

GP Mental Health Treatment Plan

Provides a structured approach for the management of patients with mental disorders

For details of the Medicare Benefits Schedule requirements and restrictions related to Mental Health Treatment Plan items go to www9.health.gov.au/mbs/fullDisplay.cfm?

Patient Assessment

Record the patient's agreement for this service

Relevant history taking Mental state examination

Assessing associated risk and co-morbidity

Diagnosis / Formulation

Administration of an outcome tool (except where considered clinically inappropriate)

Preparation of the GP Mental Health Treatment Plan

Discuss assessment with the patient
Discuss referral & treatment options
Agree goals with the patient and any patient actions
Provision of psycho-education
Crisis Intervention and/or Relapse prevention plan, if appropriate at this stage
Arrange for required referrals, treatment etc
Document all in the patient's GP Mental Health Treatment Plan

GPs who have not completed Mental Health Skills Training claim Item Number **2700 or 2701** (Related to length of consultation)

GPs with Medicare registered Mental Health Skills Training claim Item Number **2715 or 2717** (Related to length of consultation)

The GP Mental Health Treatment Plan

Eligible patients are those with a mental disorder who would benefit from a structured approach to the management of their care needs. In addition to normal referral arrangements, patients with a GP Mental Health Treatment Plan are eligible for access for up to 10 Medicare rebates per calendar year for focused psychological strategies or psychological therapies - (six initial services with possibility of re-referral for a further 4 services subject to GP assessment of need). A rebate will not be paid within 12 months of a previous claim for the same item. A new plan should not be prepared unless clinically required.

GP Mental Health Treatment Review

Enables a review of the patient's progress against the goals outlined in the GP Mental Health Treatment Plan

Record the patient's agreement for this service

Review patient's progress against the goals of the GP Mental Health Treatment Plan

Modify documented GP Mental Health Treatment Plan if necessary

Check, reinforce, expand education

Crisis intervention and/or relapse prevention plan— if appropriate and not provided previously

Re-administration of the outcome tool used in the assessment stage - except where considered clinically inappropriate

Claim Item Number **2712**

The GP Mental Health Treatment Review

Initial Review between 4 weeks and 6 months after the completion of the GP Mental Health Treatment Plan.

Further review 3 months after the first review if required.

The review item may also be used where a psychiatrist has prepared an assessment and management plan (Item 291) for GP management of a patient. A rebate will not be paid within 3 months of a previous claim for the same item or within 4 weeks of a claim for a GP Mental Health Treatment Plan item.

GP Mental Health Consultation

An extended consultation with a patient where the primary treating problem is related to a mental disorder

Take relevant history and identify patient's presenting problems (if not previously documented)

Provide treatment, advice and/or referral for other services and treatment

Document the outcomes of the consultation in the patient's medical records and other relevant mental health plan (where applicable)

Claim Item Number **2713**

The GP Mental Health Consultation

Consultations should be at least 20 minutes duration

May be used for ongoing management of a patient with a mental disorder, including for patients being managed under a GP Mental Health Treatment Plan