

Occupational Therapy, Mental Health & Medicare

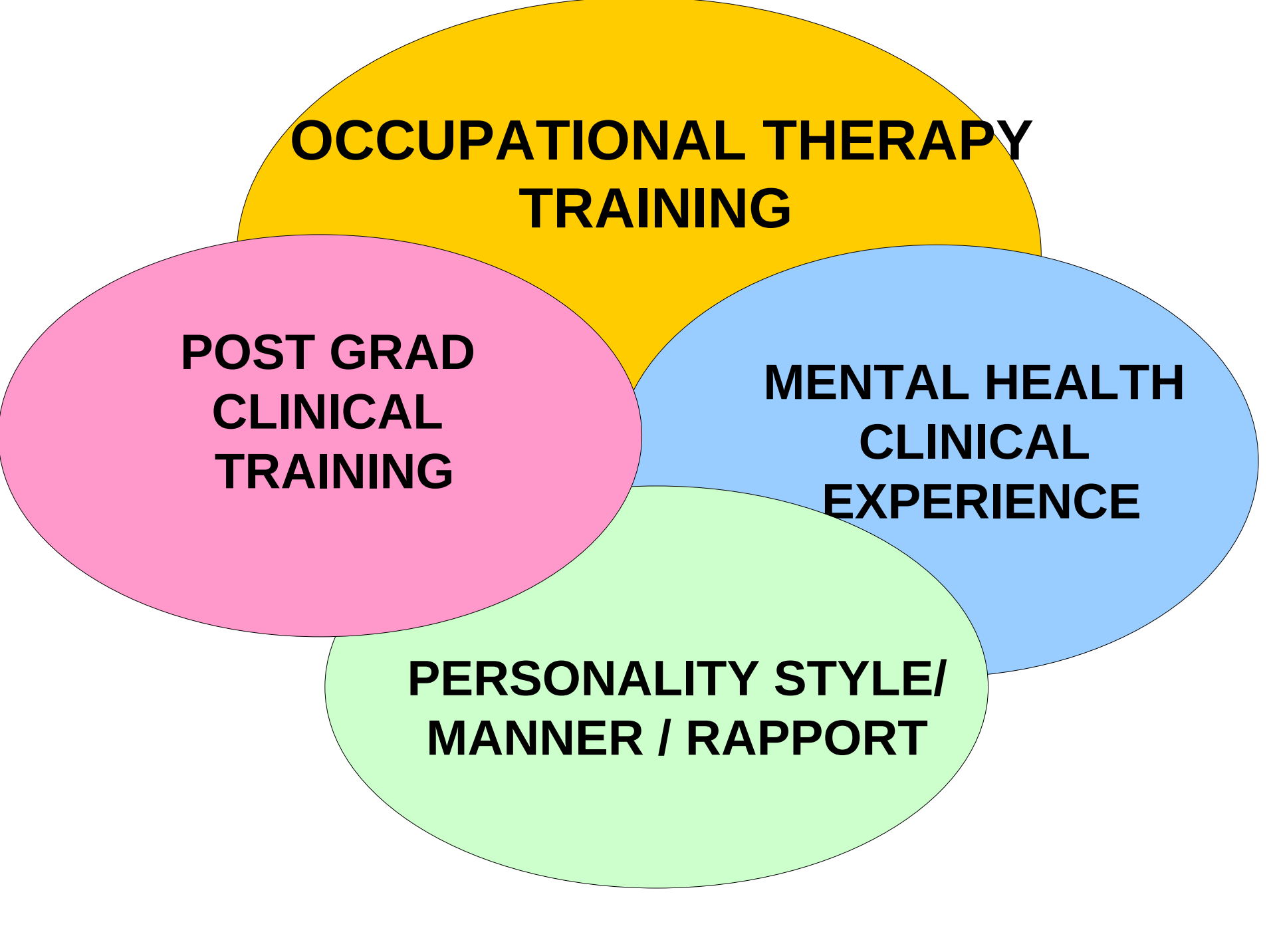
Michelle Bihary,
Director of The Delta Centre

Victorian Representative for OT
AUSTRALIA's Committee
for Better Access to Mental Health Care

Overview



- What do Mental Health OTs bring to private practice
 - Training
 - Clinical Experience
 - Post Grad Training
- Mental Health OTs in Private Practice
 - Current services
- Referrals: Where to find an OT



**OCCUPATIONAL THERAPY
TRAINING**

**POST GRAD
CLINICAL
TRAINING**

**MENTAL HEALTH
CLINICAL
EXPERIENCE**

**PERSONALITY STYLE/
MANNER / RAPPORT**

OCCUPATIONAL THERAPY

Specialists in assessing and treating the **functional** implications of health problems from a developmental, holistic perspective –

particularly focused on the client's ability to engage in everyday **occupations** and **roles** to assist in living independent and meaningful lives.

