

Brisbane South Psychological Therapies Program

What is the Psychological Therapies Program?

The Psychological Therapies Program replaces the former Access to Allied Psychological Services (ATAPS) program, effective from the 23rd of October 2017, across the entire Brisbane South region.

The Psychological Therapies Program provides evidence-based, short term psychological interventions for people who experience mild to moderate mental illness and have barriers to accessing mainstream treatment options. Clients can access a number of defined therapy sessions delivered by an approved mental health clinician.

Suicide prevention stream

Clients who have had thoughts about hurting or killing themselves in the past 4 weeks but are not at immediate risk can access any number of sessions over a 2 month period as determined clinically appropriate by the clinician and client.

All clients must have been assessed by the referring GP as low-risk and have been given options if they require immediate assistance.

General stream

Clients accessing Psychological Therapies under a stream other than risk of suicide or self harm stream have access to 6 sessions within a maximum 6 month timeframe.

- Identifying as Aboriginal and/or Torres Strait Islander
- Identifying as lesbian, gay, bisexual, transgender, intersex and/or questioning
- Living in a rural and remote community
- Cultural and Linguistically Diverse
- People with disabilities not accessing psychosocial supports through NDIS
- Being a child under the age of 12 years, who has been, or is at risk of, developing a mild to moderate mental illness, childhood behavioural or emotional disorder
- Experiencing, or at risk of, homelessness
- Experiencing perinatal depression/anxiety

Who manages the Psychological Therapies Program?

The Psychological Therapies Program is an initiative funded by Brisbane South PHN and managed and delivered by Wesley Mission Queensland.

Who are our providers?

Services delivered under the Psychological Therapies Program are provided by qualified and experienced mental health practitioners across the Brisbane South Region.

Does the GP get a choice of the psychological therapies provider?

All referrals will be directed to an intake officer at WMQ who

will work with the client to determine a suitable provider based on their individual needs and preferences.

Differences between the Psychological Therapies Program and Better Access?

Both require completion of a Mental Health Care Plan. The Psychological Therapies Program is for people who could not otherwise afford the cost of psychology including the gap payment through Better Access, meet defined target group populations and would benefit from short-term intervention.

Clients who have the capacity to pay and can readily access psychological services or do not meet the target group populations are ineligible for this program and should continue to be serviced under Better Access arrangements.

How quickly will the client be seen?

Once the referral has been accepted, the provider aims to see the client within 10 working days or in the case of suicide prevention, within 72 hours. Any delays in commencement of the service will be communicated to the referrer by the service provider.

Any allocation delays will be communicated to the referring GP by intake staff. Clinical responsibility for clients referred will remain with the GP until seen by the psychological therapies' services.

What are the eligibility requirements?

Target clients are detailed on the next page however the following clients are NOT eligible for this service when the primary reason for referral.

i.e. the client would be better suited to other service modalities to better meet their needs

- Clients who are clinically suited to 'lower intensity' or more acute complex services
- People experiencing chronic, severe mental illness
- People with a primary diagnosis of a Personality Disorder
- People actively experiencing psychotic, Bipolar/manic symptoms
- Adults and children with an intellectual disability who do not have capacity to participate in psychological therapy
- People requiring cognitive assessments and/or reports
- Children experiencing developmental and learning disorders, (including Autism Spectrum Disorder) as a primary diagnosis
- People experiencing Dementia, delirium, or tobacco use disorder as the primary diagnosis
- Duplication or replacement of existing services/funding i.e. client is eligible for other funded services.

Brisbane South Psychological Therapies Program



Wesley Mission Queensland	
Service	Provide evidence-based, short term psychological interventions to individuals with a diagnosable mild to moderate mental illness or people who have attempted or are at risk of suicide or self-harm.
Target clients	All clients must hold a current Health Care Card, in addition to one of the below contributing factors: <ul style="list-style-type: none"> • Identifying as Aboriginal and/or Torres Strait Islander • Identifying as lesbian, gay, bisexual, transgender, intersex and/or questioning • Cultural and Linguistically Diverse • People with disabilities not accessing psychosocial supports through NDIS • Being a child under the age of 12 years, who has been, or is at risk of, developing a mild to moderate mental illness, childhood behavioural or emotional disorder • Experiencing perinatal depression/anxiety • Living in a rural and remote community • Experiencing, or at risk of, homelessness • Being at risk of suicide or self-harm - <i>the client has had thoughts about hurting or killing themselves in the past 4 weeks but is not at immediate risk</i>
Referral source	General practitioners, psychiatrists, paediatricians, community-based organisations (provisional referrals on approval)
Referral document required	Complete referral form: <ul style="list-style-type: none"> • Referral Form • Review Form <p>Note: Provisional Referral form provided only upon pre-approval of community organisation</p>
Therapy delivery method	<ul style="list-style-type: none"> • Face to face at multiple locations throughout Brisbane South region • Phone or web-based consultations • Group therapy
Sessions	<ul style="list-style-type: none"> • 6 sessions within 6 months for those not referred under Suicide prevention or Self Harm • Any number of sessions, as determined by clinician and client, within a 2 month period for those referred under Suicide prevention or Self Harm stream • 1-2 referrals
Types of evidenced interventions	<ul style="list-style-type: none"> • Cognitive-behavioural therapeutic strategies including: • Behavioural interventions • Skills training • Interpersonal Therapy • Acceptance and Commitment Therapy • Narrative Therapeutic Strategy • Psycho-education (including motivational interviewing) • Group Therapy • Art therapy • Mindfulness-Based Cognitive Therapy • Play therapy, and • Family therapy
Communication to referrer	Referring GP will be advised once service commences and receive a summary report at client's exit from service.
How to refer	<ol style="list-style-type: none"> 1. Complete Psychological Therapies Referral Form ensuring client meets core eligibility requirements <ul style="list-style-type: none"> <input type="checkbox"/> Resides in Brisbane South PHN region <input type="checkbox"/> Socioeconomically disadvantaged e.g. active Health Care Card <input type="checkbox"/> Benefit from short-term intervention <input type="checkbox"/> Clinical Mental Health diagnosis, child under 12 at risk of developing, OR risk of Suicide or Self Harm <input type="checkbox"/> Has/working toward Mental Health Care Plan 2. Send the form to Wesley Mission Queensland or Head to Health Intake Service via Fax or Secure messaging 3. Client will be contacted for completion of intake/assessment process 4. If not eligible, intake team will contact the referrer suggesting alternate supports 5. Once approved the client will be allocated to a service provider who can meet their individual needs. The provider will communicate regarding commencement, disengagement and exiting from the service
Contact details	<p>Phone: 3151 3840 Fax: 3539 6445 Email: ptintake@wmq.org.au QW4106000LX Wesley Mission QLD Psychological Therapies</p> <p style="text-align: right; font-size: small;">This service has been made possible through funding provided by the Australian Government under the PHN Program.</p>