

# Our Baby Becomes a Toddler











# Acknowledgement

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**The National Youth Mental Health Foundation.**  
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## Consortium Partners

**Illawarra Division of General  
Practice (Lead Agency)**

**ARAFMI Illawarra**

**Illawarra Institute for Mental  
Health**

**Illawarra Legal Centre**

**Lifeline South Coast**

**NSW Department of Education  
& Training (South East  
Region)**



# Consortium Partners

**Prime TV**

**Southern Youth & Family  
Services**

**University of Wollongong  
Graduate School of  
Medicine**

**Wave FM**

**Wollongong Crisis Centre  
Drug & Alcohol Service**



## Also Working With

### **South Eastern Sydney Illawarra Area Health Service**

- Child & Adolescent Mental Health Service
- Adult community mental health teams
- Emergency departments
- In-patient mental health services

**A range of other health, welfare, and youth agencies and service providers**

## National Objective

**To deliver improvements in the mental health, social wellbeing and economic participation of young Australians aged 12-25**



## Our Local Vision

**A young person needs help**

**Call headspace Illawarra**

**We'll help that young person**

**or**

**Help you and that young person get the right service, at the right time and place**



# Strategies

**Establishment of an  
integrated youth health  
centre**

**Community awareness,  
education and training**

**headspace in Schools  
program**



# headspace Illawarra Youth Health Centre

## **A general practice but not a general practice**

- general medical
- mental health
- substance use
- links to education, training and employment programs
- links to other services

# Integrated Multidisciplinary Care

## Worker

**GPs**

**Psychologists**

**Mental Health Nurse**

**AOD Outreach Worker**

**Youth Workers**

## Employer

**IDGP**

**IDGP**

**IDGP**

**Consortium Partner**

**IDGP & Consortium  
Partner**



## Significance

**IDGP's first step into the arena of practice management**

**GPs, psychologists and Mental Health Nurse employed by IDGP generating MBS income**

**IDGP takes risk, not the GP or psychologist**

**Private practitioners have chosen to be employed, not contracted**

# Challenges and Opportunities

## Culture

- Governance v participatory/consultative
- Medical v community/social services

## Effective Youth Participation

- Meaningfully including young people in the design, development, implementation, monitoring and evaluation of strategies and services

# Challenges and Opportunities

## Time

- Development v delivery

## Competing Priorities

- National v Local
- Lead agency v Consortium Partners

# The Real Challenges

**How do you really make integrated, multidisciplinary primary health care work?**

**How do you provide efficient, effective and quality care within the limitations of a fee for service model?**

