

# Patient Pathways

## Identify Patient as having a Mental Disorder

Access to Psychiatrists  
Refer to a Psychiatrist

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

### Treatment / Referral Options

Step 1  
Assessment &  
MH Plan  
Item Number: 2710

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

By:  
Clinical Psychologists  
(registered with Medicare Australia)

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

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

### 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)

### 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

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

### 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).

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 Practice)



Australian Divisions of **General Practice**

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