

Our Team:

- **Psychiatrist-** providing clinical assessments, case formulation, psycho-education and mental health management techniques
- **GP-** assesses and advises on physical health concerns
- **Neuropsychologist-** will assess different thinking skills (cognition) such as learning , memory, concentration attention and problem solving
- **Nurse-** brings a holistic perspective to assessment and goal planning. Expertise in symptomology, how this impacts on the individual and tailoring support accordingly
- **Social Worker-** explores family and psychosocial factors, education and skills development
- **Occupational Therapist-** assesses activities of daily living and offers education around skill development
- **Peer Support Worker-** with a lived experience of mental health distress to provide support and education.



UNSW
SYDNEY



**Black Dog
Institute**



Health
South Eastern Sydney
Local Health District



**Tertiary Referral
Service for
Psychosis (TRSP)**



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What is TRSP:

TRSP is a new service that uses research to tailor intensive and individualised therapeutic approaches for people who live with complex psychotic disorders.

We work collaboratively with consumers who experience psychosis and are linked with community mental health services. This includes working with families and other supports to assist in improving the lives of people who experience mental health distress.

Typically, such people have already tried multiple services and treatment approaches, often over many years, without finding support that is truly helpful to them.

Our Objective:

We aim to integrate multiple therapeutic approaches, such as medication, psychosocial support and physical healthcare, while carefully monitoring how people respond to components of their care.

The TRSP aspires to improve outcomes through clinical research and we encourage you to participate in our program.



What to Expect:

On the Day

- You attend our centre in the Euroa building at Prince of Wales Hospital, with your support person
- You will be seen by some or all of the team members
- The assessment process can take several hours to complete, over several days if that works better for you
- You and your supports can use our kitchen for refreshments, which is also an area to relax in between appointments
- Please remember to bring in your glasses, hearing aids, or anything you use to help you get around or feel comfortable and at ease.

After the Assessment Day

- Several weeks after being seen a collaborative care conference will occur with you, your supports and treating team, where we will discuss treatment options
- TRSP will remain in contact over the following 6 months. During this follow-up period we can review how well the treatment recommendations are working and discuss any changes needed. Over this six months you will have the chance to offer your feedback
- Telehealth options (online or phone) are available to you and your family if you are unable to attend in person.

Are you over 16?

Do you have a Case Manager as part of a Community Mental Health Team?

If you or someone you know meets the criteria please speak with your Case Manager to be referred to TRSP.

More info at: <https://www.mindgardens.org.au/phase-1-services/>