



Accoras CPSP

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Acknowledgement of Country

Accoras acknowledges Aboriginal and Torres Strait Islander Peoples as the First Peoples of Australia, and we pay our respects to their Elders past and present with whom we share this great country.

Accoras Child, Youth and Family Services



Accoras You.nique

Early intervention for children and young people aged 0-18 years, and their families.
South Brisbane and Gold Coast regions, via outreach



Accoras Commonwealth Psychosocial Support Program (CPSP)

Support for children and young people aged 7-17 years who are living with or at risk of severe mental illness.
Logan, Beaudesert and Browns Plains regions, via outreach



Accoras Psychosocial Outreach Program (APOP)

Support for children aged 0-12 years who are living with or at risk of severe mental illness.
West Moreton (Ipswich) region, via outreach

headspace Inala

Mental, physical and social health and wellbeing support for young people aged 12 to 25 years.
Inala.



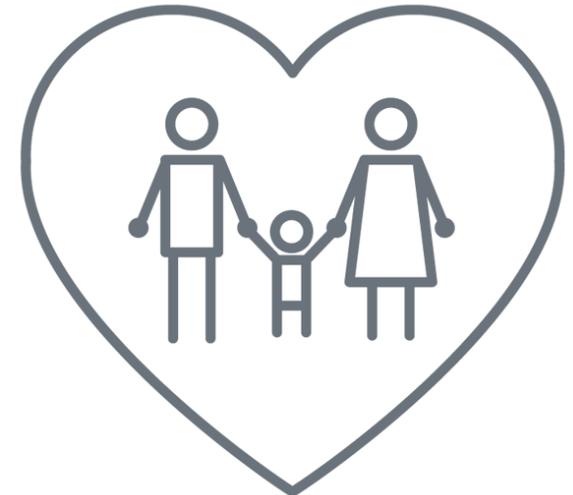
Accoras WayUP

Youth work support for young people aged 12-18 years.
Logan-Beaudesert region, via outreach.



Accoras Secondary to Intensive Family Support Service

Support for CALD families with a 0-18 year old child who may be vulnerable or where their safety is at risk.
South Brisbane region, via outreach.



The Accoras CPSP

- Initial pilot focused on children and young people aged 8-17 years, through the National Psychosocial Support Measure (NPSM)
- NPSM was renamed to the Commonwealth Psychosocial Support Program (CPSP), and the Accoras service expanded to support the 7-17 years age group
- The Accoras CPSP is a solution to the known issue of the 'missing middle'
- It is an entirely outreach service, working in schools, homes and in community
- The Accoras CPSP enhances functional capacity and psychosocial wellbeing



Timeline

Early 2021

Pilot Commencement

Funded by BSPHN
Providing psychosocial support
Logan-Beaudesert

July 2021

Inclusion of MHCCC

Children were not receiving mental health intervention due to long waitlists
Accoras CPSP pilot adapted to include MHCCC component

July 2022

Program Evaluation

Evaluation confirmed effectiveness of the Accoras CPSP model and approach
Increase in access to services

Now >

Re-Funded Service Delivery

Continued funding to June 2025
Provision of step-down services (WayUP) to June 2024
Goal: growth and expansion

CPSP Involvement

Average length of intervention - 6 to 9 months

Mental and Emotional Health

Mental illness treatment and symptom relief, therapeutic intervention, building resilience and confidence, managing drug and alcohol use

Daily Functioning

Daily routines, sleep, physical health, diet, exercise, school, other education, employment, financial management and budgeting, housing

