

Brisbane South Psychological Therapies Program

What is the Psychological Therapies Program?

The Psychological Therapies Program provides evidence-based, short-term psychological interventions for people who are who experience mild to moderate mental illness, are socioeconomically disadvantaged, and have barriers accessing mainstream treatment options. Clients can access therapy sessions delivered by an approved mental health clinician, if they meet the eligibility requirements of the program.

Suicide Prevention Stream

Clients experiencing thoughts of hurting or killing themselves in the past 4 weeks but are not at immediate risk can access up to 12 sessions over a 3 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 offered 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 3 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
- Living with a disability not accessing psychosocial supports through NDIS
- 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 which is 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 clinicians across the Brisbane South Region, including:

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

Does the referrer get a choice of the Psychological Therapies clinician?

All referrals will be directed to the WMQ Intake Team who will work with the client to determine a suitable clinician based on the needs and preferences of the individual

Differences between the Psychological Therapies Program and Better Access?

To access the full benefit for the Psychological Therapies program, a Mental Health Care Plan is no longer required like Better Access, however, there will need to be some engagement with a GP to gain full access to session otherwise it will be provisional and get a maximum of 6 sessions including intake.

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 a 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 clinician aims to see the client within 14 days for a general referral and within 7 days for a suicide prevention referral. Any delays in commencement of the service will be communicated to the referrer by the clinician. Any allocation delays will be communicated to the referring GP by intake staff. Clinical responsibility for clients referred will remain with the GP or referrer until seen by the Psychological Therapies' clinician.

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 severe and persistent mental illness
- People seeking support for a diagnosed Personality Disorder as the primary reason for referral
- 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.

Wesley Mission Queensland			
Service	Provides 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	<p>All clients must be socioeconomically disadvantaged and have one of the below contributing factors:</p> <ul style="list-style-type: none"> • 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> • Identifying as Aboriginal and/or Torres Strait Islander • Identifying as lesbian, gay, bisexual, transgender, intersex and/or questioning • Cultural and Linguistically Diverse • Domestic and family violence • Living with a disability and not accessing psychosocial supports through NDIS • 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 		
Referral source	<p>Anyone can make a referral to Psychological Therapies program. There are 2 referral pathways:</p> <p>Referral by general practitioners, psychiatrists, pediatricians</p> <p>Eligible clients under the General Stream will have access to up to 10 sessions (including an intake session). Eligible clients under the Suicide Prevention Stream will have access to up to 12 sessions over a 3 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</p> <p>Eligible clients will have access to 6 sessions (including an intake session). Any additional sessions will require engagement with a GP this can be via a mental health care plan or fax/email from GP. Our intake team can support clients with this process</p>		
Referral document required	Complete Mental Health Referral Form		
Therapy delivery method	<ul style="list-style-type: none"> • Face to face at multiple locations throughout Brisbane South region • Telehealth (video or phone consultation) 		
Sessions	<ul style="list-style-type: none"> • General Stream: up to 10 sessions (including an intake session) within a 3 month period • Suicide Prevention Stream: Up to 12 sessions, as determined by clinician and client, within a 3-month period 		
Types of evidenced interventions	<ul style="list-style-type: none"> • Cognitive-behavioural therapy • Mindfulness-Based Cognitive Therapy • Psychoeducation (including motivational interviewing) • Interpersonal Therapy 	<ul style="list-style-type: none"> • Narrative Therapeutic Strategy • Behavioural interventions • Skills training • Acceptance and Commitment Therapy 	<ul style="list-style-type: none"> • EMDR • Art therapy • Play therapy • Family therapy
Communication to referrer	GP or referrer will be advised by the clinician 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 Mental Health Services 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 2. Send the form to Wesley Mission Queensland 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 clinician who can meet their individual needs. The clinician will communicate regarding commencement, disengagement and exiting from the service. 		
Contact details	<p>Phone: (07) 3151 3825</p> <p>Fax: (07) 3539 6445</p> <p>Email: mentalhealthintake@wmq.org.au</p> <p>QW4106000LX Wesley Mission QLD Psychological Therapies</p>	This service has been made possible through funding provided by the Australian Government under the PHN Program	