

360 HEALTH + COMMUNITY

Our Impact



2021-
2022

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INTRODUCTION

FROM OUR CO-CEOS



As with all other businesses across Australia, the past year (or two) has been characterised by Covid-19. Unlike the Eastern States, WA was relatively unscathed by prolonged lockdowns, but when the borders reopened in February 2022, 360 Health + Community's Covid-19 Pandemic Plan was launched into action to protect our clients, participants, patients and staff.

Working on split rotas with teams alternating between the office and their homes, we were able to maintain our service delivery and continue to provide uninterrupted services to our clients, participants and patients across all of our programs.

While the pandemic created many a challenge for us, it also allowed us to be more innovative in the way that we provide our services. Telehealth appointments were put in place for many of our programs. In areas, such as Kalgoorlie, Geraldton and headspace, where clients and participants had little to no access to technology, we created Telehealth Hubs where clients could still attend, and engage in, digitally mediated consultations.

Apart from Covid, the year also offered up a few other challenges, with notice that funding for a major contract was being withdrawn, the relocation of our Kalgoorlie offices and then we had to commence the search for new homes for headspace Mandurah and our Geraldton office.

Throughout all of this, the focus has always remained on servicing our clients, participants, patients and supporting our incredible team at 360 Health.

Despite the many challenges, our team has consistently managed to produce great outcomes across our service areas as well as some significant achievements including accreditation with:

- RACGP standards,
- National Standards for Mental Health Services,
- NDIS Practice Standards,
- Completion of the Headspace Model Integrity Framework (hMIF) for all three headspace centres.

We partnered with the Swan Districts Football Club as they launched their inaugural team in the All Abilities Football Association. These incredible players ran out each week to compete, proudly wearing their jumpers with the 360 Health + Community logo on their backs.

Throughout the year, we also managed to implement a new CRM system, change our Accounting and Purchase Orders Systems, and replace the majority of our IT equipment in the process.

We would like to express how proud we are of the effort and outcomes achieved by all 360 Health teams in the past year.

We wish to also express our heartfelt thanks for the support we have received from the Board and all our teams to enable us to transition into our new roles as Co-CEO's. We also acknowledge the contribution that our former CEO, Gautam Gupta, made to 360 Health + Community during his tenure.

We sincerely thank our various funders in WA Primary Health Alliance (WAPHA), Department of Health, WA Country Health Services, Rural Health West and headspace National for their ongoing support and assistance.

Together we are looking forward to tackling the challenges that 2022-23 will bring with the continuing support of the Board and team at 360 Health + Community.

Deborah Roberts & Darren Sumner
Co-Chief Executive Officers

MESSAGE FROM THE BOARD



Our Annual Impact Statement is an opportunity to highlight the important work 360 Health + Community does within the many different communities we serve.

As you can see from this publication, our reach is far and wide, our services unique and highly valued by the people who use them. To have continued to deliver high quality, community-based services to people who are often in difficult circumstances, during a time that has been difficult for us all personally and professionally, is testament to the commitment of our wonderful teams.

The organisation has endured the challenges of operating during these increasingly uncertain times and finds itself in a strong position – we have a stable leadership team, a high calibre Board of Directors, a solid balance sheet, high quality and valued services and many exciting partnerships being forged.

On behalf of the Board of 360 Health + Community, we thank those people who trust 360 Health to be partners in their health care journey, our wonderful teams who demonstrate our values of compassion, integrity and collaboration on a daily basis, and our many supporters in the community, including funders, partners, donors and champions. We couldn't do it without you!

**The Board of Directors
360 Health + Community**

OUR STORY

360 Health + Community's vision has always been to provide quality physical and mental health and wellbeing services to the people of Perth and Regional WA.

To fulfil this vision, we deliver programs that assist our clients to navigate and manage the issues that lead to emotional distress and/or stress and support them to reach their goals and build capacity so that they can live the life they dream of.

Our multidisciplinary team of Allied Health practitioners provide specialised support for people to improve their quality of life through the prevention and management of chronic disease, recovery from acute illness and overcoming the effects of disability.

Our dedicated mental health workers assist their clients to navigate the NDIS and provide services that are tailored to their unique needs and goals.

Through our Street Doctor service, we take care of the most vulnerable and marginalised people within our communities, providing a mobile, easily accessible, confidential, non-judgemental and non-discriminatory bulk-billing healthcare service.