OCCUPATIONAL THERAPY TRAINING

Broad based training in physical,
psychological, mental health and wellbeing

Training: Anatomy, Physiology, Psychology,
Neurosciences, Pain and Physical Health,
Disease & Dysfunction, Physical Rehabilitation
Stress management & Relaxation Training,
Occupational Science

OT TRAINING – MENTAL HEALTH

Developmental, holistic, occupational and socio-cultural perspectives on psychological wellbeing, including mental health across the lifespan

Clinical Psychiatry Psychopathology
Mental State & Risk Assessment
Assessment of Psychosocial Needs
Life transitions, Stress & Trauma

OT TRAINING – MENTAL HEALTH

Counselling & Client centred Practice

Psychological theories: CBT, Psychodynamic,
Family Therapy, Gestalt, Group Therapy

Case Formulation and Case Management

Prevention, Recovery, Rehabilitation

& Relapse Prevention Models

Change and adult learning theories

Psycho-education

MENTAL HEALTH CLINICAL EXPERIENCE

Minimum of 2 years Supervised
Mental Health experience working
in an OT or generic mental health role

Psychiatric Services:

Community Mental Health,
Primary Mental Health, Forensic,
CATT, Inpatient Units,
Psychiatric Rehab Services
CAMHS & Aged Psychiatry

MENTAL HEALTH CLINICAL EXPERIENCE

Client Groups: Anxiety & Depression,
Psychotic, Personality & Mood Disorders



Consolidation of **Core Mental Health
Competency Standards**
through supervised
mental health experience

MENTAL HEALTH EXPERIENCE

Development of Specialist Expertise

Specific Mental Health Areas:

Depression & Anxiety

Child and Adolescent Drug and Alcohol

Trauma & Personality Disorders

Grief and Loss

Pain & Complex Health Issues

Psychotherapeutic Expertise

Case Management & Rehabilitation

POST GRAD CLINICAL TRAINING

Grad Dip: Community Mental Health
Individual & Group Psychotherapy
Family Therapy, CBT, Gestalt Therapy

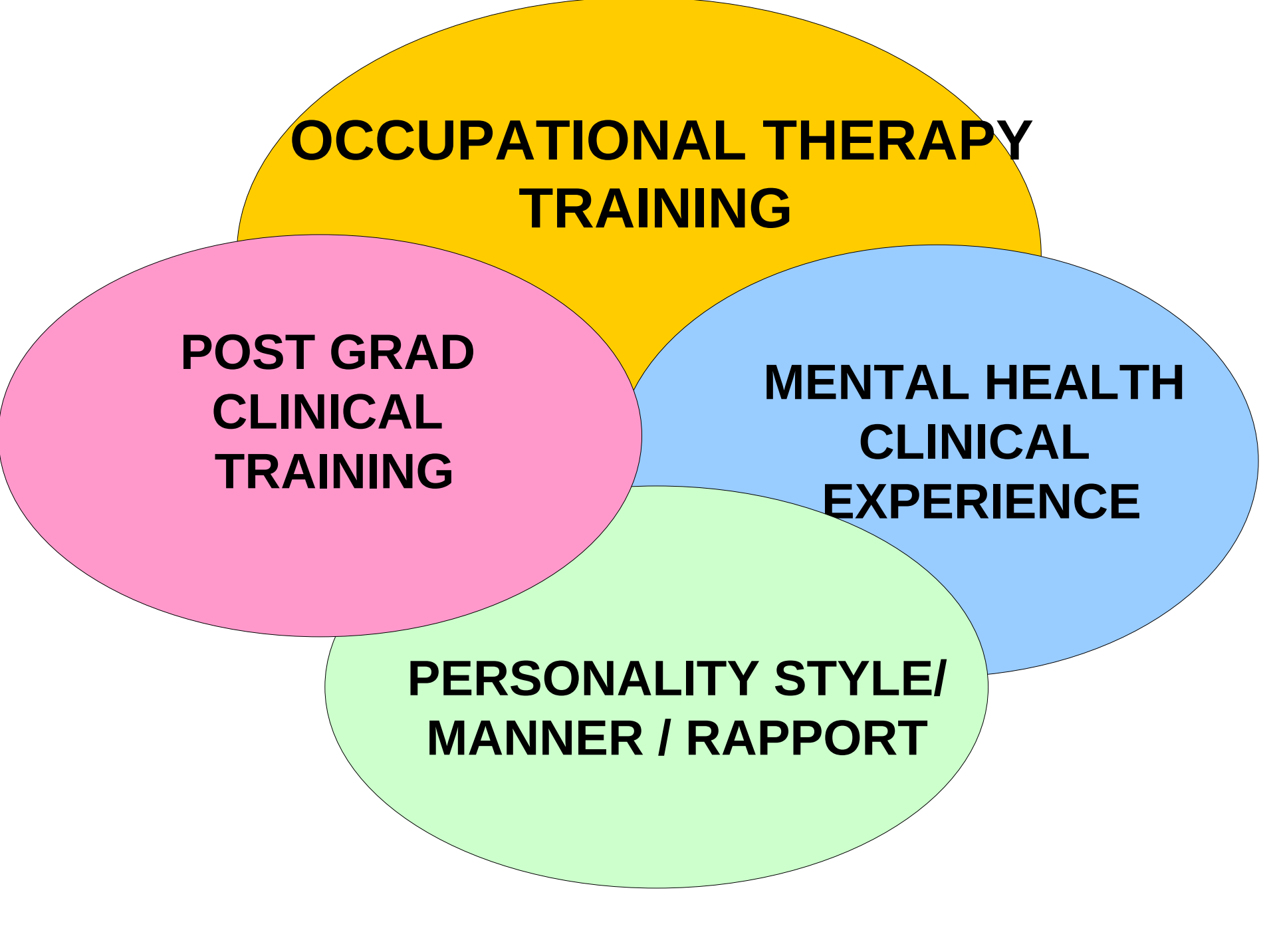
Masters/PhD: OT, in Mental Health,
Counselling, Psychotherapy, Family Therapy

