



# TRACK 9

Clinical Services & Consultancy

Clinical Services Overview

Date: March 2015

Track9 Clinical Services and Consultancy comprises a multidisciplinary team of clinicians from psychology, counselling, criminology and social work. As a collective, we work in collaboration with organisations to provide a range of services to children, adolescents, adults and families to help them enhance their wellbeing. We specialise in assessment and treatment for clients (especially involuntary mandated clients) with mental illness, substance use, aggression and antisocial behaviour. In addition to direct consumer service provision, we also provide professional development services including clinical/professional supervision, secondary consultation, clinical liaison, coaching and training.

The table below provides you with a list of the services on offer, followed by a brief description of each service option.

Service Option	Title
A	Emotional Regulation and Social Skills Training
B	Counselling (outreach)
C	Carer/Family Counselling and Mediation
D	Secondary Consultation

**(A) Emotional Regulation and Social Skills Training**

**Description of intervention**

It is a Cognitive Behavioural Therapy (CBT) intervention. The community based 1:1 program is modelled on the evidence-based Aggression Replacement Training Program by Goldstein, Glick & Gibbs (1998). The intervention is designed to reduce aggressive tendencies by employing a multi-modal approach that includes social skills training (*behavioural component*), anger control training (*emotional regulation component*) and moral reasoning (*cognitive/values component*).

## **Delivery and Duration**

Individual sessions conducted on a weekly basis over a 10 week period with out-of-session tasks.

The program is based on the notion of 'habilitation' as opposed to 'rehabilitation to accommodate individuals who have not had the opportunity to learn the skills in early childhood or adolescence.

Outreach appointments are available, if deemed appropriate post risk assessment.

## **(B) Counselling**

### **Description and duration of intervention**

This clinical service option provides the consumer with a psychosocial assessment, treatment plan and between 8-12 sessions for assistance with a range of mental health issues including anxiety, trauma, grief and loss, depression and personality disorders.

### **Consumers**

This clinical service option is best suited to consumers who have exhausted the government mental health care plan package; are keen to engage with a health service without a lengthy waiting list; and/or require clinicians specialised in working with resistant and/or mandated clients with multiple and complex needs. Creative compliance strategies inclusive of outreach sessions are incorporated into this service option.

## **(C) Counselling for Carers / Family Counselling and Mediation**

### **Description and duration of intervention**

Track9 is a registered provider with Family Relationship Services for Carers (FRSC), a state wide service offering a limited number (approximately 5 government funded sessions) of counselling and mediation for parents, partners, or siblings living with, and/or caring for someone of any age, with any of the following disabilities: Intellectual Physical Neurological; Autism Spectrum Disorders; Acquired Brain Injury; and Mental Illness. Track9 acknowledges the need for in-home/outreach sessions for carers; and this is incorporated into our counselling service model.

**(D) Secondary Consultation**

Secondary consultation is the provision of specialist knowledge to:

- (a) Practitioners in relation to assessment and treatment options most suitable for a consumer. This may include the review of a consumer risk assessment and management plan.
  
- (b) Attendance at a case conference/care team meeting with several service providers to identify strengths and gaps in service delivery to meet the consumer's needs. Where required, or if requested, a recommendation report will be provided.
  
- (c) Management regarding the development and/or implementation of professional development programs. For example; risk assessment skills; clinical supervision and coaching; staff wellbeing and retention initiatives.

For further information regarding the above services, please contact:

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