

# Patient Pathways

## Identify Patient as having a Mental Disorder

### Treatment / Referral Options

**ATAPS  
Integrated Care Service**  
 Focused Psychological Strategies (FPS)  
 Psycho-education  
 Cognitive Behavioural Therapy  
 Interpersonal Therapy

By:  
 Psychologists  
 Clinical Psychologists  
 Social Workers  
 Occupational Therapists  
 Mental Health Nurses  
 ATSI mental health workers

Referral for up to 6 + 6 individual sessions and up to 6 + 6 group sessions

**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

**Step 1  
Assessment & MH Plan**  
 Item Number:  
 2700, 2701, 2715 or 2717

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

**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

**GP Mental Health Consultation**

20 min+ consultation

Available for patients with a mental disorder including for patients being managed under a GP Mental Health Treatment Plan

May be used for ongoing management of a patient with a mental disorder  
 Item Number: 2713

**Access to Psychiatrists**  
 Refer to a Psychiatrist

**BETTER ACCESS**

**Psychological Therapies**  
 By:  
 Clinical Psychologists  
 (Registered with Medicare Australia)

Referral for up to 6 + 4 individual sessions and up to 6 + 4 group sessions

**Focused Psychological Strategies (FPS)**  
 Psycho-education  
 Cognitive Behavioural Therapy  
 Interpersonal Therapy

By:  
 Psychologists  
 Social Workers  
 Occupational Therapists  
 (All registered with Medicare Australia)

Referral for up to 6 + 4 individual sessions and up to 6 + 4 group sessions

**GP Providers of Focused Psychological Strategies (FPS)**  
 (Registered with Medicare Australia)  
 Referral for up to 6 + 4 individual sessions

**GENERAL INFORMATION**

**Your patient can access rebateable services by clinical psychologist, psychologists, occupational therapists or social workers if they are being managed by the GP under a GP Mental Health Treatment Plan (Either item 2700, 2701, 2715 or 2717) or under a psychiatrist assessment and management plan (Item 291).**



**IMPORTANT:** GPs should refer to the Medicare Benefits Schedule for details of the requirements and restrictions related to these items available at <http://www9.health.gov.au/mbs/fullDisplay.cfm?type=note&q=A46&qt=noteID&criteria=2700>