

# BOiMH PATIENT INFORMATION SHEET

*Your doctor has referred you for participation in the Better Outcomes in Mental Health – Allied Health Project – in order for you to access psychological services for mental health related concerns.*

## About the project...

- The Better Outcomes in Mental Health – Allied Health Project is being run by Brisbane South Division (BSD). This project has been funded by the Australian Government Department of Health & Ageing.
- This project aims to improve your access to treatment for mental health related problems.
- In this project, your GP can refer you to a Mental Health Professional involved with the project for psychological based treatment for mental health problems such as depression and anxiety.
- Normally you may need to pay up to \$100 an hour for this treatment. Under this project the Brisbane South Division will pay the Mental Health Professional for the cost of your sessions.
- Through this project you will initially be able to receive up to 6 sessions of treatment from a Mental Health Professional. Sessions will range in length from 40-60 minutes. Up to a further 6 sessions may be accessed following review by your GP.

## Focused Psychological Strategies...

Focused Psychological Strategies are specific mental health care treatment strategies, derived from evidence based psychological therapies. They have been shown to integrate the best research evidence of clinical effectiveness with general practice and clinical expertise. The strategies and treatments that have been approved for use by GPs are limited to:

1. Psycho-education
2. Cognitive Behavioural Therapy
  - *Behavioural Interventions* such as behaviour modification, exposure techniques and activity scheduling
  - *Cognitive Interventions* such as cognitive analysis, challenging and restructuring, self-instructional training and attention regulation
  - *Relaxation Strategies* guided imagery, deep muscle and isometric relaxation
  - *Skills Training* such as problem solving skills training, anger management, stress management, communication training, social skills training, parent management training, motivational interviewing
3. Interpersonal Therapy

## Confidentiality / Privacy...

- Your GP will need to provide the Mental Health Professional with some background information about you and the reason for the referral. When your treatment is completed the Mental Health Professional will provide your GP with a report about your treatment and you will return to your GP to review your treatment. This information will remain confidential between yourself, your GP and your Mental Health Professional.
- Some information about you will be forwarded to Brisbane South Division. Information on this form includes your name and some background details such as your date of birth, the type of problem you are experiencing, and other general details. This information will be used to see if the project is meeting its aims. Some information is provided to the Commonwealth Government who is funding the project, however your name and all identifying information are removed.

## Where to from here?

If you would like to participate in BOiMH and receive subsidised treatment for your mental health concern, please inform your GP.

Your involvement in the project is completely voluntary and you may withdraw from treatment at any time.

If you experience any problems with your treatment, please talk with your GP.

If you are unable to keep an appointment with your Mental Health Professional, you are required to give at least 24 hours notice. The Brisbane South Division has a policy regarding appointment cancellations which you can discuss with your Mental Health Professional.

Evaluation of the project includes obtaining information and feedback from your GP, your Mental Health Professional and yourself.

Please refer to the 'Patient Privacy and Confidentiality' form for further information. You will be given a 'Consumer Satisfaction Survey' at your final session with your psychologist, and a reply paid envelope to forward it directly to BSD. This way you can be assured that your information remains confidential

Contact BSD on 3274 1886 to speak to our Mental Health project officer or email us on [info@brisbanesouth.com.au](mailto:info@brisbanesouth.com.au)