

COMPASS

(**C**onnecting **M**ental-health **PA**ediatric Specialists and community **S**ervices)

The Sydney Children's Hospitals Network (SCHN), Mental Health Professional Network (mhpn) and the Western Sydney Primary Health Network (WentWest) are pleased to announce the **COMPASS trial project**.

Funded by mhpn, WentWest, and UNSW, we **seek community clinicians including but not limited to general practitioners, psychologists and paediatricians** to take part in this 5-month trial.

The purpose of this document is to provide prospective applicants with information relating to the project, including requirements that successful applicants will undertake during the project period.

About the Project

In 2021, the **C**onnecting **M**ental-health **PA**ediatric Specialists and community **S**ervices (COMPASS) model was piloted in Melbourne within the Northwest Melbourne PHN area, looking to **strengthen paediatric mental health care for common child and adolescent conditions and potentially reduce the burden on specialist services and hospitals**. The findings indicated that community clinicians reported increased confidence in the pharmacological and non-pharmacological management of all conditions, most notably for management of self-harm. They also reported increased knowledge of how to navigate the mental health system and prescribe medications. Qualitative analysis (n = 27 interviews) further suggested that COMPASS contributed to improved clinician wellbeing and reduced feelings of professional isolation and burnout.

The COMPASS model will run in the Western Sydney PHN catchment for a 5-month period. The model will involve:

- **Virtual Community of Practice (CoP) sessions:** 5 x one-hour sessions covering common paediatric mental health topics delivered by Sydney Children's Hospital Network (SCHN) child and adolescent psychiatrist and a mental health clinical nurse consultant (CNC). ALL community clinicians including but not limited to GPs, psychologists and paediatricians can attend.
- **Virtual child and adolescent mental health secondary consultation:** SCHN mental health CNC and Child and adolescent psychiatrist will be made available (business hours) by phone, email or online appointments to provide community clinicians with specialist advice to manage a patient's care without formal referral or specialist visit. This may include diagnostic, assessment or management advice or referral options for their patients. This is not an urgent or emergency service.

As part of the study, we ask community clinicians to complete some evaluation surveys and optional interviews.

Eligibility Criteria

To be eligible to participate in the project, you must:

1. **Be a community clinician located within and provide services in the Western Sydney PHN region.**
2. **Complete at least two clinical sessions per week with patients < 18 years old.**
3. **Be able to complete the project over a 5-month period.** The COMPASS model will run for a 5-month period within the time frame of August to December 2026.

Participation Criteria

Community practitioners who participate in the project will be required to undertake the following:

1. Provide protected time to participate in trial activities

Community clinicians must be able to allocate time to participate in the project activities, such as monthly 60-minute Community of Practice sessions and/or secondary consultations with psychiatrist and mental health CNC.

2. Ability to access and effectively use a virtual platform to participate in the model of care

Community clinicians will be required to have the capability to use relevant telehealth platforms eg. Microsoft TEAMS to participate in virtual CoP sessions and access virtual secondary consultations (if required). Secondary consultations can be via phone, email or virtual and provide community clinicians with the opportunity to access support and advice from a mental health CNC and child and adolescent psychiatrist without formal referral.

3. Receive regular support by the project team

A dedicated project team will support participants throughout their involvement in the project. An information session will be arranged to outline project activities, expectations, and available support, and project team will remain accessible by phone and email to address any enquiries or issue.

4. Complete all evaluation requirements

All consented community clinicians will be required to participate in the evaluation of the project. This involves completing a short survey prior to start of the model of care, i.e. community of practice sessions and access to secondary consultations and a similar survey at the end of the model of care. Each survey should take ~ 20 mins to complete. Clinicians will also be invited to contribute to trial evaluation through an optional 1:1 interview expected to take ~ 30mins.

Self-reported RACGP CPD or relevant professional body accreditation points can be accrued.

Assessment and Selection Criteria

Community clinician applications will be assessed against the eligibility criteria listed above.

Timeline

Activity	Date
EOI applications open	June 2026
EOI applications close	July 2026
Information session with project team	July 2026
Community clinicians enrolled in study	August 2026
Model of care roll out	August 2026 - Dec 2026
Project evaluation period	Jan 2027- March 2027

Contact

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EXPRESSION OF INTEREST:

Community Clinician Application: COMPASS Trial

PLEASE COMPLETE YOUR DETAILS	
YOUR NAME:	
YOUR CONTACT EMAIL:	
Are you registered or accredited with your professional body or working towards registration or accreditation?	Yes No Working towards
Working within the Western Sydney PHN catchment?	Yes No
What suburb/postcode?	
Work at least two clinical sessions per week and see patients < 18 years old?	Yes No
Able to allocate time to participate in trial activities including attendance at online community of practice sessions (monthly/ 60 minutes) and secondary consults (if required)?	Yes No
Able to access and use relevant telehealth platforms to participate in CoP sessions and secondary consults?	Yes No
Able to complete all evaluation and research requirements including online pre and post surveys (approx 20mins each) and optional 1:1 post intervention interview (approx 30mins)?	Yes No
Would you like to be contacted by the COMPASS team to learn more about this trial project?	Yes No