While our headspace team provides significant care and support to the mental health and wellbeing of our young people aged between 12-25.

As an organisation, we live and breathe our values of **Collaboration** by building strong and valuable partnerships, **Compassion** by delivering programs that are tailored and supportive of an individual's personal needs with **Integrity** by ensuring that we are always honest and accountable to the people that we serve.



OUR MISSION

We support the mental and physical wellbeing of people by providing a unique range of personalised and integrated services across health, mental health and disability.



OUR VISION

Our clients are empowered through the excellence of our personalised, specialised services. We are preferred as an employer and valued and recommended by our stakeholders and communities.

OUR YEAR AT A GLANCE



AUGUST 2021

Street Doctor celebrates its 20th Anniversary.

OCTOBER 2021

Angie Paskevicius & Professor Cobie Rudd join 360 Health's Board of Directors.

APRIL 2022

Swan Districts launch All Abilities Football Team with 360 Health's logo on players jumpers.

JUNE 2022

Street Doctor commences its weekly clinic at Champion Centre in Armadale bringing the number of clinics across Perth to eight.

JUNE 2022

Street Doctor receives Department of Health grant to fund a clinician to provide support, education and testing for Syphilis.



OCTOBER 2021

360 Health Kalgoorlie moves into a new access-friendly office.

FEBRUARY 2022

360 Health Kalgoorlie, Geraldton and headspace offices establish a Telehealth Hub, to ensure that clients with little to no access to technology, are able to attend appointments.

MAY 2022

Referrals for our 360 Health Geraldton services were streamlined when the requirement to send referrals to PORTS first was ceased, allowing our teams to respond to referrals far more efficiently.

JUNE 2022

Healthy Lifestyle Program (HLP) funding ceases. Healthy Lifestyle Supports (HLS) launched to continue meeting the needs of clients.

JUNE 2022

John Carey, Minister for Housing; Lands; Homelessness & Local Government visits Street Doctor clinic in Bassendean.

OUR IMPACT IN 2021/2022

OUR MENTAL HEALTH SERVICES

- We successfully delivered our NDIS Access Support Project, funded by the Mental Health Commission to support 100 clients.
- Valuable collaborations with the Street Doctor and ALIVE teams to provide psychosocial support.
- Over 80% success rate in assisting people to successfully gain access to a NDIS plan through National Psychosocial Supports Program (NPSM) now called Commonwealth Psychosocial Supports (CPS).



OUR ALLIED HEALTH SERVICES

- A new Endocrinologist joined the CEDS team in Armadale.
- NDIS Therapy Team and Chronic Disease Team merged to form the Allied Health Team, providing support across all 360 Health + Community programs, including grant funded, fee-for-service and NDIS participants.
- Allied Health Services transitioned to Telehealth at the height of the COVID-19 Pandemic to continue service delivery to clients without any interruptions.



OUR NDIS SERVICES

- Successful expansion of our NDIS Support Coordination Program Service Delivery into Perth's Southern Corridor.
- Introduction of a flexible Support Coordination/Recovery Coach Model.
- The introduction of Disability Services Consulting (DSC) Training Platform to provide up to date NDIS training for 50 team members.
- Participated in the development of a specialist training package on PBS Mental Health with WAAMH. The program is called Positive Behaviour Support in Mental Health – Train the Champion.





170

Clients supported through National Psychosocial Supports Program (NPSM) now CPS

<80%

Of clients tested for NDIS eligibility now linked with NDIS supports

566

Number of clients serviced in the ALIVE Suicide Prevention Program



3593

Occasions of service across 5 sites in final year of HLP

1648

Occasions of service across 2 sites for CEDS

42

Residential Aged Care facilities supported through dietetics and speech pathology



NDIS SUPPORT COORDINATION

348

Participants supported with

12,725

hours of support provided

NDIS THERAPY

178

Participants supported with

2737

hours of support provided

NDIS RECOVERY COACH

59

Participants supported with

2872

hours of support provided



NDIS SUPPORT COORDINATION & THERAPY

182

Participants supported with

2326

hours of support provided

IPMHC (GERALDTON)

211

Occasions of service

ICDC (KALGOORLIE)

408

Occasions of service



At our 360 Health + Community headspace centres in Fremantle, Mandurah and Rockingham, we support young people aged 12 – 25 years with mental health, physical health (including sexual health), alcohol and other drug services, as well as vocational work and study support. With a focus on early intervention, our clinicians work with young people to provide support at a crucial time in their lives – to help get them back on track and strengthen their ability to manage their mental health in the future.

