

## HealthWISE New England North West

### MENTAL HEALTH PROVISIONAL REFERRAL INFORMATION SHEET

HealthWISE New England North West's funded mental health programs provide treatment to people who are experiencing **mild to moderate mental disorder**. The programs target services to those individuals requiring primary mental health care who are not able to have their needs met through Medicare subsidised mental health services.

Australian Government Department of Health programs (Better Outcomes) - *Access to Allied Psychological Services (ATAPS)* and *Mental Health Services in Rural and Remote Areas (MHSRRA)* - provide treatment by appropriately skilled mental health professionals which include Psychologists, Mental Health Nurses, Social Workers, Occupational Therapists and Aboriginal Mental Health Workers.

Referrers cannot nominate a particular Mental Health Clinician on referral. If you wish for your patient to access the services of a particular clinician contracted or employed by HealthWISE, you will need to refer via the alternative Medicare *Better Access* program if they have a private practice.

We are happy to discuss this on an individual basis.

HealthWISE NENW supports a framework of intake and assessment to ensure safe, accessible, quality treatment is provided. HealthWISE NENW coordinates referrals to employed and contracted private providers, this is done without cost to the patient and is monitored by HealthWISE NENW.

All mental health clinicians providing treatment under HealthWISE NENW programs have registration from the Australian Health Professionals Registration Authority (AHPRA and for social workers the AASW).

The definition of **treatment** for the HealthWISE NENW Government funded programs refers to the provision of time limited; evidence based psychological treatments which are identified as the following interventions:

- ✓ **Psycho-education**
- ✓ **Cognitive Behavioural Therapy**
- ✓ **Relaxation Strategies**
- ✓ **Skills Training**
- ✓ **Interpersonal Therapy**
- ✓ **Narrative Therapy**

#### Eligibility Criteria

The referrer has determined that the client experiences **socioeconomic hardship** and/or alternative services are not accessible.

Have a diagnosed mild to moderate prevalent mental health issue (children may be at *risk* of developing a mental health disorder) and would be able to benefit from some of the above psychological interventions.

Would benefit from participating in the intervention model of short-term, goal-orientated focused treatment .

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### Exclusion Criteria

Patients are NOT eligible for HealthWISE NENW funded mental health services if they:

- Have already accessed Medicare's Better Access program in the same calendar year
- Have an unstable enduring mental health condition
- Are in crisis or emergency
- Have a primary diagnosis of personality disorder or drug/alcohol abuse
- Have dementia or delirium
- Are living in an Government funded aged care facility or as a Government funded resident
- Are accessing counselling as part of a Worker's Compensation, Motor Vehicle Insurance claim or as part of ongoing **court** proceedings.

What we are unable to provide under HealthWISE funded mental health programs:

- Crisis or long term interventions
- Patients seeking marital/relationship counselling
- Patients seeking reports for medico-legal, child custody or insurance purposes
- Patients requiring counselling for a recent sexual assault where criminal proceedings are not finalized
- Patients whose primary condition is a cognitive impairment, an acquired brain injury or development disability

How to refer when a referral by a GP, Paediatrician or Psychiatrist is not immediately possible:

- Provisional referrals are able to be made by Allied Health Professionals who are eligible to provide services under ATAPS (e.g. Psychologist; Occupational Therapist; Social Worker; Mental Health Nurse; Aboriginal and Torres Strait Islander Health Workers)
- For children under 12 years of age, eligible referrers **also** include: School Psychologists/Counsellors or Deputy Principals/Principals (referrals from schools and early childhood services need to be made via senior staff members (e.g. Directors or Principals/Deputy Principals), where the school or early childhood service does not have a qualified Psychologist or Counsellor (in consultation with the parents)); Directors of early childhood services; and Medical officers in non-government organisations (NGOs).
- Referrers must complete a **HealthWISE Provisional Mental Health Referral Form** and FAX the referral to **1300 452 059**. E-referrals via Medical Objects.
- Clients must also obtain a GP Mental Health Treatment Plan as soon as possible, or before their 3<sup>rd</sup> appointment with HealthWISE at the very latest.

**For more information:** Phone HealthWISE on (02) 6766 1394

visit: <http://www.healthwisenenw.com.au>

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