

How do I refer?

The referral process to a Shared Care Clinician requires the completion of a Mental Health Treatment Plan. This can be claimed from Medicare Australia under Item 2710, once only in a 12 month period. **Please note that it is important that this plan also include a provisional diagnosis.** Once completed the client should be given a copy of the Consumer Brochure explaining the Shared Care program. The referral should be given to your practice staff who will liaise with the MMGPN or Shared Care Clinician regarding an appointment.

A review of a patient care plan can be completed twice in any 12 month period. This can be claimed under **Item No 2712.**

A GP Mental Health consultation of 20 minutes or more can routinely be held between GPs, clinician and patient. This is **Item No 2713.**

Chronic Disease Management Case conferences can also be undertaken between GPs, Practice Nurses and Shared Care Clinicians and can be claimed under **Item No 729—773.**

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Mental health shared care in general practice



GP guide

Program overview

The Mental Health Shared Care Program in General Practice is targeted to provide specialist mental health assessments, intervention and reviews for patients with a severe mental illness which fall under the category of a Tier 3 mental health disorder. Tier 3 mental illness is defined in the chart below.

THERE ARE 3 TIERS OF MENTAL ILLNESS			
	Prevalence	Key disorders	Typical example
Tier 3	3% (severe disability)	<ul style="list-style-type: none">psychotic disorderbipolar disordersevere depressionsevere anxietysevere eating disorder	37 year old male who episodically hears voices. He also has severe depression and has attempted suicide several times. He is unemployed, lives in public housing and is alienated from friends and family.
Tier 2	4% (moderate disability)	<ul style="list-style-type: none">moderate depressionmoderate anxiety disorderpersonality disordersubstance-related disordereating disorderadjustment disorder	21 year old male with chaotic behaviour and complex problems. He is suicidal, uses drugs heavily, and experiences panic attacks. Gets into fights and was arrested for assault 4 weeks ago. He can not hold on to a job and is currently unemployed.
Tier 1	1% (mild disability)	<ul style="list-style-type: none">mild depression disordermild anxiety disorder	42 year old female who feels down, tearful, irritable and has withdrawn from friends over the past 4-6 months. She takes many sick days because she feels down.

Trained Mental Health Clinicians will work with patients to provide counselling and ongoing support. This will assist the patient to increase their skills and knowledge regarding a range of issues that may be affecting their mental health and wellbeing.

The following conditions are eligible for this service as a Tier 3 condition:

- Schizophrenia
- Bipolar Disorder
- Severe depression
- Severe anxiety
- Personality disorders
- Severe eating disorders
- Co-morbidity

If your patient has any of the above conditions this person is appropriate for a referral to a Mental Health Shared Care Clinician. Details on how to refer are on the back of this brochure.

IMPORTANT

Please note however that if the person:

- Is in a mental health crisis
- Needs assertive home assessment or
- Already has a community mental health worker

THEY NEED TO BE REFERRED TO THE COMMUNITY MENTAL HEALTH TEAM.

In addition patients who are not responding to care and in your opinion are at further risk of deterioration or are experiencing chronic relapses are also eligible. This might include patients with a Tier 2 disorder who require early intervention in order to prevent a deterioration in their mental health. Patients who have been recently discharged from a specialist Mental Health Care facility are also eligible. The following conditions are considered Tier 2 mental health disorders:

- Moderate depression
- Moderate anxiety disorder
- Personality disorder
- Substance related disorder
- Eating disorder
- Adjustment disorder
- Uncomplicated grief
- Child sexual abuse
- Domestic violence

Should the patient not be at risk of further deterioration then a referral to a private practitioner under Better Access could be appropriate.