Our Achievements

COVID-19

Our headspace centres are very proud that we were able to continue to provide early intervention mental health services throughout the COVID 19 pandemic, by working in split teams. To be able to continue our services we had half of the team in the centre one week and the other half would be working from home providing phone services & telehealth sessions to young people. Even though there were some challenging times, the teams pulled together and ensured that the service could continue for the young people in need of a service.

It was important through COVID-19 to maintain good communication and contact with our teams, so that everyone continued to feel engaged and involved in the service. To ensure that team members never felt isolated and to continue the spirit of fun and inclusion, we created online team chats that remained open all day so that the team could continue to communicate with each other, as if they were still in the same room as each other. This played a large part in keeping the morale of our team members high.

Our Journey, Our Story

In June 2022 we partnered with the researchers from the Our Journey Our Story project.

The Our Journey, Our Story project is led by an Aboriginal research team from Curtin University. The project is a collaboration between the Curtin University research team, Aboriginal Elders, Aboriginal Young People, headspace Rockingham, headspace Fremantle and the 360 Health + Community Executive Team.

Through the research these groups will work together to co-design more culturally secure mental health services that better meet the needs of Aboriginal Young People and their families. The aim is to build the capacity of mental health service staff to be flexible, confident and competent in responding to cultural needs of Aboriginal Young People.

This project builds on the community's strength and wisdom by engaging Elders and young people in a co-design process to ensure culturally secure responses to improve mental health and wellbeing.



ECP Graduate Program

The Early Career Program was announced in the May 2021 budget by the Commonwealth Government with the aim to address the need for new clinical staff in the headspace network.

As the centre's network expands, so too does the need for more allied health workers across the youth mental health sector. The aim of the program is to employ new qualified staff, including occupational therapists, social workers and psychologists to work within headspace services. These graduates are supported through ongoing training and supervision for up to two years, where they can meet the credentialing requirements to apply for Medicare benefits. The ultimate aim is that the centres retain well-trained staff who remain a part of the headspace network into the future.

headspace Fremantle and headspace Rockingham were fortunate to have three graduates appointed who have been working full time within the clinical team. In 2023, the aim will be for all three of the 360 Health + Community headspace centres to have graduates working in each centre.

5818

Occasions of service
to young people

1734

Young people serviced

1086

New young people who
attended our
headspace centres

**3.5
times**

The average visit
frequency for a young
person

Chopping out the seriousness!

When Jason first interacted with 14-year-old *Zack on the phone, he encountered a young boy who was distant and withdrawn and said that everything was 'fine'. But for a young boy and his little sister, *Vivian, who had just been removed from the care of their mother and stepfather due to issues around domestic violence, everything was anything but 'fine'.

Zack was referred to headspace Mandurah with a diagnosis of depression and trauma and together with his sister, had been placed in the care of their maternal uncle and aunt by child protection. Knowing the full details of the situation, Jason engaged with Zack over a number of phone calls, where he found Zack to be an articulate, caring and responsible young person (perhaps too much so!).

Zack explained how he felt responsible for caring for Vivian and that he has taken on the big brother role to his cousins who he now lived with, all while trying to do well at school and be a 'good' kid for his uncle and aunt. After a few more calls with Jason, Zack agreed to a face-to-face family session with his little sister and their uncle and aunt.

In collaboration with a female colleague, Jason met with the family. The meeting was kept light and casual, using a sand tray to engage the kids and generate conversation with the family members.

While the more serious 'elephant in the room' was openly discussed about whether the children would stay with their aunt and uncle or be returned to their mother and stepfather, the rest of the conversation was lighthearted with Zack joking that he was 'cranky' at times. Vivian also showed that she is more of a risk taker, playing with a pig figurine and pretending to chop it up with a toy knife.

At the end of the session, Jason gave the pig and knife to Vivian as a reminder for her to help her older brother be less responsible and enjoy being young again with a simple message to "chop out the seriousness!"

Both kids enjoyed the session and Zack said that he would be open to more face-to-face meetings.

**Names have been changed to protect client identities*



A 20-YEAR JOURNEY

You may have seen the iconic Street Doctor truck, decorated with distinctive street art, cruising the streets between Perth CBD and other suburbs and wondered what the Street Doctor is.

