



PAST PLAYERS WELL-BEING PROGRAM

SAFC Past Players & Officials Committee (PP&O)



Mental Health Psychological Care

Scope

This program aims to provide support options for former SAFC senior-listed men's & women's footballers facing life challenges. Access to this program is only available to *eligible SAFC Past Players*.

Summary

Facilitation of *Wellbeing Services* for eligible past players includes specialist psychological services, mental healthcare plan development and psychiatry services if required.

This program consists of a dedicated *self-presenting* and *peer referral* process with redundancy, ensuring immediate response & complete confidentiality for all individuals.

Adelaide Psychology & Co (AP&C) has been appointed as SAFC Past Players Wellbeing Partner.

Definitions

Client: An 'eligible' past player who has been accepted into the *Wellbeing* program.

Peer: A person who has made contact to refer a former past player (former team-mate, family or acquaintance) who may benefit from this program.

Activation

Self-Presentation

Potential *client* (past player) [click here](#) to access AP&C 'Request an Appointment' page. *Client* to complete form & select 'send'.

Peer Referral

Peer to [click here](#) to access AP&C 'Request an Appointment' page. *Peer* to complete form & select 'send'. *Client* may be known or unknown to *peer*. On 'Request an Appointment' page, *peer* to nominate potential *client*, include client name, mobile number and/or email address. Tick appropriate referral box (past player/family member/friend/ acquaintance), a 'pop-up' form will appear. Enter own name and mobile number & select 'send'.



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Eligibility

Past Players must have played a minimum of **1** league game for *South Adelaide* **and** been on a *South Adelaide SANFL* or *SANFLW* active senior list for a minimum of **3** years.

Note: Flexible discretion is given to a dedicated panel on a case-by-case basis by application, for those who do not meet the criteria above.

AP&C Services

- Offer a safe and confidential contact point for past players (*clients*) and referring *peers*
 - Offer individual psychological therapy sessions per eligible *client*
 - Services delivered by qualified professionals, including:
 - Registered psychologists
 - Provisional registered psychologists (under approved supervision)
 - Accredited mental health social workers
 - Sessions may be provided in-person, by telephone, or via secure telehealth depending on *client* needs and preference
 - Provide treatment for Anxiety, Depression, PTSD
 - Services will be delivered in accordance with the professional standards of the Australian Health Practitioner Regulation Agency (AHPRA), Australian Psychological Society (APS) and Australian Association of Social Workers (AASW)
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Wellbeing Fund Cover

- Two (2) sessions with *Adelaide Psychology and Co*
- One (1) session with *GP Doctor (out of pocket expense)*
- One (1) session with *Psychiatrist* if required (*out of pocket expense*)

It is likely more sessions will be required. These future sessions will be entitled to Medicare rebates and Private Health Care provider (if member) rebates as part of GP referral to AP&C after developing a Mental Healthcare Plan. The client will need to pay out of pocket expenses therein.

Process Outline

Step 1: Self-Presenter or Peer-Referrer to contact AP&C 'Request an Appointment' page using 'click here' link above ('Activation'), enter details to complete form, click 'send'.

Step 3: 'Call-back'/'Check-in'; client to be contacted via phone by AP&C within 1 hour (business hours), if after hours, crisis support lines provided within the link ('Lifeline' and 'Suicide Call Back Service'), will give support until AP&C business hours resumes.

Step 4: Within 24 hours of contact, AP&C will organise a face-to-face 'initial' consult.



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Step 5: AP&C to schedule 'follow-up' consult after 'initial' consult.

Step 6: After 'follow-up' consult, AP&C to make appointment on behalf of client with SAFC GP Doctor.

Step 7: SAFC GP Doctor will formulate a 'Mental Healthcare Plan' including referral to Adelaide Psychology & Co for future consults (if required).

Step 8: SAFC GP Doctor will organise referral to Psychiatrist if recommended by AP&C.