

July 2005

THE NEWSLETTER OF ADGP'S MENTAL HEALTH PROGRAM

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The Primary Mental Health Care eBulletin is designed to inform Divisions of General practice, general practitioners, policy makers, and other health and community stakeholders about developments in primary mental health care.

HIGHLIGHTS

- Familiarisation Training Manual – 3rd edition now on-line
- New 'Youth Matters' section to this e-bulletin
- Youth Mental Health Foundation to be established
- GP Psychsupport service expanded

BETTER OUTCOMES IN MENTAL HEALTH CARE INITIATIVE

Familiarisation Training Manual – 3rd Edition now on ADGP website

The 3rd edition of the "Familiarisation Training GP and Practice Manual" and an upgraded self-directed learning PowerPoint for GPs is now on the ADGP website: http://www.adgp.com.au/client_images/24395.pdf . These resources supersede the 2nd edition manual and PowerPoint.

The e-learning CD and Facilitators Guide have not been updated and therefore are not compatible with the new resources.

GPs and Divisions are reminded to ensure that the new registration forms issued in February 2005 are used when registering with the Initiative.

A reminder to Divisions to use the new activity numbers for Familiarisation Training issued for the 2005-07 triennium:

- RACGP 715 642 and
- ACCRM EEACR-0001-ADGP.

Evaluating the *Access to Allied Psychological Services* component of the Better Outcomes in Mental Health Care program

A survey by the Program Evaluation Unit, University of Melbourne

...different models appear to be equally successful in different contexts at improving access to mental health care for consumers

A key component of the *Better Outcomes in Mental Health Care* Initiative is the Access to Allied Psychological Services. Almost all Divisions of General Practice now have services funded in three major funding rounds. National evaluation work in relation to the Access to Allied Psychological Services projects has shown that they are operating under a range of different service delivery models.

The fifth Access to Allied Psychological Services Evaluation Report has found that services are operating under a range of models of delivery which have been adapted over time to best meet local needs. As a consequence, different models appear to be equally successful in different contexts at improving access to mental health care for consumers. Further work is needed to determine whether different models are associated with better or worse consumer outcomes, but in the meantime there is no evidence to suggest that Divisions should be modifying their locally-tailored models to adopt a more uniform approach.

As at June 2005, the 78 projects had provided access to allied psychological services for a total of 18,770 consumers. Taking into consideration the different start up dates for programs the median number of consumers per year of project implementation was 93.3 and the inter-quartile range was 44.5 to 161.2

How to choose a good GP

Having a good GP can be a life or death matter. You want someone who will not only listen to your health concerns but who is up-to-date with the latest preventive and treatment options.

According to a new ABC Health Matters Consumer Guide, you probably have a good doctor if he or she:

A good doctor is someone who is up to date with the latest preventative and treatment options

- Is generous with time. A typical standard consultation should be 10 to 20 minutes.
- Is a good listener. Good communication skills can be at least as important as how well a GP has been trained to diagnose and treat illness.
- Doesn't over-prescribe. Many conditions don't need to be treated with drugs, and a good GP won't fob you off with a handful of prescriptions.
- Doesn't just ask questions, but also does a physical examination (takes your blood pressure, listens to your chest, and/or examines a sore throat, for example).
- Asks about other conditions or problems you may be having, besides the problem that you attended for.

For a comprehensive guide to choosing a GP, go to:

<http://abc.net.au/health/cguides/chooseagp.htm>

Final Notice for GP Registration for Better Outcomes in Mental Health Care

Julian Thomas, RACGP

All non-compliant GPs have now received their 'Final Notice' to notify the GPMHSC before 9am on 1 August of additional CPD points in mental health completed up to and including 30 June 2005.

Those GPs who do not do so will come off the register effective 1 August, and will *not* be eligible to refer to Access to Allied Psychological Services programs, nor claim the mental health items.

SOME FAQs

How will Divisions know when a GP is eligible to refer to the AAPS programs?

After 1 August the onus is on the GP to provide evidence of registration if the Division has not been notified via ADGP (via the faxback process) or by the GPMHSC (standard reports are under development) that the GP is and continues to be registered. GPs can request a confirmation of registration letter from the GPMHSC at any point. The GPMHSC strongly recommends that before accepting referrals, the program coordinators ensure that:

- the GP is registered and eligible to refer
- the referral has occurred from an accredited general practice
- the referral has occurred within a claimable 3 Step Mental Health Process.

