

Better Access to Mental Health Care – Psychological therapy and Focussed Psychological Strategies (FPS) services Summary of explanatory notes and web links

	Provision of Focussed Psychological Strategies (FPS) services on referral from a GP, psychiatrist or paediatrician	Provision of psychological therapy services by a clinical psychologist on referral from a GP, psychiatrist or paediatrician
	FPS provided by registered GPs #2721, #2723, #2725, #2727	FPS provided by registered psychologists #80100, #80105, #80110, #80115
	FPS provided by registered Occupational Therapists #80125, #80130, #80135, #80140	FPS provided by registered Social Workers #80150, #80155, #80160, #80165
	Group FPS provided by registered psychologists #80120	Group FPS provided by registered occupational therapists #80145
	Group FPS provided by registered social workers #80170	Psychological assessment and therapy #80000, #80005, #80010, #80015
	Group psychological therapy #80020	
Services that must be performed to claim the Medicare item	<p>A range of acceptable strategies has been approved for use by practitioners in this context, such as</p> <ul style="list-style-type: none"> • psycho-education • cognitive-behavioural therapy • relaxation strategies • skills training • interpersonal therapy <p>There is flexibility to include narrative therapy for Aboriginal and Torres Strait Islander people.</p> <p>Following an initial course of therapy (up to 6 services), a report should be provided back to the referring GP that includes:</p> <ul style="list-style-type: none"> • information on assessments carried out on the client • treatment provided • recommendations on future management of the client's disorder <p>Reports must also be provided back to the referring medical practitioner following any subsequent referred courses of treatment.</p>	<p>In addition to psycho-education, it is recommended that cognitive behaviour therapy be provided. However, other evidence-based therapies, such as interpersonal therapy, may be used if considered clinically relevant.</p> <p>Following an initial course of therapy (up to 6 services), a report should be provided back to the referring practitioner which includes:</p> <ul style="list-style-type: none"> • Information on assessments carried out on the client • Treatment provided • Recommendations on future management of the client's disorder • Reports must also be provided back to the referring practitioner following any subsequent referred courses of treatment
Medicare rules relating to frequency of service	Up to 12 services per patient per calendar year. An additional 6 services per patient per calendar year may be available in exceptional circumstances (such as a significant change in client's clinical condition or care circumstances).	
Role of the GP	Refer a patient to these services, receive written report and continue to provide overall management of the client's mental health care.	
Roles that can be performed by practice nurses (PNs) or Aboriginal health workers (AHWs) on behalf of and under the supervision of the GP	A specialist mental health nurse, other allied health practitioner or Aboriginal Health Worker with appropriate mental health qualifications and training may provide general assistance to GPs in provision of mental health care.	
Main information web link	http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pcd-programs-amhpm	

All information is current as at September 2008. Health professionals intending to use these items should refer to the Medicare Benefits Schedule (MBS) book or to the Allied Health and Dental Services MBS booklet for more comprehensive information, including the MBS requirements for each item. Alternatively, they can search for specific items at www9.health.gov.au/mbs or telephone Medicare Australia on 03 9605 7964 or contact the local Division of General Practice.