



One Red Tree Resource Centre Inc

in partnership with

Federation University
School of Science, Psychology & Sport
and

Ararat Rural City Council

**School Outreach Program
Parent Information Booklet
2024**



Welcome to the One Red Tree Resource Centre Inc School Outreach Program.

We are thrilled to be in the position to be working with your school to offer access to a professional psychological support service, made possible through our partnership with Federation University-Ballararat and the Ararat Rural City Council. One Red Tree Resource Centre is a new local community organisation, based in Ararat.

We know first-hand there is a severe shortage of professional psychologists in our region, and It is our aim to help families of school aged children access psychological services from provisionally registered psychologists, locally and in our schools. All provisional psychologists are in their 6th and final year of their psychology masters degree and will be closely supervised by our nationally accredited clinical psychologist supervisor, also based in Ararat.

Who is the service for in your school?

The service aims to impact every member of the school community through a three-tiered approach:

1. Working with students individually and in groups
2. Providing consultation and psychoeducation to staff
3. Offering an education session open to all parents at the school.

Who are the provisional psychologists?

The road to becoming a psychologist is a long one. Firstly, you need to complete a 3 year bachelor degree with a major in psychology. It is then a selection process to complete an honours year in psychology. Following this, a selection process to complete a masters degree in Clinical psychology begins. These places are highly sought after and require highly skilled practitioners to participate in them.

How will the clinical supervisor support the provisional psychologists?

High quality and accessible supervision is at the core of our values here at One Red Tree. Provisional Psychologists will have access to a minimum of one hour of individual supervision per week and one hour of group supervision. They also have access to an Education Specialist to assist with school-related issues.

How will the provisional psychologist support children at your school?

A provisional psychologist will spend 2 days per week at your school for a semester. During this time they will get to know the needs of the school staff, the students and the school community.

The principal of your school, along with the school wellbeing team, will refer children for therapeutic intervention sessions with the provisional psychologist. The school team have an excellent understanding of the needs of their students and can identify students who may need some more support.

The provisional psychologist can support children and adolescents through many different areas of mental health. Some examples of possible programs include:

- Communicating with confidence
- Understanding my moods
- Understanding and accepting myself
- Physical activity for wellbeing
- Problem-solving skills
- Mindfulness and relaxation
- Sleeping well.

Each referred child will be allocated approximately 10 sessions throughout the term, depending on the needs of the child. Sessions will include an assessment, meetings with family and individual therapy sessions. If sessions are provided by the Fed Care Clinic, sessions will be held via telehealth.

At the end of the semester, the psychologist will provide some recommendations to support the school and family in supporting the child within the classroom and at home.

How does information remain confidential?

Our provisional psychologists are bound by the Australian Psychological Society's (APS) Code of Ethics regarding Confidentiality (Section A.5.2) as adopted by the Psychology Board of Australia. This states that client confidentiality must be maintained with specific exceptions related to duty of care and legal obligation.

We also abide by the Australian Psychological Society's "Guidelines for working with young people". This means that psychological therapy remains confidential unless permission is granted by the client to discuss information disclosed during therapy sessions. In the case of adolescent-focussed work, confidentiality between a young person and their psychologist is essential for treatment to be successful. We will always encourage the young person to talk with their parent, but confidentiality will only be breached when safety is a risk.

Parental consent is required for assessments, therapy and other information to be provided to a paediatrician, speech or occupational therapist, teacher or school psychologist.

About One Red Tree Resource Centre Inc

One Red Tree Resource Centre Inc is a not-for-profit community organisation based in the Ararat Railway Station Complex.

Carly McKinnis, a clinical psychologist and accredited clinical supervisor, along with Tammie Meehan, an experienced local educator, both lead the organisation.

Carly and Tammie, both locals within the community, saw an increased need for professional psychological support with a decrease in the ability to access any professional help. They have partnered with Federation University to gain access to provisional psychologists and in turn, many of our local schools, both primary and secondary, have asked One Red Tree RC to place these provisional psychologists in their schools.

One Red Tree RC is excited to be working with your school and helping provide much needed professional support for children in need.

If you have any questions about our School Outreach Program, please email:

admin@oneredtreerc.org or call 03 5310 1331 to speak to Tammie or Carly.

