

# GP Factsheet

## What are Psychological Therapy Services?

Psychological Therapy Services replaces Access to Allied Psychological Services (ATAPS) and Mental Health Services in Rural and Remote Areas (MHSRRA) from 1 November 2016 across Western Victoria PHN region.

Psychological Therapy Services provides treatment for people that experience mild to moderate mental illness and have barriers to accessing mainstream treatment options.

Patients are able to access up to 10, 45-minute sessions, following a GP referral, which includes a mental health treatment plan. Sessions are delivered by an allied mental health clinician in a cluster of five sessions, with up to a further five sessions available, following a GP review.

## What are the Psychological Therapy Services categories?

Psychological Therapy Services are delivered in the following three categories.

### Category A: General

Evidence-based, short-term psychological interventions for individuals (aged 12 years +) with a diagnosable mild to moderate, mental illness.

### Category B: Children

Evidence-based, short-term psychological interventions for children (up to 12 years of age) with or at risk of, developing a mental illness.

### Category C: Suicide Prevention

Evidence-based, short-term psychological interventions for people who have attempted, or who are at risk of suicide or self-harm. No formal diagnosis is required.

## Who are the providers?

Psychological Therapy Services are provided by experienced allied mental health clinicians contracted by Western Victoria PHN, including psychologists, mental health accredited social workers and occupational therapists, and mental health nurses.

## Differences between Psychological Therapy Services and the Better Access Initiative?

There are no changes to the Better Access Initiative. Patients can access Psychological Therapy Services where there may be barriers to accessing the Better Access Initiative.

## Who can access the Psychological Therapy Services program?

Psychological Therapy Services is intended for patients that experience barriers to accessing mainstream treatment, and may include patients;

- Who are not able to access Medicare funded services
- That are less able to pay fees
- That live in rural or remote locations
- From Aboriginal and/ or Torres Strait Islander backgrounds
- From culturally or linguistically diverse (CALD) backgrounds
- Who experience or are at risk of homelessness
- Who have attempted, or are at risk of suicide or self-harm

For referrals from GPs, paediatricians patients must have a Mental Health Treatment Plan except in the case of Suicide Prevention.

## How do I access Psychological Therapy Services for patients that are eligible?

Patients can be referred to Psychological Therapy Services via a new single point of entry - Western Victoria PHN's **Referral Point**.

Referral Point is staffed by a clinical coordinator, a mental health clinician and administrative staff. Referral Point staff will facilitate access to the most appropriate allied mental health clinician, from the panel of providers, in consultation with the treating GP.

## Does the GP get a choice of Allied Mental Health Clinician?

Patients via their GP can request a preferred allied mental health clinician, from the panel of providers. A list of contracted providers will be available on our website prior to 1 November 2016. If the preferred provider is not available, the Referral Point clinical staff will liaise directly with the referring GP.

## How quickly will my patient be seen?

Referrals to Referral Point will be reviewed and depending on capacity across the region will be allocated to an allied mental health clinician. Once the referral has been accepted, your patient will be contacted within five working days, or in the case of suicide prevention - one working day, to arrange an appointment. Referral Point staff will inform you of the outcome.

Any allocation delays will be communicated to the referring GP by Referral Point staff. Clinical responsibility for patients referred will remain with the GP until seen by the allied mental health clinician.

## How do I contact the Referral Point?

[Western Victoria PHN website](http://www.westernvictoriaphn.com.au)

E: [referralpoint@westvicphn.com.au](mailto:referralpoint@westvicphn.com.au)

P: 1300 221 493 Fax: 1300 260 814

## Psychological Therapy Services

	Category A: General	Category B: Children	Category C: Suicide prevention
<b>Service</b>	Provide evidence based, short term psychological interventions to individuals (12+) with a diagnosable mild to moderate mental illness.	Provide evidence based, short term psychological interventions to children (up to 12) with or at risk of developing a mental illness.	Provide evidence based, short term psychological interventions to people who have attempted, or who are at risk of suicide or self-harm.
<b>Referral Source</b>	<ul style="list-style-type: none"> <li>General Practitioners</li> <li>Aboriginal and Torres Strait Islander Health Practitioners</li> </ul>	<ul style="list-style-type: none"> <li>General Practitioners</li> <li>Aboriginal and Torres Strait Islander Health Practitioners</li> <li>Paediatricians</li> </ul>	<ul style="list-style-type: none"> <li>General Practitioners</li> <li>Aboriginal and Torres Strait Islander Health Practitioners</li> </ul>
<b>Referral documentations Required</b>	<ul style="list-style-type: none"> <li>Referral Point Referral</li> <li>GP Mental Health Treatment Plan</li> </ul>		<ul style="list-style-type: none"> <li>Referral Point Referral</li> </ul>
<b>Delivery method</b>	<ul style="list-style-type: none"> <li>Face to Face</li> <li>Web Conferencing</li> <li>Telephone – (if outlined as a part of care plan)</li> </ul>	<ul style="list-style-type: none"> <li>Face to Face</li> <li>Face to Face with parents Web Conferencing</li> </ul>	<ul style="list-style-type: none"> <li>Face to Face</li> <li>Telephone – (if outlined as a part of care plan)</li> </ul>
<b>Sessions</b>	<ul style="list-style-type: none"> <li>Up to 10 sessions within 12 months of referral</li> <li>Sessions must be a minimum of 45 minutes</li> </ul>		<ul style="list-style-type: none"> <li>Up to 10 sessions within 2 months of referral</li> <li>Sessions must be a minimum of 45 minutes</li> </ul>
<b>Types of Evidenced Interventions</b>	Cognitive Behavioural Therapy <ul style="list-style-type: none"> <li>Behavioural Interventions</li> <li>Cognitive Interventions</li> <li>Relaxation Strategies</li> <li>Skills Training</li> <li>Other CBT</li> </ul> Psycho-Education Interpersonal Therapy Narrative Therapy (Aboriginal and Torres Strait Islander clients only)	Cognitive Behavioural Therapy <ul style="list-style-type: none"> <li>Behavioural Interventions</li> <li>Cognitive Interventions</li> <li>Relaxation Strategies</li> <li>Skills Training</li> <li>Other CBT</li> </ul> Psycho-Education Family-based interventions Parent Training in Behaviour Management Attachment intervention Parent-Child Interaction Therapy	Cognitive Behavioural Therapy <ul style="list-style-type: none"> <li>Behavioural Interventions</li> <li>Cognitive Interventions</li> <li>Relaxation Strategies</li> <li>Skills Training</li> <li>Other CBT</li> </ul>
<b>Communication to Referrers</b>	Outcome Report will be provided at Session 5, and at treatment exit. Clinical measures (as below) will be included		
	Depression Anxiety Stress Scales (DASS)	Strengths and Difficulties Questionnaire (SDQ)	Modified Scale for Suicidal Ideation (MSSI)