

Te Whatu Ora Southern, Internships 2024

North Community Mental Health Team (NCMHT)

At NCMHT we see people aged 18-65 with moderate to severe mental health issues, that is a decrease in functioning and/or increased risk to self or others. It is an outpatient service with about 30 staff members. Most psychology referrals come from within the team, but we also have some external referrals, e.g., directly from GP for psychological treatment. The team is divided in 2 sub-teams (North and Hills). There are normally 3 psychologists working at NCMHT all in part-time positions. The placement is for 4 days/week from Mondays to Thursdays. Multidisciplinary team meetings, supervision and individual clinical work are all part of the placement. We also run an ACT treatment group about twice a year which normally includes the Intern. The Intern has his/her own desk in the North sub-team and will see clients in different rooms of the service. NCMHT is located on the first floor at 154 Hanover Street.

Invercargill CAFS

Invercargill CAFS sees children and their whanau from 0-19 years (inclusive) with moderate to severe mental health disorders. We are an outpatient service providing assessment and intervention for a range of presentations including (but not limited to) ADHD, anxiety disorders, mood disorders, OCD, eating disorders, and mental health difficulties associated with ASD. Interns will have their own caseload and all clients are discussed in our multidisciplinary team meeting once the assessment has been completed and prior to interventions being put in place. Components of the assessment will include interviews with the young person and their parents, and the possibility of liaison with teachers and other professionals, school observations, and cognitive assessments. CAFS is located in the grounds of Invercargill Hospital, Invercargill.

Southern Regional Forensic Psychiatric Service (SRFPS)

The core role of the SRFPS is to provide assessment, treatment and rehabilitation for consumers / tangata whaiora who have committed serious offences in the context of mental illness. The SRFPS provides forensic mental health input across Otago and Southland and includes a 13-bed medium secure inpatient ward in Dunedin, forensic community teams, regional correctional service and court liaison services as well as a forensic community step-down adult transition service. We work with adults and an emphasis is placed on assisting individuals live meaningful lives in the context of their mental illness and minimising risk of re-offending. Placement at the SRFPS is for two days a week at the inpatient ward which includes multidisciplinary team meetings, supervision, individual and group psychotherapy, as well as psychometric assessment. The ward has a variety of therapeutic spaces that can be booked for psychotherapy or assessment purposes. The ward is located at Wakari Hospital, Dunedin.

Early Intervention in Psychosis Service (EIPS)

EIPS caters for 16–30-year-olds with first-episode psychosis or first-presentation psychosis and their families/whanau. We also work with women of any age experiencing post-partum psychosis providing this is their first episode or first presentation for psychosis. EIPS is an outpatient service providing treatment and support for up to three years. We do not hold waiting lists as this runs against early intervention philosophy. Placement at EIPS is for two days a week which includes multidisciplinary team meeting, supervision, and predominantly individual clinical work. We run evening family psychoeducation groups at times and are hoping to introduce some new client groups. The Intern Psychologist and Psychiatric Registrar share an office, each with their own desk and computer facilities, and there is a

bookable interview room. EIPS is located on the first floor of Albany House, above the Albany St Pharmacy & Medical Centre.

YSS- Youth Specialty service

YSS sees young people and their families aged between 14-19 years. We are a moderate to severe mental health service and we function as a multi-disciplinary team with psychiatrists, nurses, occupational therapists and alcohol and drug clinicians. We are an outpatient service and see young people with a variety of mental health difficulties for assessment and treatment- common presentations include anxiety, depression, eating disorders, OCD etc. We also see several young people who present with possible ASD, ID and ADHD- psychology has a specific waiting list for these assessments. The placement at YSS is varied- with opportunities to do joint work, engage in home visits, school meetings etc. The interns has space in a shared office with their own computer. The YSS team are hugely welcoming to interns!