



NEWS RELEASE

Australian Divisions of General Practice Ltd.

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ADGP to provide Mindbodylife clinics to 26 Divisions to support lifestyle changes in mentally ill

The Australian Divisions of General Practice will roll out Mindbodylife Wellness clinics to 26 Divisions of General Practice during 2006.

Mindbodylife Wellness clinics, an initiative of Eli Lilly Australia, provide a structured management program for people whose mental illness and medication are having an impact on their overall wellbeing. The program addresses physical and mental factors associated with serious mental illness, such as weight management, a sedentary lifestyle, demotivation and low self esteem, in a weekly group forum where people learn about nutrition, exercise and lifestyle changes.

Kate Carnell, ADGP CEO said, "The Mindbodylife Wellness programs are aimed at teaching patients positive things they can do, such as healthy eating, drinking less, more physical activity and increasing self esteem, to bring about long-term improvements in both mental and physical health."

Divisions will coordinate and implement four eight-week clinics over 12 months in the primary care setting. Patients will be referred to the clinics by general practitioners and through existing Divisional mental health programs.

"The Mindbodylife Wellness clinics fit well with other Divisional programs such as Better Outcomes in Mental Health Care, Lifescripts and Practice Nursing Programs," Ms Carnell, said. "GPs will be able to recommend patients attend the clinics as part of an overall management strategy in the treatment of mental and physical health co-morbidities."

Adelaide Northern Division of General Practice conducted a pilot Wellness clinic from September to December 2005. A number of staff across mental health and population health programs were involved in a team effort that achieved many positive outcomes.

Barbara Magin, Mental Health Manager, Adelaide Northern Division of General Practice, was very positive about the pilot. "We were able to take a whole of Division approach, with staff members from the mental health and other programs presenting, monitoring weight and blood pressure, and generally encouraging and supporting participants."

The feedback from those taking part was encouraging, with participants all reporting feeling healthier, drinking more water, doing exercise more regularly and an improved diet as a result of being in the program.

"The clinic was very helpful and gave me the motivation and support to change some bad habits," said one participant.

"I was impressed at how well the attendees were able to grasp the concepts and gain an understanding into changing long-term behavioural patterns," a group facilitator noted.

Ms Carnell said, "General practitioners are the professional of choice for people suffering mental illness. Providing these clinics recognises the important role the GP plays in all aspects of the patient's wellbeing."

WHAT IS ADGP?

- ADGP is the peak body representing 119 Divisions of General Practice and eight State-based organisations (SBOs) around Australia. The Divisions Network supports general practice and their practice teams and drives the implementation of innovative health strategies.
- ADGP, through the Divisions Network, works to integrate general practice with other sectors of the health system, both government and non-government, to deliver high quality care to the Australian community.
 - ADGP is committed to promoting the health of all Australians by supporting the role of Divisions in the nation's primary health care system.

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“Through this partnership with Mindbodylife, Divisions of General Practice, which give support for GPs and promotion of primary health care, will now be able to offer GPs and their patients another management option to improve the health and quality of life of people with severe mental illness.”

For a full list of Divisions that will be running Mindbodylife clinics in 2006, please visit:
<http://www.adgp.com.au/site/index.cfm?display=376>

Patients are provided additional support at: www.mindbodylife.com.au

The running of 26 Mindbodylife Clinics through the Australian Divisions of General Practice is made possible through an unconditional grant from Eli Lilly Australia.

For more information please call Kate Carnell, ADGP Chief Executive Officer, on 0415 662 266.