



ELPE Health

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ELPE Health Pty, Ltd is a new and vibrant Allied Health Business established in Ulverstone on the Central Coast of the North West region of Tasmania in July 2016.

ELPE Health currently employs experienced staff including Registered Psychologists, Accredited Mental Health Social Workers and Occupational Therapists. The goal is to grow the business according to service needs and gaps in the region, recently expanding to include outreach services in Wynyard, Sheffield, Smithton, Somerset, Zeehan and Queenstown.

MENTAL HEALTH SERVICE - Smithton

Tony Sansom-Gower, Accredited Mental Health Social Worker, provides focused psychological strategies inline with MBS requirements. Tony trained originally for the Priesthood, moving into clinical work in the late 80's. He has worked overseas, with extensive private and public sector experience in disability assessment and programming, palliative care, and mental health. He commenced a social work consultancy business in 2000 and uses a suite of cognitive based psycho-therapeutic approaches to develop emotional management skills. He specializes in groups, working with Men's health, and has a particular interest in drug and alcohol comorbidity with mental health, using a strengths based, humanistic approach with CBT and ACT to treat mental health struggles with compassion and integrity. He is currently studying for his second Masters' degree in Forensic Mental Health.

Referrals

A GP referral with a mental health treatment plan (MHTP) will allow clients to access a Medicare rebate, the initial referral will entitle them to, up to 6 sessions, the clinician will correspond with the referring GP and if the patient would benefit from further sessions, a review referral would allow patients to access additional sessions (a maximum of 10 sessions per calendar year are available through Medicare).

This is a **Bulk Billing** service for clients referred with a MHTP.

Clients can self-refer, the out of pocket fee is \$110.00 per 50+ minute consultation, payments can be made over the phone to Ulverstone Office with Credit Card or Direct Deposit details can be provided.

Cancellation Policy (for all clients): Failure to attend or cancel an appointment without sufficient notice (**at least 2 hours**) will result in an out of pocket fee of up to **\$65.00**

Please call 03 6425 6901 to make an appointment, all referrals are to be sent to Ulverstone fax 6425 7667.

Mission Statement

ELPE Health is dedicated to providing services that make a difference in people's lives through enablement and empowerment.

Vision Statement

Our aim is to inspire, teach, lead and grow our clients and employees to reach their full potential and beyond.

ELPE Health encourages a wellness approach that focuses on and improves a person's capability, motivation and commitment to maintain independence and achieve their personal goals.