




**The Geelong
Clinic**
by Healthscope

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Outreach Services

Information for patients, carers,
family and support persons



Community
of Care

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About outreach services

The Geelong Clinic's Outreach Services provides mental health treatment and therapeutic support to enable individuals to recover, develop coping strategies and stay well.

The outreach services seek to minimise the disruption that can occur in a person's day-to-day living by reducing the length and frequency of hospital stays and providing community care as an alternative to an inpatient admission.

Who is the outreach service for?

The outreach service provides clinical assessment, and therapeutic skills and support for people seriously affected by psychiatric illness, it may be an alternative to in-patient treatment.

The outreach service aims to:

- Assist with reintegration back into the community after hospitalisation
- Provide psychiatric clinical care in the most functional and least restrictive environment
- Support participants to resume life functioning and reduce the risk of relapse.

About outreach appointments?

Outreach appointments may include the following:

- Psychiatric assessments
- Therapeutic interventions such as Cognitive Behavioural Techniques (CBT)
- Supportive counselling
- Relapse prevention
- Family work
- Skills development – coping skills, social skills and stress management
- Linking to appropriate services and activities

How to access outreach services?

The outreach service accepts referrals from a credentialed treating psychiatrist at The Geelong Clinic.

Simply discuss your interest in community based support with your treating psychiatrist and if the services is deemed suitable for your needs, your psychiatrist will make a referral to the outreach service.

If you do not have a psychiatrist, a referral from your GP for an outpatient appointment, can be addressed to 'Dear Doctor' or to one of our accredited psychiatrists and faxed to **03 5248 4767** (Private Consulting Suites) or **03 5248 0464** (Geelong Psychiatry Practice).

On receipt of a referral, a fund check with your private health provider is conducted, to check that the cost of outreach is covered by your private health insurer.



The outreach coordinator will then contact you with a view to commencing the Outreach Program.

You will be allocated an outreach clinician, who will contact you directly to establish a mutually suitable time to meet either at your home or in the community.

How much does it cost?

All referrals are subject to a health fund check prior to admission or commencing a program.

Outreach services are generally covered by private health insurance or by WorkCover, DVA and TAC. Self-funding is also an option.

More information?

Referrals and enquiries can be directed to the director of therapeutic programs on **03 5240 0700**.