



BUSY Health
where opportunities begin



SERVICES GUIDE



OUR VALUES



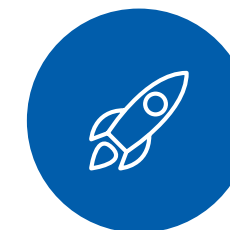
Integrity



**Build open
and honest
relationships**



Compassion



**Embrace
and drive
change**

Everyone deserves opportunities to contribute through work, strive for career goals, enjoy their lives, and feel a part of the community they live in.

We believe that good health is the most important attribute in life, as it allows us to work, play, and interact with others.

That's why at BUSY Health, we take an integrated and holistic approach to assisting people to become the best they can be and supporting positive communities for everyone.

BUSY Health is a part of The BUSY Group, a for-purpose organisation with over 40 years' experience delivering a range of employment, apprenticeship, skills development and community programs.



BUSY HEALTH

BUSY Health is an allied health provider employing a multidisciplinary team of qualified Health Professionals including psychologists, social workers, occupational therapists and exercise physiologists, with a focus on targeting health barriers to achieve personal and professional outcomes.

BUSY Health provides quality mental and physical health support services to improve opportunities for people to achieve their lifestyle, training, education or employment goals.

We help individuals, organisations and schools through NDIS supports, mental and physical health services, training and consultancy.

If health concerns are holding you back from where you need to be, or your workplace or organisation is looking for mental health training for staff or support for your clients, we can help.

Your health, your way.

OUR SERVICES

Offering a range of support from individual and group counselling sessions as well as fitness programs and functional capacity evaluations, BUSY Health is helping to create healthy futures. Our services include:



Individual Sessions

Individual counselling sessions are delivered by one of BUSY Health's multidisciplinary Health Professionals and are targeted at overcoming health barriers to achieve a healthy life. Health interventions are based on the individuals' presentation, providing strategies and techniques to support their individual goals.

Throughout the therapeutic process BUSY Health will utilise safety planning, evidenced based health and wellbeing screeners as well as referral to external organisations for specialist services (where required) providing the best service possible.

Includes:

- 2-hour initial assessment
- 5 x 1-hour individual sessions

Face-to-face delivery



Video conference



Teleconference



Group Sessions

Our group programs assist in establishing a daily routine, understanding expectations, initiating social interactions, creating a sense of community, increasing physical activity, and instilling a sense of purpose.

Topics include Job Readiness, Motivation and Goal Setting, Communication Skills, Resilience and Social Skills.

Includes:

- Half or full day options

Face-to-face delivery



Video conference





Functional Capacity Evaluation

BUSY Health provides a series of tests to assess an individual's functional capacity within a 2-hour assessment. It aims to determine a person's functional abilities over a range of physical demands. Objective information is gained, including the ability to perform manual tasks, such as lifting, pushing and pulling.

Includes:

- 2-hour objective assessment
- Evaluation report

Face-to-face
delivery



Health RESET

Health RESET is a service that gives you the opportunity to understand your physical and mental health. We focus on a holistic approach to improve education about health within the workplace and daily life.

Each group session will be a fun and educational mix of physical and mental health learning, with the goal of improving resilience and flexibility when at work and within the community.

The RESET physical component will be a mix of group warm-ups, physical fitness testing, boxing, low cardio exercises, yoga, isolated stretching, functional movements and Tabata workouts, all suited to your individual capabilities.

The RESET education component will provide participants the tools to overcome mental health barriers related to work and daily life. Education sessions will include goal setting, anxiety management, motivational interviewing, stress management and self-care.

The program is ideal for those wanting to improve their physical and mental health.

Includes:

- Run over 3 days

Face-to-face
delivery



SERVICES FEE SCHEDULE

All BUSY Health services will be charged as per the relevant fee schedules and in consultation with the participant.

Scan QR code to view our Services Schedule.



Reports & Assessments

Psychological Assessment & Reports

BUSY Health provides psychological reports that cover the below and more:

- prevention, assessment and management of mental health and substance abuse disorders
- anger management
- vocational rehabilitation

The reports contain key biological, social, and psychological domains: presenting problem, pre-disposing, precipitating, perpetuating and protective factors; Clinical Risk Formulation if required; and mental status examination. Support options and recommendations are included within the report.