360 Street Doctor is an accredited, mobile outreach medical service providing comprehensive general practice services for homeless and marginalised people around the Perth metropolitan area.

Clinics are based out of a purpose-built truck, providing all the services of a traditional general practice, but in an outreach environment at locations familiar to our clients, and on a regular timetable. Appointments are offered on a walk-in basis, meaning clients do not have to keep an appointment time to see a doctor, rather they can arrive at the clinic, register for a consultation, and access other supports while they wait.

The Birth of Street Doctor

The Street Doctor service started in 1999 as a six-month pilot project by Noel Plumley and his wife Annette, after seeing a homeless man, barefoot and in shorts with a large abscess on his lower leg. It was the realisation for Noel and Annette that a good treatment outcome was unlikely for the man as he would really only have two options – go to Royal Perth Emergency Department for treatment or see a GP but both options meant the man would need to get to these locations and patiently wait to be seen. Access to treatment for these vulnerable people needed to be better and so the idea of a mobile clinic was born.

With the help of the then State Premier and Minister for Health, funding was received and within six months, the Street Doctor truck was on the road with a GP, a nurse and a social worker.

Street Doctor Today

On 11 August 2021, 360 Street Doctor celebrated its 20th Anniversary. It was a night where the achievements of Street Doctor were celebrated and acknowledged for being an incredible community health program that has been a consistent and sustainable presence on the streets of Perth and for the difference it has made to the lives of those most vulnerable.

With two trucks and eight clinics running from Monday to Saturday in Midland, Bassendean, Armadale and the

Perth CBD, providing more than 3500 consultations a year, the Street Doctor service has turned into a comprehensive health service on wheels.

From a GP, a nurse and a social worker in 1999, the Street Doctor team now consists of doctors, nurses, Aboriginal health practitioners, outreach workers a pharmacist and specialists in endocrinology, cardiology, renal and psychiatry – an incredible team of 42 staff who work together to keep the wheels of the travelling clinic rolling and Noel and Annette's vision alive.

A Non-Judgmental Service

With eight clinics now running across Perth, each clinic has a slightly different focus group, but each person is treated with respect, dignity and cultural awareness, without any judgement or bias.

At its core, Street Doctor aims to improve health outcomes in vulnerable groups in the community by engaging people in their own healthcare and providing support to achieve optimal health. Each member of the Street Doctor team understands the importance of providing a welcoming environment to establish trust and build relationships with clients so that they are enabled to reach their health goals.

Partnerships and Collaborations

Over the course of 20 years, Street Doctor has become a respected and recognised service in our community and one of the key elements to the success of this program is the collaborative relationships that have been built with other organisations. Complex social circumstances often influence the health of our clients and to support individuals to improve their health outcomes, these factors must be addressed.



Therefore, Street Doctor clinics are co-located with other community support services, to enable clients to access additional social, financial, and legal supports on site. Over the years, this has increased from working beside volunteer groups providing meals to clients, to a fully collaborative hub including laundry vans (Orange Sky), showers (One Voice) and legal support and advocacy (Midlas and Street Law).

Street Doctor also has a service agreement with Cyrenian House to host an AOD Outreach Worker in the city clinics to help engagement and referral pathways into alcohol and other drug treatments.

Clinics are also attended by our own 360 Health services such as our allied health team who provide onsite support in diabetes education, dietetics and exercise physiology. The Commonwealth Psychosocial Supports (CPS) team (funded by WAPHA) also provide services to the clinics by supporting people with persistent mental health issues to access supports in the community, including NDIS applications. The valuable collaboration with our internal 360 teams addresses many of the needs of our client group who suffer with high presentations of chronic disease and mental health conditions.

Street Doctor’s Future

With eight clinics now running across Perth, each clinic has a slightly different focus group, but each person is treated with respect, dignity and cultural awareness, without any judgement or bias.

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360 Street Doctor is currently building a third truck which will provide an opportunity to expand services and provide appropriate and customised care to vulnerable people in the community. It will also increase capacity to deliver more clinics around the metro area and further provide the unique health service that 360 Street Doctor has become known for.



3414

Consultations

1113

Individual clients treated

58%

of clients identified as Indigenous

Mental Health, Cardiovascular Disease & Diabetes

Most common presentations

PERSONAL STORIES

Giving Simon A 'Voice'

Communication is a basic human right. When we communicate, we tell people how we feel, what we need, if we feel ill, if we're happy or sad, if we are experiencing pain and any other feeling we may need to express. But what if you couldn't communicate?

