Supplementary guidance on clinical service delivery components – Community-based care in Area Mental Health and Wellbeing Services

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In this document, 'Aboriginal' refers to both Aboriginal and Torres Strait Islander people. 'Indigenous' or 'Koori/Koorie' is retained when part of the title of a report, program or quotation.

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Supplementary guidance on clinical service delivery components

Additional information on clinical sub-components of community-based Area Mental Health and Wellbeing Services (Area Services)

The following table provides additional information for the '*Community-based care in Area Mental Health and Wellbeing Services – Service Framework'* about the expected clinical sub-components within the core components of service delivery, including a brief description of each sub-component and indicative workforce discipline requirements (not all service delivery components have additional information provided).

The second table is a list of potential expansion and growth sub-components, that are not expected in all Area Services.

All sub-components in this list have a strong evidence-base and are part of mental health and wellbeing treatment, care and support.

Note that where the description includes 'all mental health workforce disciplines' it includes the following list (as defined by approved discipline frameworks and registration requirements):

- Allied health disciplines contributing specialist therapeutic interventions
- Lived and living experience disciplines, including consumer, family carer and peer workforces
- Mental Health Nursing / Registered Nurses (including Registered Psychiatric Nurses)
- Occupational Therapy
- Psychiatry and other Medical Practitioners
- Psychology
- Social Work

The first table below contains sub-components that are expected to be available in all Area Services:

Component	Sub-component (References)	Description
Care planning and coordination	**Case Management** [1]	Case management in Area Services is an expected component of community-based services for people with moderate to severe mental illness who require ongoing, intensive and coordinated support. This involves a collaborative approach to assessment, care planning, care coordination, monitoring, evaluation and advocacy to meet an individual's needs. This is delivered through multidisciplinary practice across components and sub components of care. All mental health workforce disciplines
Care planning and coordination	**Crisis Planning – Early Warning Signs and Relapse Prevention** [2]	Structured approach to identifying early warning signs of deterioration, developing relapse prevention strategies, a process for monitoring of symptoms and crisis plans and interventions in case symptoms increase over a certain threshold. All mental health workforce disciplines
Care planning and coordination	**Safety Planning Intervention (SPI)** [3 4]	Evidence-based strategies to reduce suicidal behaviour by providing prioritised coping strategies including interventions to reduce access to lethal means for potential suicide methods and a personalised safety plan to be used in the event of a suicidal crisis. All mental health workforce disciplines

Component (contin.)	Sub-component (References) (contin.)	Description (contin.)
Care planning and coordination	**Shared Care** [5]	A collaborative model of care between the specialist mental health service and general practitioners and/or private psychiatrists involving structured communication, shared management plans and coordinated care to manage the mental health and physical health needs of people with mental health conditions including those with chronic and serious mental illness, including treatment resistant illness. All disciplines - shared care to be delivered by an experienced mental health clinician and consultant psychiatrist or delegate. Requires skills and expertise in care planning, coordination and communication.
Physical health support	**Physical Health comorbidity** [6]	Physical health treatment is expected of Area Services, recognising the high rates of comorbidity. Core interventions include screening, assessment, investigations, diagnosis where clinically appropriate, and preliminary management within scope of practice of physical health comorbidities with integrated and formal pathways to access primary health, community and specialist medical care to ensure physical health needs are addressed alongside mental health treatment to support recovery and wellbeing.
Treatment and therapies	**Family Interventions** [7] [8]	Interventions that build an alliance with the family, reduce adverse family relationships, improve capacity to problem solve and attain a desirable change in belief systems and behaviours. May be formalised structured approaches or delivered through case management. Examples include single session therapy, family therapy, counselling, peer-led family work, family peer specialists. Timely clinical interventions to develop and promote secure attachment for emotional regulation and healthy development. For example, in Infant, Child and Youth (ICY) Area Services– attachment therapy, parent-infant psychotherapy, Circle of Security. Delivered by appropriately qualified mental health professionals (all disciplines) with additional training in the selected family intervention. Peer led interventions are delivered by the Lived Experience workforce
Treatment and therapies	**Parenting Interventions** [9] [10]	Parenting interventions are expected for ICY Area Services. Parenting interventions are based on theories, including attachment theory, operant conditioning theory and social cognitive theory accompanied by reflective practice and early application, including in infancy. The aim of parenting interventions is to teach positive parenting skills, reduce harsh parenting practices, increase parenting competence and improve parent–child relationships. Parenting supports should be offered in a range of formats based on assessed need, including individual interventions and group-based programs. Examples include Tuning Into Kids <https://tuningintokids.org.au/research/publications/> and Triple P (positive parenting program) <https://www.triplep.net/glo-en/home/> Delivered by appropriately qualified mental health professionals (all disciplines) with additional training in parenting interventions