If a GP does further 'catch up' mental health CPD which is NOT GPMHSC accredited 'Level One Mental Health Skills Training' after 30 June 2005, can they use this to maintain registration or to re-register?

No. 30 June 2005 is already a 6 month extension on the 2002-2004 triennium; no further extensions can be granted except in special circumstances (requiring the GPMHSC Chair's approval).

What if a GP provides evidence of having met the requirement after being de-registered (eg. produces a certificate for mental health training completed in 2004)?

- All non-compliant GPs have received at least four letters (December 04, March, May and July 05) noting the 1 August deadline; unless there are extenuating circumstances (eg. long term absence from Australia) these GPs will need to complete Level One Mental Health Skills Training and re-register.

If a GP is de-registered, can they re-register'?

- Yes, but they will need to undertake a 2005-2007 accredited Level One Mental Health Skills Training program and resubmit a registration form. At this stage, repeating familiarisation training is not required, but is recommended. In some very exceptional circumstances, applications by non-compliant GPs for an exemption from the skills training and re-registration may be accepted, but must be approved by the GPMHSC Chair.

Could a de-registered GP complete Level Two Mental Health Skills Training to reregister?

- No. To re-register, non-compliant GPs must complete 2005-2007 accredited Level One Mental Health Skills Training'.

frequently
asked
questions
regarding
CPD points
and BOiMHC
registration

OTHER DEVELOPMENTS OF INTEREST

Drug Addiction website opens

A new website telling the stories of people who have overcome alcohol and drug problems is expected to inspire others to do the same. The Australian National Council on Drugs, on 21 June, launched the *Positive Stories* website featuring the candid accounts of people who are still tackling, or have beaten issues with drugs and alcohol.

The website offers people the opportunity to read positive stories, submit their own stories or access help by giving the contacts of the Australian National Council on Drugs

To access the website go to: <http://www.ncd.org.au/positivestories/intro.html>

Positive
stories of
success to
inspire others

Beyondblue / Rotary Health Safari

beyondblue: the national depression initiative will be on board when the Rotary Health Safari Winnebago leaves Martin Place Sydney on July 1st for a six month road trip around Australia.

As part of Rotary International's centenary celebrations, and to promote the importance of good mental health, the purpose-built motorhome will travel 35,000 kilometres, visiting over 400 towns in all states and territories.

Visitors to the Winnebago can use an interactive checklist on specially designed software to check for symptoms of depression in themselves, family members or friends. Along the Safari route, *beyondblue* will hold more than 20 community forums to raise awareness of depression and to help reduce the stigma associated with the illness.

For safari and forum locations and dates: www.rotaryhealthsafari.com

For further information: http://www.beyondblue.org.au/index.aspx?link_id=59.441

Visitors can
check for
symptoms of
depression in
themselves

National List of Consenting Practitioners

The *bluevoices* Consenting Practitioners List is now being trialled on *beyondblue's* website www.beyondblue.org.au. The list includes details of GPs who have completed either Level 1 or Level 2 Better Outcomes training. The list is not intended to be a complete directory but is established as an additional method of promoting access to quality primary mental health care. GPs listed have either been recommended as having an interest in the treatment of depression, anxiety and related substance use disorders, or have self-referred. GPs listed have given consent and may have their details edited or removed on request.

Expansion of the GP Psych Support

GP Psych Support provides GPs with access to patient management advice from psychiatrists within 24 hours.

GP Psych Support is available 24 hours a day, 7 days a week. The service is not intended to meet the needs of emergencies – those patients should be referred to your normal acute psychiatric service.

To access GP Psych Support:

Phone: 1800 200 588 or Fax (02) 9425 3879

Email: Register and submit questions on-line at www.psychsupport.com.au

The service is now offering GPs phone, fax or on-line access to advice from a child and adolescent psychiatrist and/or drug and alcohol psychiatrist. A sessional model has been adopted for this service expansion whereby the psychiatrists will each be available for 2 sessions per week. This will allow GPs to speak to a general psychiatrist within 24 hours and then to schedule a time to discuss the case with the child and adolescent/drug and alcohol psychiatrist on the available day.

An on-line chat function has been added allowing GPs to book a time with a psychiatrist to discuss a particular case on-line.

