



Primary Source Mental Health

Vol No.1 Issue No.5 July 2011

From the Principal Network Adviser

The past two months following the 2011-12 Budget have been busy ones for the Network. In that time, the program funding has been wrapped up for the 'end of financial year' and the drafting of new contracts for the coming year in which there are expanded services and new reporting requirements. All GPNs and Medicare Locals under their ATAPS funding are required to provide services to people 'at risk' of suicide, particularly those being discharged from ED Departments who have attempted suicide or 'self-harmed' and for women who have perinatal mental health

problems. Additional support has been provided to GPNs and Medicare Locals to assist them in the implementation of suicide prevention services. This includes access to training for their allied health providers who provide the services and Crisis Support through the Crisis Support Services.

The Australian National Audit Office (ANAO) have released their report on the [Administration of the ATAPS Program](#) by the Department of Health and Ageing (DoHA).

ANAO consulted with AGPN last year and subsequently, AGPN provided a written report. In response to the ANAO Report and the Review of ATAPS, DoHA have introduced some new reporting requirements in the 2011-12 funding agreements to GPNs that relate to improving quality. To assist the Network in achieving these requirements, DoHA have contracted AGPN and the Australian Psychological Society (APS) through a joint project to develop a nationally consistent Clinical Governance Framework and purchasing guidance to assist Medicare Locals in purchasing services for children and people with serious mental illness under ATAPS and Flexible Care Packages in the future. This will be a twelve month project. AGPN are currently seeking applications for a Project Manager to undertake this work. More details are provided in this newsletter.

As you are all aware, this is a transition year for the Network as GPNs transition to Medicare Locals with the first 19 in the process of establishment. The Minister for Health and Ageing has announced this week that AGPN will be invited to apply to be the national organisation to support Medicare Locals and that SBOs will be funded till December 2012 to assist with the transition. David Butt has resigned as CEO and left AGPN on the 8th July to take up a position of Deputy Secretary in the Department of Health and Ageing and Leanne Wells has taken on



Registrations open now

[AGPN National Forum 2011](#)

[Click here to view the events calendar.](#)

the role of Acting CEO. We wish David all the best in his new role and look forward to working with Leanne as Acting CEO. I think this all makes for an exciting, but busy time ahead.

I hope you find this newsletter informative and if you know of others who may wish to subscribe send them to

AGPN's website <http://www.agpn.com.au/media/subscribe>

You can now follow **AGPN on twitter:** www.twitter.com/agpn_ceo

Jennie Parham, AGPN Principal Network Adviser, Mental Health

National Primary Health Care Awards – nominations close August 14

Do you know someone who deserves recognition for their contribution to primary health care in your area? Do you know of a team of colleagues who have progressed primary health care for patients, the system or for the local community? With a little over a fortnight to go until nominations close, AGPN and HESTA are keen to know who these people are through the inaugural [HESTA](#)

[Primary Health Care Awards](#).

HESTA in conjunction with AGPN created these awards to mark excellence in primary health care.

ME Bank has provided \$30,000 in prize money for the awards which will culminate in a **HESTA Primary Health Care awards dinner at AGPN's National Forum on Wednesday 16 November**, to which finalists will be flown.

There are three categories for nominations:

Young leader

Individual distinction

Team excellence

Nominations can be made online at <http://www.phcawards.com.au/>

Senate Inquiry

The [Senate Community Affairs References Committee](#) will hold an Inquiry into the Commonwealth Funding and Administration of Mental Health Services. This Inquiry will consider:

- the Government's 2011-12 Budget changes relating to mental health; changes to the Better Access Initiative, including the rationalisation of general practitioner (GP) mental health services and allied health treatment sessions;



- services available for people with severe mental illness and the coordination of those services;
- mental health workforce issues;
- the adequacy of mental health funding and services for disadvantaged groups;
- the delivery of a national mental health commission;
- the impact of online services for people with a mental illness; and
- any other related matter.

Mind the Gap

AGPN has received funding from the Australian Government Department of Veterans' Affairs to develop and implement a physical and mental health co-morbidities education package. The face to face delivery of the six hour ALM workshop is to be rolled out nationally through Divisions of General Practice/Medicare Locals commencing late August 2011 and completed by 31 March 2012. This project follows the success of the previously run two hour Mind the Gap training module, delivered through the network in 2009-10.

The six hour workshop will involve an interactive, structured learning format with predisposing and reinforcing activities. It will be structured in a flexible delivery format which can be facilitated over three sessions, or in a single day. The target audience for the package includes general practitioners, practice nurses, and other primary health care professionals involved in the multidisciplinary team managing patients with mental and physical health co-morbidities. The ALM will also be available on-line via the AGPN training portal.

This is a mental health skills package with accreditation being finalised through the Royal Australian College of General Practitioners [RACGP], the General Practice Mental Health Standards Collaboration [GPMHSC], the Australian College of Rural and Remote Medicine [ACRRM], and endorsement from the Royal College of Nursing. AGPN will be seeking Expressions of Interest [EOI] from up to 50 Divisions / Medicare Locals to deliver this workshop through the Network. EOI guidelines are being finalised and will be available via the AGPN website from the end of July.

For additional information please contact Carol Vickers on (02) 6228 0823 or via email cvickers@agpn.com.au

Mental Health Nurse Incentive Program: Achieving through collaboration, creativity and compromise

This [publication](#), recently launched by the College of Mental Health Nurses presents the experience of 10 mental health nurses delivering services under the MHNiP. These mental health nurses have embraced the collaborative care model, demonstrated a vast capacity for creativity and enjoyed a break away from more traditional mental health service settings.

