consortia of services	Youth mental health	Informal network of local mental health services co-locating to deliver local response.	Yarra Ranges and Dandenong Ranges	<a href="https://www.emphn.org.au/what-we-do/mental-health/headspace">https://www.emphn.org.au/what-we-do/mental-health/headspace</a>
LifeConnect - Suicide prevention and support after suicide	NEAMI National	Mental health	<p>Support is provided through two streams: support after suicide and suicide prevention.</p> <p>1. Suicide Prevention:</p> <ul style="list-style-type: none"> <li>• Community activities that focus on wellbeing, resilience, skills development and help seeking</li> <li>• Media communications to promote help seeking and reduce stigma related to mental health and suicide</li> <li>• Community capacity building and training.</li> <li>• Development of processes with hospitals and other health services to help people get the support they need</li> <li>• Workforce training to skill a range of workers in identifying and managing suicide risk</li> </ul>	Catchment wide	<a href="#">Neami National Referrer Flyer</a> <a href="#">Consumer Flyer</a>

			<p>2. Supports after suicide may include:</p> <ul style="list-style-type: none"> <li>• Individual counselling</li> <li>• Group therapy</li> <li>• Community debriefing and support response after a suicide (e.g. workplaces, sporting clubs)</li> <li>• Care coordination</li> </ul> <p>LifeConnect incorporates learnings from our suicide prevention trials in the cities of Maroondah and Whittlesea, and a series of focus groups held with health providers, community members and people with lived experience of suicide.</p>		
<p><b>Alcohol and other drugs</b></p>					
Medication Support and Recovery Service	Connect4Health	Alcohol and Other Drugs (AOD)	<p>A specialist assessment and treatment service for people and families affected by pharmaceutical misuse or dependence delivered in primary health service settings.</p> <p>Delivered by Access Health and Community (lead agency) in partnership with Carrington Health, Link Health and Community, Inspiro, and healthAbility.</p>	Whole EMPHN catchment	<a href="https://msrs.org.au/">https://msrs.org.au/</a>
North East Recovery Support Program (NERASP)	Banyule Community Health	AOD	<p>Eight-week outpatient therapeutic group program that includes an assertive outreach component along with peer support, and involvement of families and carers.</p> <p>Delivered by Banyule Community Health at their West Heidelberg site.</p>	North east	<a href="http://www.bchs.org.au/">http://www.bchs.org.au/</a>

Supporting Health Education, Recreation and Personal Autonomy of Young People (SHERPA)	Youth Support and Advocacy Service (YSAS)	Youth AOD	The use of pro-social group-based activities to engage young people into the service which provides, screening, assessment, brief interventions, assertive outreach, and support for families and carers.	Eastern metropolitan Melbourne region	<a href="http://ysas.org.au/">http://ysas.org.au/</a>
Community Outreach Perinatal Support Service	Carrington Health, Nexus Primary Health, Inspiro, Access Health and Community, Link Health and Community, EACH and healthAbility	Mental health	<p><b>The Community Outreach Perinatal Support Service (COPSS)</b> is a counselling and support program offered to new and expectant parents who may be dealing with, or at risk of mild to moderate perinatal depression. The service is offered across the Eastern and Northern regions of Melbourne. The service provides a mix of face to face, online and digital support services tailored to individual needs and preferences.</p> <p>All people referred to Carrington Health will be supported to enrol in the <b>SMS4Families program</b> unless they choose not to.</p> <p>SMS4Families is a free telephone messaging service for parents-to-be and new parents. Messages provide information, encouragement and support, based on the developmental stage of the baby.</p>	Whole EMPHN catchment	<a href="https://www.carringtonhealth.org.au/services/mental-health/community-outreach-perinatal-support-service/">https://www.carringtonhealth.org.au/services/mental-health/community-outreach-perinatal-support-service/</a>
Anglicare Victoria Co-Morbidity (a Dual Diagnosis program)	Anglicare Victoria	Alcohol and Other Drugs (AOD)	Evidence based service delivery supporting clients with issues related to substance use and mental health; counselling and case management capacity.	Eastern region	<a href="https://www.anglicarevic.org.au/">https://www.anglicarevic.org.au/</a>

