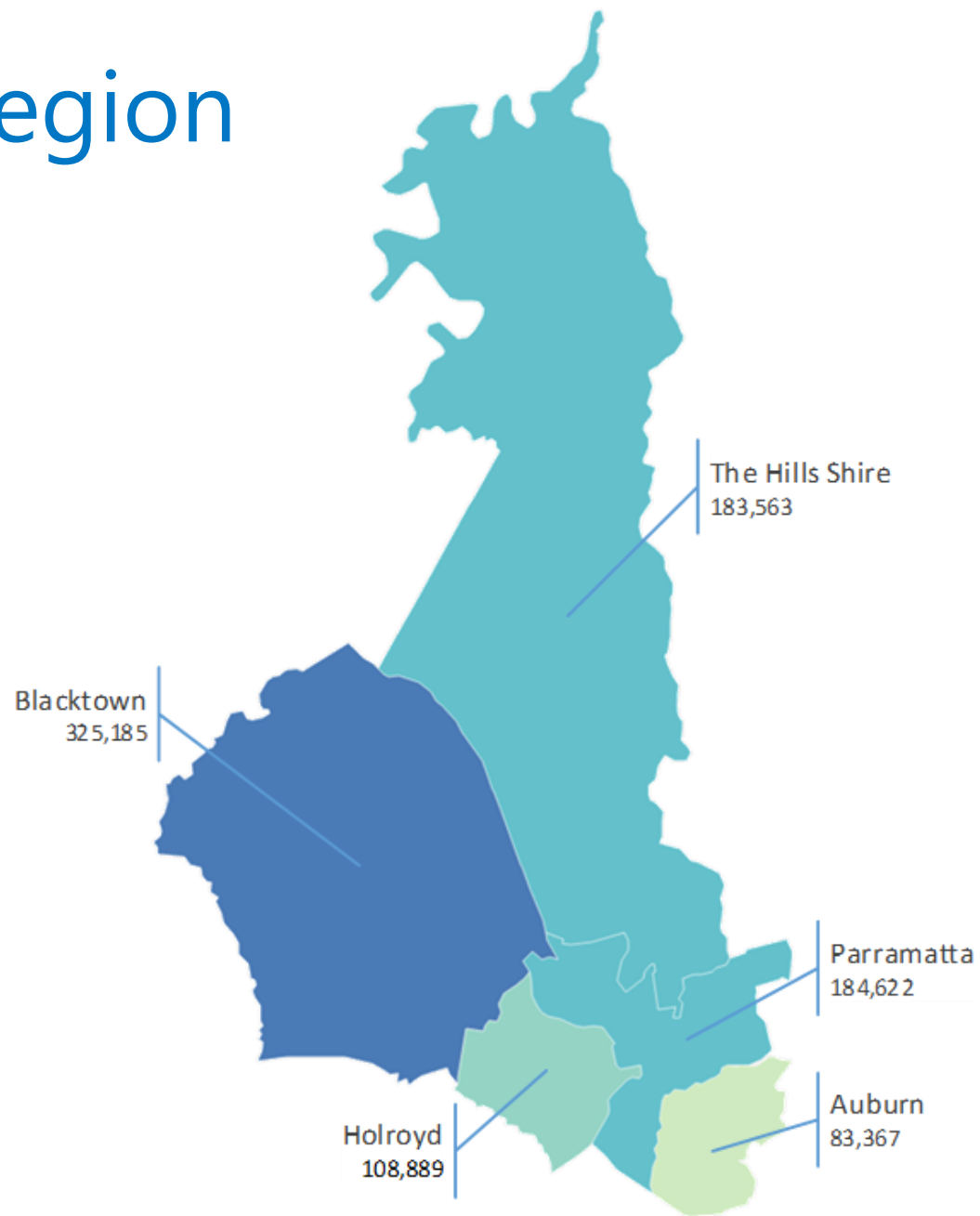


# Reaching Vulnerable Groups through Primary Mental Health Care

# Our Region





# Diversity

- Population total - 906,605 (ABS 2014)
- Aboriginal and Torres Strait Islanders – 11,496 or 1.4% of WS population – largest urban Indigenous population in Australia
- 35% of the population comes from a Culturally and Linguistically Diverse background (primarily non English speaking) with a large proportion of people newly arrived in Australia– may have language barriers, problems with health literacy, absences of family support, financial stress and low social status.
- SEIFA Index of Relative Social Disadvantage ranges from 870 to 1105

