

SUPPORT SERVICES – YOUNG PEOPLE & FAMILIES

Organisation	Contact	Services
Central Lakes Child, Adolescent, Family Mental Health Service (CAFMHS)	03 440 4308 <i>If you are in crisis and need urgent assistance please phone the Southern District Health Board Emergency Psychiatric Service who provide 24 hours a day, 7 days a week service on: 0800 46 78 46</i>	CAFMHS is a specialised service providing assessment and treatment to children and young people who are experiencing moderate to severe mental health difficulties, suspected psychiatric disorders, or severe emotional and behavioural disturbance such as Eating Disorders, Psychotic disorders, Severe Obsessive Compulsive Disorders, Depression, Anxiety Disorders, Risk of Severe self harm or suicide, ADHD, Alcohol and/other Drug/Coexisting disorders. Assessment and treatment are provided in multidisciplinary therapeutic context. Our service caters for children, young people, and their families in the Southern DHB district of aged 0 to 18 years and their family/whanau. Children and young people can be referred to the service by GP's, school counsellors, other health providers, self and families. You should be made aware of the referral to the service. You are welcome to make contact with us to discuss your referral.
MAC School Guidance Counsellor	Andrew Allan Sonia Williams 443 0496 M: 027 214 3141	In this role our department supports students with mild to moderate social and emotional problems and, where appropriate, work with staff and / or families to support the student toward a more rich and meaningful life. We also work closely with a variety of agencies and mental health providers. Referrals come primarily from students, staff and parents.
SDHB Public Health Nurse	Pip McLean Registered Nurse 027 283 9395 Clyde Office 03 440 4309	<ul style="list-style-type: none"> • Parents and young people can call the Public Health Nurse for information or advice • Provide drop in self-referral clinic at school • Works with school to promote wellbeing of young people and their families • Liaises with school staff, health professionals and social agencies • Organises and delivers immunisations in schools • Follows up young people with identified vision/hearing needs • Provides specialised nursing services to schools – teachers and young people as required (e.g. anaphylaxis, asthma prevention education) • Respond to communicable diseases/outbreaks in community, follow up care for people with notifiable diseases such as meningitis.
GP	Dr Chloe Horner	Students have free access to a doctor who visits the school every Monday at lunchtime in URSPACE. No booking required and students can come in and wait to see her.

<p>Adventure Development (a not-for-profit organisation) Thrive! Te Pae Ora</p>	<p>Ph: 027 254 9323 0800 292 988 Malcolm Creagh M.A. Counselling/ NZAC Registered malcolm@adlnz.org.nz Naomi Carleton Registered Psychologist www.adventuredevelopment.co.nz</p>	<ul style="list-style-type: none"> • Counselling and psychological services to young people 12-19yrs with alcohol or drug issues or mental health issues such as anxiety or depression. • Services tailored to fit situation, can include brief interventions, longer term individual counselling, group work, family work and adventure therapy • Young people can self-refer to the brief intervention service via our website: www.thriveservices.org.nz <p>These services are free, funded by SDHB</p>
<p>Central Lakes Family Service</p>	<p>Heather Clay 03 4414331 www.glfc.co.nz</p>	<ul style="list-style-type: none"> • Free primary mental health and social services specialising in working with children and families • Parent Education groups • Family violence assistance and support • Maternal mental health
<p>Anglican Family Care</p>	<p>Vicki McDermott 03 4436623/027 583 6115 vicki@familycare.org.nz</p>	<p>Anglican Family Care is a home visiting service that supports families with children aged up to 17 years. We focus on improving children's growth and health, learning and relationships, family circumstances, environment and safety. We support families who are struggling with challenges or problems that may make it harder for them to parent their children.</p>
<p>Kahu Youth</p>	<p>Richard Elvey Sarah Blechert Raynor Swartz 443 5880 027 570 9268 Kahu.youth@xtra.co.nz</p>	

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