

Office Opening Hours:

M: 9am–6pm
 T: 9am–5pm
 W: 9am–7pm
 T: 10am–7pm
 F: 9am–3pm

headspace Dubbo Review of 2015



What happens at the first visit?

The process to access a service at headspace Dubbo is a fairly easy one. Simply make a referral over the phone or in person with our receptionist Mel.

When coming into headspace for the first appointment, the young person will be asked to fill in an iPad questionnaire. This gives our workers an idea about what is happening for the young person, but also helps us to get the statistics which supports our funding.

The first appointment will be with a Youth Access and Awareness Worker (YAAW). The YAAW will complete an intake assessment and ask some questions about mood, relationships, education/work, health etc. A plan will be developed at this time to try and meet the needs of the young person.

At headspace Dubbo we attempt to refer young people who are suitable for a mental health treatment plan onto our Psychologists. The remainder of young people will see salaried staff members for therapy or attend group sessions.

Hello Dubbo!

Hi everyone. For our first newsletter we thought we might give a little overview of what has been happening in the Dubbo office since opening in January 2015, and we will continue to update you quarterly about our up and coming events and successes.

We have had over 600 referrals since we opened, and they are coming in thick and fast from a variety of services. The largest source of referrals is from young people or their family members, which is really positive to see.

The most frequent reasons for referral is problems with mood, anxiety, anger or past trauma. With the upper high school age group being the highest referred age group.

We are seeing a fairly even split across the genders and around 45% of young people identify as Aboriginal or Torres Strait Islander. We also have a large representation of Lesbian, Gay, Bisexual, Transgender, Intersex, Questioning and Asexual (LGBTIQA) identified young people accessing our service.

We are happy to report that to date, headspace Dubbo has delivered over 250 occasions of community development in the community, schools and workplaces since opening.

Overall, we believe that we have had an excellent start and will continue to aim high.

Staff:

- Peter Rohr—Operational Manager
- Rachel Thomas—Team Leader
- Ann-Maree Hartley—Clinical Leader
- Jessica Woodley—YAAW
- Paul Rich—YAAW
- Nicholas Steepe—YAAW
- Michael Griffin—Clinical Psychologist
- Arna Keerklan—Mental Health Social Worker
- Annie Fraser—Psychologist
- Melanie Tonniges—Admin Manager
- Dr Ferres—General Practitioner (GP)





Youth Reference Group

On the 28th of May headspace Dubbo hosted Class Clowns, in partnership with the Melbourne Comedy Festival. Fifteen young people, aged 12-25, were taken through a workshop to explore comedy writing and performance by the wonderful **Rebecca De Unamuno**.

Rebecca's work is impressive, containing acting, voice work, stand-up and improvisation to name a few. She has also worked with superstars including the late Robin Williams and Jason Alexander. During the workshop participants got up on stage to deliver a spontaneous stand-up comedy routine, bringing belly laughs and applause from the audience! The performances were inspired, entertaining and very funny!

We have a very active Youth Reference Group (YRG) at headspace Dubbo, which began in June last year. The YRG assists in the development and running of headspace Dubbo. It provides a forum for young people (12-25) to voice their concerns, needs, interests and ideas.

The YRG have been active since their inception, with participation in a number of events, including Mental Health Month, Relay For Life, Dream Festival and other community activities. **YOU GUYS ROCK!**



Who remembers Class Clowns?

headspace Dubbo Officially Launched 22/04/15

We officially launch our service in April 2015, with approximately 200 people in attendance. We would like to thank you to the Dubbo community for the warm welcome we received on the day.

As well as speeches from Peter Rohr, Nic Steepe, Mark Coulton and Kathleen Alonso, we tucked into a celebratory sausage sizzle and the mandatory bright green cake. Performances by Circus West, Isaac Compton and Uncle Ralph Naden's troupe "Yallmambirra Boogijoon Doolin" pumped up the crowd. Activities that marked the launch included a message tree, where people wrote an inspirational message for young people and thumb print painting. Drop into the office and check these out.



Look out for more information on our 1st birthday celebrations coming soon!



Staff Profile:

Jessica Woodley is a Provisional Psychologist who is employed as a Youth Access and Awareness Worker at headspace Dubbo.

Jessica studied at the University of Newcastle and gained a Bachelor of Psychology (Hons), specialising in Neuropsychology and Health Psychology.

Prior to working at headspace Dubbo, Jessica worked at a Mental Health Recovery Unit.

Jessica is passionate about working with transgender issues as well as physical and chronic health issues.

Jess will be on maternity leave from March 2016.



Mental Health Month

October 2015 marked Mental Health Month, with the theme for the year being 'Value Your Mind'. To celebrate, headspace Dubbo conducted three major events, spreading the message to the community about positive mental health. These events were a month long scavenger hunt with different themes in how one can value their mind, Lip Sync Battles, and the Central West's first Pride March.



LGBTIQA+ Pride



With poorer mental health statistics than their heterosexual counterparts, LGBTIQA+ young people are a target group for headspace nationally. A few events included a Prom to highlight International Day Against Homophobia, Transphobia and Biphobia (IDAHO), a BBQ for Wear It Purple and the first Pride March in the Central West for Mental Health Month.



PicCollage



Rhino Awards

In October 2015, coinciding with Mental Health Month, headspace Dubbo was proud to attend the Rhino Awards for the first time ever. During the night, we were successful in becoming a finalist in the Silver Rhino award for Excellence in Community Involvement, and taking home the Silver Rhino in Excellence in Presentation and Marketing.



North Parkes Mines Fundraiser

For Mental Health Month, North Parkes Mines held a "Movie By Moonlight" event, and donated the proceedings to headspace Dubbo. Despite the rainy weather, the event still went ahead, and raised a whopping \$3615 for clinical services at the centre. THANK YOU NPM!



'Culture and Connections' & CSU Arts Grant



Thanks to a \$1000 Grant through the Charles Sturt University Arts, headspace Dubbo teamed up with renowned Aboriginal artist Lewis Burns to run a 6 week arts program to explore identity, culture and sense of belonging.

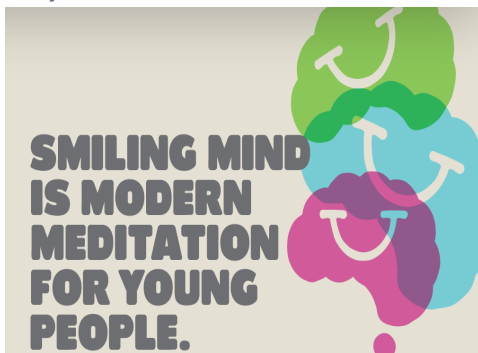
Our events planned for 2016...



Recommendation

The Smiling Mind is a web and app based program which focuses on improving young peoples health and wellbeing via the practice of mindfulness. The aim is to help young people build resilience and manage feelings of stress, depression and anxiety.

Do yourself a favour and check it out!



- ◆ Youth Week activities (8th April—17th April)
- ◆ Term 2 Group Programs (week of 26th April)
- ◆ Ryda Program (1st, 2nd & 3rd March)
- ◆ International Day Against Homophobia, Transphobia and Biphobia (17th May)
- ◆ Sorry Day (26th May)
- ◆ Mental Health Month (October 2016)



How to make a referral:

- ◆ email (hs.dubbo@marathonhealth.com.au)
- ◆ Phone (02 5852 1900)
- ◆ Fax (02 5852 1999)
- ◆ Pop in (23 Church Street)

With helpful hints on the activities we will be running over the course of 2016... Check it out :)