Component (contin.)	Sub-component (References) (contin.)	Description (contin.)
Treatment and therapies	**Trauma-based treatment** [11]	The use of trauma-focused psychological interventions to address the psychological and emotional impacts of trauma. All Area Services should be able to deliver trauma informed care and case management. Delivered by appropriately qualified mental health professionals (all disciplines)
Treatment and therapies	**General psychiatric management for borderline personality disorder** [12]	General psychiatric management (GPM) for borderline personality disorder (BPD) is an empirically validated treatment approach to BPD suitable for use in Area Services as a core treatment. GPM may be used alongside other therapeutic modalities for BPD such as DBT. Services who deliver DBT are not required to deliver Specialist supportive clinical management (SSCM) as a core intervention Evidence demonstrates outcomes are equal to DBT at population level although one approach may be more successful than another for individuals. All disciplines working with this population group
Treatment and therapies	**Cognitive Behavioural Therapy (CBT)** [13] [14]	Cognitive Behavioural Therapy (CBT) – group or individual, school-based, integrated and education models. A form of psychological treatment to change thinking and behaviour which is shown to be effective in treating mental health conditions including depression, anxiety, alcohol and other drug (AOD) use, eating disorders and severe mental illness. Core treatment is individual practitioners using CBT informed approaches in case management and therapy. Delivered by appropriately qualified mental health professionals (all disciplines) with additional training in CBT
Treatment and therapies	**Occupational Therapy** [15] [16]	Interventions for functional, cognitive, driving, sensory, physical and environmental assessments and occupation focused interventions, sensory modulation and psychotherapy in people with mental health conditions (all ages). Mental Health Occupational Therapy (OT) approaches are expected in community-based care in Area Services. National Disability Insurance Scheme (NDIS) evidence gathering assessments as appropriate. OT Australia mental health capability framework (2025) <https://otaus.com.au/resources/mental-health-capability-framework> Occupational Therapist qualified

Component (contin.)	Sub-component (References) (contin.)	Description (contin.)
Treatment and therapies	**Social Work**	Social Work interventions provide discipline-specific psychosocial expertise within community-based care within multidisciplinary case management, delivering holistic, person-centred support that addresses psychosocial needs alongside mental health treatment. Mental Health Social Work approaches focus on assessment, care coordination, advocacy, family inclusive practice and support to navigate complex service systems, including housing, income, legal, child and family, and community supports. Interventions are trauma-informed, recovery-oriented and responsive to social determinants of mental health, supporting continuity of care and improved outcomes across the service system. Refer to the Australian Association of Social Workers Practice Standards (Feb 2023) <https://www.aasw.asn.au/about-aasw/ethics-standards/practice-standards/> Social Work qualified
Treatment and therapies	**Speech Pathology**	Speech Pathology interventions are expected for ICY Area Services. Defined as intervention for speech, language and communication difficulties and swallowing needs in young people with mental health conditions. Speech Pathology Australia resources online <https://communicationhub.com.au/Communication_Hub/Resources/Fact_Sheets/Mental-Health.aspx> Speech Pathologist qualified
Treatment and therapies	**Assertive Community Treatment** [17]	Assertive Community Treatment is an intensive, multidisciplinary, community home-based treatment approach for people with complex mental health needs. The aim is to reduce episodes of relapse and hospital readmissions through 24/7 support including medication management, intensive outreach, frequent contact, tailored support for daily living, housing and rehabilitation. Elements of ACT are fully incorporated into community mental health case management. Delivered by appropriately qualified mental health professionals (all disciplines)
Treatment and therapies	**Integrated Alcohol or Other Drug treatment (AOD)**	A coordinated approach where treatment for co-occurring mental health conditions and substance use disorders are delivered through collaborative care and multidisciplinary teams. Refer to the guidelines online: Integrated treatment, care and support - Guidance for mental health and wellbeing and AOD services <https://www.health.vic.gov.au/mental-health-reform/recommendation-35>

