

# 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.

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**Youth Clinicians (Mental Health Service):**  
 Consultation, assessment and short-term intervention service for young people (14-24 years) not at highest level of risk.  
For advice: GPs ring **9522 1000** and ask for youth clinicians.  
 Free service. Can see clients at different locations.

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**ACCESS Team (Mental Health Service):**  
 Assessment and triage of patients aged 18 and over with mental health issues.  
Referral: phone **9540 7474** or fax referral form.  
 Free service. Located at TSH.

**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.

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**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](http://www.shiregps.org.au)