Cognitive and Adaptive Functioning Assessments

We provide psychometric and functional assessments to comprehensively understand client's cognitive and intellectual abilities.

Some of the specialist cognitive and intellectual assessments we offer include:

- WAIS-IV – Measures intelligence, duration of 6 hours
- WISC-V – Measures intelligence, duration of 6 hours
- ABAS-3 – Measures adaptive functioning, duration of 3 hours
- WMS-IV – Measures memory, duration of 4 hours

Includes:

Assessment (duration dependent on assessment type)
Report provided to relevant party.

Face-to-face
delivery



Video
conference



Teleconference





Critical Incident Response and Management

Critical Incident Response and Management involves support following the experience of a significant incident with the potential for significant emotional impacts on individuals.

The support aims to provide:

- psycho-education and support normalising reactions to emotionally powerful events
- help the individual identify and understand common psychological, emotional, and physical reactions
- understand the duration of post incident symptoms and the recovery process; and
- identify evidence-based helpful coping strategies and avenues to appropriate support and resources.

Includes:

- One-on-one support of individuals
- Follow-up support check-ins at 48-hours; 1 week; 2 week; and 4-week intervals

Face-to-face delivery



Video conference



Teleconference



Staff Training and Professional Development

- Acquired Brain Injuries
- Burnout
- Drug and Alcohol Issues
- Incidental Counsellor
- Mental Health First Aid
- Intellectual Disabilities & Learning Disorders
- Managing Stress and Building Resilience
- Motivational Interviewing
- Personal Boundaries
- Signs of Mental Illness
- Suicide Risk and Self-Harm
- Understanding the Autism Spectrum
- Conflict Management
- Depression and Anxiety
- De-escalation



OUR LOCATIONS

With locations across Queensland, New South Wales and Victoria, our experienced health practitioners are ready to support you in reaching your goals.

BUSY Health can provide video and/or teleconferencing health services throughout Australia.

AITKENVALE	GLADSTONE	MT GRAVATT
ATHERTON	GLEN WAVERLEY	NAMBOUR
AYR	GOODNA	NANANGO
BALLINA	GOONDIWINDI	NERANG
BEAUDESERT	GYMPIE	NOBLE PARK
BEENLEIGH	HELENSVALE	NOOSAVILLE
BLACKWATER	HERVEY BAY	NORTH LAKES
BOONAH	INALA	NUNDAH
BROWNS PLAINS	INGHAM	OAKLEIGH
BYRON BAY	INNISFAIL	OXENFORD
BUNDABERG WEST	IPSWICH	PALM BEACH
CABOOLTURE	KINGAROY	PIMPAMA
CAIRNS	KINGSCLIFF	PORT DOUGLAS
CALOUNDRA	KIPPA RING	ROBINA
CAPALABA	KIRWAN	ROCKHAMPTON
CASINO	LISMORE	ROMA
CHARTERS TOWERS	LOGAN	SOUTHPORT
CHINCHILLA	LOWOOD	SMITHFIELD
CLAYTON	MACKAY	SPRINGFIELD LAKES
CLEVELAND	MANUNDA	SPRINGVALE
COOMERA	MAREEBA	ST GEORGE
DALBY	MAROOCHYDORE	STANTHORPE
DANDENONG	MARYBOROUGH	STRATHPINE
DECEPTION BAY	MERMAID BEACH	TOWNSVILLE
EAST BRISBANE	MILES	TOOWOOMBA
EMERALD	MOSSMAN	TWEED HEADS
ESK	MOUNT ISA	WARWICK
FORTITUDE VALLEY	MURGON	WYNNUM
GATTON	MURWILLUMBAH	

Contact Details

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We all have a role in creating workplaces, schools and communities that value, support, and uphold the rights of First Nations People. BUSY Ability and BUSY Health acknowledge the traditional custodians of the lands from across Australia on which we work, learn and live. We pay our respects to Elders past, present and emerging, for they hold the memories, traditions, culture and hopes of First Nations People across our Country.

All details correct at time of printing. January 2023.

