

Mental Health Digital Coach

Clevertar is a free mobile app that provides a low intensity online therapy program for people with mild to moderate anxiety and depression. Funded by the Western Sydney Primary Health Network (WSPHN) the app is designed to engage individuals and motivate self-management using exposure, behavioural activation and strength building skills.

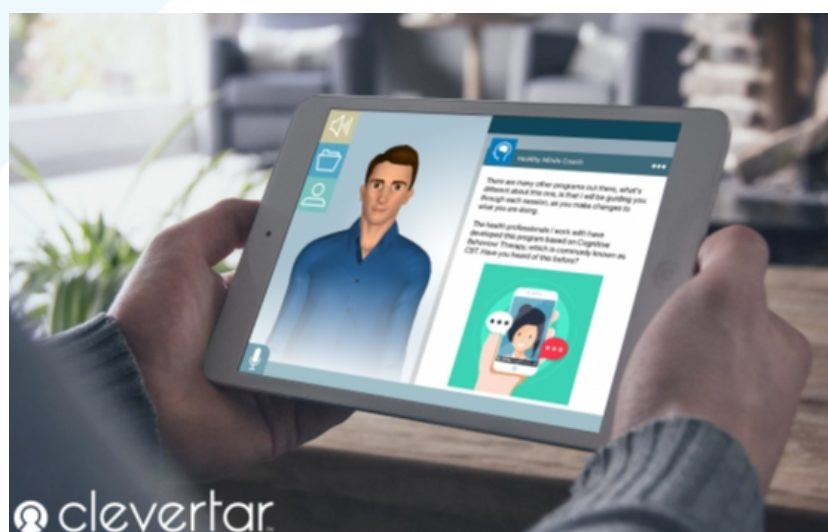
The program includes education, support for personal goal setting and monitoring via clinical tool including the Kessler-10. Content is personalised to each individual and is delivered over several weeks to support behavioural change.

Clinically-validated tools are applied within the app to monitor a person's progress across several domains and to direct them towards interventions required, while also measuring outcomes.

The app is a standalone program but can also be used to compliment consultations with other health care professionals. Importantly, it includes regular checks on suicide to direct individuals who report risk to the appropriate services.

Clients are able to download the free app from the App Store or Google Play and register for the Healthy Minds Coach using the code healthy mind.

Health professionals can offer a prescribed service to use Clevertar for their clients, contact mentalhealth@wentwest.com.au for more information.



Events

Advanced Diabetes Education for Practice Nurses

Tuesday 13th November 2018

8:00am - 4:00pm

Improving Diagnosis and Care for Heart Failure Patients

Thursday 15th November 2018

7:00pm - 8:00pm

CPR and AED Training

Monday 12th November 2018

7:00pm - 9:15pm

Small group learning - My Health Record: Best Practice training

Tuesday 20th November 2018

6:30pm - 9:00pm

Other News

EOI for online resource study

WSPHN is seeking general practitioners and registrars working in western Sydney who use general practice management software Best Practice or Medical Director to participate in a study. The aim of the study is to understand the usual care practices of general practitioners in the region when providing patient care for childhood conditions.

The study is a joint initiative funded by WSPHN, the Sydney Children's Hospital Network, and the Western Sydney Local Health District. The study is being conducted by independent researchers, The Science of Knowing.

If you are interested in participating in the study or would like more information, please contact The Science of Knowing.

Free perinatal psychological support

Gidget House provides free psychological services for expectant and new parents in western Sydney. The perinatal mental health specialists provide psychological support services for people who have a diagnosis of, or who are at risk of developing, perinatal anxiety and/or depression and who are pregnant or have a baby up to 12 months of age. Support is also provided to those who have experienced a stillbirth, miscarriage or termination within the last 12 months. Partners can also access these services.

For more information download the GP information sheet or visit the Gidget House website.

Transition to Practice Program

The Australian Primary Health Care Nurses Association (APNA) is seeking applications for the Transition to Practice Program (TPP). The program will deliver an accessible, structured 12 month transition support program with 10 months of intensive clinical and professional mentoring support. The overall aim is to increase the confidence, competencies, skills and knowledge of nurses commencing work in primary health care settings.

Further information about the program and application requirements can be accessed online. Applications close on Monday 3rd December.

GP Association meetings

The below GP Association meetings are coming up in western Sydney:

Hills: Managing the Heart Failure Epidemic in Australia, Tuesday 6th November.

Blacktown: Investigations & management of common knee conditions, Wednesday 21st November.

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