The https://www.psychsupport.com.au/psychsupport_intro.htm website will undergo developments this year, including increased user-friendliness and including mental health resources for GPs.

GPs now can
have phone
or fax access
to advice
from a child
and
adolescent
psychiatrist

Support for
people who
work with
young people
aged 9-16
years

Resilience Resource Kit for Working with Young People

Courtesy of ARACY Update e-Newsletter 14 July 2005

The Family Action Centre (FAC) has published a Resilience Identification Resource Kit as a support for people who work with young people aged 9-16 years. The Resource Kit adopts a strengths approach to youth work focusing on what is going right or what's working in a young person's life. Adaptable to a wide range of community and education settings, the kit is suitable for use by a wide range of workers (e.g. school counsellors, youth workers, social workers and community development workers).

The Family Action Centre is an independent Centre, Faculty of Health, University of Newcastle and a member of ARACY. The Centre combines community services, research, advocacy, dissemination and training in order to influence policy and practice, in relation to supporting families and building communities.



Mindmatters Plus GP Workshop

Dr Johann Sheehan, MindMatters Plus GP Initiative

Divisions Project Officers running MindMatters Plus GP programs met in Brisbane on 14 July to share new and innovative initiatives and consider possible future directions. A number of Division showcased exciting projects. Ms Tanja McLeish from North West Slopes DGP presented a DVD showcasing the initiatives being undertaken at Walcha Central School; Ms Danielle Moloney presented an interest model of youth involvement in GP small group learning programs; Ms Ann Bates from Osborne DGP spoke about the benefits of having a FGP closely involved with the school to support teachers managing students experiencing a mental health crisis and Ms Andree Poppleton spoke about the Divisions learning and experience of working with a highly resourced school.

MindMatters Plus GP Resource Kit

Through the MindMatters Plus GP program, a resource kit has been developed to provide increased knowledge concerning youth mental health issues for General Practitioners, allied health professionals, Division staff, schools, parents and students. Resources included in the kit are: information brochures for young people concerning different mental health issues; referral forms for GPs and other professionals; practice guidelines for the management of depression in youth and clinical measures for assessing and monitoring mental health issues in young people. The kit, and further information about the MindMatters Plus GP project can be found on the AGDP website <http://www.adgp.com.au>

Youth Mental Health Foundation to be established

The Parliamentary Secretary to the Minister for Health and Ageing, Christopher Pyne, has announced the establishment of a new Youth Mental Health Foundation to better assist young Australians who suffer from mental illness.

The Foundation will be funded under the \$69M 2005-2006 Promoting Better Mental Health budget initiative.

It is expected the new Foundation will provide a centre of excellence to promote evidence-based practice in youth mental health and related drug and alcohol problems and foster community awareness of these issues and encourage self-help.

The Department of Health and Ageing will, in the next couple of weeks, call for EOI from organizations or consortia to establish and operate the Foundation.

Assistance for
young people
with mental
illness

4th Annual Australian and New Zealand Adolescent Health Conference

CHALLENGE DEBATE INSPIRE SURVIVE

Under the banner of 'Challenge, Debate, Inspire, Survive' the Centre of Adolescent Health and supporting organizations have drawn together internationally recognized keynote speakers who will join Australian speakers and participants in challenging and debating current knowledge, practice and policy as it affects youth health.

The aims are to better understand the origins of the health issues affecting young people in order to build a shared understanding of how youth health and wellbeing can be improved through practice and policy change.

Within the scope of adolescent health, it will focus on youth mental health and substance use. In debating contentious issues and exploring what it means for young people to both survive and thrive in a rapidly changing world, it is hoped that the conference will provide a source of commitment and inspiration for those who work with, or on behalf of, young people.

For further information go to the [conference site](#) or www.rch.org.au/cah

Youth Mental Health Journal

The Clinician is a semi-annual periodical produced by CAMHSNET for the benefit of mental health practitioners in Australia, especially those dealing with Child and Adolescent mental health issues. Example journal topics include:

- Hope and Anxiety
- Courage and Depression
- Sensitivity and Anorexia Nervosa

Further information about this journal and the CAHMS network can be found at <http://www.camhsnet.org> .

Our Town: Working with Same Sex Attracted Young People in Rural Communities (2001)

Drawing on an evaluation of 12 projects, this report explores issues involved in working with rural communities to address factors affecting the mental health of same sex attracted young people. A range of issues are covered from community readiness and young people's participating through to worker wellbeing and liaising with the media. For More information <http://www.ausinet.com> .

