

Youth Mental Health ECHO



This community of practice has been established to invest in and support our child and youth mental health workforce to expand the capacity to care for our most vulnerable members of our community. Goulburn Valley Health delivers this ECHO. It is facilitated by GV Health's Dr Tejas Golhar (Child and Adolescent Psychiatrist) and Ms Sally Thomas (Manager, Child and Adolescent Mental Health).

Zoom in and learn:

- Clinical case discussions
- Learn new approaches and skills
- Receive feedback and recommendations

WHAT IS PROJECT ECHO?

Extension of community Healthcare Organisation (ECHO) is an "all teach, all learn" approach to knowledge sharing in rural and underserved communities, moving knowledge rather than people to achieve better health outcomes.

When: Monthly sessions Mondays, 12.30pm – 1.30pm, via Zoom

Who: Child and youth mental health workers – clinical and non-clinical are welcome **Cost:** Free |

Join Zoom: [Click here to join the Zoom](#) | **Contact:** lisa.pearson@gvhealth.org.au

Date	Title	Presenter
2 Feb 2026	Royal Commission Implementation -The Local Experience	Ms Sally Thomas, Manager - Infant, Child and Youth Mental Health, Goulburn Valley Health
2 Mar 2026	RSOCS - Specialist Outreach Consultation Service - Youth	Dr Tejas Golhar, Consultant Psychiatrist - Infant, Child and Youth Mental Health, Goulburn Valley Health
4 May 2026	Integrating physical health and wellbeing into mental health care for young people	Mr Raj Moorolia, Nurse Practitioner - Early Psychosis - Infant, Child and Youth Mental Health, Goulburn Valley Health
1 Jun 2026	Fetal Alcohol Spectrum Disorder	Ms Emily Richmond, Clinical Nurse Consultant, Bendigo Regional Navigator - VicFAS
3 Aug 2026	Neurodiversity Affirming Language and Practice: Essential Knowledge for Youth Mental Health Professionals	A/Prof Frances Saunders, Lead, Statewide Autism Coordinator & Jo-hanna Rouse, Lecturer, Autism Workforce Development and Training- Mindful - University of Melbourne
7 Sep 2026	Seen and Heard, Through the Lens of Psycho-Social ADHD Assessment and Treatment"	Mr Timothy Ridgeway, Clinician - Goulburn Valley Alcohol and Drug Service, Goulburn Valley Health



New attendees welcome at any time – regular attendance not required.
For more information visit [GV Health website](http://www.gvhealth.org.au).

