



## Connect for Kids in Southern NSW

**A new mental health service delivered by video conference**

### What is Connect for Kids?

Connect for Kids is a mental health service for children, delivered by Psychologists via videolink (Telecare). Royal Far West use their expertise in Telecare to connect children outside of major cities with health specialists.

Connect for Kids is a new mental health service based on this Telecare model. Royal Far West are excited to announce that Connect for Kids is being offered in South Eastern NSW, primarily in the South Coast, Shoalhaven area, Cooma, Yass, Goulburn and Crookwell regions.

### What does the service cost?

There is no cost for the children that access the service. Connect for kids is fully funded by the COORDINARE – South Eastern NSW PHN.

### Who can access Connect for Kids?

Connect for Kids is for children aged 0-15 years. The service is suitable for children with:

- Mild to moderate mental health issues (for e.g. behaviour, anxiety, mood etc.) that require short-term counselling sessions; and
- The ability to concentrate for at least 30 minutes at a time, in front of a computer screen.

The service takes a whole-of-child approach, so there's flexibility in catering for individual needs.

If a child is under 8 years, we'll work directly with the parent or caregiver to deliver the service.

### How can you access the service?

Children require a referral to access the service. Referrals can be made through your local GP, school, or self-referral (followed by subsequent Mental Health Treatment Plan from your GP).

To participate you will need access to the internet and a web-cam. It can be in your own home, GP office, school or other service.

### How does Connect for Kids work?

Once referred, children and their parent/carer will speak with a senior mental health clinician. They will then recommend the most appropriate care plan via one of three streams, all delivered through Telecare:

#### 1. Psychology clinic:

one-on-one child and family based psychological intervention with psychologists.

#### 2. Structured programs:

one-on-one or group-based structured programs with children and parents. These sessions directly address different mental health issues, including conduct disorders and anxiety.

#### 3. Multi-disciplinary support:

an early intervention program delivered by speech therapists and occupational therapists, which treats underlying factors influencing mental health (for e.g. self-regulation, sensory processing, learning difficulties).



*“I was relieved and my faith restored when I saw visible improvement in my daughter each week.”*

Parent

## Learn more

**To access Telecare Services contact the Royal Far West Team:**

**P: 02 8966 8510**

**M: 0419 700 919**

**F: 02 9977 7134**

**E: [telecare@royalfarwest.org.au](mailto:telecare@royalfarwest.org.au)**

Royal Far West is a charity that has been providing health services to children living in rural and remote areas of Australia since 1924.

Royal Far West acknowledges the financial and other support from COORDINARE – South Eastern NSW PHN under the Primary Health Networks Programme – an Australian Government initiative.



**Telecare**  
*for Kids*

**Tele-Connecting  
Country Kids to  
Therapists**

**What is Telecare?**

Telecare connects children, families, and education professionals with healthcare specialists via videolink technology. Royal Far West manage the Telecare services and deliver to children in rural areas in Australia.

**Who can access Telecare Services?**

The service is for children and families living in rural regions of Australia. Telecare offers individual and group therapy sessions for children. There are also services aimed to build the capacity of teachers and parents to support the therapy sessions.

**How does Telecare work?**

The child and the responsible guardian connects with the health professional from home, school or the local GP clinic via computer. Therapy sessions are usually weekly and last up to an hour.

**What Telecare programs does Royal Far West offer?**

Royal Far West offers Telecare programs in Psychology, Speech Pathology, Occupational Therapy, Teacher and School support staff training.

Almost  
**3,000**  
children  
have been supported via  
Telecare  
since 2014

**85%** of  
children are meeting or  
exceeding their  
therapy goals

**93%**  
of parents would  
recommend  
this service to other parents

**57%**  
of parents had  
previously tried  
to access a service locally  
and

**77%**  
of these could  
not have their  
needs met

*“It has been a well needed resource. We previously had no professional support as none located locally.”*

Parent

**HOW TELECARE WORKS**



Child / Family referred to Mental Health Support



RFW make a telephone call to the guardian named on the referral for a more detailed screening to plan appropriate care



Telecare Coordinator will make contact to carry out technology testing of the video link



Following successful tech test and guardian training, an appointment will be scheduled with the Psychologist



Therapy sessions will then be scheduled either weekly/or fortnightly and reports sent to the GP to show progress and ensure continuity of care



A discharge report will be completed at end of approved sessions