



October 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

- Report from Leanne Wells, National Primary Mental Health Coordinator
- Your Mental Health & Alcohol: Managing the Mix report
- Better Outcomes and CDM item numbers
- Youth Matters – Final MindMatters plus GP workshop

BETTER OUTCOMES IN MENTAL HEALTH CARE INITIATIVE

Report from ADGP

The 2005 Federal Budget measures regarding new and continued funding for primary mental health care are now starting to take shape.

The tender for the National Youth Mental Health Foundation has now closed and it expected that the successful bid will be announced before the end of the year. The tender guidelines indicated that the Foundation will support education and training for the primary mental health care sector and will make available a number of grants to coalitions of services to reorient and improve service linkages. ADGP anticipates a significant role for Divisions in upskilling and building a critical mass of clinicians managing youth mental health concerns.

The expansion funding for access to psychological services has also been rolled out. All participating Divisions should now have received a letter either outlining their expansion funding or letters asking for a business case to explain how expansion funding would be utilised in the next year.

ADGP is aware that access to level 1 and 2 training education is problematic for many Divisions, particularly those in regional and provincial centres. We are discussing a number of solutions with the Department of Health and Ageing.

beyondblue: the national depression initiative also received an additional \$39.6 million in 2005 budget and have expressed an interest and commitment in partnering with ADGP to provide more accessible formats of education and training for GPs and primary mental health care providers.

Your Mental Health & Alcohol: Managing the Mix

Participating Divisions have submitted their first progress reports, with evidence of a number of achievements to date, including:

- Development work to produce local resources such as service directories, care pathways and referral protocols
- Collaboration with key project partners and agencies
- The rollout of comorbidity training
- The distribution of consumer resources
- Raising awareness of comorbid alcohol misuse and mental health problems through promotional activities, both among clinicians and consumers
- The development and implementation of a range of activities, such as mentoring and peer support, clinical attachments, and targeted population health promotion.

Read the latest project newsletter at:

http://www.adgp.com.au/site/content.cfm?page_id=5545¤t_category_code=265

For more information contact Slade Carter tel. (03) 8480 4616, email

scarter@adgp.com.au

Better Outcomes and CDM Item Numbers

Since the introduction of the new Chronic Disease Management – MBS Item numbers on 1 July 2005, GPs and Divisions have been concerned about the ‘fit’ of the new CDM item numbers and the Mental Health SIP.

GPs registered with Better Outcomes are able to access the CDM item numbers for GP Management Plans (GPMP) and Team Care Arrangements (TCA) for patients with complex and chronic illnesses, including mental illness. In most cases it is expected that GPs will continue to manage patients with mental illness using the 3-step mental health process which enables referral to the Divisions’ Access to Allied Psychological Services program. **Where a patient has chronic and complex co-morbid mental and physical health problems, a GP is able to implement a 3-step mental health process as well as utilise the CDM item numbers to address the physical illnesses.** GPs should note that a GPMP should be in place before conducting a TCA, and that to refer a patient to allied health services under Strengthening Medicare a TCA needs to be in place.

Ms Tanja McLeish joined ADGP in September to develop an education and implementation strategy for Divisions and general practice regarding the CDM item numbers. Resources such as flow charts, electronic templates and information sheets have been placed on the ADGP website and will continue to be updated regularly. Tanja can be contacted on ph: 02 6228 0849 or tmcleish@adgp.com.au

OTHER DEVELOPMENTS OF INTEREST

New funding to identify evidence-based mental health services

Treating mental health in general practice is the focus of one of 12 new ANU research projects which received funding in early September. The research project which has been granted \$154,898 will be led by ADGP and the Centre for Mental Health Research at the ANU and involves QDGP as part of the research team. The project will examine evidence-based mental health services that deliver across a range of domains from early prevention through to recovery and rehabilitation. Results will be expected in September 2006.