# Primary Mental Health Care

- Previously ATAPS – now discontinued by DOH
- Under Flexible Mental Health funding priority 3 is providing psychological support to vulnerable and hard to reach groups
- Primary Mental Health Care (PMHC) will operate in a similar fashion to ATAPS
- Vulnerable groups in western Sydney include:
  - Financially disadvantaged
  - Culturally and linguistically diverse
  - Refugees and asylum seekers
  - Perinatal
  - Elderly
  - LGBTIQ
  - Aboriginal and Torres Strait Islander People – Priority group 5
  - Children and Youth – Priority group 2

# PMHC – Our providers

- 110 registered Mental Health professionals working across the region
- Offering a range of specialities and working with different vulnerable groups and in different languages



# Services provided Year to Date

|                                             | Figures YTD |
|---------------------------------------------|-------------|
| Number of sessions provided                 | 18,198      |
| Number of individual clients                | 2,464       |
| Speak a language other than English at home | 201         |
| Nil or very limited English                 | 31          |

## Top 10 Suburbs by Client Location

|                      |     |
|----------------------|-----|
| <b>Mt Druitt</b>     | 269 |
| <b>Blacktown</b>     | 143 |
| <b>Seven Hills</b>   | 73  |
| <b>Greystanes</b>    | 71  |
| <b>Plumpton</b>      | 60  |
| <b>Holroyd</b>       | 53  |
| <b>Doonside</b>      | 52  |
| <b>Quakers Hills</b> | 49  |
| <b>Rouse Hill</b>    | 45  |
| <b>Merrylands</b>    | 45  |



What are the challenges of  
working with this diverse  
population?





# Michael C. Adamantidis

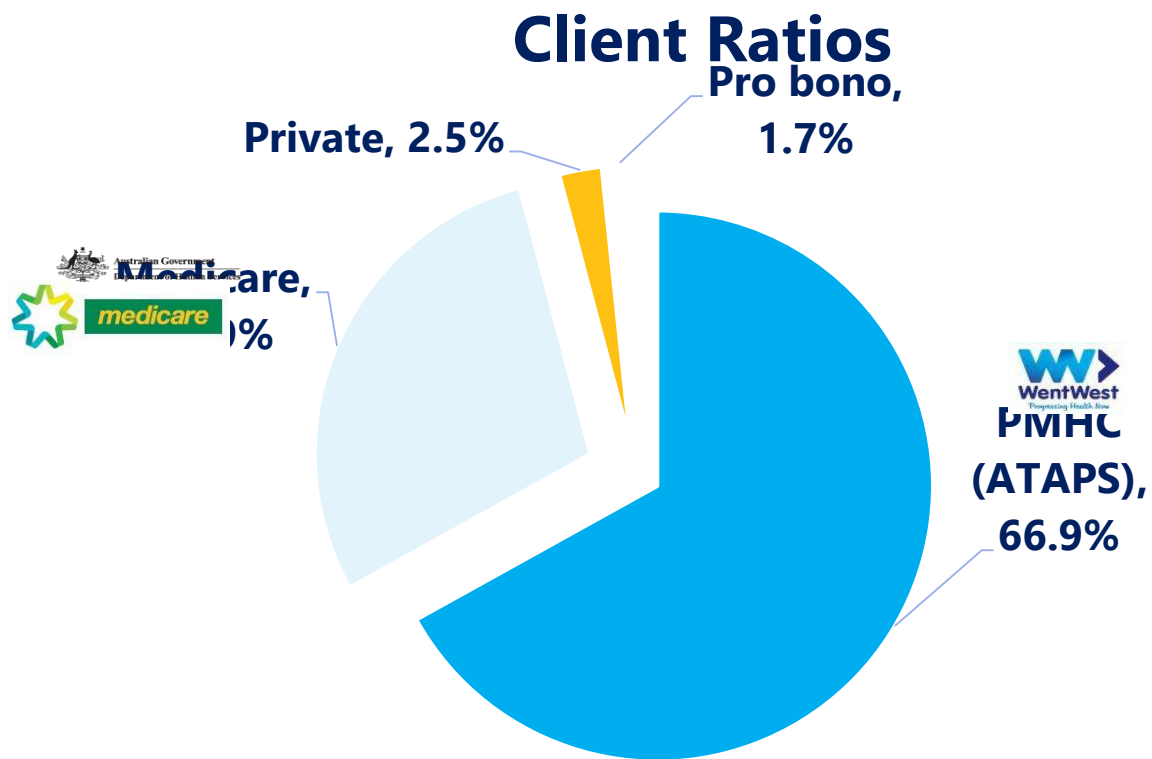
Consultant Psychologist  
ABN 44 059 719 260