When Speech Pathologist, Paula, was first due to meet *Simon, she knew from his history that he is a man in his 20's with severe Cerebral Palsy, he is wheelchair bound and is unable to do much by the way of physical movement and all his needs are delivered by other people. But, what Paula didn't know was that Simon is unable to communicate.

Due to his physical condition, Simon is unable to verbalise or use his hands for sign language, meaning the only way for him to communicate is by making sounds and blinking to communicate his needs to his family and carers.

Using an Augmentative and Alternative Communication (AAC) device, similar to an iPad, Paula has changed Simon's life forever and finally give him a voice.

The AAC gives Simon the ability to use his eyes to track and select picture symbols, thus enabling him to make sentences to be able to request, express his needs and wants, give information, and build and maintain relationships.

***Names have been changed to protect client identities**



Helping Amy Navigate Her Mental & Physical Health Issues

Meet *Amy, she has extremely limited use of both hands due to a degenerative condition that requires ongoing management and support. Both of her wrists and multiple fingers have been fused, impacting on her range of movement. Due to her condition, Amy struggles with basic tasks such as holding a pen, holding a drink or preparing food.

Amy's conditions not only have a severe effect on her daily functioning and quality of life, but also greatly affects her complex mental health condition of Bipolar Affective Disorder with personality traits and depression, increasing her isolation as she struggles to manage and maintain relationships.

Amy's physical health and mental health issues, makes it very difficult to regulate her emotions and she often responds to situations in a confrontational manner – shouting at people, having ongoing disputes with people around her and unable to think or speak rationally when faced with stressful situations.

Over the period that Alicia, senior mental health worker at 360 Health, has worked with Amy, she has acted as her representative when dealing with the NDIS and NDIA, assisted and prepared her to deal with the stress of being 'rejected' by the NDIS and assisted with a positive outcome with My Aged Care where Amy now has level 4 funding with priority available to her and she also received hospital in the home support until permanent supports were sourced for her, which she is now receiving.

A strong focus has now been placed on finding suitable housing for Amy. She has been accepted onto the priority housing waitlist along with multiple ILP community housing applications being submitted, and she has been successful at being added to the Uniting WA ILP housing waitlist. Amy has been referred to Neami National to attend their community group activities and she has started seeing a psychologist. She also has a referral with CCI to attend a 12-week bipolar course that is due to begin in early 2023 and while she has finished up with 360 Health + Community, she has developed new goals to work on for the next 12 months. One of these goals is to refer into 360 Health + Community once she has completed the CCI course so that she can re-apply for NDIS.

Helping Brian Prioritise His Health

As the sole care giver to his adult children, *Brian has always prioritised his children's health over his own. With two children suffering with schizophrenia, complex trauma, dependency issues and a history of incarceration, Brian has endured a significant amount of stress over the years.

Over the past 10 years, Brian has been a regular patient of Street Doctor where the team have provided support to complete paperwork or provide advice to assist him in supporting his children. Brian has, however, always reluctantly engaged in health assessments for himself, often rushing appointments to leave early due to the needs of his children and their limited capacity to care for themselves for long periods of time.

In 2021, he relied on Street Doctor more to get his children vaccinated against Covid-19 and through these opportunistic engagements, the Street Doctor team noticed dramatic health changes in Brian – weight loss, reduction in appetite and gastrointestinal complaints.

At the beginning of 2022, the Street Doctor team identified a significant weight loss of over 20kg in a two-week period and with further assessment, determined that Brian had been living with significant diarrhea and was showing signs of liver impairment. As a result of the trust that Brian has in the team, he agreed to further investigations which led to the diagnosis of aggressive pancreatic cancer.

Brian was referred to Fiona Stanley Hospital where he had his pancreas removed and now has Type 1 Diabetes Mellitus and relies on multiple insulin injections daily.

Brian is now managing well at home with the support from the entire Street Doctor multidisciplinary team, including the endocrinologist, pharmacist, GP and nursing staff and 360 Health's Allied Health team of dietitian and diabetes educator.

Since the diagnosis of Brian's cancer, his children have also become more engaged in their health and independence, including seeking employment for the first time through the support of the Street Doctor team and accepting monthly health checks to monitor their own health.



