



# Primary Source

## Mental Health

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### From the Mental Health Network Principal Adviser

Welcome to the first edition of the **Primary Source Newsletter- Mental Health**. The aim of the newsletter is to provide information and updates on what's happening in primary mental health care as well as articles from the field on projects, programs and activities. It is anticipated that the newsletter will be disseminated bi-monthly. If you would like to contribute items, please send them to [jparham@agpn.com.au](mailto:jparham@agpn.com.au)

It's a time of change, challenge and opportunity in primary mental health care with the progression of the Primary Health Care Reform Agenda and the establishment of Primary Health Care Organisations [PHCOs] or Medicare Locals, the expansion of ATAPS and headspace services and mental health as a key priority of the second term of the Labor Government.

There is a lot happening in the mental health space and I hope this newsletter gives you a snapshot of some key national activities and provides you with some useful information.

**Jennie Parham AGPN Mental Health Principal Network Adviser**

### AGPN National Forum

Mental Health was strongly featured at the recent **AGPN National Forum** held in Perth in November with plenary speakers including the Minister for Mental Health and Ageing, Mark Butler and Bupa's Professor Ian Hickie including a concurrent stream focusing on mental health and primary care. The Mental Health Networking Dinner on the Friday evening proved popular with about 20 people attending.

Minister Butler provided an overview of the Government's investment in mental health with particular reference to the \$ 23.8 million enhancement to suicide prevention in the 2010/11 year which represents three times the \$8.6 million investment in 2005/6. This will provide more services to those at greatest risk of suicide, fund more direct suicide prevention and crisis intervention, provide more services and support to men who are at greatest risk of suicide, and promote good mental health and resilience in young people. He acknowledged the importance

A blue banner with white text for the 'National Forum'. The text reads: 'National Forum', 'Australia's premier primary health care forum', '16-19 November 2011', and 'Melbourne Convention Exhibition Centre'.

National Forum  
Australia's premier primary  
health care forum  
16-19 November 2011  
Melbourne Convention Exhibition Centre

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

of his role as the first Federal Minister for Mental Health and that he and the Federal Minister for Health and Ageing, Nicola Roxon would work as a team in addressing mental health issues.

Professor Hickie provided a compelling presentation challenging the audience to recognise it's time for real change in the health system. Professor Hickie stated that there is a real opportunity for health leadership by the community –responsive health professions and their organisations. The future reform of the health system needs to “focus on community and health needs not sustaining the current business models,” he said. Professor Hickie cited *headspace* as a good example of moving services to the people in response to poor access by young people in accessing traditional services. For a copy of Professor Hickie’s presentation go to:

<http://www.gpnetworkforum.com.au/presentations>

## **Community access to psychological [CAP] service models**

*Beyondblue* has completed a feasibility study for the introduction of a national low intensity model for delivery of psychological services in Australia. Based on the successful UK’s Improving Access to Psychological Therapies(IAPT) program [also known as the Doncaster model]. The Australian Community Access Program is being designed to provide easily-accessible and affordable low intensity help to many thousands of people with depression and anxiety who currently don’t access services. The program offers guided self-help to people who need some psychological interventions but who do not necessarily need high-intensity support.

*Beyondblue* presented the outcomes of the feasibility study, including explaining the model in more detail and the plans for demonstration sites in Australia at a Forum in Melbourne in November. AGPN supported *beyondblue* in this initiative as it provides a service model that improves access and complements the current national approaches to the delivery of psychological services in the primary care context. The newly emerging PHCOs [Medicare Locals] built on the General Practice Networks are regarded as a key mechanism for the implementation of such services.

General Practice Networks have been involved in the feasibility study with Dr. Dan Ewald from the North Coast of NSW, the GP Adviser. Dan presented the model at the AGPN Forum and is a strong advocate of its merits in rural communities.