Relationships

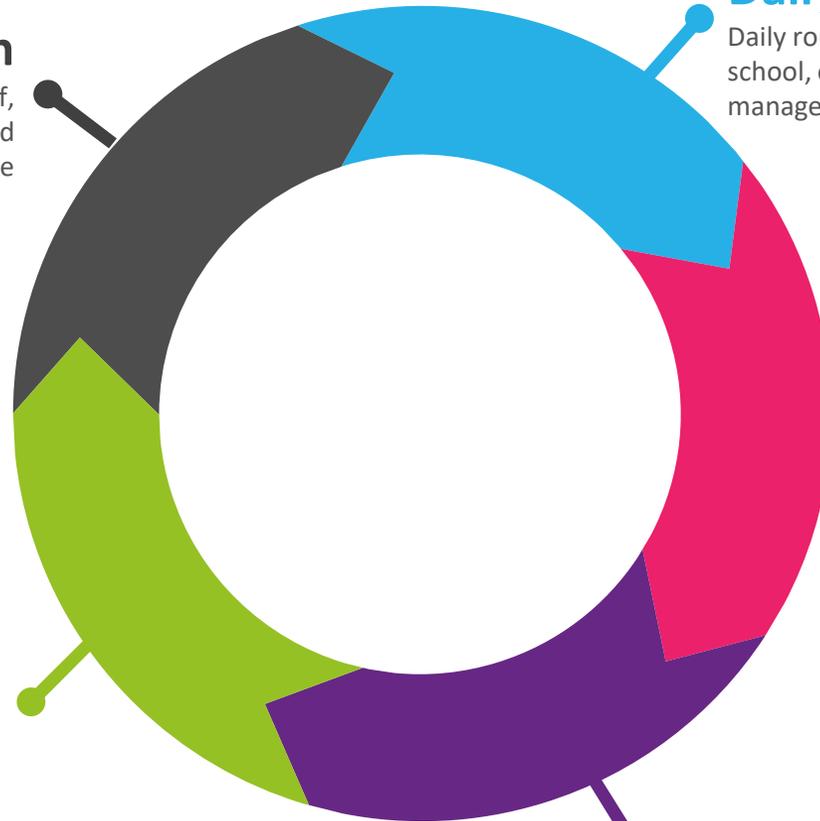
Safety in and outside of the home, healthy relationships and boundaries, social skills and friendships, community, protective behaviours

Clinical Care Coordination

Appropriate referral out pathways, stakeholder engagement, mental health assessment, ongoing monitoring and review

Psychoeducation

Emotional and mental health literacy, managing emotions, building understanding of concepts like attachment/trauma and the brain, support for parents



Evaluation Findings

At baseline assessment, 83% of children aged 7 to 12 years reported abnormal levels of emotional problems, according to the Strengths and Difficulties Questionnaire (SDQ).

At baseline assessment, 70% of adolescents aged 13 to 17 years recorded 'very high' levels of psychological distress, indicative of a severe mental illness, according to the Kessler-10 (K10).

Children and adolescents reported their wellbeing had improved across almost all key functional domains after engaging with the Accoras CPSP.



Wellbeing and Functional Outcomes (SDQ)

Prevalence of behavioural and emotional problems measured by SDQ at episode start, review and episode end

