



Listen - Support - Connect - Give - Learn

### Parent Information

Parents only want the best for their child. Sometimes there is an expectation that you, as a parent, should be able to solve all your child's problems. Unfortunately this is not the case and can leave you feeling powerless. It is important to remember, that even if you do not understand what your child is experiencing, you are never powerless.

Children learn important skills everyday to help them succeed in life. School is important for a child's development as they are taught literacy, numeracy, artistic and physical skills. It is important to note that each child will learn, grow and develop at different levels. In the circumstances that a child falls behind, the school will provide extra assistance, care and attention to get the child on top of their studies.

Social, cognitive and emotional skills are just as important for a child to develop and thrive. If a child is not developing these important skills, there is also assistance available from professionals to help your child overcome their challenges.

### The Benefits

Seeing a mental health support professional such as Alana Roy can positively impact your child's life, and the lives of family members around them. This can range from anything between having difficulty making friends to dealing with more complex behavioural issues. Alana Roy has experience supporting children, their families and their schools with the following issues;

- |                                     |                        |
|-------------------------------------|------------------------|
| -Bullying                           | -Anger management      |
| -Attention deficit & hyperactivity  | -Grief and loss        |
| -Social skills                      | -Divorce               |
| -Fears, phobias and anxiety         | -Autism                |
| -Depression                         | -Learning disabilities |
| -Behaviour problems (home & school) |                        |



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## FAQ

What qualifications does Alana Roy have? Alana is Psychologist and Clinical Mental Health Social Worker registered with Medicare. In addition, she is currently completing her PhD. She has 12 years experience working as a counsellor in mental health, school, disability, and trauma settings. She is also employed as a researcher and teacher at various Universities in Melbourne.

How much is it going to cost? Sessions are free and bulk billed with a valid Mental Health Care Plan from your GP. An initial referral entitles you to 6 free sessions. After the 6 sessions are completed; you may be eligible for an additional 4 free sessions (10 per calendar year).

How do I go about booking an appointment? Do I need a referral? A referral enables you to have free bulk billed services. Ring a GP that you feel comfortable with. Requested a double appointment for a Mental Health Care Plan. You will need approximately 30-45 minutes with your GP.

How long does it take to get an appointment? Alana can normally see children and families within two weeks of the initial referral.

Where are the appointments? Alana can visit you and your child at school. Children often feel safe and comfortable in their school environment. Appointments can occur before and during school. Alana has a private practice based at 22 Alma Road St Kilda EAST 3161. She is available for sessions during flexible times (including weekends and holidays). Alana may also be able to provide home outreach services.

Are the sessions confidential? Yes. However, Alana does work closely with the school to help support your child to the best of her ability. Alana will always

notify you and request permission to share information and explain why information needs to be shared with a third party.

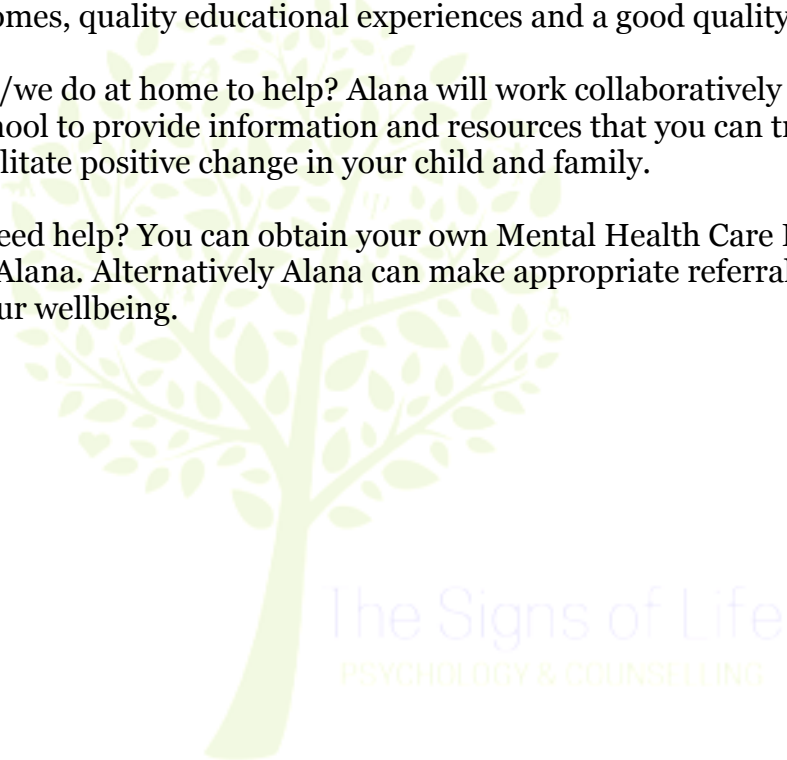
Can I join in on the sessions? Yes. Parents and supportive people are always welcome to attend sessions. However, most children do feel comfortable to engage with Alana, which is a really positive step for building independence in children and ownership over their wellbeing.