Component (contin.)	Sub-component (References) (contin.)	Description (contin.)
Treatment and therapies	**Integrated Alcohol or Other Drug treatment (AOD) (contin.)**	For example: May include motivational interviewing, harm reduction, stage-appropriate treatment, addiction roles, CBT, pharmacotherapy (including Opioid Replacement Therapy – ORT), peer interventions, detoxification and withdrawal treatments, brief interventions, assessment, case formulation, assertive outreach, relapse prevention and inpatient care. All mental health disciplines. Specialist AOD roles (medical, nursing, allied health) require additional training and expertise in addictions/AOD
Treatment and therapies	**Pharmacological Treatment** [18]	The use of medicines to prevent, treat or cure disease. Delivered by Medical Practitioners and Nurse Practitioners
Treatment and therapies	**Electro-convulsive therapy (ECT)** [19]	Electro-convulsive therapy (ECT) is the application of an electric current to specific areas of a person's head to produce a generalised seizure. It is most commonly prescribed for severe depression but is also used to treat mania, schizophrenia and catatonia. Delivered by Medical Practitioners and Registered Nurses
Treatment and therapies	**Eating disorders treatment** [20] [21]	Specialist supportive clinical management (SSCM) for eating disorder treatment for people with comorbid mental health disorders. SSCM is an effective outpatient eating disorders treatment for anorexia nervosa. It builds on the existing core skills and strengths of mental health clinicians in clinical management and supportive psychotherapy to apply their skills into working with people experiencing eating disorders. Family based treatment for Anorexia Nervosa is recognised as the first line, evidence-based model of care for adolescents with anorexia nervosa. Resources via Centre of Excellence in Eating Disorders (CEED) <https://ceed.org.au/resources/> Delivered by appropriately qualified mental health professionals (all disciplines) with additional training in SSCM and family-based treatment)
Education programs and self-help	**Family Psycho-education** [22]	Family psycho-education recognises the important role families, carers and supporters can play in a person's recovery and wellbeing. It provides information about pharmacological and psychosocial treatments, relapse prevention and ways families can support the consumer's goals, preferences and ongoing care. Interventions may be delivered to family/carers alone, with the consumer, or with broader family and support networks, depending on the consumer's wishes and assessed need. Example: Delivering an education session to the family on medication and treatment options OR delivering a manualised education program (i.e. 12-week Family Connections for borderline personality disorder (BPD)) that improves skills, relationship, wellbeing and functioning of family and carers. All mental health workforce disciplines

Component (contin.)	Sub-component (References) (contin.)	Description (contin.)
Education programs and self-help	**Consumer Psycho-education** [23]	Consumer psycho-education supports people to understand their treatment and actively participate in decisions about their care. Education may include information about symptoms, medication and side-effects, early warning signs of relapse, relapse prevention, maintenance interventions, and psychosocial and psychological treatments. The focus is on providing accessible information, supporting informed choice, and responding to questions and concerns. It may be delivered through case management, individually, or in a structured group format. Example: Delivering a teaching session on antipsychotics and adverse effects to individual consumers or groups. All mental health workforce disciplines

Further components that offer potential for expanded service offering

The following table is sub-components not available in all areas, that offer potential for expanded service offering:

Component	Sub-component (Reference)	Description
Treatment and therapies	* **Eating disorders treatment (expansion)** [24] [25]	Specific therapeutic interventions for specific cohorts with eating disorders. Delivered by appropriately qualified mental health professionals (all disciplines) with additional specialist training
Treatment and therapies	* **Dialectical Behaviour Therapy (DBT)** [26] [27]	Dialectical Behaviour Therapy (DBT) is a group and individual CBT related structured intensive therapeutic intervention developed to treat BPD. Recognised as the gold standard of care. Four core areas. 24-week program. Delivered by appropriately qualified mental health professionals (all disciplines) with additional training in DBT
Treatment and therapies	* **Mentalization Based Therapy (MBT)** [28]	Mentalization Based Therapy (MBT) is an evidence-based psychodynamic therapy designed to strengthen a person's capacity to mentalize—that is, to understand their own and others' thoughts, feelings, intentions, and motivations. MBT may be used for individual or group therapy or as a framework for clinicians to work in psychologically informed ways. Delivered by appropriately qualified mental health professionals (all disciplines) with additional training in MBT

