

# Information for clients and carers

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## EMPHN's Mental Health Stepped Care Model

Eastern Melbourne PHN (EMPHN) will continue to fund mental health services but in a different way. From January 2018, EMPHN is implementing a new Mental Health Stepped Care Model. The Stepped Care Model will offer a variety of person-centred support options for people with different levels and types of mental health need, along with clear pathways between these options, as an individual's needs change. The model also connects with other community and clinical mental health services available in the local area. The workforce of the new Stepped Care Model will include peer workers, allied health professionals, psychologists and mental health nurses.

EMPHN has begun rolling out its Mental Health Stepped Care Model for mental health services using a phased approach. A phased approach over a 12-month period will include:

- North-east Melbourne: LGAs of Whittlesea, Banyule, Nillumbik, and parts of Mitchell and Murrindindi within the EMPHN catchment. Service delivery operational from **15 January 2018**.
- Outer-east Melbourne: LGAs of Maroondah, Knox and Yarra Ranges within the EMPHN catchment. Service delivery operational from **2 July 2018**.
- Inner-east Melbourne: LGAs of Boroondara, Manningham, Whitehorse and Monash. Service delivery operational from **14 January 2019**.

### Changes to EMPHN Psychological Strategies and Mental Health Nursing Services

The current Psychological Strategies (formerly known as ATAPS) and Mental Health Nursing Services (formerly known as Mental Health Nurse Incentive Program or MHNIP) will conclude in line with the transition to the new Mental Health Stepped Care Model on the following indicative dates:

- North-east and outer-east: Psychological Strategies, Mental Health Nursing and Suicide Prevention services have concluded.
- Inner-east: Psychological Strategies and Mental Health Nursing services conclude by 4 February 2019. Suicide Prevention Services conclude by 8 March 2019.

It is, however, important to note that evidence based psychological services (previously provided by allied health professionals and psychologists) and clinical care coordination services delivered by credentialed mental health clinicians (previously provided by mental health nurses) within a primary care setting will be part of the suite of services offered in the new Mental Health Stepped Care Model.

## **What will happen to the services I currently receive from a mental health clinician contracted by EMPHN?**

Clinicians contracted by EMPHN to deliver Psychological Strategies and the Mental Health Nursing Services have been asked to work with their clients to make transition arrangements for their care, according to the dates outlined above for the north-east, outer-east and inner-east stages.

These arrangements include:

- Working with you, your carer and referrer (as appropriate) to understand the types of services you may need.
- Ensuring arrangements for ongoing care are finalised in consultation with you, the new providers, referrers and carers (as appropriate).
- Working with you to update treatment plans and preparing a report, particularly if you are requiring ongoing care. This report will help to support your transition to new care arrangements, and to provide your GP/referrer with an update about your progress and ongoing treatment goals.
- Communicating to your carers (as appropriate) and referrers such as GPs, psychiatrists and public mental health services about the changes, and new arrangements.

## **What if I need ongoing care beyond the last service date for the part of the catchment I live in?**

A list of additional or alternative services has been provided to EMPHN's Psychological Strategies and Mental Health Nursing Service providers to help them plan the transition with clients.

If you require ongoing care beyond the last service date for the part of the catchment that you live in, your clinician will assist you to be referred to an appropriate service provider, which may include referral to a new provider in the Mental Health Stepped Care Model. This transition will be made in consultation with EMPHN's Referral and Access Team. As part of the Mental Health Stepped Care Model, you will undergo a brief assessment to determine the most appropriate service, matched to your needs, to be delivered by the new provider.

If your ongoing care is going to be delivered by a provider that is not a part of the new Stepped Care Model, your current clinician will be able to refer you directly, with your consent.

## **Will my GP/psychiatrist/paediatrician be informed of my transfer to the new provider in the Stepped Care Model?**

With your consent, your current provider will discuss your ongoing care with your GP/Psychiatrist/Paediatrician, so they can remain involved in the plan for your ongoing care arrangements. They will also complete a report for your referrer about your progress and ongoing care. A transition report will be sent to the new Mental Health Stepped Care provider if appropriate.

### **For further information:**

**EMPHN's Referral and Access Team**

**P: 9800 1071**

**W: [www.emphn.org.au](http://www.emphn.org.au)**