



The Hummingbird Centre Newsletter

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

As mentioned in our February newsletter, 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** for the referral to be valid. In addition to this, the additional 10 COVID-19 sessions resulted in further requirements for referring General Practitioners, Psychiatrists, and Paediatricians. Our experience is that it can be difficult to obtain accurate information from Medicare and The Department of Health so we are recording a video that explains the requirements and changes for referrals to psychologists and accredited mental health social workers under Better Access. The video can be viewed at your leisure, and once finalised we will provide you with the link for viewing it in our April Newsletter.

We are also available to attend one of your GP practice meetings to talk through the changes and can also present on a topic of your choice. Please contact us on (02) 4946 0919 if you would like us to give a presentation to you and your staff.

Transforming Teen Anxiety

Psychologist Allira Sazdanoff is running this 8 week group therapy program for teenage girls aged 13-18 years with anxiety. The course commences in Term 2, on **Monday the 26th of April**. The course incorporates a range of modalities from Cognitive Behavioural Therapy (CBT) to Interpersonal Psychotherapy, and include psycho-education and yoga-based concepts. The yoga-based components of this group will include mindfulness, physical postures, and breathing techniques, bringing in to focus the mind and body connection in helping to alleviate anxiety and promote self-regulation.

Within this supportive environment teenagers will be able to explore personal difficulties and have a little fun at the same time!

3:30pm - 4:30pm for 13-15 years

4:30pm - 5:30pm for 16 - 18 years

Medicare rebates may be available

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22 Bruncker Rd
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World Sleep Day

Friday the 19th of March 2021 is World Sleep Day. This annual event is aimed at raising awareness of sleep disorders and their impacts on the community and individuals. It brings to light the importance of addressing issues related to sleep difficulties. The focus of World Sleep Day this year is “**Regular Sleep, Healthy Future**”. As health professionals we know how important the prevention and management of sleep difficulties is to physical and mental health, and just how problematic it is for many people to obtain. At The Hummingbird Centre we have an information page on sleep hygiene on our website at <http://www.hummingbirdcentre.com.au/psychology/helpful-sleep-habits> and sleep disorders can be treated under a mental health care plan (see <https://www1.health.gov.au/internet/publications/publishing.nsf/Content/mental-ba-eval-dsum-toc~mental-ba-eval-dsum-2>)

Sleep Disorders Australia also has some useful information and resources on their web page at <https://www.sleepoz.org.au/>

Prioritise Self-Care

After a big year in 2020, self-care for health professionals is more important than ever. Here are 3 quick tips for your self-care:

- o Identify 3 important elements of your self-care (e.g. exercise, taking regular holidays, spending time with family and friends, meditation, tech-free time, etc).
- o Schedule it in and stick to it (have an accountability partner if that helps).
- o Review your progress at regular intervals: Problem solve and amend if required.

See 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.

Phone: (02) 4946 0919

Fax: (02) 4942 6041

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