



WELCOME TO OUR

Monthly Newsletter

Autism Spectrum Disorder: Overview

Autism Spectrum Disorder is a complex neurodevelopmental condition marked by challenges in social communication, repetitive behaviours, and restricted interests. Approximately 1 in 70 Australians are on the autism spectrum, with prevalence rates continuing to rise. This is largely attributed to several factors such as broadening diagnostic criteria, heightened awareness and screening efforts, genetic and environmental factors and increased support and services.

Ideally, a multidisciplinary approach is recommended to diagnose ASD, which typically consists of the GP, child and adolescent psychiatrist/paediatrician, psychologist, speech pathologist and occupational therapist. For patients aged 25 years or under, Medicare rebates are available to help cover some of the cost (see Pitstop Insights below).

The future strategies to support ASD should be characterized by collaboration, flexibility, and a commitment to fostering an inclusive society. By embracing a holistic and person-centered approach, we can work towards creating a world where individuals on the autism spectrum are recognized, understood, and provided with the necessary support to thrive.

In this newsletter you will find:

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



Dr Jack Hsu

Child and Adolescent Psychiatrist

Qualifications

MBBS, FRANZCP, Cert C&A Psychiatry

Special Interests:

- Mood and anxiety disorders
- Neurodevelopmental disorders (ADHD, ASD)
- Trauma and Stressor-related disorders
- Obsessive-Compulsive and related disorders

Who do you think would benefit from your service?

My service aims to help children and adolescents who are facing mental health challenges like neurodevelopmental difficulties (such as ADHD, ASD or others), depression, anxiety, and OCD. These include diagnostic clarification and providing a holistic treatment plan. Additionally, I also offer support to families who are struggling to manage their children's mental health needs.

What do you enjoy most about your job?

What I enjoy most about my job is the opportunity to positively impact the lives of my patients and their families. It's incredibly fulfilling to see individuals grow and develop as they work through adversities, achieve their goals and have meaningful lives.

What are some plans you have for 2024?

In 2024, I hope to continue my education and stay up to date on the latest research and treatment approaches in my field. On a personal note, this year will have a strong emphasis on exploring and connecting to different cultures around the world.

Why do you enjoy working at Pitstop Health?

I enjoy working at Pitstop Health because it is a collaborative and supportive environment that values holistic care. The team has a vision to continue enhancing the care provided to the family.

Pitstop Insights: Complex Neurodevelopmental Disorders - MBS pathway



MBS items are available for assessing, diagnosing and treating patients with a Complex Neurodevelopmental Disorder (NDD), such as Autism Spectrum Disorder.

Is this similar to the Helping Children With Autism (HCWA) program?

This program has replaced HCWA and incorporated major changes primarily in the expansion of the age of eligibility, from under 13 to under 25 years. The aim is to facilitate equitable access to individuals presenting late with neurodevelopmental disorders.

How does this work?

- If you identify persisting neurodevelopmental concerns for your patient, you may **refer them to either a consultant psychiatrist** or paediatrician for a comprehensive assessment and diagnostic clarification.
- Where the psychiatrist determines the patient requires additional assessments to formulate a diagnosis, through the assistance of an Allied Health practitioner, they are able to refer the patient to an eligible Allied Health provider. Medicare rebates provide for a total of **8 Allied Health assessment services per patient per lifetime**.

What happens next?

Once the psychiatrist has made a diagnosis of a complex NDD, they must develop a treatment and management plan. The psychiatrist can then refer the individual to eligible Allied Health practitioners for the provision of treatment services.



A total of **20 Allied Health Treatment services per patient per lifetime** are available, which focuses on interventions to address developmental disabilities or impairments.

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

- You can either **send us a referral via Medical Objects** (preferred method) or email to reception@pitstophealth.com.au
- If you are an allied health practitioner, please recommend that your patient seeks a GP referral to see one of our psychiatrists.

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
Clinical and Organisational
Psychology Registrar

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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