Ongoing Training: Solution oriented,
narrative and brief therapies

PERSONALITY STYLE/ MANNER / RAPPORT

**Therapeutic Use of Self
Emotional Intelligence
Use of Creativity**

***Some research suggests that the
factor of most significance in
evaluating treatment efficacy is
client-patient rapport***



**OCCUPATIONAL THERAPY
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**PERSONALITY STYLE/
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Focused Psychological Strategies (FPS)



- Provision of approved Psycho-education
(including motivational interviewing)
- Cognitive behaviour therapy, including:
 - Behavioural interventions - behaviour modification; exposure techniques; activity scheduling
 - Cognitive interventions - cognitive therapy
- Relaxation strategies - progressive muscle relaxation; controlled breathing
- Skills training - problem solving skills and training; anger management; social skills training; communication training; stress management; parent management training
- Interpersonal therapy (especially for depression)

Mental Health OTs in Private Practice



- **Private clients** : provide assessment and therapeutic services for individuals, couples, families & groups experiencing a range of mental health issues often referred by GPs
- ⌘ Services partially rebatable through **Private Health Insurance**

Mental Health OTs in Private Practice



- Better Outcomes in Mental Health services
- Medicare Plus – Enhanced Primary Care Program – for mental health OTs
- Group Programs
 - Relaxation Training for Anxiety
 - Groups for Couples where one partner has a mental illness
 - Group for Women whose partner has depression or bi – polar disorder

Mental Health OTs in Private Practice



- **Depression**
- **Anxiety**
- **Bereavement**
- **Post-traumatic stress disorders**
- Phobic disorders
- Panic disorder
- Sexual disorders
- Conduct disorder
- Alcohol & Drug use disorders
- Obsessive Compulsive Disorder
- Chronic & Acute psychotic disorders
- Eating disorders
- Somatic complaints
- Adjustment disorder
- Sleep problems
- Schizophrenia
- Bipolar disorder

Mental Health OT's in Private Practice



- To be registered with the Better Access to Mental Health Services program, OT providers must have a Medicare provider number to deliver FPS services
- In order to access the FPS Medicare Items, OTs must satisfy the following three additional criteria:
 - Minimum of 2 years of supervised practice as an occupational therapist working in mental health.
 - Full Time or Part Time member of OT AUSTRALIA (National category)
 - Must satisfy all units of competency as set out in the Australian Competencies for Occupational Therapists in Mental Health (1999).

Mental Health OT Workforce



- Estimated 500 OT working in mental health or related settings in Victoria
- Many OTs in generic mental health positions
- Approx 200 OT Aust Vic members identify themselves as working in mental health
- Approx 20-30% of these have private practices
- Estimated size of mental health OT workforce in Australia: 1200-1500

Finding an OT in Private Practice



- Register of Private Practitioners OT Australia website www.ausot.com.au (soon to be developed) a listing of OT's registered with Medicare
- Division of GPs – Mental Health Program Manager will be well connected with the local private practitioners through Better Outcomes

THANK YOU

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- Questions?