From Hopelessness To Hopefulness

For 20 years, *Trish has lived with the excruciating fear that she will go to jail and become homeless because she has not completed her taxes. She suffers with symptoms of depression, and this has prevented her from seeking help and support.

When Brianna first met Trish, she reported having frequent suicidal ideations as she felt hopeless about her situation and couldn't see a way out of the situation that she was in.

Through Cognitive Behavioural Therapy and motivational enhancement strategies, Brianna encouraged and supported Trish to get all her documentation together for the past 20 years and meet with an accountant who has actually found that once Trish's taxes are completed, she will receive a return that she can use for a house deposit.

Trish is now hopeful about her future and is motivated to make plans to better her life. She enjoys her life again, being in the company of friends and doesn't feel that she needs to worry about her future anymore.

***Names have been changed to protect client identities**



Having no close family in Perth that are supportive of my mental health is difficult but having a Recovery Coach like Pat who has collaborated with my support workers and my dad who lives outside of Perth, made a big difference to my recovery after leaving hospital.
-Sarah-

OUR CORPORATE SERVICES

Our Corporate Services teams are the backbone that keeps the wheels of 360 Health + Community moving. Consisting of the Executives, Accounts, People & Culture, Shared Services, IT and Marketing & Communications, these teams play a vital role in how the organisation operates.

Summary

Rolled out across the organisation

Technology

A comprehensive overhaul of the organisation's IT systems and hardware

The 2021/2022 financial year was a big year for the corporate services team with a number of big projects undertaken to improve the overall processes and efficiencies within the organisation.

Finance

New accounting system and purchase order approval systems put in place

Health & Safety

Health & Safety processes embedded in the organisation

LOOKING AHEAD TO 2023

In 2022/2023, we can look forward to the following projects coming to life:

Consumer Carer Engagement

The Consumer and Carer Engagement project will ensure 360 Health builds trauma informed safe services, responsive to the needs of individuals and communities coming from a wide variety of identities, backgrounds, and ethnicities. In addition, it will enable 360 Health to demonstrate ongoing compliance with various professional standards/accreditation requirements including the National Standards for Mental Health Services, headspace Model Integrity Framework (hMIF) and the WA Carers Recognition Act 2004.

This project is being led by lived experience consultants, with engagement of consumers and carers of 360 Health's services. This will inform the key lessons and opportunities to develop a genuinely inclusive Stakeholder, Consumer and Carer Engagement Framework.

Cultural Governance Framework

The development of the Cultural Governance Framework Project will significantly improve organisational capability to provide culturally safe services and culturally informed care.

Ensuring inclusive, safe and culturally appropriate delivery of care to enhance the experience of care for Indigenous individuals and families engaging with 360 Health's services is a priority activity for 2022/2023.

With support from the headspace National Aboriginal & Torres Strait Islander cultural practice & engagement team, we have engaged with the 'Our Journey, Our Story' Team from Curtin University. The initial focus for the project is with headspace Fremantle and headspace Rockingham centres. However, the goal is to use the lessons learned in this process to enable the development of a comprehensive Cultural Governance Framework relevant to all 360 Health services, and indigenous consumers and carers.

While Our Children Wait

For any parent, waiting for services to help their child with a mental health issue is an excruciating and stressful period and this is exacerbated by the long wait times – which can often be weeks, sometimes months and in rare cases, years.

At our headspace locations, our model provides for the assessment and coordination of young people requiring mental health support. The *While Our Children Wait* program is designed to provide brief interventions to young people waiting for community mental health services and reduce emotional distress for young people and their families and assist headspace centre teams to manage increased demand.

The 4-week program has been demonstrated to assist with depression, anxiety and emotional disorders, as well as problem behaviours (including substance use and medication adherence) and the program utilises the principles of Problem-Solving Therapy (PST) and motivational interviewing.

In order to offer this program to more families who so desperately need it, headspace 360 Access Clinicians and Postgraduate Curtin Health Science Students (first year Master's in Psychology and other Master's-level students) will be trained to deliver the intervention in our three headspace centres.

When young people have completed a headspace assessment and are awaiting support from community mental health services, this program will provide them with the tools to manage their mental health and reduce the burden of long waitlists on for young people and their families.

The combination of PST with motivational interviewing ensures young people are motivated to engage in treatment and are able to apply the PST skills developed through the intervention. Further, this program can be delivered across a range of modalities, including telehealth, which will prevent the program's interruption in the event of another COVID-19 pandemic or other catastrophic event.

