

Key commissioned initiatives – as at June 2018

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.

Service/initiative	Provider	Service type	Description	Location	Links and more information
Partners In Recovery (Outer East)	Neami National, Mind Australia	Care Coordination	A national mental health initiative which focuses on supporting people to find the health and community services they need to improve their options for recovery.	Knox, Maroondah and Yarra Ranges	More information Consumer flyer Provider flyer Navigating the transition from PIR to NDIS
Partners In Recovery (North East)	Neami National, Mind Australia, VAHS	Care Coordination	A national mental health initiative which focuses on supporting people to find the health and community services they need to improve their options for recovery.	Banyule, Nillumbik, Whittlesea, Hume and Darebin	More information Consumer flyer Provider flyer Navigating the transition from PIR to NDIS
Partners In Recovery (Inner East)	Wellways, Neami National	Care Coordination	A national mental health initiative which focuses on supporting people to find the health and community services they need to improve their options for recovery.	Boroondara, Manningham, Monash and Whitehorse	More information Consumer flyer Provider flyer Navigating the transition from PIR to NDIS
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	Whole EMPHN catchment	YFlex

			people aged 12-25 with, or at risk of, severe and enduring mental illness		
Mental Health Nursing Services	Various providers	Mental health	Mental health nursing services in primary health service settings help people with severe and persistent mental disorders and at risk of hospitalisation.	Whole EMPHN catchment	https://www.emphn.org.au/what-we-do/mental-health/mhns
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	https://www.stepstowellbeing.org.au/ The flyer is available online. Flyer in languages other than English <ul style="list-style-type: none"> • Arabic • Cantonese • Mandarin • Persian
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	http://bubupwilam.org.au/
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	http://www.hicsa.org/programs.html

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	https://www.carringtonhealth.org.au/services/diabetes-services/ideas-integrated-diabetes-education-assessment-service/
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	Click here for the flyer.
CareFirst	Medibank Health Solutions	Chronic disease	Build capacity at 15 general practices in the region to manage chronic disease and will deliver the CareFirst program to more than 700 public patients	Banyule, Boroondara, Knox, Manningham	http://carefirstprogram.com.au/
CarePoint	Medibank Health Solutions	Chronic disease and avoided hospitalisations	Whittlesea residents who are at risk of unplanned hospital admissions due to chronic illnesses such as diabetes and heart disease are set to benefit from the CarePoint project which aims to reduce avoidable hospital admissions.	Whittlesea	http://carepointprogram.com.au/
Healthy Ageing Grants	Mecwacare and Carrington Health	Aged care	mecwacare and Carrington Health will identify and provide opportunities for their clients to develop ACPs and contact GPs to finalise the plans.	Banyule, Boroondara, Knox, Manningham	
TEAMM-Pharmacist	Bolton Clarke (formerly known as RDNS)	Quality use of medicines	TEAMM-Pharmacist (Timely Enhanced Access to Medication Management) is a new clinical pharmacy service integrated within the RDNS Eastern	Boroondara, Manningham, Monash, Whitehorse	For more information about the TEAMM-Pharmacist project contact Christine Bellamy Christine.bellamy@emphn.org.au

			Clinical Hub to improve medication management for older people at risk of experiencing adverse medicine events.		
CALD Carer Support Program	Multicultural Centre for Women's Health	Culturally and Linguistically Diverse community	Aims to identify Culturally and Linguistically Diverse (CALD) carers in the City of Monash and connect them with carer support services by providing culturally appropriate information and support, and reducing the stigma associated with identifying as a carer.	Monash	http://www.mcwh.com.au/
AOD@theGP	Caraniche	Alcohol and Other Drugs (AOD)	AOD clinicians co-located in two GP clinics in the north east providing brief interventions, secondary AOD consultation support for GPs, including linking people to other AOD and mental health services.	City of Whittlesea	http://www.caraniche.com.au/aod-psychology-clinic/aod-at-the-gp
Medication Support and Recovery Service	Connect4Health	Alcohol and Other Drugs (AOD)	A specialist assessment and treatment service for people and families affected by pharmaceutical misuse or dependence delivered in primary health service settings. Delivered by Access Health and Community (lead agency) in partnership with Carrington Health, Link Health and Community, Inspiro, and healthAbility.	Whole EMPHN catchment	https://msrs.org.au/
North East Recovery Support	Banyule Community Health	AOD	Eight-week outpatient therapeutic group program that includes an assertive outreach component along	North east	http://www.bchs.org.au/

Program (NERASP)			with peer support, and involvement of families and carers. Delivered by Banyule Community Health at their West Heidelberg site.		
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	http://ysas.org.au/
Daybreak App	Hello Sunday Morning	Online AOD	Online services that provide: screening, assessment and brief interventions, self-guided cognitive behaviour therapy, monitoring and support from health coaches, and supportive peer/ group network.	Whole EMPHN catchment	https://www.hellosundaymorning.org/
Psychological Strategies- Individual and Group Therapy	EACH	Mental health	Group therapy sessions, predominantly to people with or at risk of mild to moderate mental health disorders.	Whole EMPHN catchment Centres located in: Knox Maroondah Yarra Junction Epping Box Hill Waverley Ringwood	http://www.each.com.au/service/psychological-strategies-individual-and-group-programs/ To make a referral, simply complete the Mental Health Services Referral Form with 'EACH PS' as your preferred provider https://www.emphn.org.au/what-we-

					<p>do/mental-health) or contact the Referral and Access Team on:</p> <p>Phone: 9800 1071 Secure Fax: 8677 9510 Email: referral.access@emphn.org.au</p>
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>The Community Outreach Perinatal Support Service (COPSS) 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 SMS4Families program unless they choose not to. SMS4Families is a free telephone messaging service for parents-to-be and new parents. Messages provide information, encouragement and</p>	EMPHN catchment	<p>9890 2220</p> <p>https://www.carringtonhealth.org.au/services/mental-health/community-outreach-perinatal-support-service/</p>

			support, based on the developmental stage of the baby.		
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	https://www.anglicarevic.org.au/
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	https://www.anglicarevic.org.au/
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	http://www.bchs.org.au/
Family Focus Project	EACH Social and Community Health	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.	http://www.each.com.au/
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	http://www.each.com.au/
HOPE drug and alcohol program and THRIVE drug	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.	Outer east	http://www.each.com.au/

and alcohol program (Two projects combined)			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.		
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	http://www.linkhc.org.au/
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	http://ysas.org.au/
Psychological services for children 12 years and under	Link Health and Community	Youth Mental Health	Service designed to improve the mental health of children under 12 and assist parents to support their child.	Inner eastern suburbs	www.linkhc.org.au/services/counselling/psychological-strategies/ Flyer