Mental Health Professionals Network

The [Mental Health Professionals Network](#) (MHPN), an initiative of the Australian Government Department of Health and Ageing (DoHA), has announced its operational contract is to be extended. Negotiations between MHPN and DoHA for a new three year contract have been progressing positively. Given that the current funding agreement formally ended on 30 June 2011, the Department has agreed to an extension of this agreement until 31 October 2011 while the processing of a new contract takes place.

Online Perinatal Mental Health Training

Beyond babyblues: Detecting and managing perinatal mental health disorders in primary care is a free online training program available for health professionals working in the perinatal arena.

The interactive, accredited training:

- Provides an overview about perinatal mental health
- Looks at screening and assessment of women in the perinatal period
- Offers advice about referral, management and treatment options for perinatal depression and/or anxiety.

<http://thinkgp.com.au/beyondblue>

ANU suite of online resources

ANU Centre for Mental Health Research have developed a comprehensive online source of information about depression, The resources include:

Blue Pages

- Information about symptoms of depression and how it is diagnosed
- Summaries (based on scientific evidence) of which medical, psychological and alternative treatments work for depression (and those that don't)
- An extensive list of people, organisations, books, websites and other resources that may be helpful to people who are depressed.

<http://www.bluepages.anu.edu.au/>

BlueBoard

Online support group for depression, bipolar disorder and anxiety disorders (for consumers and carers)

<http://www.blueboard.anu.edu.au/>

e-couch:

Interactive self-help program for depression, social anxiety, general anxiety and problems associated with divorce and bereavement. Includes CBT, IPT, physical activity, relaxation tools and other online interventions.

<http://www.ecouch.anu.edu.au/welcome>

MoodGYM

Online Cognitive Behavior Therapy training program for depression. Includes relaxation downloads and tools for dealing with relationship breakups.

<http://www.moodgym.anu.edu.au/welcome>

Health Service Development/Models of Care Master Class – program available

[Wednesday 17 August and Thursday 18 August](#)
[Citigate King George Square, Brisbane](#)

AGPN is pleased to offer Network members a [Master Class](#) focusing on developing the skills, understanding and practical tools required in health service design for regional communities. A key function of Medicare Locals is to take responsibility and provide for the health needs of their respective populations. As part of this responsibility, Medicare Locals will plan, purchase and, in some circumstances, provide direct services. Ultimately this requires an evidence-based understanding of how to design and develop services in a primary health care environment that responds to the needs of the local population. The health service development/models of care master-class has been developed to assist Network members in this aim. It will cover the heart of health service development, strategic thinking in health service design, accessing data, developing plans, handy hints and tips about building, sustaining and evaluating innovative models of care and engaging stakeholders - all in an interactive two-day forum which will also include an opportunity to start to apply newly learned approaches. As health service design goes hand in hand with population health, the August master class will also provide a short overview of this. However, a further master class providing more detailed information on population health is being conducted in September 2011. These two master classes complement each other and where both are undertaken will help provide delegates with a comprehensive understanding of these two related areas.

A [draft version](#) of the Health Services Development program is now available to download.

To book accommodation and to register [click here](#).

Project Manager: Clinical Governance

An exciting opportunity has become available at AGPN in the Mental Health Program for an experienced Project Manager. This is a new project, funded by the Department of Health and Ageing and in collaboration with the

Australian Psychological Society (APS) to develop a nationally consistent clinical governance framework for the Access to Allied Health Services Program (ATAPS) that can be implemented by Medicare Locals and GPNs. ATAPS is one of the Australian Government's flagship programs being delivered in primary care. This position provides a unique opportunity to assist the Network in implementing a quality ATAPS Program as part of a more comprehensive primary mental health care service.

For a copy of the position description, please contact Margarete Conroy at mconroy@agpn.com.au or download from website : www.agpn.com.au

Applications addressing the selection criteria and including a resume, covering letter and contact details for three referees to be forwarded to: mconroy@agpn.com.au or by mail to **AGPN PO Box 4308 Manuka ACT 2603. Applications close COB Friday 5 August 2011.** For further information about the position please contact:

Ms. Jennie Parham
Principal Network Adviser-Mental Health
Email: jparham@agpn.com.au
Ph. 0437 627 365

Conferences

National Eating Disorders Collaboration National Workshop: 24th– 25th August 2011 Coogee, Sydney. With Professor Pat McGorry, 2010 Australian of the Year, Chair of the NEDC.

<http://www.nedc.com.au/our-news/>

The 12th International Mental Health Conference 2011: Radisson Resort, Gold Coast Wednesday 24th August – Friday 26th August 2011. Personality Disorders: Out of the Darkness.

<http://anzmh.asn.au/conference2011/>

21st annual TheMHS Conference. Resilience in Change.

<http://www.themhs.org/2011-conference>

Online Registration Form: <https://server.themhs.org/ei/getdemo.ei?id=64&s= 0YG0RTHOQ>

Australian Rural and Remote Mental Health Conference: 3rd Australian Rural & Remote Mental Health Symposium Impacts & Outcomes Mercure, Ballarat 14th – 16th November 2011.

<http://anzmh.asn.au/rrmh11/>

Mental Health project contact: jparham@agpn.com.au

[Click here to unsubscribe](#)

AGPN acknowledges the financial support of the
Australian Government Department of Health and Ageing

25 National Circuit Forrest ACT 2603 | PO Box 4308 Manuka ACT 2603
T 02 6228 0800 | F 02 6228 0899 | www.agpn.com.au | ABN 95 082 812 146

Delivering local health solutions through general practice