UPCOMING EVENTS

ARACY National Conference – ‘Closing the Know-Do Gap’

Friday 12 August 2005 – University of Sydney, Holme Building

One day conference includes seven major presentations from research, policy, practice, media and funding perspectives. International keynote speaker, Professor Jonathan Lomas from the Canadian health Services Research Foundation will outline the Foundation’s experiences and successes in building partnerships with decision-makers to maximize the relevance and uptake of evidence-based knowledge.

Further information is available at www.aracy.org.au/conference2005.htm

6th International Mental Health Conference

Conrad Jupiters Conference Centre, Gold Coast, 2-4 September 2005

With the theme ‘What’s New in Mood Disorders’, the conference will explore new perspectives in the field, including changes in classification, diagnostic advances including brain imaging and other investigations, the biology and genetics of mood disorders, new drug treatment approaches (eg bipolar depression and treatment resistant mood disorders), transcranial magnetic stimulation (TMS), the relationship of personality to chronic depression and vulnerability to mood disorder, new psychotherapy approaches to treatment, and comorbid mood and other psychiatric illness. CPD points are attached to this conference.

Drug & Alcohol / Mental Health Forum - 7-9 October 2005, Wagga Wagga, NSW

The Riverina Division of General Practice & Primary Health Ltd, in conjunction with the Greater Southern Area Health Service and the Murrumbidgee Division of General Practice, is hosting a forum on the challenges faced by individuals with co-occurring mental health and substance abuse issues. The forum is an opportunity for health professionals, consumers and interested stakeholders to discuss issues, find out about new initiatives, and present research.

The forum committee is interested in receiving abstracts that focuses on Innovative programs; identification and treatment of co-morbid drug and alcohol and mental health problems across the lifespan; and issues pertinent to practice in rural areas.

For guidelines about abstract submission, registration, other information, please contact the forum convener, Penny Lamont, on 02 6971 9100 or penny.wagga@bigpond.com .

Primary Mental Health Conference – Perth WA (3 November 2005)

ADGP, in collaboration with beyondblue, the national depression initiative, the Australian Psychological Society and Lifeline are conducting a Primary Mental Health Conference prior to the ADGP Forum in Perth. The conference is also supported by the Departments of Ageing and Veterans' Affairs and their sponsorship has ensured that the conference is offered free of any registration fee. The one day conference, "Primary Care Led Mental Health Reform: Reaping the Benefits" will provide participants the opportunity to hear about new and exciting mental health initiatives occurring in the primary care setting, current research activities and findings, along with an opportunity to address questions to an expert panel about the directions of primary mental health care over the next 10 years.

Abstract for papers and posters are invited in the areas of:

- Best practice promotion, prevention, and early intervention within primary mental health care
- Research initiatives and future directions for responsive primary mental health care services
- Policy development

Please send abstracts to jsheehan@adgp.com.au by 15 July 2005

Divisions of General Practice Network Forum – Perth, WA (3-6 November 2005)

The annual ADGP Forum being held in Perth, 3-6 November will have 5 streams; Primary Health Care Policy, Division Performance, Supporting Quality & Evidence-based Care, Improving Access, and Prevention and Early Intervention. A workshop will be conducted under the Prevention and Early Intervention stream entitled "Youth Mental Health: What works?", and other mental health papers will be presented throughout the forum. For more information regarding registration and a detailed program go to the ADGP website. www.adgp.com.au .

Helping Families Change Conference 2006 - Innovation and Evidence Based Practice

16-17 February 2006, University of Queensland, Brisbane

Hosted by the Parenting and Family Support Centre, School of Psychology, The University of Queensland

The Helping Families Change Conference, organized by The University of Queensland's Parenting and Family Support Centre presents an evidence-based scientific program and advanced level workshops in family intervention.

A stimulating line up of international and local speakers will contribute to this 2-day program. The conference will be of interest to practitioners and researchers working with families in the health, education and welfare sectors, and to graduate students with an interest in child and family issues. Those attending will be presented with state-of-the-art knowledge, contribute to debate, and engage in hands-on practice with leaders in the field of family intervention.

For more information about the Helping Families Change Conference 2006: Innovation and Evidence Based Practice <http://www.pfsc.uq.edu.au/>.

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