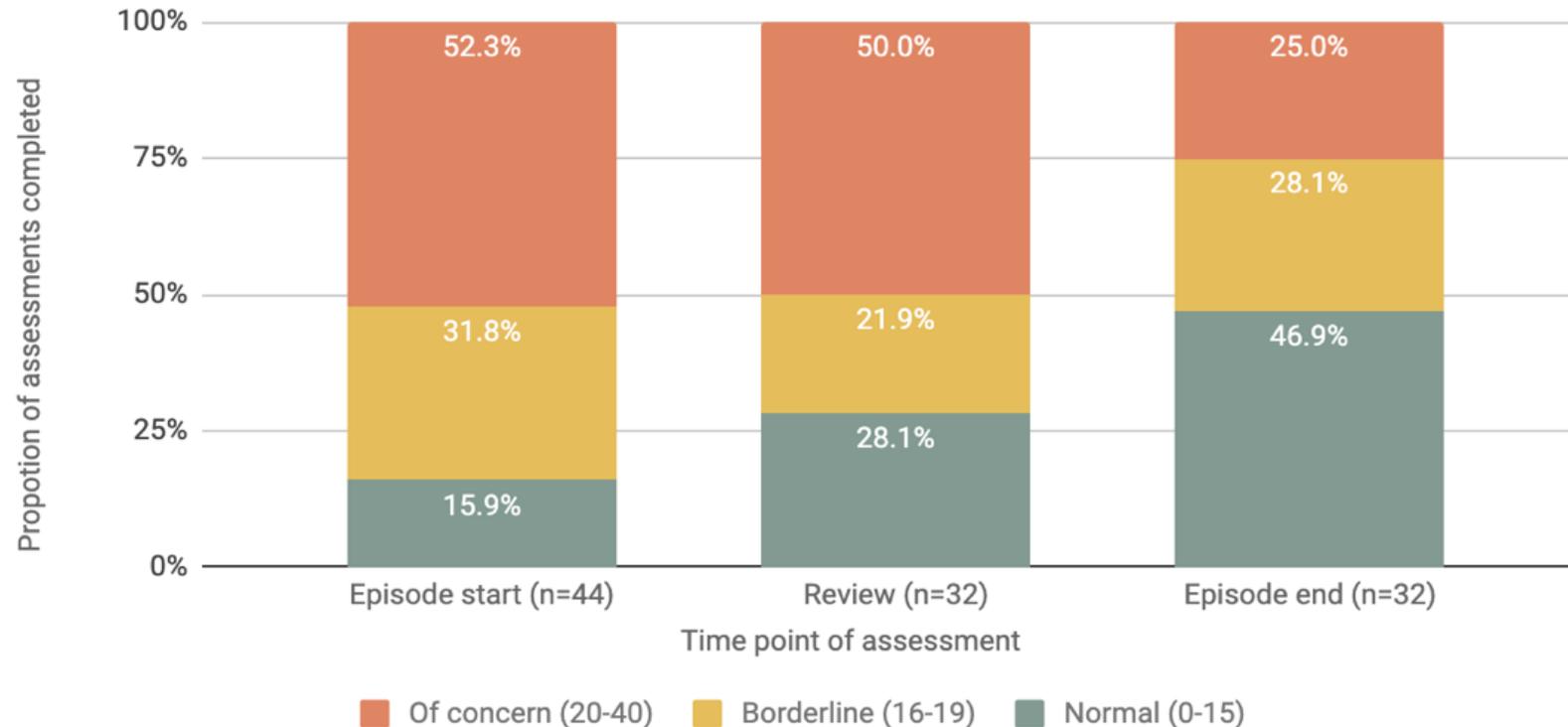


Figure 1: Group-level changes in behavioural and emotional problems according to SDQ

Wellbeing and Functional Outcomes (K10)

Severity of psychological distress measured by K10 at episode start, review and episode end

