

# Access to Allied Health Project Overview

## Subsidised Access to Allied Mental Health Services through General Practice

A collaborative project between the Eastern Division of General Practice and South East Sydney Division of General Practice.

The Link Project is funded by the Department of Health and Ageing and is administered by the lead Division, Eastern. The Project provides subsidised access to a contracted psychologist or counsellor for patients referred by a GP, who is accredited and registered with the BOHMC initiative (not all GP's participate in the Project).

### What Services are provided?

The services that can be provided by the Project are the same focussed psychological strategies (FPS) that can be provided by GPs registered at Level 2 with the Better Outcomes in Mental Health Care initiative, i.e. FPS MBS item numbers 2721 & 2725. These services include up to 6 time limited (min 30 min to 1 hour), individual or group sessions of FPS with an Allied Mental Health Professional contracted by the Division to render these services.

### Who is eligible to access the Allied Mental Health Services program?

- GPs who are registered with the HIC for the Better Outcomes in Mental Health Care initiative have access to the Allied Mental Health Services program i.e. GPs registered at Levels 1 & or 2.
- Currently Clinical Psychologists contracted for the project and the School of Psychology Clinic at UNSW.
- Patient groups eligible for access are ' *all patients with a mental health disorder, including those with co-morbidity, who present in the general practice setting* '. Mental Health disorders are those identified under the ICD-10 PHC index. Existing patients of a public mental health service are ineligible.

### The Referral Process

A referral for FPS is conducted in the context of the *3 Step Mental Health Process*. During the GP assessment stage a K10 assessment test is administered (Step 1) and it may be decided that referral to an Allied Mental Health professional for FPS would be appropriate. The patient is informed of the Project and given a patient information brochure to read at home. On returning to the GP for the mental health plan (Step 2) the patient agrees to inclusion in the project and use of de-identified data. The GP formulates the mental health plan with the patient and fills out the referral forms to the selected Allied Health professional. The Allied Health professional on receipt of the referral from the GP will contact the patient for an appointment (up to six sessions). Following the completed program of up to 6 sessions a GP patient Review is conducted (Step 3).

**T h e D i r e c t o r y**  
Allied Health professionals contracted by the Division to render these Services are available through the Clinical Supervisor recruited as the Triage person.

## REFERRAL FORMS

### RAP 1 and RAP 2

As part of the referral process the GP will need to complete 2 *Referral /Assessment / Plan* forms (RAP1 and RAP2), which contain all the necessary information for assessment, plan and review of the patient. The RAP form in many ways parallels the current RACGP generic forms covering patient Assessment, Plan and Review. The form contains de-identified data necessary for the Division to collate for statistical analysis and ongoing funding. This de-identified data is part of the evaluation requirement of the project, whilst preserving the confidentiality of the patient. The completed RAP forms are then forwarded by mail directly to the selected Allied Mental Health provider on referral of the patient and will be used by the provider as a basis for delivery of the specified FPS. The Allied Health provider then contacts the patient for an appointment.

### Feed back form

After session 5 a patient appointment is made by the Allied Mental Health provider for the review session with the GP. At the completion of the 6 sessions the Allied Mental Health provider sends the referring GP a feed back form on the progress of the patient. The GP reviews the patient's progress assisted by the feedback form and completes the final review component of the RAP including a second K10 test.

The Allied Mental Health provider will also request the final post review K10 score from the GP in order to complete contract obligations of de-identified data provided to the Nepean Division for collation.

### Time Frame

The Review session within the 3 Step Mental Health Process must be conducted within a minimum of 4 weeks to 6 months after the completion of the mental health plan, in order for the Service Incentive Payment (SIP) to be claimed by the GP. The 6 ses-