

MH/D&A Patient Pathways for Young People in Sutherland Shire



Step 1: Assessment & Plan by GP
GP Mental Health Treatment Plan
 MBS item 2710 or 2702
 No more than one Plan per year, unless exceptional circumstances.

It is only necessary to claim item 2710 or 2702 from Medicare if referring for Medicare-rebated psychology services.

Step 2: Patient referral, if required

Area Health Service

Alcohol and Other Drugs Services

Access to Allied Psychological Services ATAPS Program

Private Psychologist

Private Psychiatrist

Child, Youth & Family Team:
 Counselling / treatment for children, adolescents (up to 18 years) and their families. Individual and group programs available. Part-time access to child psychiatrist.
Referral: phone Intake Officer on **9522 1000** or fax referral form.
 Free service. Located at TSH, Engadine, Menai Community Health Centres.

ACCESS Team (Mental Health Service):
 Assessment, triage of patients aged 18 and above, or younger clients with psychosis. Appropriate service for people at high risk.
Referral: phone **9540 7474** or fax referral form.
 Free service. Located at TSH.

Youth Team (Mental Health Service):
 Consultation, assessment and short-term intervention service for young people (14-24 years) not at highest level of risk.
For advice from Youth Team: GPs can ring **9522 1000** or **0429 989 518**
 Free service. Can see clients at different locations.

Sutherland AOD Service:
 Specialised adolescent assessment and counselling service which is confidential for those aged 16 years and over. Counsellors also advise parents with concerns over their adolescents' substance misuse.
Referral: phone Intake Officer on **9113 2944**.
 Free service. Located at TSH.

Sutherland Cannabis Clinic:
 Individual assessment and treatment for clients aged 16 years and over with primary cannabis use problem and / or co-morbid mental health issues. Information and support for parents of cannabis users.
Referral: phone **8536 0300**
 Free service. Located at Sutherland.

Division-managed psychological services for adults and adolescents provided by clinical psychologists based at Sutherland Hospital. Primarily for non-urgent high prevalence conditions (eg anxiety, depression). Not suitable for management of personality disorder or high-risk conditions.

- Individual therapy
- Some group programs

Max 18 individual sessions per calendar year.
Referral: Fax pt Assessment, Plan & Review templates using referral coversheet. (See <http://www.shiregps.org.au/gp-resources.php>)
 Free service. Located at TSH.

Services provided by Medicare-registered general or clinical psychologists in private practice.
 Varying MBS items / fees charged by psychologists depending on type of psychologist, length of consultation and services offered.
 Up to 18 Medicare-rebated individual sessions per calendar year.
Referral: via GP letter.
 Likely gap payment for patient. Pt only eligible for rebate if Medicare has record of GP or Psychiatrist Mental Health Plan item. Various locations in Shire*.

Patients can be referred for:

- "new patient consultation" (Psych claims item 296) or
- "assessment and preparation of a management plan" to be implemented by the GP. (Psych claims item 291.)

Psychiatrists can also refer patients for Medicare-rebated psychological services.
Referral: via GP letter.
 Likely gap payment for patient. Located in Miranda or outside Shire*.

Step 3: Review of GP Mental Health Treatment Plan
 (1-6 months after 2710 / 2702)

Review patient's goals with benefit of feedback from other professionals. If necessary, plan can be amended at this stage to include other treatment options.

MBS item 2712..
 Max 2 per year, >3 mths apart.

TSH = The Sutherland Hospital

Other sources of assistance*:

- School or TAFE counsellors
- Youth services
- NGOs

* See *Directory of MH Service Providers* at www.shiregps.org.au