

For Focused Psychological Strategies

Before you start: a referral to FPS can only be made by:

- A GP or medical practitioner, managing the patient under a **GP Mental Health Care Plan** or
- A medical practitioner (including a general practitioner, but not a specialist or consultant physician), managing the patient under a **referred psychiatrist assessment and management plan**, or
- A psychiatrist or paediatrician, referring from **eligible Medicare services**.

Step 1: Assess the patient's eligibility to access individual FPS items

- Assess the patient for a mental disorder, based the diagnostic criteria outlined in the ICD-11
- Administer a screening measure such as the DASS-21 or the K10 for additional data

Step 2: Inform the client of the maximum service limits for Medicare subsidies

Eligible patients can claim Medicare subsidies for:

- up to 10 individual mental health services per calendar year
- up to 10 group mental health services per calendar year.

A referral can provide the patient with up to two courses of treatment:

- An initial course of treatment – a maximum of six sessions.
- A subsequent course of treatment – a maximum of six sessions **up to the patient's overall cap of ten sessions per calendar year**.

Unused services can be carried over from a previous calendar year to the current, however, these will count towards the patient's maximum total of 10 services within the current calendar year.

Services Australia can confirm the number of allied mental health services already claimed by the patient during the calendar year and whether they have an existing management plan.

Step 3: if you are a GP, prepare and sign the GP mental health care plan.

Preparation codes:

- 2715 – MHCP preparation by GP (at least 20 - < 40 minutes)
- 2717 – MHCP preparation by GP (at least 40 minutes)
- 92116 – MHCP preparation by GP via telehealth (20 – 40 minutes)

Step 4: Write the referral letter

The referral letter must be signed and dated by you, and must include all of the following details:

- ·Addressed to Treat Yourself Well Sydney Psychology (you do not need to name the specific psychologist)
- ·Patient's name, date of birth and address;
- ·Patient's symptoms or diagnosis and a statement on whether a mental health care plan has been prepared;
- ·List of any current medications;
- ·Number of sessions the patient is being referred for (the 'course of treatment');
- ·A statement about whether the patient has a mental health care plan or a psychiatrist assessment and management plan.
- ·A statement indicating whether group sessions could be considered.
- ·If the referral is for loved one/carer support sessions – indicate that this is part of the patient's treatment plan.

You must specify the Number of Sessions on the Referral letter.

Step 5: Send the referral letter

The referral letter and the mental health care plan must be sent to Treat Yourself Well Sydney and provide the patient with a copy.

- We need to receive the referral letter and MHCP prior to the patient's first session. We can accept a verbal referral in extenuating circumstances; however a written referral will still be required as soon as practicable after the first session.