

Information

For general practitioners

Psychological Strategies (formerly known as ATAPS) –Child Mental Health (CMH) Service

What is the Child Mental Health Service?

Eastern Melbourne PHN's (EMPHN) Child Mental Health (CMH) service is a short-term service for children and their families.

The CMH service offers:

- brief support (12 individual sessions);
- parenting and family support work;
- focused psychological strategies; and
- up to 12 group sessions in addition.

This service is provided free of charge.

Who is this service for?

To be eligible for referral to the CMH service, your patient must meet the following criteria:

- be aged between 0–11 at the time of the referral;
- have a mental health diagnosis or be at risk of developing a mental health diagnosis;
- family cannot afford full fee counselling or a service gap fee for MBS Better Access subsidised counselling; and
- have not used the Medicare Benefits Schedule Better Access program in the current calendar year.

How to access the CMH service

- Book a long consultation with your patient and a family member to discuss their wellbeing concerns.
- Develop a mental health treatment plan (MHTP) GPs can change the heading of this document to Child Treatment Plan (CTP) as per the Psychological Strategies Guidelines in light of issues around labelling and stigmatising young children.
- Once processed, EMPHN will allocate your referral to a clinician in the community who will contact you for an appointment time.

Complete the following (available at <https://www.emphn.org.au/what-we-do/mental-health/psychological-strategies>).

- EMPHN Mental Health Services Referral Form and the Strengths and Difficulties Questionnaire (SDQ).
- Fax the MHTP referral form and SDQ to EMPHN's secure fax number on (03) 8677 9510.
- Once processed, EMPHN will allocate your referral to a clinician in the community who will contact your client for an appointment time.

What happens next?

- After the initial six sessions, you will be provided with a treatment review, indicating if additional sessions are required.
- If further sessions are required, please complete a referral form for a second set of sessions and MHTP review and fax these to the secure fax number.
- In exceptional circumstances, a further six sessions can be accessed (consultation with the EMPHN intake team and an additional MHTP review is required).

For more information

Contact EMPHN on 9800 1071 or visit:

<https://www.emphn.org.au/what-we-do/mental-health/psychological-strategies>

Your client consents to their/ their child's de-identified information being used by EMPHN for evaluation and reporting purposes to the Department of Health. They understand this data, which does not include their name, address or Medicare number, but will include information such as date of birth, gender and types of services they use, will be used for the purposes of improving health services in Australia. Your client understands that their/ their child's information will not be provided to the Department of Health if they indicate they do not consent.

www.emphn.org.au