

Options For Change

Information for Medical Practices

Drought Response Program

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It is envisaged that the position will employ a flexible approach including counselling, mental health support, psychotherapy, and a component of community education, to:

- Promote mental health and wellbeing
- Provide early brief intervention for personal, family and relationship issues
- Provide early brief intervention for mental health problems, and mental illness
- Assist people in accessing other suitable professional services

The program will cater for people in rural and remote communities affected by drought and major ongoing changes in the agricultural sector.

Areas to be covered:

The towns (and their surrounding areas) to be covered will include:

- Leigh Creek
- Hawker
- Quorn
- Orroroo
- Jamestown



Clinic appointments:

No doctor's referral is needed (though it is helpful). If the patient is an existing patient of the local GP it is preferable for the GP to be informed and for the psychotherapy clinical assessment or summary to be included in the patient's medical notes for the GP

When a patient is referred by a GP or another health professional, it is best if relevant background information is also provided. This may be in written or verbal form, whichever is most helpful and/or convenient.

Appointment times

*New clients – allow 1.5 hours (includes time for clinical case notes)

*Ongoing clients full session – allow 1.5 hours (includes time for clinical case notes)

*Maintenance sessions – allow 45 minutes (includes time for clinical case notes)

Factor in time for a lunch break

Home visits can also be arranged, if considered a beneficial or needful option, due to isolation, personal or family circumstances.

Prior notice of a home visit will need to be given, with time for round-trip travel factored in (and clear directions). If in any doubt about a home visit, or if a special time needs to be negotiated for a patient, give me a ring to chat about it.