

# 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 treatment for people who experience mild to moderate mental illness and have barriers to accessing mainstream treatment options. Clients are able to access a number of defined therapy sessions delivered by an approved mental health clinician.

## Suicide prevention

Clients who are at risk of suicide or self-harm are able to access a number of sessions in addition to the general Psychological Therapies Program, if clinically appropriate.

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

## Who manages the Psychological Therapies Program?

The Psychological Therapies Program is an initiative funded by Brisbane South PHN and managed and delivered by two community organisations targeting both general and multi-cultural specific populations.

## General Stream:

**Wesley Mission Queensland (WMQ) oversees the delivery of Psychological Therapies for general population groups.**

## Specialist Multicultural Stream:

**World Wellness Group (WWG) oversees the delivery of psychological therapies for Culturally and Linguistically Diverse (CALD) populations. To respond to diverse needs across a culturally diverse population group, WWG has formed the Multicultural Psychological Therapies Group in alliance with Heal the Mind, Evolve Psych Consultants and Living Spring Hope Centre to provide a Co-Therapy Model of Care, with the ability to culturally match clients and the practitioner or mental health practitioners and bilingual/bicultural workers co-jointly, to deliver psychological therapies.**

## Who are our providers?

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

## Differences between the Psychological Therapies Program and Better Access?

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.

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

No, all referrals will be directed to an intake officer at either WMQ or WWG who will work with the client to determine a suitable provider based on their individual needs and preferences.

## How quickly will the client be seen?

Once the referral has been accepted, the services are required to see the client within 10 working days or in the case of suicide prevention, within 72 hours.




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:

- Adults and children with an intellectual disability
- Children experiencing developmental and learning disorders, (including Autism Spectrum Disorder) as a primary diagnosis
- People experiencing Dementia, delirium, or tobacco use disorder
- Duplication or replacement of existing services provided by other organisations including state and territory government services, and
- Clients who are clinically suited to lower intensity or more acute complex services
- People requiring cognitive assessments and/or reports
- People experiencing chronic, severe mental illness
- People with a primary diagnosis of a Personality Disorder
- People actively experiencing psychotic, BiPolar/manic symptom.

# Brisbane South Psychological Therapies Program

 <p>An Australian Government Initiative</p>	<p><b>General Wesley Mission Queensland</b></p> 	<p><b>Specialist multicultural stream World Wellness Group</b></p> 
<b>Service</b>	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.	
<b>Target clients</b>	<p>All clients must be socioeconomically disadvantaged, in addition to one of the below contributing factors:</p> <ul style="list-style-type: none"> <li>• Living in rural and remote communities</li> <li>• 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</li> <li>• Experiencing, or at risk of, homelessness</li> <li>• Experiencing perinatal depression/anxiety</li> <li>• Being at risk of suicide or self-harm</li> <li>• Identifying as lesbian, gay, bisexual, transgender, intersex and/or questioning</li> <li>• Being an Aboriginal and Torres Strait Islander Person</li> <li>• Experiencing domestic and/or family violence</li> </ul>	<p>CALD clients must be socioeconomically disadvantaged in addition to one of the below contributing factors:</p> <ul style="list-style-type: none"> <li>• Experiencing language and/or cultural barriers</li> <li>• Living in a rural and remote community</li> <li>• 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 disorders</li> <li>• Experiencing, or at risk of, homelessness</li> <li>• Experiencing perinatal depression/anxiety</li> <li>• At risk of suicide or self-harm</li> <li>• Identifying as lesbian, gay, bisexual, transgender, intersex and/or questioning</li> <li>• Experiencing domestic and family violence</li> </ul>
<b>Referral source</b>	General practitioners, psychiatrists, paediatricians, community-based organisations (provisional referrals)	
<b>Referral document required</b>	Complete general referral form: <a href="https://www.wmq.org.au/bsptp">https://www.wmq.org.au/bsptp</a>	Complete general referral form: <a href="https://worldwellnessgroup.org.au/clinic-services/mental-health-and-wellbeing/mptg/">https://worldwellnessgroup.org.au/clinic-services/mental-health-and-wellbeing/mptg/</a>
<b>Therapy delivery method</b>	<ul style="list-style-type: none"> <li>• Face to face, onsite and home visits</li> <li>• Phone or web-based consultations</li> <li>• Group therapy</li> </ul>	<ul style="list-style-type: none"> <li>• Face to face, onsite and home visits</li> <li>• Phone or web-based consultations</li> <li>• Group therapy</li> </ul>
<b>Sessions</b>	<ul style="list-style-type: none"> <li>• Up to 12 sessions available each calendar year</li> </ul>	<ul style="list-style-type: none"> <li>• Short, medium and long term sessions according to clinical need</li> </ul>
<b>Types of evidenced interventions</b>	<ul style="list-style-type: none"> <li>• Cognitive behavioural therapy</li> <li>• Psycho-education</li> <li>• Interpersonal therapy</li> <li>• Narrative therapy</li> <li>• Family-based interventions (child referrals)</li> <li>• Parent training in behaviour management (child referrals)</li> <li>• Attachment intervention (child referrals)</li> <li>• Parent-child interaction therapy (child referrals)</li> <li>• Group therapy</li> </ul>	<ul style="list-style-type: none"> <li>• Cognitive behavioural therapy</li> <li>• Psycho-education</li> <li>• Interpersonal therapy/ narrative therapy</li> <li>• Family-based interventions (child referrals)</li> <li>• Parent training in behaviour management attachment intervention (child referrals)</li> <li>• Parent-child interaction therapy (child referrals)</li> <li>• Mindfulness and other culturally tailored therapeutic modalities in the context of client's cultural needs</li> <li>• Group programs, including art therapy</li> </ul>
<b>Communication to referrer</b>	Summary report will be provided at client's treatment exit to referring doctor.	
<b>How to refer</b>	<ol style="list-style-type: none"> <li>1. Complete Psychological Therapies Referral Form</li> <li>2. Fax the form to the selected services Eg: Wesley Mission Queensland or World Wellness Group</li> <li>3. Client will be contacted for completion of intake/assessment process</li> <li>4. If not eligible, intake team will contact the referrer</li> <li>5. Once approved the client will be allocated to a service provider who can meet their individual needs</li> </ol>	
<b>Contact details</b>	<p><b>Phone: 3717 7006</b>          Fax: 3277 8128          Email: <a href="mailto:ptintake@wmq.org.au">ptintake@wmq.org.au</a></p>	<p><b>Phone: 3333 2100</b>          Fax 3397 1358          Email: <a href="mailto:mentalhealth@worldwellnessgroup.org.au">mentalhealth@worldwellnessgroup.org.au</a></p>