



## WELCOME TO OUR Monthly Newsletter

### Pitstop Health: Behind the Name

Pitstop Health reflects a comprehensive approach to well-being encapsulated in its four integral components: Pause, Prepare, Process, and Proceed. The name draws inspiration from the concept of a pit stop in racing, where vehicles briefly halt for essential maintenance before resuming their journey.

- **Pause** signifies the importance of a momentary break— a deliberate pause in our fast-paced lives to reflect, rejuvenate, and prioritize self-care.
- **Prepare** underlines the proactive stance toward health, urging individuals to equip themselves with knowledge and resources for a resilient lifestyle.
- **Process** involves the thoughtful evaluation of one's health, addressing habits, challenges, and choices. This phase encourages a deeper understanding of well-being, fostering sustainable practices.
- **Proceed** symbolizes the confident continuation of the journey, armed with insights gained from the pause, the readiness established in preparation, and the informed processing of health-related decisions.

In essence, Pitstop Health embodies a strategic, holistic, and dynamic approach to health management, advocating for intentional breaks, proactive readiness, mindful evaluation, and confident progression on the path to overall well-being.

### In this newsletter you will find:

Pitstop Presents, Pitstop Insights and more. Keep Reading!



## **Bonnie Kang**

Senior Speech Pathologist

### **Qualifications**

B.Sc (USYD), M.SpPath (UQ)

### **Professional Certifications:**

- Talking Mats
- PEERS for Adolescents social skills group facilitator
- Dialectical Behaviour Therapy
- Hanen 'It Takes Two To Talk' facilitator
- Lidcombe stuttering therapy
- Circle of Security Training group facilitator

## **Who do you think would benefit from your service?**

I work primarily with children and teenagers (ages 3-17 years) who have difficulties in the areas of speech, fluency, literacy and language. They may have a diagnosis such as ASD, ADHD, global developmental delay, and mental health disorders such as anxiety and depression. I also support young adults with social communication challenges.

## **What do you enjoy most about your job?**

I enjoy working with children and teenagers who are interested in making new friends or knowing how to maintain existing friendships. It doesn't come naturally for young people who have a mental health disorder and/or ASD, ADHD.

I use a variety of approaches such as social thinking, PEERS® social skills concepts, strength based approaches to provide individual and group therapy to support children and young people to develop social communication skills. The highlight of my job is hearing about my clients being invited to a birthday party or having a fun get together with friends.

## **What are some plans you have for 2024?**

I would love to start offering social communication groups! Having run a range of social skills groups in the past, I saw first-hand how they helped young people to increase confidence in navigating social situations and developing meaningful friendships - we know through the research that this has a direct and positive impact on mental health.

# Pitstop Insights: PEERS<sup>®</sup> for Teens Social Skills Group

## What is PEERS<sup>®</sup> for Teens?



PEERS<sup>®</sup> is a 14 week evidence based social skills group for teens who have difficulties making and keeping friends. It has been widely used to support young people with ASD, ADHD and other mental health difficulties such as anxiety and depression with friendship skills.

PEERS<sup>®</sup> qualified group facilitators will cover topics including:

- Developing and maintaining friendships
- Conversational skills
- Communicating via social media
- Managing conflict and handling rejection
- Organising get togethers

## What's involved?

During each group session, teens are taught the social skills required for making and keeping friends and given a chance to practice these skills.

During PEERS<sup>®</sup>, parents/carers are taught how to be a 'social coach' to support their kids in making and keeping friends by providing feedback through coaching during the practice tasks throughout the week.



## Who can join?

Any teen between 13-17 years of age who are motivated to learn how to make and keep friends. A brief intake session is required before joining the group.

Future groups will be organized for other age ranges.

## Starting Term 1 2024

Mondays: 6:15pm–7:45pm

Block 1: 29/01/24 - 11/03/24

Block 2: 15/04/24 - 27/05/24

Have a suitable client?

REGISTER TO JOIN



# 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**



**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](mailto:reception@pitstophealth.com.au)



[reception@pitstophealth.com.au](mailto:reception@pitstophealth.com.au)



07 3132 7987



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