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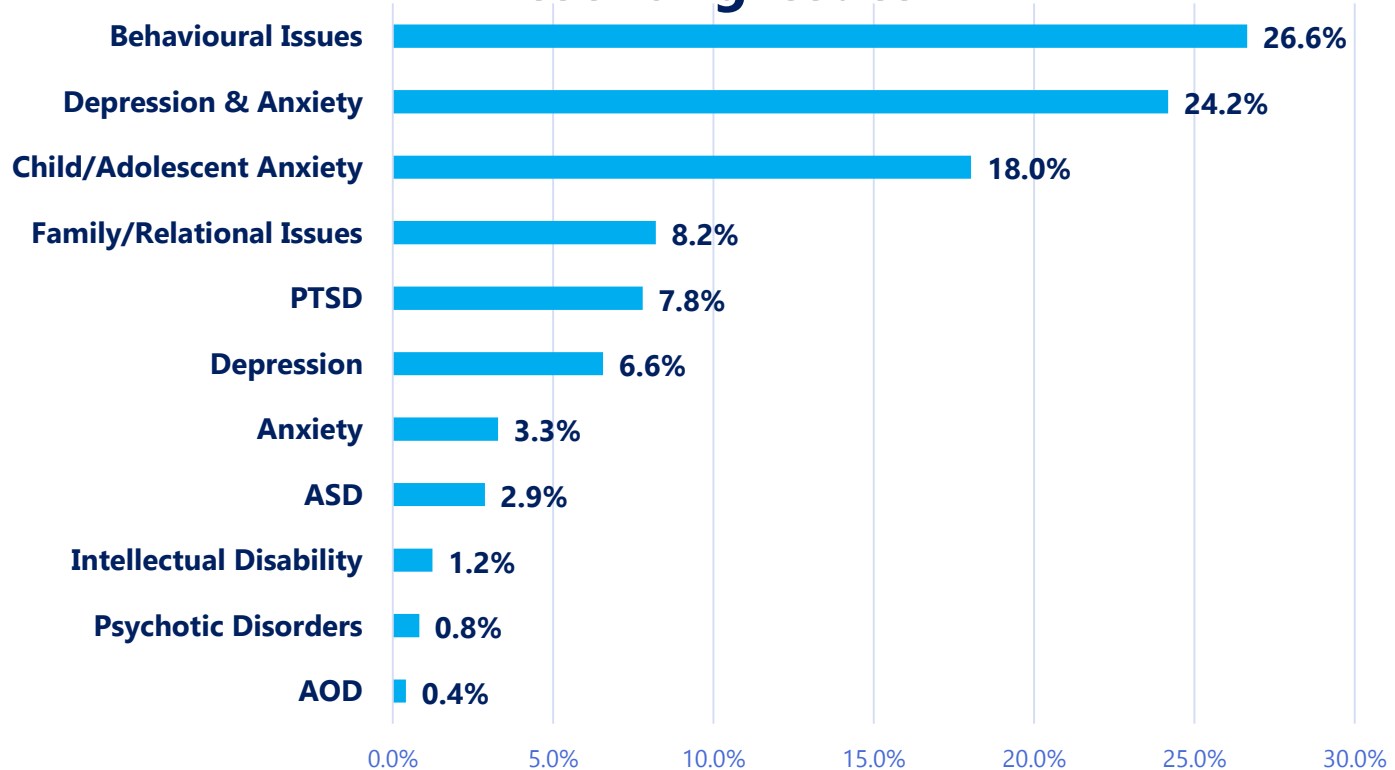


