Key commissioned initiatives – as at July 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.

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| Service/initiative | Provider | Servicetype | Description | Location | Links and more information |
| Partners In Recovery (Outer East) | Neami National, Mind Australia | Care Coordina tion | 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](https://www.emphn.org.au/what-we-do/mental-health/pir) [Consumer flyer](https://www.emphn.org.au/images/uploads/files/PIR-Consumers-DL_0117_WEB.pdf) [Provider flyer](https://www.emphn.org.au/images/uploads/files/PIR-Providers-DL_0117_WEB.pdf)[Navigating the transition from PIR to](https://www.emphn.org.au/images/uploads/files/NDIS-booklet_v5_WEB.pdf) [NDIS](https://www.emphn.org.au/images/uploads/files/NDIS-booklet_v5_WEB.pdf) |
| Partners In Recovery (North East) | Neami National, Mind Australia, VAHS | Care Coordina tion | 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](https://www.emphn.org.au/what-we-do/mental-health/pir) [Consumer flyer](https://www.emphn.org.au/images/uploads/files/PIR-Consumers-DL_0117_WEB.pdf) [Provider flyer](https://www.emphn.org.au/images/uploads/files/PIR-Providers-DL_0117_WEB.pdf)[Navigating the transition from PIR to](https://www.emphn.org.au/images/uploads/files/NDIS-booklet_v5_WEB.pdf) [NDIS](https://www.emphn.org.au/images/uploads/files/NDIS-booklet_v5_WEB.pdf) |
| Partners In Recovery (Inner East) | Wellways, Neami National | Care Coordina tion | 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](https://www.emphn.org.au/what-we-do/mental-health/pir) [Consumer flyer](https://www.emphn.org.au/images/uploads/files/PIR-Consumers-DL_0117_WEB.pdf) [Provider flyer](https://www.emphn.org.au/images/uploads/files/PIR-Providers-DL_0117_WEB.pdf)[Navigating the transition from PIR to](https://www.emphn.org.au/images/uploads/files/NDIS-booklet_v5_WEB.pdf) [NDIS](https://www.emphn.org.au/images/uploads/files/NDIS-booklet_v5_WEB.pdf) |
| Eastern health and Austin Health – YETTI program | Eastern Health  | Youth mental health | YETTI provides mental health support and treatment to young people aged 12 - 25 years of age and their families/carers who are experiencing complex mental health but do not meet the criteria for tertiary mental health care.  | Whole EMPHN catchment | <https://www.easternhealth.org.au/site/item/784-additional-community-programs-and-services>  |
| Neami – Yflex | Neami National | Youth mental health | YFlex offers young people improved and timely access to specialist mental health supports who are experience complex mental health needs or face barriers to accessing mental health services. | LGA Whittlesea, parts of Mitchel and Murrindindi  | <http://www.neaminational.org.au/get-support/find-service/neami-yflex> |
| Headspace Knox, Hawthorn and Greensborough | Headspace | Youth mental health | Headspace services | Knox, Hawthorn and Greensborough | Knox   - <https://headspace.org.au/headspace-centres/knox/>Hawthorn  - <https://headspace.org.au/headspace-centres/hawthorn/>Greensborough - <https://headspace.org.au/headspace-centres/greensborough/> |

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|  |  |  | 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 ofhospitalisation. | Whole EMPHN catchment | [https://www.emphn.org.au/what-we-](https://www.emphn.org.au/what-we-do/mental-health/mhns) [do/mental-health/mhns](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, onlinecoaching and after hour’s appointments. | Whole EMPHN catchment | <https://www.stepstowellbeing.org.au/> [The flyer is available online.](https://daks2k3a4ib2z.cloudfront.net/59813be2e127e80001d7f057/5a655f5802b65d00015cfada_Brochure_StepstoWellbeing_CMYK%28DL%29_DIGITAL.pdf)Flyer in languages other than English* [Arabic](https://uploads-ssl.webflow.com/59813be2e127e80001d7f057/5a7a660480ff2d000190ce92_Brochure_StepstoWellbeing_Arabic_Digital.pdf)
* [Cantonese](https://uploads-ssl.webflow.com/59813be2e127e80001d7f057/5a7a6604ff829a0001d766f9_Brochure_StepstoWellbeing_Cantones_Digital.pdf)
* [Mandarin](https://uploads-ssl.webflow.com/59813be2e127e80001d7f057/5a7a6604ff829a0001d766f8_Brochure_StepstoWellbeing_Mandarin_Digital.pdf)
* [Persian](https://uploads-ssl.webflow.com/59813be2e127e80001d7f057/5a7a66045cc7940001048140_Brochure_StepstoWellbeing_Persian_Digital.pdf)
 |
| 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 theWhittlesea. | Mitchell, Murrindindi, Whittlesea | <http://bubupwilam.org.au/> |
| Aboriginal Mental Health Programs (Outer East) | HICSA | Aboriginal and Torres Strait Islanderwellbeing | Aboriginal Mental Health Peer Led Recovery Programs East. | Knox, Maroondah, Yarra Ranges | <http://www.hicsa.org/programs.html> |

