

Brisbane South Psychological Therapies Program



What is the Psychological Therapies Program?

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

Suicide Prevention Stream

Clients experiencing thoughts of 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 this stream can access 10 sessions (including an intake session) over a 6 month period if they meet the following eligibility criteria:

- 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 domestic and family violence
- 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, including:

- Clinical Counsellors
- Psychologists
- Mental Health Nurses
- Mental Health Social Workers
- Mental Health Occupational Therapists

Does the client or referrer 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?

To access the full benefit of Psychological Therapies, a Mental Health Care Plan is required, similar to Better Access. 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 a client be seen?

Once the referral has been accepted, the provider aims to see the client within 14 days or in the case of suicide prevention, within 7 days. 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.

Reasons this program may not be the best fit for a client:

Another service would better suit the needs of the following:

- 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 reason for referral
- People experiencing Dementia, delirium, or tobacco use disorder as the primary reason for referral
- 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 Experiencing domestic and family violence 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	Anyone can make a referral to Psychological Therapies program. There are 2 referral pathways: <p>Referral by general practitioners, psychiatrists, paediatricians Eligible clients under the General Stream will have access to 10 sessions (including an intake session). Eligible clients under the Suicide Prevention Stream will have access to any number of sessions over 2 month period as determined clinically appropriate by the clinician and client.</p> <p>Provisional referral by anyone else e.g. self, family member, community-based organisations Eligible clients will have access to 6 sessions (including an intake session). Any additional sessions will require a Mental Health Care Plan to be completed by your GP. Our intake team can support clients with this process.</p>												
Referral document required	Complete referral form: <ul style="list-style-type: none"> Referral Form Provisional Referral Form 												
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"> 10 sessions (including an intake session) within 6 months for those referred under the general stream 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 include	<table border="0"> <tr> <td>* Cognitive-behavioural therapy</td> <td>* Mindfulness-Based Cognitive Therapy</td> <td>* Interpersonal Therapy</td> </tr> <tr> <td>* Behavioural interventions</td> <td>* Acceptance and Commitment Therapy</td> <td>* Skills training</td> </tr> <tr> <td>* Narrative Therapeutic Strategy</td> <td>* Group Therapy</td> <td>* Art therapy</td> </tr> <tr> <td>* Play therapy</td> <td>* Psychoeducation (including motivational interviewing)</td> <td>* Family therapy</td> </tr> </table>	* Cognitive-behavioural therapy	* Mindfulness-Based Cognitive Therapy	* Interpersonal Therapy	* Behavioural interventions	* Acceptance and Commitment Therapy	* Skills training	* Narrative Therapeutic Strategy	* Group Therapy	* Art therapy	* Play therapy	* Psychoeducation (including motivational interviewing)	* Family therapy
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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"> 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 Send the form to Wesley Mission Queensland via Fax or Secure messaging Client will be contacted for completion of intake/assessment process If not eligible, intake team will contact the referrer to suggest alternate supports 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	<table border="0"> <tr> <td> Phone: (07) 3151 3840 Fax: (07) 3539 6445 Email: ptintake@wmq.org.au QW4106000LX Wesley Mission QLD Psychological Therapies </td> <td> This service has been made possible through funding provided by the Australian Government under the PHN Program </td> </tr> </table>	Phone: (07) 3151 3840 Fax: (07) 3539 6445 Email: ptintake@wmq.org.au QW4106000LX Wesley Mission QLD Psychological Therapies	This service has been made possible through funding provided by the Australian Government under the PHN Program										
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