



The Hummingbird Centre Newsletter

Happy New Year!

Welcome to 2021! Our staff are all back in the office and we're excited to begin a bigger and better year at The Hummingbird Centre. We hope that you had a chance to rest and recharge over the Christmas and New Year period, and we look forward to working with you and your patients.

Changes to referral letter requirements under Better Access / Medicare Benefits Schedule

The Department of Health has recently advised that **all referrals (referral letters) under Medicare (Better Access) must now specify the number of sessions in a course of treatment.** This is up to a maximum of 6 for the initial 10 sessions, and up to a maximum of 10 for the additional sessions under COVID 19. If a Psychologist or Accredited Mental Health Social Worker receives a referral that does not specify the number of sessions, that clinician must contact the referring doctor or their practice to confirm the intended number of sessions in the course of treatment. This confirmation can be verbal confirmation, as long as it is documented. Thus, you may receive calls from our staff to confirm the number of sessions on a referral if this is not stated on the referral letter in the first instance. Specifying the number of sessions on all referrals will provide an efficient and effective process. Our staff are happy to discuss this further with you if you would like any clarification.

Upcoming events at The Hummingbird Centre

Here is a recap of some of the events coming up in Term 1 for parents and children:

- **Get Wet for Wellbeing Swim Program** commencing on Monday the 1st of February 2021, a *free* 10 week program – places are limited: This program is for mums with babies aged 4-12 months, and will be held in Toronto with the support of First Splashes Swim School. Mums will have the opportunity to connect with their baby in a supportive environment, whilst engaging in an enjoyable activity that enhances their own physical and emotional wellbeing. Participants will also be invited to a 'Tea & Coffee Catch Up' after the swim classes, facilitated by Accredited Mental Health Social Worker Vicki Mansfield from The Hummingbird Centre.
<http://www.hummingbirdcentre.com.au/events/mums-and-bubs-swim-class/>
- **The Circle of Security Parenting Program** commencing on the 9th of February 2021. This program will be run by Family Psychologist Phil Bird of The Hummingbird Centre and will run for 8 weeks. It is designed for parents and carers of children 0-12 years who would like support to help their children build secure relationships. This early intervention program focuses on relationships to give children emotional support, meet their relationship needs, turn negative patterns into positive patterns, manage strong emotions constructively, enhance school readiness, and improve self-esteem and peer relationships: <http://www.hummingbirdcentre.com.au/events/circle-of-security/>

- **Cool Kids Program** for children 8-12 years, commencing on Tuesday afternoons on the 9th of February 2021 is aimed at children aged 8 to 12 years with an anxiety disorder or high levels of anxiety symptoms, and also supports their parents. The Cool Kids program is a 10 session Cognitive Behaviour based program and will be run by our psychologists Madeleine Berryman and Nimra Bilgrami. The children's program allows children to learn to:
 - Recognise emotions such as fear, stress and anxiety;
 - Challenge their beliefs about these emotions; and
 - Encourage them to engage in previously-avoided activities in more positive ways.

The parenting sessions enable parents to best support their children to learn these new skills and help them practice the new strategies in day-to-day activities.

<http://www.hummingbirdcentre.com.au/event/cool-kids/>

- **Building New Pathways for Parents and Carers** commencing on the 2nd of March 2021, this 3 part series run by Family Psychologist Phil Bird of The Hummingbird Centre provides practical strategies to support children and adolescents who have experienced early developmental trauma. The course will explore trauma and brain development, practical strategies for complex behaviours, and relationship-based strategies for improving connections with children including:
 - Understanding the impact of trauma on brain development and "Building New Pathways" – nervous system repair strategies based on the Neurosequential Model of Therapeutics (NMT – Bruce Perry);
 - Exploring the common behaviours that can present as a result of compromised brain development;
 - Developing an understanding of children's behaviour through The Window of Tolerance and the trauma lens for trauma-based symptoms and exploring practical strategies for preventing challenging behaviour;
 - Learning trauma-informed response strategies for common difficulties and behaviours such as anxiety, defiance, emotional outbursts, hyperactivity, sleep problems, and aggressive behaviour;
 - Adapting parenting styles to develop therapeutic relationships with children and adolescents who have experienced early attachment ruptures;
 - Identifying and implementing strategies to create safe and therapeutic environments for traumatised children and adolescents.

<http://www.hummingbirdcentre.com.au/events/classes-and-workshops-for-clients/building-new-pathways-for-foster-and-kinship-parents/>

You can go to our website www.hummingbirdcentre.com.au/our-team/ for further information on our team members and services, and please don't hesitate to contact us with any questions or queries.

Sincerely,

The Hummingbird Centre Team.

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