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| 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 Departmentwhich provides comprehensive medical and allied health consultations including risk assessment, for people with Type 2Diabetes**.** | Boroondara, Manningham, Monash, Whitehorse | [https://www.carringtonhealth.org.au/ser](https://www.carringtonhealth.org.au/services/diabetes-services/ideas-integrated-diabetes-education-assessment-service/) [vices/diabetes-services/ideas-integrated-](https://www.carringtonhealth.org.au/services/diabetes-services/ideas-integrated-diabetes-education-assessment-service/) [diabetes-education-assessment-service/](https://www.carringtonhealth.org.au/services/diabetes-services/ideas-integrated-diabetes-education-assessment-service/) |
| Aboriginal and Torres Strait Islander Service | Banyule Community Health, Carrington Health, EACH, Yarra Valleyhealth | Aboriginal and Torres Strait Islander wellbeing | Outreach work for Aboriginal and Torres Strait Islander people. | Inner north | [Click here for the flyer.](https://www.emphn.org.au/images/uploads/files/ATSI-Flyer-FINAL_180717_163145.PDF) |
| Eastern Health Aboriginal Health Team – youth counselling service | Eastern Health | Aboriginal and Torres Strait Islander Wellbeing | Youth Counsellor provides an outreach service to young people aged from 0—24 years of age, meeting clients in environments where they feel comfortable. | Eastern Health catchment | [Click here for the flyer.](https://www.emphn.org.au/images/uploads/files/Community-Health-Aboriginal-Team-Flyer-2018-v4.pdf) |
| Healthy Ageing Grants | Mecwacare and CarringtonHealth | Aged care | mecwacare and Carrington Health will identify and provide opportunities for their clients to develop ACPs andcontact GPs to finalise the plans. | Banyule, Boroondara, Knox, Manningham |  |
| TEAMM-Pharmacist | Bolton Clarke (formerly known asRDNS) | Quality use of medicines | TEAMM-Pharmacist (Timely Enhanced Access to Medication Management) is a new clinical pharmacy serviceintegrated within the RDNS Eastern | Boroondara, Manningham, Monash, Whitehorse | For more information about the TEAMM- Pharmacist project contact Christine BellamyChristine.bellamy@emphn.org.au |

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|  |  |  | Clinical Hub to improve medication management for older people at risk of experiencing adverse medicineevents. |  |  |
| CALD Carer Support Program | Multicultural Centre forWomen’s Health | Culturally and Linguistic ally Diverse communit y | 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 identifyingas 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-](http://www.caraniche.com.au/aod-psychology-clinic/aod-at-the-gp) [psychology-clinic/aod-at-the-gp](http://www.caraniche.com.au/aod-psychology-clinic/aod-at-the-gp) |
| Medication Support and Recovery Service | Connect4Heal th | 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 RecoverySupport | Banyule CommunityHealth | AOD | Eight-week outpatient therapeutic group program that includes anassertive outreach component along | North east | <http://www.bchs.org.au/> |

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| Program (NERASP) |  |  | with peer support, and involvement of families and carers.Delivered by Banyule Community Health at their West Heidelberg site. |  |  |
| Supporting | Youth Support | Youth | The use of pro-social group-based | Eastern metropolitan | <http://ysas.org.au/> |
| Health | and Advocacy | AOD | activities to engage young people into | Melbourne region |  |
| Education, | Service (YSAS) |  | the service which provides, screening, |  |  |
| Recreation and |  |  | assessment, brief interventions, |  |  |
| Personal |  |  | assertive outreach, and support for |  |  |
| Autonomy of |  |  | families and carers. |  |  |
| Young People |  |  |  |  |  |
| (SHERPA) |  |  |  |  |  |
| 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: | [http://www.each.com.au/service/psy](http://www.each.com.au/service/psychological-strategies-individual-and-group-programs/) [chological-strategies-individual-and-](http://www.each.com.au/service/psychological-strategies-individual-and-group-programs/) [group-programs/](http://www.each.com.au/service/psychological-strategies-individual-and-group-programs/)[Click here for flyer.](https://www.emphn.org.au/images/uploads/files/EMPHN-Psychological-Strategies-Information-Flyer_PHN.DOCX) |
|  |  |  |  | KnoxMaroondah Yarra Junction EppingBox Hill Waverley Ringwood | 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-](http://www.emphn.org.au/what-we-) |

