

Next Step High Intensity Pre-Assessment Information Sheet

What does the program involve?

The Next Step High Intensity program provides cognitive behavioural therapy (CBT) to people with a primary presenting problem of depression and/or one of the anxiety disorders (e.g. social, generalised, phobias, PTSD, OCD etc). CBT is a structured, active and collaborative evidence based talking therapy that focuses on how your thoughts, beliefs and attitudes affect your feelings and behaviour.

Your clinician will help you to help change any unhelpful thinking patterns and behaviours that are causing or maintaining your current difficulties. You will be given the opportunity to discuss your problems in relation to how you think about yourself, the world, and other people as well as how what you do, or don't do, affects how you think and feel. Treatment usually involves practical exercises and experiments worked on with your clinician and as homework between sessions. Instead of focusing on the causes of your distress or symptoms in the past, this program focuses on your main 'here and now' problems and difficulties.

At the first session your clinician will assess your mental health needs and discuss the program, to ensure this program is the right one for you. Subsequent sessions are for treatment, the focus will be working on your identified goals and developing strategies to better manage your mental health needs. If you are a young person under 16 years of age, it is important that a parent/caregiver attends the first session with you.

What does the program provide?

The program provides regular, free, individual appointments with a trained mental health professional. You will typically work with the same clinician, at the same location for the duration of your involvement with the program. The number of sessions available is dependent on individual need and can be up to 18 sessions. In order to gain the most benefit from this program, you will need to attend sessions (typically 50mins in length) regularly, i.e. weekly.

How long will I be waiting?

Like many health services, the Next Step High Intensity program experiences high service demand which can result in waiting periods. Our Intake team will have advised you of the current approximate waiting time when booking your appointment.

Where is the service offered?

The Next Step High Intensity Service is delivered by CatholicCare at various locations across Canberra's north and south. We make every effort to meet your location requirements. CatholicCare is the service provider but the program is not affiliated with the Catholic Church nor does the program include any religious or spiritual elements, it is an evidence based psychological program.

Attendance

Once an appointment has been booked, we will assume you are able to attend. If something comes up and the appointment no longer suits, please ensure you give us as much notice as possible to enable rescheduling. Please consider that frequent cancellations can disrupt your progress and gains in therapy and can lead to increased wait times for others.

If your circumstances change and you no longer need to access the service, please let us know as soon as possible.

What else do I need to know?

The Next Step High Intensity program is able to be provided free of charge thanks to funding by the Department of Health. As part of the program's quality assurance process, they do seek your (& your parent if under 16 years) consent to audio-record sessions for review in supervision. Your clinician will discuss the use of audio-recording at your first appointment and seek your consent. You are under no obligation to consent to audio-recording, should you wish to decline, there will be no effect on your access to the program. After reading this information about the Next Step High Intensity program we hope you feel more prepared for entering this program. Should you have further questions or feel uncertain if this is the right program for you, please call our Intake team on 02 6287 8090 (Monday to Friday) 8:30am-5:00pm for further discussion or discuss with your GP.

This service is not appropriate for people who are already receiving treatment from another mental health service (excluding psychiatry) or who have a severe and enduring mental health problem.

Additional support?

Please continue to regularly see your GP for support while waiting to access the service.

Listed below are a number of free evidence based online services you can access while you wait.

- For Youth (12-25 years) <https://eheadspace.org.au> or <https://www.youthbeyondblue.com/> and
- For Adults <https://mindspot.org.au/>
- For mental health information, resources and services - <https://headtohealth.gov.au/>

If you are experiencing a crisis or are at immediate risk of self-harm or suicide, please contact the **ACT Mental Health Crisis Assessment Team (24 hrs) 1800 629 354 or dial 000.**

Alternate Phone Contacts

Suicide Call Back Service (24 hrs) 1300 659 467

Lifeline (24 hrs) 13 11 14

Beyondblue (24 hrs) 1300 22 4636

Next Step Contact

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