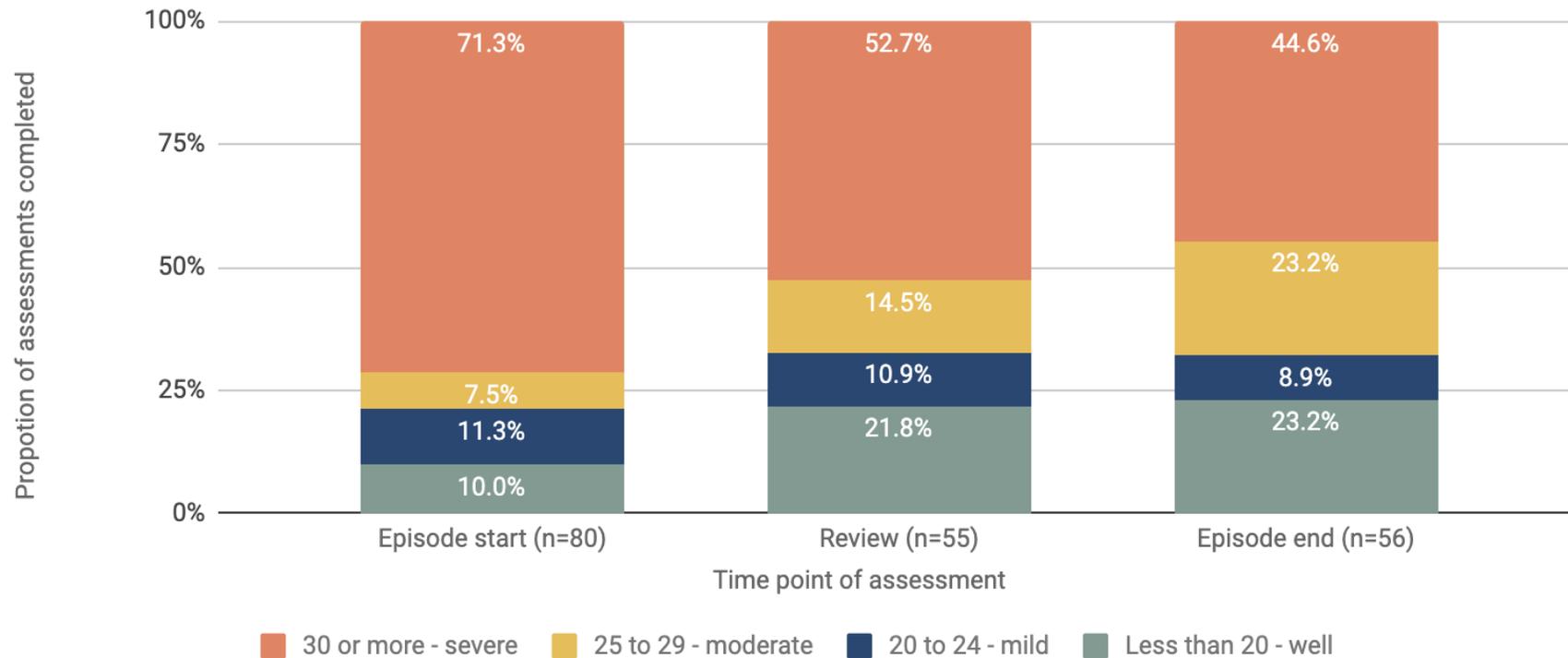
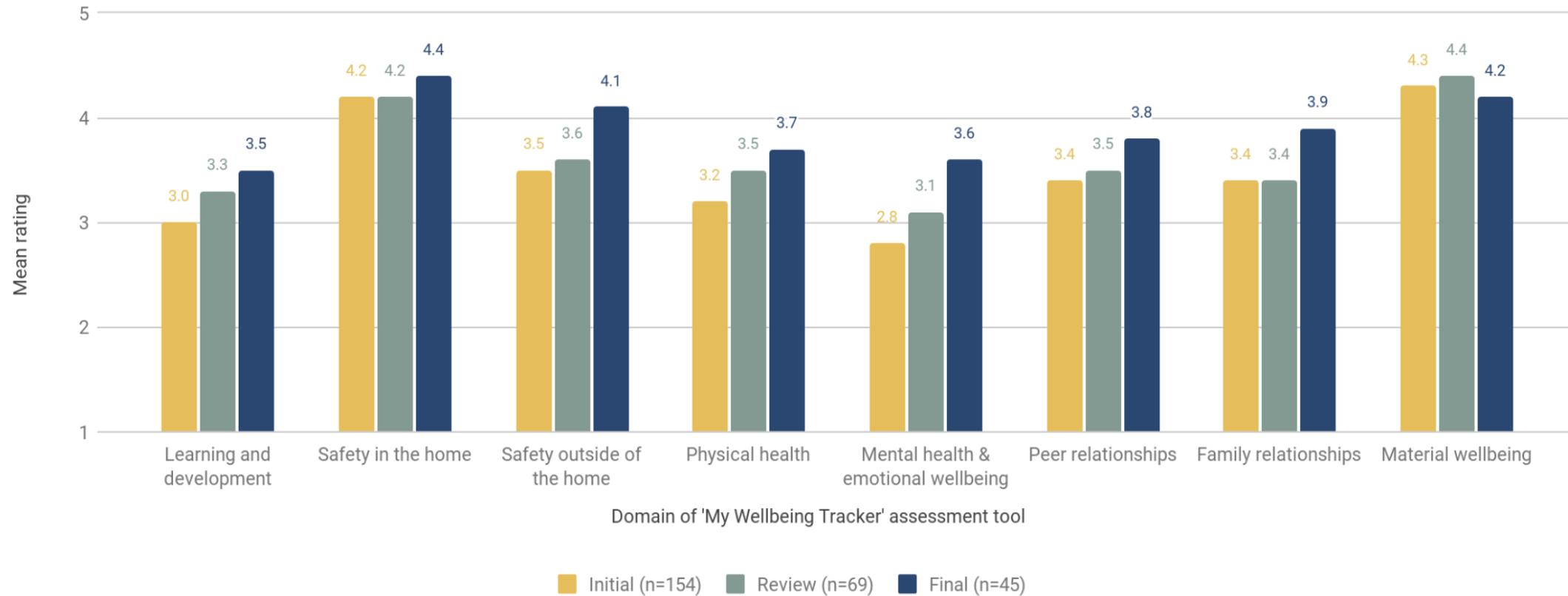