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|  |  |  |  |  | do/mental-health) or contact the Referral and Access Team on:**Phone:** 9800 1071**Secure Fax:** 8677 9510**Email:**referral.access@emphn.org.au |
| CommunityOutreach | CarringtonHealth, Nexus | Mental health | **The Community Outreach Perinatal****Support Service** (COPSS) is a | EMPHN catchment | 9890 2220 |
| Perinatal | Primary |  | counselling and support program |  |  SMS4Families: [Click here for the flyer.](https://www.emphn.org.au/images/uploads/files/5635_Carrington_SMS4Families_-_A4_Poster_V1.pdf)  COPSS: [Click here for the flyer](https://www.emphn.org.au/images/uploads/files/2018-02-02-COPSS-Brochure-Client.pdf).  |
| Support | Health, |  | offered to new and expectant parents |  |  |
| Service | Inspiro, Access |  | who may be dealing with, or at risk of |  |  |
|  | Health and |  | mild to moderate perinatal |  |  |
|  | Community, |  | depression. The service is offered |  |  |
|  | Link Health |  | across the Eastern and Northern |  |  |
|  | and |  | regions of Melbourne. The service |  |  |
|  | Community, |  | provides a mix of face to face, online |  |  |
|  | EACH and |  | and digital support services tailored to |  |  |
|  | healthAbility |  | individual needs and preferences. |  |  |
|  |  |  | 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 |  |  |

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|  |  |  | support, based on the developmental stage of the baby. |  |  |
| Anglicare Victoria Co- Morbidity (a Dual Diagnosisprogram) | 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 managementcapacity. | 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 DeliveryProgram) | 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 AODtreatment 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 andsocial 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 ofYarra 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/> |

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| 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 specialisedtherapeutic counselling. |  |  |
| Alcohol and Other Drugs and Mental Health capacity building at Link Health andCommunity | 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 sensitivemanner. | 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 deemedclinically 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/](http://www.linkhc.org.au/services/) counselling/psychological-strategies/Flyer |
| Psychiatric Secondary Consultation Service | Outcome HealthConduit Health | Specialist Psychiatric Advice | De-identified advice can be sought from a Consultant Psychiatrist, or a Mental Health Nurse Practitioner in a 24-48hour period for clients within the EMPHN catchment. This service is targeted towards general practice, and community mental health providers.  | Whole EMPHN catchment | [Click here for the flyer.](https://www.emphn.org.au/images/uploads/files/MH-Secondary-Consult-Services_0218_v8.pdf)  |
| My Emergency GP  | Connected Medical Solutions | AH Urgent Emergency Physician Service | Eastern Melbourne PHN (EMPHN) is funding free access to after-hours urgent medical advice for people living in Melbourne’s east and north east, with help available over the phone or via the My Emergency Dr app.Residents living in EMPHN’s catchment will have easy access to advice from specialist emergency doctors for urgent after-hours care when their GP isn’t available. | Whole of EMPHN catchment | <http://www.myemergencydr.com/>  |
| After Hours Medical Neighbourhood | Nexus Primary Health  | AH GP, District Nursing Services, Physio, Psychology,Care Coordination Medical Neighbourhood Model for Wallan and Kinglake  | The Medical Neighbourhood model is an expanded patient-centered care model where primary care and specialty providers, hospitals and other clinicians work together in partnership to provide complete and coordinated care.  Services will includeextended GP hours, expanded home visits by GPs and Nurses, physio and psychology and telehealth consults.  The model will alsoincorporate a Systems Navigator role to provide after hours navigation and engagement activities. |  Northern section of EMPHN catchment | Contact Susan Rice at EMPHNSusan.rice@emphn.org.auContact Lauren Colliver at Nexus Primary Health LauraC@nexusprimaryhealth.org.au |
| Healesville After Hours Community Medical Service | Eastern Health  | AH GP services for the Healesville and surrounding community | After Hours GP Services for the Healesville and surrounding Community | Healesville and surrounding community |  |
| Northern Area After Hours Access Project  | Lakes Boulevard Medical  | AH GP Services for the Outer Northern Area of the EMPHN catchment | After Hours GP Services, Community Awareness Strategy to promote services and ED Diversional Strategies with Northern Health  |  Northern section of EMPHN catchment | Contact Susan Rice at EMPHN Susan.rice@emphn.org.au |
| Northern Mental Health Family Intervention Support Trial | Northern Area Mental Health  | North East Mental Health Family Intervention | Improve the coping capacity of families in ‘situational crises’ by providing family intervention/psycho education services from mental health clinicians, including intervention sessions with the family and linkages to appropriate external services This is expected to reduce demand for mental health services in the after hours.  |  Northern section of EMPHN catchment |  |
| Outer East RACF Visiting GP Service | Doctor Doctor | AH GP Services to RACFs in the Outer East | After Hours Visiting GP Services to residents residing in RACFs in the Yarra Ranges LGA. Priority After Hours GP Service to outlying RACFS who do not have access to Medical Deputing Services and limited local after hours GPs  | The outer east of EMPHN’s catchment |  |