This project is one of 12 projects around the nation funded by the Australian Primary Health Care Research Institute (APHCRI) based at ANU, in its second major funding round for 2005. Professor Nicholas Glasgow, APHCRI director, said that the Institute was taking an innovative approach to research, with the aim of making research more relevant to policy formulation in primary health care. The Professor advised that this new 'Stream Four' research will be able to react quickly to relevant policy questions, with the end result of improving health care outcomes for Australians.

...priority
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GPMHSC Standards for Training Providers: Consumer and Carer Participation

The GPMHSC expects that the experience of consumers and carers (whose perspectives can be different) will be incorporated within the clinical training program in mental health. It is important that both perspectives are actively incorporated within the training cycle of planning, development, delivery and review. This reflects the priority placed on consumer and carer participation in decision and policy making within all three National Health Plans. The following principles will apply:

- active involvement by both a consumer and a carer should be evident within all stages of training;
- the consumer and carer should contribute from their respective perspectives and should take on no other roles
- consumers should have personal experience of mental illness and carers personal experience of caring for someone with a mental illness
- consumers and carers should be appropriately skilled to enable them to contribute effectively to the process of planning, development, delivery and review
- consumers and carers should be appropriately experienced (eg have previously contributed to multi disciplinary projects in primary care or other mental health sector programs)
- consumers and carers should be appropriately supported in a sensitive manner throughout the project
- consumers and carers should be appropriately networked via a recognized consumer and/or care advocacy organization.

For a comprehensive explanation go to the RACGP website at www.racgp.org.au/mentalhealth or email gpmhsc@racgp.org.au .

Australian mental health reform: time for real outcomes

A recent article in the Medical Journal of Australia by Ian Hickie et al outlines some suggested mental health targets for the future. Following is an excerpt from the article and the reference where to find the complete text.

Medical Journal of Australia 2005; 182: 401–406

Ian B Hickie, Grace L Groom, Patrick D McGorry, Tracey A Davenport and Georgina M Luscombe

- After 12 years of national mental health reform, major service gaps and poor experiences of care are common.
- The mental health community reports little progress in implementing its key priorities, such as expanded early intervention programs, co-management of people with mental health problems and related alcohol or substance misuse, and widening of the spectrum of acute care settings.
- We propose new national targets for reducing the social and economic costs of poor mental health; these include increased access to effective care, reduced suicide rates and improved rates of return to full social and economic participation.

Target.....
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Proposed 10-year national targets for mental health outcomes

- That 60% of those with mental disorders be provided with care in any 12-month period (currently, this figure is 38%).
 - That national disability costs attributable to mental disorders be reduced from 27% to 20%.
 - That national disability costs among 15–34-year-olds attributable to mental disorders be reduced from 60% to 40%.
 - That participation in work among those on disability support pensions for psychological reasons be increased from 29% to 60%.
 - That national suicide rates be reduced from 11.8 to 8 per 100 000.
- We detail specific service reforms designed to maximise the chance of achieving these targets, and prioritise youth health and integrated primary care programs.
 - New independent and national reporting systems on the progress of mental health reform are urgently required.

LIFE – Living is for Everyone

The National Suicide Prevention Strategy website, which was launched in June 2005, has been developed and will be maintained by Auseinet. The website

provides access to a range of high quality resources and information on suicide prevention including:

- Australian statistics
- Australian government and state/territory government policies
- Information about Australia's National Advisory Council for Suicide Prevention
- Suicide prevention projects in all states and territories funded through the National Suicide Prevention Strategy (NSPS)
- Resources related to the social and emotional wellbeing of Aboriginal and Torres Strait Islander peoples
- Research, reading lists factsheets and other resources for local communities
- International resources and key contacts; and
- Links to related sites, conferences and media reports

The website address is www.livingisforeveryone.com.au

National Mental Health Week

9th to 16th October 2005

Theme:
The
relationship
between
physical and
mental health

World Mental Health Day (WMHD) is an initiative of the World Federation for Mental Health and is co-sponsored by the World Health Organisation. WMHD takes place on 10 October each year, and within Australia WMHD coincides with National Mental Health Week. The World Mental Health Day theme set by the Federation for 2005 is "The relationship between physical and mental health: co-occurring mental and physical disorders"

