

Patient Pathways

Identify Patient as having a Mental Disorder

From 1 November GPs should use the new GP Mental Health Care Items for patients who require a new mental health plan

Chronic Disease Management GP Management Plan (GPMP) & Team Care Arrangement (TCA)

Where a patient has a mental disorder as well as complex health care needs (eg. co-morbidities) requiring team-based care, the GP is able to use both the CDM items (for team-based care) and the GP Mental Health Care items

Better Outcomes in Mental Health Care 3 Step Mental Health Process

Now incorporated in Better Access items. 3 Step items available until 30 April 2007 to finish services commenced but not completed by 1 November 2006

Treatment / Referral Options

Better Access
(GP Mental Health Care Plan & Review, GP Mental Health Care Consultation)

GP Mental Health Consultation
20 min+ consultation

Available for patients with a mental disorder including for patients being managed under a GP Mental Health Care Plan

May be used for ongoing management of a patient with a mental disorder
Item Number: 2713

Step 1
Assessment & MH Plan
Item Number: 2710

Step 2
Review
(4 weeks to 6 months from plan)
Item Number: 2712

Step 3
Further Review if required
(3 months after initial review)
(Generally no more than 2 reviews in a 12 month period)
Item Number: 2712

Access to Psychiatrists
Refer to a Psychiatrist

Psychological Therapies
Psycho-education
Cognitive Behavioural Therapy
Other evidence-based therapies as considered clinically relevant

By:
Clinical Psychologists
(registered with Medicare Australia)

Focused Psychological Strategies (FPS)
Derived from psychological therapies:
Psycho-education
Cognitive Behavioural Therapy
Relaxation strategies
Skills training
Interpersonal Therapy

By:
Appropriately trained GPs
Psychologists
Social Workers (with mental health training)
Occupational Therapists (with mental health training)
(All registered with Medicare Australia)

Referral for up to 12 Group sessions and up to 12 Individual sessions

(including Better Outcomes in Mental Health Care FPS Services provided through ATAPS - still available through Divisions of General

GENERAL INFORMATION

Your patient can access rebateable services by clinical psychology or other allied mental health services, if they are being managed by the GP under a GP Mental Health Care Plan or under a psychiatrist assessment and management plan (Item 291).



IMPORTANT: GPs should refer to the Medicare Benefits Schedule for details of the requirements for these items—[click here](#)