## **Expansion of headspace services**

Following the 2010 Federal Budget , in which 10 new *headspace* sites were announced, *headspace* are now seeking expressions of interest for the following locations:

- Shoalhaven
- Parramatta

- Inala [Brisbane south]
- Nundah [Brisbane north]
- Cairns
- Bendigo
- Collingwood
- Perth
- Hobart
- Noarlunga

For further information please contact [newcentres@headspace.org.au](mailto:newcentres@headspace.org.au) for enquiries, to register for information sessions or to receive updated information. visit the dedicated webpage at <http://www.headspace.org.au/>.

**Submissions close at 5:00pm AEST, 13 December 2010.**

This presents an opportunity for GPN's in these areas to consider their capacity to be the lead agency or partner in a consortium. Please note the co-contributions referred to in the EOI documentation are anticipated to take the form of in-kind value adding activity. This may include, but is not limited to co-location of staff, infrastructure support, supervision and/or corporate support.

Where a potential lead agency may not be in a position to contribute at 20 per cent, other agencies within the proposed consortium may increase their contribution to achieve an overall acceptable level of co-contribution.

As noted in the EOI documentation, the objective of the co-contribution is to ensure compatibility between the activities of the **headspace** centre and its consortium members, to develop the engagement between the centre and its consortium members, to strengthen networks and referral pathways, as well as building the capacity within the centre.

### **ATAPs enhancement project – CRUFAD Clinic**

Professor Gavin Andrews from the Clinical Research Unit for Anxiety and Depression at Sydney's St Vincent's Hospital, has re-developed CRUFADclinic, a web-based CBT treatment program for Depression, Generalised Anxiety Disorder [GAD], Panic Disorder, Social Phobia and a new course on mixed Anxiety and Depression [called the Wellbeing Program]. The new online program uses an illustrated character to guide patients through a series of lessons. Each lesson is associated with lesson summaries, activities, resources, recovery stories of other patients and automated updates on patient's progress and outcome measures. This 10-13 week program is now available on referral by a clinician for their clients.

The Department of Health and Ageing has provided funding to CRUFAD to enable clients referred by clinicians associated with a Rural General Practice Network to access the program free of charge. For patients referred by

clinicians associated with a metropolitan General Practice Network, there is a small fee.

The new CRUFADclinic allows clinicians to either prescribe and take clinical responsibility of their patient or refer patients to CRUFAD at St Vincents Hospital in Sydney. To prescribe or refer, clinicians need to order CRUFADclinic pad. To register as a clinician to use the service, simply go to [www.crufadclinic.org](http://www.crufadclinic.org) to obtain your free CRUFADclinic pad. To get Medicare payments, tick the 'self help' box when completing a mental health plan to obtain rebates from claim number 2710 and 2712.

CRUFADclinic can be utilised by clinicians to support patient care and service demand management. To assist General Practice Networks in understanding how to implement CRUFADclinic, CRUFAD can provide a free professional development webinar, free face-to-face workshop and an invitation to send one AHP from each Division to attend a partially funded training workshop in Sydney. These free professional development activities will be running from November 2010. Please email Ms N.Wong on [nwong@stvincents.com.au](mailto:nwong@stvincents.com.au) to organise these activities for your Division.

## **RACGP Training Triennium**

As many of you are aware, the RACGP current training triennium is coming to a close on 31 December 2010. This means that all ongoing programs need to be re-accredited. AGPN hosts the on-line module "Can-Do" which addresses co-morbidity of mental health and substance misuse. This is a six hour ALM which is RACGP and ACCRM accredited and also provides points for maintaining FPS Level two for those who have already undertaken FPS training. For those wanting to attain CPD points before the end of the triennium, you will need to complete the online module by 17 December 2010 in order to allow sufficient time for uploading points.

AGPN has revised both the online and face-to-face "Can-Do" modules and is in the process of submitting them for RACGP, ACCRM and GPMHSC accreditation for the new triennium.

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