How many sessions will my child need? The amount of sessions will be determined depending on the needs of the child, family and Alana's clinical opinion. Alana does strive to achieve results within the 10 free session provided under the Mental Health Care Plan.

What changes can we expect? Overall, Alana aims to work holistically with her clients to help develop emotional resilience, social skills, healthy attachments and safe homes, quality educational experiences and a good quality of life.

What can I/we do at home to help? Alana will work collaboratively with you and the school to provide information and resources that you can try at home to help facilitate positive change in your child and family.

What if I need help? You can obtain your own Mental Health Care Plan and work with Alana. Alternatively Alana can make appropriate referrals to support your wellbeing.





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### Information for your GP

When making the doctors appointment, please have the family inform the receptionist that the appointment is for a referral to a Psychologist and Mental Health Social Worker under Medicare item 2715. They will need to book a DOUBLE APPOINTMENT to complete this Plan. Using the information below, your GP will determine whether the Mental Health Plan is most appropriate.

It is important that the GP provide an accompanying letter attached to the Mental Health Plan for Medicare purposes. Please remind the GP of this.

Student Name:

School:

Student Address:

Parent/Guardian:

Contact Number/s:

Student Date of Birth:

Medicare Number:

Presenting Problems at school/home

- 1.
- 2.
- 3.

Outcomes we would hope to see from a psychological intervention

- 1.
- 2.
- 3.

Step Two: Notify your school that you have a referral letter. Give them all the paperwork you have received from your GP along with a consent form attached below. After this, the school will notify Alana that you are ready to commence sessions. The school will not have access to any information without your release. After the first 6 sessions, Alana will provide you with a progress report to take back to the GP to activate a further 4 sessions.

Phone 0416 869 823 Fax (03) 8678 3000

email [alana@thesignsoflife.com.au](mailto:alana@thesignsoflife.com.au) web site [www.thesignsoflife.com.au](http://www.thesignsoflife.com.au)

#### RELEASE OF INFORMATION

Name of Child: \_\_\_\_\_

Male / Female D.O.B: \_\_\_\_\_

School Name: \_\_\_\_\_

Parent/Guardians

1 \_\_\_\_\_

2 \_\_\_\_\_

Address: \_\_\_\_\_

Phone (home): \_\_\_\_\_

Phone (work): \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Medicare

Number: \_\_\_\_\_

#### REASON FOR REFERRAL:

Please write a brief statement outlining the child's difficulties / areas of concern or attach a referral letter.

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In order to ensure that Alana Roy is able to make the best assessments for you and your child, please attach as much documentation as possible about your child's previous assessments, interventions, medical history and education.

Please provide contact details if you would like Alana Roy to contact these professionals regarding your child.

Alana Roy works collaboratively with teachers, student wellbeing coordinators and other professional and require your permission to do so.

Should you wish us to work exclusively and not share information; do not complete this form.

School: \_\_\_\_\_

G.P. \_\_\_\_\_

Paediatrician: \_\_\_\_\_

Pathologist: \_\_\_\_\_

Therapist: \_\_\_\_\_

Physiotherapist: \_\_\_\_\_

Psychologist: \_\_\_\_\_

Other: \_\_\_\_\_

Is your child currently on medication?

If yes, please give details.

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in referring my/our son/daughter \_\_\_\_\_ I/we  
acknowledge that Alana Roy may provide;

1. Psychological interventions

a) Administration of formal tests considered relevant to treatment plan

b) Observations of the student's behaviour and performance in informal settings (such as classrooms or playgrounds);

2. Alana Roy may:

b) visit my/our child's regular school (with the agreement of the school principal) for the purpose of consulting with educational personnel and other relevant professionals, regarding the student, with possible outcomes of ongoing consultative support, treatment, or assessment;

3. Alana Roy may staff may create written records of my/our child and use these in preparing their consultations and recommendations with parents, educational personnel and other professionals. All records will remain the property of Alana Roy as medico-legal documents;

4. Alana Roy may contact persons who are or have been directly concerned with the care or education of the student (such as teachers, therapists and doctors) to seek information about the student's background, abilities and performance that may be relevant to the service being provided. Written reports or accounts may be requested;

5. Alana Roy may use the results of any relevant information available to assist in consulting with the educational personnel and other professionals involved with the child, with the intent of supporting and improving educational outcomes. I/we hereby exempt Alana Roy from any liability for injury or loss that may result from findings, opinions or recommendations expressed by Alana Roy in relation to the student, and from any liability for any physical injury that may occur to the student whilst under the supervision of Alana Roy, on the condition that those staff act conscientiously in accordance with the practices and duty of care normal to their professions.

Agreement of Conditions of Services and Parents'/Guardians' Consent Form

Do you consent for your child to be involved in individual sessions with the Alana Roy visiting your school?

Yes No

(Please note that individual session discussion is independent of group work sessions and confidentiality is not jeopardized)

Yes

No

Name  
(Parent/Guardian): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

PLEASE SIGN AND RETURN THIS ORIGINAL. PLEASE KEEP A COPY FOR  
YOUR RECORD

