



WELCOME TO OUR

Monthly Newsletter

National Children's Mental Health and Wellbeing Strategy

The latest report indicated that half of all adult mental health challenges emerge **before the age of 14** and **more than 50% of children** experiencing mental health challenges are not receiving professional help. One of the key focus areas of the Children's Strategy is the **service system**: to provide an integrated child and family care.

At Pitstop Health, we are committed to addressing this critical gap in mental health support for children and adolescents. Our innovative approach involves collaborating with schools, healthcare professionals, and community organizations to create a comprehensive network of care. Pitstop Health advocates for increased awareness and understanding of children's mental health issues, fostering an environment where seeking help is normalized.

Our goal is to empower families and communities with the resources they need to navigate the complexities of mental health challenges in young individuals. By bridging gaps in the existing service system, we aspire to contribute to a society where every child receives timely and appropriate mental health support, laying the foundation for a healthier and more resilient future generation.

In this newsletter you will find:

↓ Pitstop Presents, Pitstop Insights and more. Keep Reading!



Alexandra Catt

Registered Psychologist

Qualifications

Bachelor of Psychology (JCU)

Graduate Diploma in Psychology (JCU)

Assessment and Treatment Modalities:

- Psychometric Assessments (ASD, ADHD, Learning Difficulties)
- CBT, ACT, DBT
- Schema Therapy
- Trauma-informed Training

Who do you think would benefit from your service?

Parents/caregivers who have concerns their child presents with impairments meeting developmental milestones, emotional regulation, behaviour management or socially appropriate behaviours and are seeking clarity and support. Support is available in the form of assessment and therapeutic intervention.

What do you enjoy most about your job?

Assisting individuals and families to understand mental health presentations, as well as providing tailored intervention supports dependent on the client's needs.

What are some plans you have for 2024?

Allocating more hours to the provision of diagnostic assessments and reports for children 12 months and older. Assessments include that for:

- Autism Spectrum Disorder (ASD)
- Cognitive/Intellectual impairment
- Specific learning disability
- Attention Deficit and Hyperactivity Disorder

Pitstop Insights: Psychometric Assessments



What are psychometric assessments?

Psychometric assessments are a vital resource for gaining insights into cognitive abilities and addressing specific neurodevelopmental challenges like autism spectrum disorder (ASD), attention deficit hyperactivity disorder (ADHD), and learning difficulties.

Why is this important?

Psychometric assessments serve as objective tools for diagnosis, classification, and treatment planning. These assessments provide a standardized baseline for understanding an individual's cognitive, emotional, and behavioural functioning, allowing health professionals to identify specific strengths and weaknesses. This facilitates effective communication among professionals, educators, and parents, fostering collaboration and advocacy for individuals with neurodevelopmental disorders.



I've heard that these assessments can be costly! Why is that?

The development of psychometric tests involve significant costs, and these costs are transferred to the purchasers (in this case, the psychologist). The extensive training needed to accurately administer and interpret psychometric tests contributes to the overall cost, reflecting the high level of expertise possessed by assessing psychologists. Moreover, assessments demand a substantial amount of time, involving activities such as interviews, assessment sessions, and report writing, typically ranging from 10 to 15 hours.

I have a patient who might benefit. How should I proceed?

- You can send us a referral, or ask the patient to complete the [intake referral form](#) on our website or by scanning the barcode.
- Further information can also be found on our [website](#).



Meet Our Team



Dr Patrik Ho
Child, Adolescent and Adult
Psychiatrist

Waiting Period: 6 months



Dr Jack Hsu
Child and Adolescent
Psychiatrist

Waiting Period: 4 months



Dr Ji Won Seo
Child and Adolescent
Psychiatry Advanced Trainee

Commencing Feb 2024



Shawn Wang
Registered Psychologist

Good availability



Alex Catt
Registered Psychologist

Good availability



Bonnie Kang
Senior Speech Pathologist

Good availability



An Yang
Counsellor / Play Therapist

Good availability

Referral Process

Medical Objects is our preferred method for all practitioners.

Alternatively, you can send the referral to reception@pitstophealth.com.au



reception@pitstophealth.com.au



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