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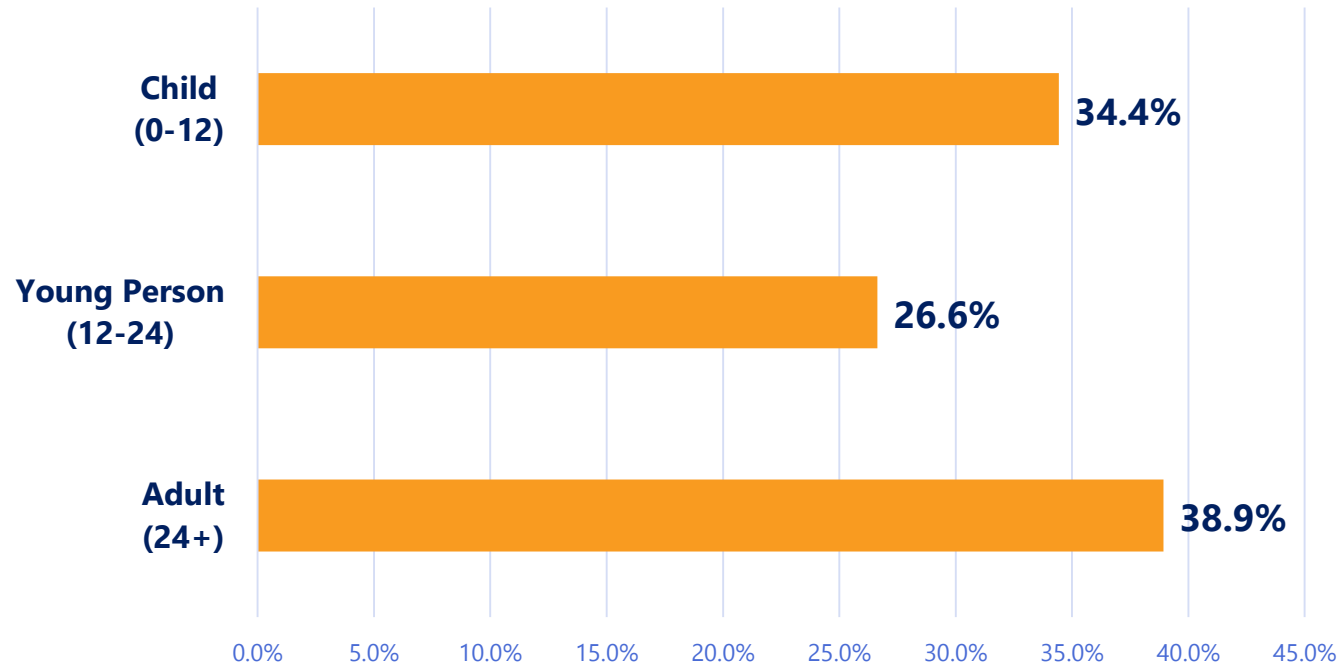
E: [michael@michaelspsychology.onmicrosoft.com](mailto:michael@michaelspsychology.onmicrosoft.com)



## Presenting Issues



## Age Groups Ratios





# Thank You ☺



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