The Mental Health Council of Australia (MHCA) has again been funded by the Australian Government Department of Health and Ageing to develop a national campaign for World Mental Health Day. The national campaign theme for WMHD 2005 will be "Be Active for your Mental Health". The theme will be developed around three key messages that provide ways individuals can build and maintain positive mental health:

- "Act – Belong – Commit"
- "Act" – walk, swim, read, day-dream
- "Belong" – join a group, chat to a neighbour, meet a friend
- "Commit" – take a challenge, get involved, volunteer

Twenty Division of General Practice have been funded to hold community events which promote community participation, awareness raising of community services and linkages between community organisations, primary health care and consumers.

The Primary Mental Health Care Network has also linked with Telstra to conduct workplace forums in each capital city to promote the role of general practice and Divisions in the management of mental illness.

A list of events which have been planned in each state/territory will be available on the MHCA website: <http://www.mhca.org.au> This list will be updated daily in the lead up to National Mental Health Week.

National Drug Strategy Resources

The Australian Government, Department of Health and Ageing has released a booklet outlining the range of publications and other resource materials available under the National Drug Strategy 2004-2009. The booklet provides details of currently available materials together with website addresses for most publications and information about where to obtain electronic and/or hard copies. Information and publications are available relating to;

- National Strategies
- Research and Data
- Alcohol
- Indigenous Resources
- Tobacco
- Illicit Drugs

To obtain a copy of the National Drug Strategy Resource booklet go to nmm@nationalmailing.com.au or phone 1800 020 103 and ask for publication orders.

Australian Research Alliance for Children and Youth (ARACY)

Last month, ADGP was represented at a two day Think Tank convened by the Australian Research Alliance for Children and Youth (ARACY). The aim of the Think Tank was to develop feasible, implementable, collaborative projects that are fundable, research informed and will lead to identifiable benefits to children and youth. The Think Tank comprised several groups. ADGP participated in the School Transitions group. The group included educators, psychologists, academics, health professionals and government and non-government agency representatives.

Group discussion highlighted the need to move towards an integrated children's and youth's system that promoted physical, mental, social and psychological wellbeing throughout all transitions to, through and beyond school. There was an emphasis on mental health and wellbeing and opportunities for building on projects such as Mind Matters (plus) were considered. The final project idea - Transitions to wellbeing: successful transitions to, through and from school of children and youth who are at risk – was presented at the end of the two day meeting. Further development of the project will be considered by ARACY.

Lifeline Calls

Exploring Loneliness: The experiences of rural and metropolitan Australia

This is the third in a series of profiles analyzing 415,000 calls made to Lifeline during 03/04 and gives a unique insight into the concerns of a wide cross section of the Australian community.

Some highlights include:

- Loneliness is the second most common issue for callers to Lifeline
- Lonely callers were not more likely to be single than partnered
- Loneliness was most common between the ages of 35-44 years
- More older men in rural areas call Lifeline about loneliness than other issues, and were more likely to be seeking help from other agencies than woman callers
- Lonely callers were more likely to live in metropolitan areas than in rural areas

Some implications of these findings are:

- Relationships may not be a protective factor against loneliness
- Social disconnection may be highest at a time when focus on career and family may be a priority
- Older men in rural areas experiencing loneliness may favour telephone counseling as a preferred help seeking strategy
- Metropolitan areas may be lonelier places than rural areas

More information about the profiles can be obtained from the Lifeline website at:

www.lifeline.org.au

MindBodyLife Wellness Clinics

A partnership between the Eli Lilly Pharmaceutical Company and ADGP will enable the delivery of MindBodyLife Wellness Clinics in up to 25 Divisions of General Practice in 2006. MindBodyLife Wellness Clinics are 8 week programs for people suffering from serious mental illness where their medication is impacting on their lifestyle. The program addresses the physical and mental impacts such as weight gain, increased sedentary lifestyle, decreased motivation and reduced self esteem. It provides a comprehensive approach to wellness that is associated with greater medication compliance and enhanced health outcomes for consumers. The program is currently being trialled in one Division and guidelines for Divisions wishing to apply for MindBodyLife Wellness programs in their location will be posted on the ADGP website and sent to all Divisions in late October.