Component (contin.)	Sub-component (Reference) (contin.)	Description (contin.)
Treatment and therapies	* **Cognitive Analytic Therapy (CAT)** [29] [30]	Cognitive Analytic Therapy (CAT) is a time-limited, integrative psychological therapy that combines principles from cognitive therapy and psychoanalytic/psychodynamic approaches. Delivered by appropriately qualified mental health professionals (all disciplines) with additional training in CAT
Treatment and therapies	* **Transcranial magnetic stimulation (TMS)** [31]	Transcranial magnetic stimulation (TMS) is a non-invasive brain stimulation technique that uses a magnetic coil to generate a local electric current by electromagnetic induction. It is most commonly used to treat major depression. Delivered by Medical Practitioners and Registered Nurses
Treatment and therapies	* **Ketamine Treatment** [32]	The use of ketamine as pharmacological treatment for Major Depressive Disorder (MDD) only. Low-dose ketamine is a novel treatment that can be effective in reducing depressive symptoms in people with difficult-to-treat depression. Not a first line treatment. Delivered by Medical Practitioners and Nurse Practitioners
Treatment and therapies	* **Digital Mental Health Interventions** [33]	Digital based and technology enhanced interventions to prevent and treat mental health conditions in children and young people. Delivered by appropriately qualified mental health professionals (all disciplines)
Treatment and therapies	***Dietetics** [34]	Dietitians treat a range of health conditions and provide expert nutrition and dietary advice to improve health and wellbeing outcomes (across all ages). Delivered by qualified Dietitian
Treatment and therapies	* **Creative Therapies – Art and Music** [35] [36]	Art therapy is a form of psychotherapy that utilises artistic expression as a means of communication and self-exploration which can promote emotional, cognitive and physical well-being. Music Therapy is defined as 'a reflexive process wherein the therapist helps the client to optimize the client's health, using various facets of music experience and the relationships formed through them as the impetus for change. As defined here, music therapy is the professional practice component of the discipline, which informs and is informed by theory and research'. Art Therapist (minimum Bachelor of Art Therapy) Music Therapist (minimum accredited Music Therapist with the AMTA)

Component (contin.)	Sub-component (Reference) (contin.)	Description (contin.)
Treatment and therapies	*** Integrated Alcohol or Other Drug treatment (AOD)**	Specific and specialist elements of therapy may be a component of an expanded service model. For example: addictions programs, nurse practitioner AOD roles, addiction medicine and psychiatrist roles, pharmacotherapy (including Opioid Replacement Therapy – ORT), peer interventions, detoxification and withdrawal treatments and inpatient care. Specialist AOD roles (medical, nursing, allied health) require additional training and expertise in addictions/AOD
Treatment and therapies	*** Parenting Interventions** [37] [38]	Parenting interventions are valuable for adult services and may be a component of an expanded adult mental health service program. Parenting interventions are based on theories, including attachment theory, operant conditioning theory and social cognitive theory accompanied by reflective practice and early application, including in infancy. The aim of parenting interventions is to teach positive parenting skills, reduce harsh parenting practices, increase parenting competence and improve parent–child relationships. Delivered by appropriately qualified mental health professionals (all disciplines) with additional training in parenting interventions
Treatment and therapies	*** Speech Pathology**	Interventions for speech, language and communication difficulties and swallowing needs in people with mental health conditions may be a component of an expanded adult and/or older adult mental health service program. Speech Pathology Australia resources online: <https://communicationhub.com.au/Communication_Hub/Resources/Fact_Sheets/Mental-Health.aspx> Speech Pathologist qualified
Treatment and therapies	*** Cognitive Behavioural Therapy (CBT)** [39] [40]	Cognitive Behavioural Therapy (CBT) – group or individual, school-based, integrated and education models. Structured CBT program delivery and CBT for specific cohorts and populations may be a component of an expanded service model. Delivered by appropriately qualified mental health professionals (all disciplines) with additional training in CBT
Treatment and therapies	*** Trauma-based treatment** [41] [42]	The use of structured trauma-focused psychological interventions to address the psychological and emotional impacts of trauma. Structured approaches may be a component of an expanded service model including eye movement desensitization and reprocessing therapy (EMDR), cognitive therapy for post-traumatic stress disorder (CT- PTSD), prolonged exposure (PE) and cognitive processing therapy (CPT). NICE guideline: Post-traumatic stress disorder <https://www.nice.org.uk/guidance/NG116> Delivered by appropriately qualified mental health professionals (all disciplines) with additional training in parenting interventions

*** denotes components that are potential for expanded service offering. Not available in all areas**

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