



How to refer?

We can be contacted during intake on Tuesdays 9 –11 am to discuss a referral. Alternatively, enquires and completed referral forms can be sent to WSLHD-AlternateCareClinic@health.nsw.gov.au

Please note the ACC works intensively with a limited number of clients and therefore may adopt a wait list model. Clients requiring urgent mental health assessment or support may be directed to the mental health intake line on 1800 011 511.

Reparative Parenting Program (RPP)

Developed by the ACC, the RPP is a 9 session fortnightly therapeutic group designed to help carers strengthen their relationships with the child in their care, as well as providing them with trauma informed parenting skills.

This group is open to all long term foster/ kinship carers, guardians and adoptive parents. Carers are **not** require to have an allocated caseworker and can be from outside the WSLHD area. Please contact us by email if you would like more information.

* Please note that although the ACC is located on the same campus as the Adolescent Acute Inpatient Unit and Redbank School, referral pathways are separate. Please contact them directly if you wish to make a referral.

Where are we located?

The ACC is located at Redbank House, which is at the back of the Westmead Hospital precinct on Dragonfly Drive (off Mons Road). We are a 20-30 minute (1.2 km) walk down Darcy Rd from Westmead train station. We can be found on GPS by searching for ‘Redbank School’ which is co-located on the site.

Pay and display parking is available for visitors in carpark P7 directly in front of Redbank House. ACC clients and carers with foster care health cards or attending therapy for longer than 2 weeks are eligible for concessional parking rates (first 3 hours free).



How to contact us:

Alternate Care Clinic

Redbank House (Westmead Hospital Precinct)

Dragonfly Drive

WESTMEAD, NSW 2145

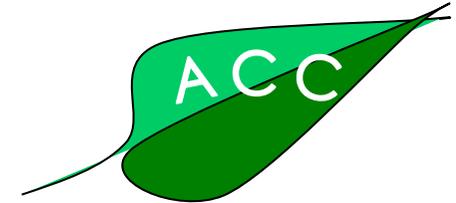
Phone: (02) 8890 6577

Fax: (02) 8890 9893

WSLHD-AlternateCareClinic@health.nsw.gov.au



Health
Western Sydney
Local Health District



Alternate Care Clinic

Therapeutic support for kids in care

Alternate Care Clinic

Who are we?

Established in 2001, the Alternate Care Clinic (ACC) is a specialist mental health services for children and young people in Out of Home Care (OOHC) aged 0—18 years. We offer a range of mental health assessments and effective therapies for children and young people who are experiencing mental health difficulties, emotional and behavioural problems and relationship conflict. Our goal is to help children, young people and their carers feel safer and function better at home, school and in the community.

The ACC team:

Our multidisciplinary team is made up of clinical psychology, social work, family therapy, clinical neuropsychology and psychiatry. Our team has extensive experience of working sensitively and effectively with individuals who have been traumatised through their life experiences.

What can we offer?

Following a comprehensive mental health and psychosocial assessment, we will provide feedback and work together to come up with a intervention plan which may include:

- Neuropsychological assessment
- Psychiatric reviews and medication management
- Tailored interventions consisting of individual, carer-child, family and/or group therapy
- Care system support including consultation around case management and care planning
- Liaison and support to the child or young person's school or educational placement
- Psychoeducational and therapy programs for carers including the ACC'S Reparative Parenting Program.



We also provide the following services:

- Complex case consultation to Health, DCJ, DET and non-government agencies.
- Education, supervision and training to government and non-government agencies.



What makes us different?

We work from an attachment, trauma informed model that highlights the importance of relationship and healing through relationships. We aim to provide a range of flexible and comprehensive interventions that best match the child/young person, their family and care system. We understand that new relationships are tough and that children and young people in OOHC may need extra time or outreach in order to engage with our service.

We believe that the best outcomes are achieved when we all work together. As such, we aim to work holistically with everyone in the system around the child/young person. This ensures we are all on the same page and heading in the same direction.



Who can be referred?

Children and young people aged between 0-18 years who meet the following criteria:

- Are in long term OOHC (foster, kinship, residential or alternate care arrangement) and under the parental responsibility of the Minister
- Currently reside within the boundaries of Western Sydney Local Health District
- Have an allocated DCJ or NGO caseworker
- Are experiencing, or at risk of experiencing, significant behavioural and/ or emotional and/or relational dysfunction.



Priority is given to children & young people who :

- Have previous experience, or are at risk, of home or school placement breakdown
- Children in residential care under 13 years
- Clients who are recurrently accessing community and hospital system resources e.g. repeated ED presentations.