

GP Factsheet

What are Psychological Therapy Services?

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

Eligible patients are able to access up to ten (10), 45 minute, sessions, following a GP referral that includes a full copy of a Kessler 10 plus (K10+) outcome measure and a mental health treatment plan. A Kessler 5 (K5) may be used for Aboriginal and Torres Strait Islander people.

Sessions will be delivered by an Allied Mental Health Professional.

Initially, clients will be allocated four (4) sessions, with an additional three (3) sessions (sessions 5-7) being made available when the Allied Mental Health Professional completes an outcome measure review. A further 3 sessions are also available (sessions 8-10) if required, following a GP review.

All 10 sessions must be completed within twelve (12) months of receipt of referral.

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 to individuals (12 years +) with a diagnosable mild to moderate, mental illness.

Category B: Children

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

Who are the providers?

PTS are provided by experienced allied mental health

professionals contracted by Western Victoria Primary Health Network, 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;
- that are from Aboriginal and/or Torres Strait Islander background;
- that are from culturally or linguistically diverse (CALD) backgrounds;
- who experience or are at risk of homelessness;
- have attempted or are at risk of suicide or self-harm

All Category A and B referrals must be submitted on a Western Victoria PHN Psychological Therapy Services referral form and be accompanied by a fully completed K10+ outcome measure report and a GP Mental Health Treatment Plan.

A K5 outcome measure report may be used for Aboriginal and Torres Strait Islander people.

Category C referrals must be submitted on a Western Victoria PHN Psychological Therapy Services referral form, but may be submitted without the K10+ and GP Mental Health Treatment Plan where one is unavailable.

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

Referrals for Psychological Therapy Services are made via Western Victoria PHN's **Referral Point**.

Referral Point staff will check each referral against the eligibility criteria and then facilitate access to the most appropriate allied mental health clinician, from the panel of providers, in consultation with the treating GP.

How quickly will my patient be seen?

Referrals will be checked for eligibility to Psychological Therapy Services 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 will remain with the GP until seen by the allied mental health clinician.

How do I contact the Referral Point?

[Western Victoria PHN website](#)

E: referralpoint@westvicphn.com.au

P: 1300 221 493 **Fax:** 1300 260 814

Psychological Therapy Services Overview

	Category A: General	Category B: Children	Category C: Suicide prevention
Service	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.
Referral Source	General Practitioners Aboriginal and Torres Strait Islander Health Practitioners	General Practitioners Aboriginal and Torres Strait Islander Health Practitioners Paediatricians	General Practitioners Aboriginal and Torres Strait Islander Health Practitioners
Referral acceptance	Within five (5) days of referral acceptance.		Within twenty four (24) hours of referral acceptance.
Intervention	Within four (4) weeks of acceptance of the referral.		Within 24 hours of acceptance of referral for 100% of clients.
Delivery method	Face to Face Web Conferencing Telephone – (if outlined as a part of care plan)	Face to Face Face to Face with parents Web Conferencing	Face to Face Telephone – (if outlined as a part of care plan)
Sessions	Up to 10 sessions within 12 months of referral Sessions must be a minimum of 45 minutes		Up to 10 sessions within 8 weeks of referral Sessions must be a minimum of 45 minutes
Types of Evidenced Interventions	Cognitive Behavioural Therapy <ul style="list-style-type: none"> - Behavioural Interventions - Cognitive Interventions - Relaxation Strategies - Skills Training - Other CBT Psycho-Education Interpersonal Therapy Narrative Therapy (Aboriginal and Torres Strait Islander clients only)	Cognitive Behavioural Therapy <ul style="list-style-type: none"> - Behavioural Interventions - Cognitive Interventions - Relaxation Strategies - Skills Training - Other CBT 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"> - Behavioural Interventions - Cognitive Interventions - Relaxation Strategies - Skills Training - Other CBT
Communication to Referrers	Outcome Report to be provided within 2 weeks of completion of sessions 7 and 10 or at completion of treatment.		
Outcome Measurement Tools	K10+ or K5 (K5 – Aboriginal and Torres Strait Islander People only)	Strengths and Difficulties Questionnaire (SDQ) or K10+ or K5 (K5- Aboriginal and Torres Strait Islander People only)	K10+ or K5 (K5 – Aboriginal and Torres Strait Islander People only)