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Dear Parents,

We are writing this letter to you to introduce ourselves. We are a private psychology practice who have been contracted to provide psychological services one day a week at St Agnes' Catholic Primary School.

We are a well-established psychology practice which provides evidence-based intervention for children with a range of psychological issues such as anxiety, friendship problems, loneliness and grief, for example. If your child is having difficulty coping with aspects of their lives you may consider seeing our psychologist. A registered psychologist trained to work with children will be available at St Agnes' Catholic Primary School one day a week.

The advantage of having a private psychologist based in the school is the convenience of gaining psychological help in the school rather than having to go to see a psychologist out of school. This saves time, money and hassle. If your child is eligible for a mental health care plan from their GP there are 6-10 sessions that can be used with our psychologist with no gap fee; this means that there are no out of pocket expenses. However, a child can see our psychologist for psychological intervention if they don't have a mental health plan at a cost. You are welcome to contact us to discuss your individual case.

We are a unique service in many ways, including:

- a) We are attached to sister businesses which provide us support and a 3 tier structure for helping our community, this includes Nunyara - a private mental health day hospital and Melbourne DBT – a private psychology practice in Murrumbeena.
- b) We provide more than typical supervision and training for our psychologists to support them to do the best work possible.
- c) We use evidence-based practices. The Directors are leaders in their field and are committed to quality and care.
- d) We provide a wide range of services, such as individual work, family work, group work, help for teachers, parents and students.
- e) We provide a range of comprehensive and useful psychological testing, including testing for learning and attention disorders. This can help with providing useful information to know how to intervene and accommodate the child's challenges in

school. This service is not covered under Medicare and parents would need to pay for this service. You are welcome to ring the centre to discuss the costs.

- f) Our therapy is based on the child developing skills, rather than 'talk therapy' where a child spends the session talking. In the sessions provided by DBT in Schools the child will develop important skills that are needed to deal with life challenges and learn to apply them in a range of situations. Sessions covered under a mental health care plan are provided at no cost to the parent.

To obtain an appointment with the DBT in Schools Psychologist you need to talk to your wellbeing co-ordinator who will get you to come in to reception and use an iPad to fill out some intake information for DBT in schools. This information helps us to tailor our intervention with your child and is used to assess the improvements in your child. You can ask your GP for a mental health care plan to fund this session. Talk with your GP about a referral and give them our details at the top of this letter. You will need to give this referral to the wellbeing co-ordinator.

We are very excited to be partnering with St Agnes' Catholic Primary school and we look forward to seeing students develop resilience and coping skills. You can look up more information about us at www.dbtinschools.com.au.

Kind regards,

Regards,



Dr Cheree Murrihy
Managing Director



Dr Amanda Johnson
Director