Family Alcohol and Drug Service (FADS)	Anglicare Victoria	Alcohol and Other Drugs (AOD)	Provide a therapeutic treatment option for young people / families / parents who are engaged in drug use.	Eastern region	<a href="https://www.anglicarevic.org.au/">https://www.anglicarevic.org.au/</a>
AOD RELATE (formerly Substance Misuse Delivery Program)	Banyule Community Health	Alcohol and Other Drugs (AOD)	Develop and utilise relationships within the primary health care setting to identify people with complex AOD issues and channel them into existing treatment types or provide AOD treatment more flexibly as needed.	North east	<a href="http://www.bchs.org.au/">http://www.bchs.org.au/</a>
Family Focus Project	EACH Social and Community Health and Access	Alcohol and Other Drugs (AOD)	Reducing substance and harm associated with substance use for individuals and families and improve individual's health, wellbeing and social connectedness.	Maroondah, Monash and Booroondara.	<a href="http://www.each.com.au/">http://www.each.com.au/</a>
Yarra Ranges Youth Project	EACH Social and Community Health	Youth Alcohol and Other Drugs (AOD)	Provides outreach drug and alcohol counselling to young people and their families who live in isolated and under services communities in the Shire of Yarra Ranges.	Outer east	<a href="http://www.each.com.au/">http://www.each.com.au/</a>
HOPE drug and alcohol program and THRIVE drug and alcohol program (Two projects combined)	EACH Social and Community Health	Alcohol and Other Drugs (AOD)	Project HOPE provides integrated AOD and co-occurring care utilising a peer led recovery and person centred design approach. Project THRIVE provides an effective clinical intervention for individuals with co-occurring substance use and mental health concerns and their significant others through specialised therapeutic counselling.	Outer east	<a href="http://www.each.com.au/">http://www.each.com.au/</a>
Alcohol and Other Drugs and Mental Health capacity building at Link Health and Community	Link Health and Community	Alcohol and Other Drugs (AOD) / Mental Health	Counselling services will provide a range of therapeutic services including but not limited to dual diagnosis, recovery and individual and family counselling inclusive services to support the Chinese speaking community in a culturally sensitive manner.	Eastern region	<a href="http://www.linkhc.org.au/">http://www.linkhc.org.au/</a>

Youth Home-based Withdrawal Primary Health Service	YSAS	Youth AOD	Assist highly vulnerable young people aged 12-21 years in the management and treatment of problematic substance use through the provision of high quality, tailored and timely community based psychosocial support as well as safe and supervised home based Alcohol and Other Drug (AOD) withdrawal where deemed clinically appropriate.	Eastern Region	<a href="http://ysas.org.au/">http://ysas.org.au/</a>
<b>Chronic disease</b>					
Diabetes Diversion Partnership Project	Nexus Primary Health and partners	Diabetes	Identify at-risk patients, provide coaching for patients and clinicians, and use Precedence's cdmNet software platform to link and coordinate diabetes care. Patients can be referred to the service by their GP or Kilmore and Northern hospitals.	Whittlesea, Mitchell and Murrindindi,	P. 1300 77 33 52 <a href="http://www.nexusprimaryhealth.org.au">www.nexusprimaryhealth.org.au</a>
Integrated Team Care (Aboriginal)	Banyule Community Health, Carrington Health, EACH, Yarra Valley health	Aboriginal and Torres Strait Islander wellbeing	Outreach work for Aboriginal and Torres Strait Islander people.	Banyule, Boroondara, Knox, Manningham	<a href="#">Consumer flyer</a>
Integrated Diabetes Education and Assessment Services (IDEAS)	Carrington Health	Primary health and chronic disease	Integrated Diabetes Education and Assessment (IDEAS) - IDEAS is a program provided in collaboration with Eastern Health Endocrinology Department which provides comprehensive medical and allied health consultations including risk assessment, for people with Type 2 Diabetes.	Boroondara, Manningham, Monash, Whitehorse, Lilydale	<a href="https://www.carringtonhealth.org.au/services/diabetes-services/ideas-integrated-diabetes-education-assessment-service/">https://www.carringtonhealth.org.au/services/diabetes-services/ideas-integrated-diabetes-education-assessment-service/</a>



<b>Other</b>					
Mobile Influenza Immunisation Program	EACH (Monash and Yarra Ranges), City of Whittlesea	Immunisation	Provides free influenza immunisation to vulnerable people	Maroondah, Yarra ranges and City of Whittlesea	<a href="https://www.whittlesea.vic.gov.au/about-us/news-publications/latest-news/free-flu-vaccine-for-vulnerable-groups/">https://www.whittlesea.vic.gov.au/about-us/news-publications/latest-news/free-flu-vaccine-for-vulnerable-groups/</a>  <a href="#">Informative video</a>
Boosting toddler immunisation rates	City of Monash, Yarra Ranges Council	Immunisation	Expanded immunisation programs, including contacting families with children overdue for immunisation, immunising people in the community, education, and using apps and online booking systems to make immunisation easier.	Monash, Yarra Ranges	<b>City of Monash</b> - <a href="https://www.monash.vic.gov.au/Services/Children-Family/Immunisation">https://www.monash.vic.gov.au/Services/Children-Family/Immunisation</a> or call (03) 9518 3555. <b>Yarra Ranges Council</b> - <a href="https://www.yarraranges.vic.gov.au/Community/Immunisation">https://www.yarraranges.vic.gov.au/Community/Immunisation</a> or call 1300 368 333.