

Wellbeing Support Programs

The Wellbeing Team

School Psychologists

Judy Scarfe, Esmerelda Lambe, and Sarah Pearson are our school psychologists. Judy specialises in counselling psychology and they all work from a background in educational and developmental psychology to provide us with a student counselling service on the Delahey and Sydenham Campuses. Sarah also works at the Kings Park Campus.

Most of the students who come to see our Wellbeing Staff view them as independent adults they wish to talk things over with – things that are weighing heavily on their minds. Personal situations such as family breakups, relationship problems, abuse, homelessness, peer pressure, health issues, drug and alcohol overuse, death and grieving, anxiety states, panic attacks, dreading coming to school, depression, thoughts of suicide, trying to keep frustration and anger under control, not being able to concentrate at school, not caring about getting homework done – are all typical of the things students on the minds of students our Wellbeing Team sees.

Sometimes our Wellbeing Staff act as mediators or go-betweens in family or relationship disputes.

Our psychologists are also able to provide some help to students who have no idea what they want to do when they leave school. They can use some vocational assessment materials and questionnaires to help you identify your broad areas of interest, values, and skills that point to certain types of jobs. They would then refer you to the Careers Staff at your campus.

Our psychologists also offer intellectual assessment. Sometimes students are concerned that they may have some sort of underlying learning difficulty that makes it hard for them to cope with their school subjects. These students may request intellectual or cognitive assessment to help clarify whether this is an issue. When our Wellbeing Staff feel that another agency would be helpful, they assist you to arrange this referral.

Talks with our Wellbeing Staff are confidential, providing you are not thinking of harming yourself or someone else and no one is abusing you, either sexually, physically, verbally, psychologically, or, if they are your primary caregiver, neglecting you. In any of these cases, our Wellbeing Staff are obliged to tell those people they believe would be most likely to be able to keep you safe. They don't do this behind your back. They talk to you first about who they would talk to, the kinds of things they would say, what would happen next. Together you would take the next step. Sometimes, if this involves an appointment with someone such as a doctor, the Wellbeing staff member would accompany you, if this is appropriate.

Student Wellbeing Coordinator

Mary Scott is our Student Wellbeing Coordinator and also a member of our Wellbeing Team at our Kings Park Campus. She also provides wellbeing services, including counselling, advocacy, support and referral. Mary also facilitates 'support programs' for students focussing on early intervention and enhancing emotional intelligence. Her role also includes the coordination of DE&T psychologists and other welfare staff at the Kings Park Campus.

Secondary Health Promotion Nurse

Michael Malady is our Secondary Health Promotion Nurse. He works with us two days each week. Michael is able to advise families and individuals about a broad range of adolescent health issues. He also works with teachers in developing relevant curricula. He is based at the Kings Park Campus and is available for appointments on Thursdays and Fridays.

The Secondary Health Promotion Nurse Program is based on a whole community approach when delivering services. Working as part of the school Wellbeing Team the Nurse provides holistic care for students and the broader community. The Nurse's role includes:

- Assessing the needs of the school on an on-going basis and developing programs that will address these needs.
- Providing appropriate primary care through assessment, referral and support.
- Providing health counselling sessions, group health promotion programs and health education.
- Providing guidance on issues such as drugs, alcohol, sexuality and self-image.
- Assessing risk behaviours of students that may indicate abuse and neglect, depression and youth suicide and referring on to appropriate services.

Doctors in secondary Schools Program

Copperfield College was offered an opportunity to participate in the doctors in secondary Schools Program.

The objectives of the program are to:

- Make primary health care accessible to students
- Provide assistance to young people to identify and address any health problems early
- Reduce the pressure on working parents.

It is expected the program will make a valuable contribution to achieving the Education State targets of 'happy, healthy and resilient kids' by improving ease of access to health services for young people attending our school.

The service started on 2nd May, 2018, and is delivered between 10.00 am. – 2:00 pm. on one day per week. Students at Delahey have been able to access appointments or a 'Drop In service' with Dr Jason Wu, of Kings Park Medical Centre, by providing consent for his services. Dr Jason is a GP who is trained in adolescent health.

This service is free.

Victorian law is clear on consent for medical treatment by a GP.

- Young people who are mature minors can consent to their own medical treatment.
- Young people who are not mature minors cannot consent to their own medical treatment.

The program provides that:

- Any student who wants to see the GP will be permitted to book an appointment
- The GP will decide whether the young person is mature enough to consent to medical treatment or whether parent/carer consent is needed – as is the case with all GPs in the community
- The right for a young person's health information to be kept confidential will be respected unless the disclosure is with the consent of the young person or it is otherwise permitted by law – as is the case with all GP practice in the community

Confidentiality

If you are concerned about your appointment being kept confidential, you should talk to the GP about this at the start of the consultation.

In some situations, the GP may want you to involve your parents or carers or teachers, and they will discuss why this is important with you, and may encourage you, or help you to talk with them. This will be discussed as needed on a case by case basis.

Also in some cases, your GP might be worried about your health and safety, or that of others, and may be required to tell your mum, dad, carer or another person. These include:

- If you intend to harm yourself
- If you intend to harm someone else
- If someone is harming you.

However, in most of these cases the GP will talk with you first about whom they need to tell.