



**One Red Tree Resource Centre Inc**

*in partnership with*

Federation University  
Latrobe University  
Australian Catholic University  
Monash University  
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 partnerships with multiple Australian universities and the Ararat Rural City Council. One Red Tree Resource Centre is a not-for-profit Charity organisation, based in Ararat.

We know first-hand there is a severe shortage of professional psychologists in our region, and it is our vision to help families of school aged youth access psychological services from provisionally registered psychologists, locally and in our schools. All provisional psychologists are in their 5<sup>th</sup> or 6<sup>th</sup> year of their psychology masters degree and are closely supervised by our nationally accredited clinical psychologist supervisors and supported by the team at One Red Tree.

### **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 or Professional 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 and wrap-around support 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, along with on-call support both in their school and at the One Red Tree training centre. They also have access to an Education Consultant to provide support.

### **How will the provisional psychologist support youth 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 individual sessions throughout the term, with the amount of sessions depending on the needs of the child. Sessions will include an assessment, meetings with family/guardians and individual therapy sessions.

At the end of the semester, the provisional 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?**

The 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-focused work, confidentiality between a young person and their provisional psychologist is essential for treatment to be successful. We will always encourage the young person to talk with their parent/guardian, but confidentiality will only be breached when safety is a risk.

Parental/guardian 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 (ORTRC) is a not-for-profit charity organisation based at the Ararat Railway Station Complex. The centre was co-founded by Carly McKinnis, a clinical psychologist and accredited clinical supervisor, along with Tammie Meehan, an experienced local educator. ORTRC has now increased to a team of 9 staff, with up to 20 provisional psychologists joining the centre each semester for school placements.

Information about ORTRC can be found on our website: [www.oneredtreerc.org](http://www.oneredtreerc.org) and through our Facebook page.

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@onedredtreerc.org](mailto:admin@onedredtreerc.org) or call 03 5310 1331 to speak to Tammie or Carly.