

## Information for Referrers to Phoenix Australia Traumatic Stress Clinic

The Phoenix Australia Traumatic Stress Clinic is an initiative of Phoenix Australia, the National Centre of Excellence in Posttraumatic Mental Health. Our aim is to improve mental health outcomes for individuals and communities exposed to trauma and test innovative and new treatments for posttraumatic mental health problems based on the latest science and evidence. The clinic offers no-cost treatment to individuals who experience posttraumatic mental health problems, including posttraumatic stress disorder. We do this as part of our clinical trials work which is funded through various grants.

**Please note: In line with current government COVID-19 restrictions all appointments are currently being conducted remotely via telehealth.**

### How do I refer someone?

All participants have to self-refer to the Phoenix Australia Traumatic Stress Clinic. However, with your clients consent, we encourage you to contact us and discuss a potential referral. Similarly, we recommend potential participants discuss their interest with their treating clinicians before contacting us so that they are prepared and know what to expect.

You (and your clients) can contact us on **1800 514 905** or at [phoenix-clinic@unimelb.edu.au](mailto:phoenix-clinic@unimelb.edu.au)

### Who is eligible to attend the clinic?

Each of our treatment trials have specific eligibility criteria that will be assessed during an intake call. Please see our website for more information regarding the specific trials that are running at:

[www.phoenixaustralia.org/current-treatment-trials](http://www.phoenixaustralia.org/current-treatment-trials)

All trials have the following general inclusion criteria which include:

- Participants must be aged 18 or over
- Currently residing in Victoria
- Willingness for the trial team to communicate with their GP
- Have English comprehension
- Have access to equipment for videoconferencing (ie computer and internet) for Telehealth\*.

\* Note: this will not be a requirement when F2F treatment resumes in line with lifting of COVID19 restrictions.

Unfortunately, individuals who have been diagnosed with a current psychotic disorder such as schizophrenia, or bipolar affective disorder or mania, or a drug or alcohol addiction, will not be eligible to participate in our trials. Furthermore, people who are unable to guarantee their own current safety i.e. active suicidality, deliberate self-harm or a current victim/survivor of family violence, or other's safety (e.g., a perpetrator of violence), will also not be eligible for the trials.

### What will be involved to determine eligibility?

Potential participants will undergo a telephone intake interview that lasts approximately 60-90 minutes (depending on individual responses). For some trials additional assessments may also be required to determine eligibility. Additional information may also need to be gathered from community treating clinicians before potential participants are accepted into a trial.

## What if my client is not eligible?

Ineligible participants will be communicated with via the telephone and/or email. Information on seeking support via the Medicare system will also be provided if they would like this. If requested, we are also happy to communicate with treating clinicians in the community regarding our decision making. On-referral options are also suggested where appropriate.

## What happens if my client is eligible?

Eligible participants will need to take part in assessments (before and after therapy) to measure how effective therapy was for them. **Importantly, as we conduct highly rigorous clinical trials, eligible participants in randomised controlled trials will be randomised to a particular treatment condition.** Depending on the trial they are eligible for, this could be to a particular active treatment group or a delayed treatment group. We routinely communicate with participants' GP at the beginning and end of treatment.

## Are there costs associated with taking part?

There are no financial costs for trial participants at the Phoenix Australia Traumatic Stress Clinic. Potential participants do not need a mental health care plan or medical insurance to be assessed for our treatment trials.

## Who is the clinic staffed by?

The Phoenix Australia Traumatic Stress Clinic is led by Professor Meaghan O'Donnell, an international expert in the field of posttraumatic mental health. All clinical staff at the clinic are certified in their areas of practice (ie. our psychologists are AHPRA registered and our social workers are accredited in mental health). All our clinicians are experienced in treating trauma and posttraumatic mental health problems and undergo specific training and specialist supervision in the treatments being tested as part of the trials. The clinic is also staffed by clinical researchers who undertake assessments and research support to ensure trials are highly rigorous. The clinic at times supports students who are completing their clinical studies. All students are trained and regularly supervised by trauma experts.

## Does the clinic offer other clinical services or out of hours support?

The clinic is open from 9am – 4pm Monday – Friday and we welcome queries from referrers and participants regarding the trials we are running. The clinic is not a crisis service and is unable to support clients that require crisis support and interventions.

## Does the clinic provide medico legal assessments?

The clinic is unable to support NDIS applications, TAC or WorkCover claims. Furthermore, we cannot provide medico legal reports for court purposes.

## Where is the Phoenix Australia Traumatic Stress Clinic located?

The clinic is located at Royal Melbourne Hospital – Royal Park campus, in Parkville near the Melbourne Zoo. At this stage the clinic is closed to face to face client work – and will resume face to face treatment when restrictions in place for COVID-19 are lifted.

## Where can I get more information?

Contact us at [1800 514 905](tel:1800514905) or at [phoenix-clinic@unimelb.edu.au](mailto:phoenix-clinic@unimelb.edu.au)