For more information please contact Jane Westley at ADGP on ph: 02 6228 0844 or jwestley@adgp.com.au

Collaborative Care in Canada

An interesting and informative website regarding collaborative mental health care in Canada can be found at: <http://www.ccmhi.ca/> The website which has sections for health professionals, consumers and carers, community research, best practice and success stories; aims to improve mental health and wellbeing by increasing collaboration among health care providers, consumers, families and caregivers. It has a focus on improved access to mental health care prevention, promotion and services through primary mental health care providers.

The Grog Book

The Grog Book: Strengthening Indigenous Community Action on Alcohol Revised Edition, written by Dr Maggie Brady, is a resource book with practical advice on how to manage alcohol problems at the community level and how to increase community awareness of alcohol abuse. The Grog Book contains a selection of case studies of what indigenous people themselves are doing to reduce alcohol abuse in their communities.

Copies of the Grog Book can be obtained from the Department of Health and Ageing <http://www.health.gov.au>

Final MindMatters Plus GP Workshop

The final workshop for the MindMatters Plus GP initiative will be held in Melbourne on 29 November 2005. This workshop will be an opportunity for both MindMatters Plus Divisions and non-MindMatters Plus Divisions to come together to share resources and useful learnings from the initiative.

Non-MindMatters divisions will receive an invitation to this workshop in the near future. For further information please contact Dr Johann Sheehan at jsheehan@adgp.com.au

Launch of MindMatters Plus GP Resource Kit and Website

The Hon. Christopher Pyne, Parliamentary Secretary for Health and Ageing will launch the MindMatters Plus GP Resource Kit and web site at Parliament House on 13 October 2005. These resources will give teachers, GPs, parents, and others working with young people vital tools and information to assist them in supporting young people with mental health problems.

UPCOMING EVENTS

MMHA 2005 Training Program in conjunction with "Diversity in Health 2005: It's Everybody's Business"

October 20, 2005. Rydges Melbourne, 186 Exhibition Street, Melbourne

- Valuing Diversity and Strengthening our Practice: Multicultural Mental Health for Refugees and Vulnerable Communities - a workshop for clinicians (*Associate Professor Nicholas Procter, University of South Australia When: 20 October 2005, 8.30am - 12.30pm*)
- Thinking through language and the interpretation of meaning - a workshop for interpreters and mental health practitioners (*by: Professor Leslie Swartz, University of Stellenbosch, South Africa and Greg Turner, Queensland Transcultural Mental Health Centre When: October 20 2005, 1.30pm - 5.30pm*)

For more information and to download Registration Form:

<http://www.mmha.org.au/2005Workshops> Phone 02 9840 3333 or email: admin@mmha.org.au .

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.

There are a number of interesting concurrent streams including:

- Integrating with State Health Services
- Early intervention for populations at risk of suicide
- From research to action
- Youth
- Psychologists working in the general practice setting
- Primary care partnerships
- From research to action
- Utilising GPs in program delivery

Registrations for this conference are filling fast and there are only a few places available for participants. If you are intending to register for this free conference go to www.adgp.com.au and follow the links to the ADGP forum and the Primary Mental Health Care Conference

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/>.

Information Evening - Master of Youth Health and Education Management (MYHEM)

Coordinated by the University of Melbourne's Faculty of Education and the Faculty of Medicine, dentistry and Health Sciences, the Master of Youth Health and

Education Management (MYHEM) program is a specifically designed course for professionals who deal with the problems concerning young people in our communities

Recognising the link between health, education, youth and community work, MYHEM has been created for people who share in the vision for these sectors to work collaboratively.

To find out more, an information evening will be held on:

When: Thursday 20 October 2005

Time: 6.00pm - 7.30pm

Where: Frank Tate Room, Level 2, Alice Hoy Building, The University of Melbourne (Parkville Campus)

To register your attendance, visit

www.edfac.unimelb.edu.au/student/career/myhemreg.shtml

or contact (03) 8344 8285

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