

Clinical Social Work Services and Counselling

Information

I am a qualified Social Worker with 25 years experience clinical practice in the mental health and disability sector in publically funded health. I have 10 years experience as a social work supervisor and mentor both in publically funded health and the Non Government sector. I have specific interests and expertise in child and adolescent mental health and disability and have experience and expertise with families adjusting to health and disability issues. I have considerable experience in adult mental health issues and ideally work with people in the context of their Family/Whanau and the environment within which they live and work. I am available to act as an 'advocate' for individuals and families experiencing difficulties' with other systems (Health, Welfare, Educational or Vocational) accepting health or disability issues.

I believe there is a place for all in our society to live work and play without discrimination and without exception. I strongly adhere to the principles as set out in the Treaty of Waitangi and practice without prejudice and have no tolerance for individuals or groups marginalising others.

I offer Social Work Interventions, Counselling, Family Work, Advocacy, Supervision and Mentoring. I can work in conjunction with GP or Specialist care as needed.

Location

My rooms are co located with Community Networks, 73 Brownston St Wanaka Disability Resource Centre, Gorge Rd, Queenstown

Home visits can be made with prior arrangement and under certain circumstances.

Contacts

Ph 021-887767

Heather.clay@ihug.co.nz

Payment

Individuals \$80 per hour

Couples/Families \$90 per hour

Payment is to be made each session by cash or direct credit. There will be a penalty (\$35/\$45) for sudden cancelations (within 24 hours of the agreed time) or for non attendance. Please contact me if you want to change the pre arranged times.

Direct Credit account BNZ: 02-0800-0593529-00

Reference: name or invoice number

A contract for counselling and clinical social work services is to be completed before the therapeutic work begins.

Confidentiality/Safety and Risk

It is agreed that the content of our work together will be conducted in accordance with the MANZASW ethical and practice standards. However should during the course of our work together I consider that you are likely to endanger or cause harm to either yourself or another person or you are at risk of harm from another person I retain the right to consult or inform an outside authority such as your GP or the Police. I will endeavour to inform you of my decision and explain my reasons why prior to carrying out this actions. However I retain the right to do so with out prior consultation with you should I consider that the urgency of the situation requires me to act immediately to safeguard the physical safety of yourself or others.

Notes will be kept by Heather and retained in a locked cabinet and will be for the purposes of assessment, goal identification, treatment planning and progress.

Sometimes the sharing of my information is needed with certain people only when necessary and agreed to by you. You will have signed a disclosure regarding this in the therapeutic contract. Usually this is with the GP, other identified health or welfare type services or occasionally close family or friends. This is only done with your signed permission.

Assessment and goal planning will be carried out in the 1-2 sessions depending on the situation. The number of sessions will be reviewed at session 4 or as needed. In cases where mild to moderate mental illness or physical health needs are identified medical treatment options will be discussed and your care may need to be optimally carried out in cooperation with your GP.

Professional Identity and Quality Assurance

I am a fully qualified Social Worker with Post Graduate qualifications in Mental Health Science and in Social Service Supervision. I am a long standing member of the Aotearoa New Zealand Association of Social Workers (MANZASW) and hold an up to date certificate of competency. I am professionally registered with the NZ Social Workers Registration Board number 2924.

If you had any concerns regarding my practice you can talk with me or contact:

Aotearoa New Zealand Association of Social Workers at:

Ph: 03 349 0190. Email: admin@anzasw.org.nz www.anzasw.org.nz

Social Worker Registration Board at:

Ph: 04 931 2650. Email: info@swrb.org.nz www.swrb.org.nz

Health and Disability Advocacy at:
Ph: 0800 555 050 www.hdc.org.nz

Emergency Care

I do not operate an emergency service.

In the case of an after hours contact or an emergency please contact:

- Lifeline: 0800 543 354 0800LifeLine
- Police: 111
- Dunedin Hospital Emergency Psychiatric Service: 03 474 0999
- Southland Mental Health Emergency Team: 0800467846
- Women's Refuge: (Dunedin) 03 477 1229
- Wakatipu Abuse Prevention Network (Jigsaw): 03 441 0009
- Upper Clutha Women's Support Group: 03 443 1448
- Child Youth and Family: 0508 326 459
- Rape Crisis: (Dunedin) 03 474 1592
- Aged Concern Otago: (Dunedin) 03 477 1040
- Youth line: 0800 376 633

Heather Clay

Clinical Social Worker and Supervisor