



Shine Assist

Counselling support for children and their families - Information for Schools

The Shine Assist program from OzChild enables families and schools to work together in partnership with General Practitioners, Paediatricians, Psychiatrists and Psychologists to address the psychological and emotional wellbeing of children and young adults who meet the eligibility requirements through the Medicare Benefits Schedule for psychological support.

If one of your students is experiencing difficulties that may affect their emotional wellbeing and mental health such as dealing with bullies, depression, attention deficit disorder, grief and loss they may be eligible for support through this program.

The Shine Assist program is accessed by a referral from a General Practitioner through a Mental Health Treatment Plan or by referral from a Paediatrician or Psychiatrist. Individuals may be eligible for up to twelve individual sessions per year and twelve group training sessions per year.

This service will be bulk billed by Shine Assist psychologists and there will be no further cost to young people and their families.

What you need to do to access the Shine Assist service?

- Identify students you believe would benefit from the Shine Assist psychology service. Discuss your concerns with the parents to decide on a possible referral.
- When a referral is decided upon complete a letter to the General Practitioner, Paediatrician or Psychiatrist outlining the schools and parents concerns to assist the medical practitioner in developing a Mental Health Care Plan.
- If a decision is made to seek our support arrange for the parent and student to visit their GP and request a referral letter to a psychologist through the Mental Health Treatment Plan. Ask the parent making an appointment to tell the receptionist that it is for the development of a Mental Health Treatment Plan and to be sure to request the GP to bill Medicare with item 2710.
- When you receive the referral letter and any other documentation the parent may provide contact the Shine Assist program manager to arrange sessions with your student and a psychologist from Shine Assist.

In order to facilitate our service to your students and school we ask that you provide the following information:

- A contact person to facilitate referrals and feedback from the psychologist to relevant school staff
- A suitable room in the school where individual and group sessions can be conducted with privacy and confidentiality.
- We will aim to visit you on a weekly or fortnightly basis and ask that you arrange appointment times for your students. Individual sessions can take between 30 minutes and one hour and group sessions for one hour.

For further information, please contact:
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OzChild Outreach Services

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