Figure 2: Group-level changes in level of psychological distress according to K10

Wellbeing and Functional Outcomes (MWBT)

Client-rated wellbeing across multiple domains at episode start, review and episode end



The Findings Tell Us ...



CPSP is a solution to the 'missing middle', because it:

Responds to a genuine need in the local service system

Reduces demand on tertiary and acute care systems

Enhances social and functional capacity

Prioritises sustainability to reduce future economic burden

Reduces the risk of suicide and hospitalisation

Testimonials

"...Her sincerity and care factor was a cut above many others we have worked with. Her results with my son Austin are nothing but positive."*

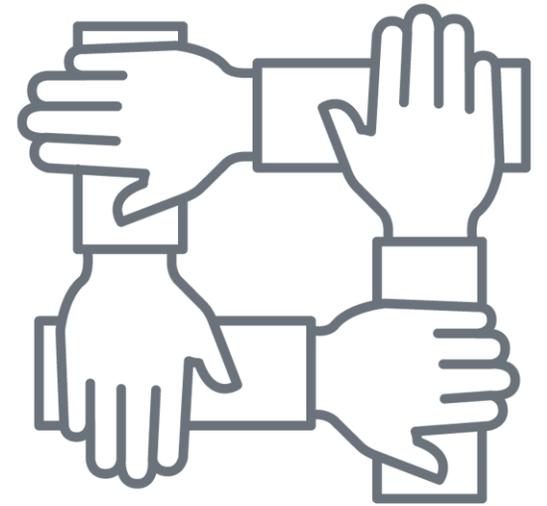
- Parent of a 10-year-old

"...She's helped me through all my tough times and always listened, one of my goals was to reduce my anxiety and it's been great working with her to have someone help me achieve that."

- Young person aged 16 years

"...This program might have saved my life and I just can't say how much I appreciate the help this program has done for me and I'd really recommend this program to anyone who's struggling."

- Young person aged 16 years



Case Studies

Rachel

Rachel is 13 years old and was referred to the Accoras CPSP by her school's Guidance Officer, who had concerns about her lack of self-esteem and confidence, difficult family relationships, feelings of overwhelm and trouble sleeping. Rachel's teachers were also worried – her grades were falling, and she was missing due dates for homework and assignments.

Alex

Alex is a non-binary 16-year-old who was referred to the Accoras CPSP by CYMHS for support to address their significant social isolation, limited self-care, intense anxiety and overwhelming feelings of hopelessness. At the time of referral, Alex was not attending school, not taking their prescribed anti-depressants, was only leaving their bedroom for meals and was barely speaking to anyone, including their family.





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