

Getting On Track In Time

– *Got It!*



Health

The expansion of the Getting on Track in Time – *Got It!* program forms an important part of the NSW Government Mental Health Reform in strengthening prevention and early intervention.

In 2011, the NSW Government piloted the *Got It!* program, a school-based specialist mental health early intervention program for young children in Kindergarten to Year Two with disruptive behaviour disorders and their families. The *Got It!* Program, originally piloted in Mt Druitt, Newcastle and Dubbo, was found to be highly successful with significant improvements in children's behaviour, parenting skills and family engagement with school and community supports.

Conduct disorder is the most common childhood mental disorder with the greatest long-term costs to the individual, families and society. Research also shows that conduct disorder responds well to intervention.

Got It! teams work closely with local school staff, children and parents and other local service providers to deliver a multilevel school-based intervention conducted across two school terms. An initial parent and teacher screening for emerging conduct problems, leads to voluntary participation in a 10 week targeted clinical program for children with identified problems and their parents/carers. It is supported by whole-of-school intervention and specialist assessment and referral for individual needs.

Mental Health Reform funding has been provided to all local health districts from 2016-17 to deliver the *Got It!* Program across NSW.

Got It! is delivered in schools by specialist Child and Adolescent Mental Health Service teams in partnership with the NSW Department of Education and other primary mental health service providers.

This statewide investment in the *Got It!* program will increase the capacity of NSW Child and Adolescent Mental Health Services to deliver evidence-based clinical interventions for children with emerging conduct disorders and their families in an additional 85 primary schools per annum.

Training will be provided to approximately 800 teachers and school staff to increase their capacity to deliver a range of developmentally appropriate interventions to respond to the mental health needs of children with challenging behaviours and conduct disorders and their families. The NSW Department of Education is contributing funds to support implementation and enable teachers to be released to assist in delivering the program.

To learn more about mental health care reform in NSW visit

www.health.nsw.gov.au/mentalhealth/reform

