

GROW WELLBEING SERVICES

Parent information

Grow Wellbeing is an early intervention Mental Health Wellbeing service committed to supporting school children and families in the development of positive Mental Health and academic skills.

Children have many positive qualities and strengths, and at times may benefit from extra support in Mental Health Wellbeing to maximise academic performance and home functioning.

At **Grow Wellbeing** we work with schools to provide Psychologists, Social Workers and Occupational Therapists who have expertise and experience working with children, adults and families. We work closely with school personnel, and the parent/guardian to provide quality targeted support for children who receive our in-school support.

What are the benefits of In-Schools Mental Wellbeing services?

Mental Health experts working within the school setting enables a variety of benefits including the development of cognitive, emotional and social skills; helping the person to improve their ability to manage in-school and at home. It enables the professional to interact, treat and observe issues affecting the student firsthand, in their regular environment and increases development of positive skill building.

Children learn skills every day that help them succeed in life. At school, they learn many skills such as numeracy, literacy, artistic, physical and social skills. Children learn at different rates. When students have particular needs, schools provide intensive teaching to remediate learning rates in literacy and numeracy. Children also learn social, cognitive and emotional skills. If children struggle to develop these vital skills, Grow Wellbeing staff can help them with intensive skill development activities.

Seeking help from Grow Wellbeing in these situations can be of great benefit to parents and their child.

Areas Grow Wellbeing Mental Health Professionals provide support In-School

- Social skills development; managing conflict, increase confidence and improve the child's ability to communicate effectively
- Cognitive and concentration skills; supporting ADHD symptoms, attention difficulties, hyperactivity
- Organisational skills
- Motivation to engage in schoolwork and intrinsic learning
- Self-esteem, image and confidence building
- Anger management
- Sleep difficulties
- Depression
- Behavioural issues at school and/or at home
- Stress tolerance
- Fears, phobias and/or anxiety
- Self-regulation and helping to manage emotions
- Grief/loss
- Dealing with bullying and conflict
- Divorce and other issues affecting the child in the home environment

How we fund our service?

Grow Wellbeing In-school services are funded by the federal government; Medicare's Better Access to Mental Health. This funding entitles Australian Residences 10 individual and 10 group rebates per calendar year.

What are the costs associated with Grow Wellbeing services?

The provision of Wellbeing services under Better Access within the school setting is free of charge. If there is a need for more detailed psychological focussed assessment or reporting we can provide such service free of charge on a case by case basis.

How do you access Medicare Better Access to Mental Health funding?

If you feel your child could benefit from Grow Wellbeing's services or maybe your teacher may feel your child could benefit from these services, you will need to complete the **consent form** enclosed and take one of the following actions;

1. Take your child to your local GP to complete a Mental Health Care Plan.
2. Or communicate directly to Grow Wellbeing staff member or your child's school that you would like Grow Wellbeing consulting GP to visit you and your child on the school grounds.

The process Grow Wellbeing's Mental Health Professional follows to support your child:

1. Grow Wellbeing staff member or school liaison will make contact with you to discuss how they aim to support your child In-school and the types of goals that could be worked towards (For example; manage anger, improve concentration skills, improve social skills).
2. The Mental Health Professional will work with Key School personal to identify the best times during school hours to support your child. During the first few sessions the professional will develop an understanding of your child's needs and asses therapeutic goals with your child.
3. Grow Wellbeing Mental Health Professional will be available to have contact with parents/care givers to keep you informed and to actively work together in supporting your Childs Wellbeing.
Involving the parent/care givers in the child's therapeutic goals is one of our hall mark activities.

For further information please email us info@growwellbeing.com or contact administration on (08) 8234 2562 or 0487 119 231.

Warm regards

GROW WELLBEING

A handwritten signature in blue ink, appearing to read "Jon Morton", is written over a horizontal line.

JON MORTON

Director