

Inner South East Primary Mental Health and Early Intervention Team

Consultation Liaison in the Community

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Inner South East PMHEIT

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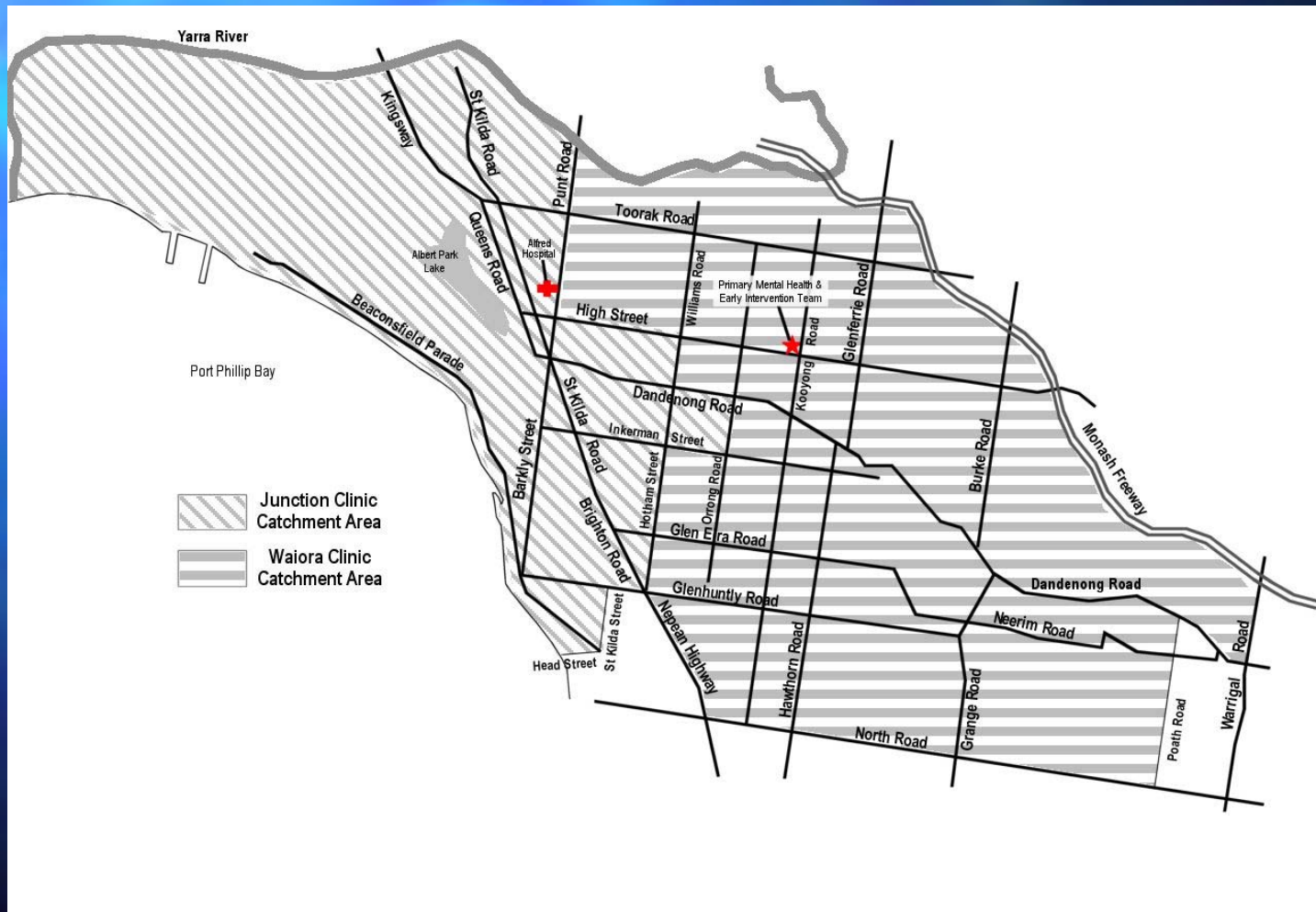
Southcity GP Services

The aim of the PMH&EIT

Improve the capacity of GPs, Primary Healthcare and Community Workers to manage *their* patients with depression, anxiety and those at risk of psychosis.

Over 400 GPs in our area

ALFRED PSYCHIATRY CATCHMENT AREA



Population Profile

- Port Phillip, Stonnington (part) & Glen Eira (part)
- The very rich to the very poor
- Highest concentrations of homeless, people living alone and mentally ill in Victoria
- Mental health problems third leading burden of disease
- High rates of drug and alcohol abuse

What we do

- Primary Consultations - one off assessments
- Secondary Consultations
- Short Term Psychotherapy
- Education
- Community Development & M H Prom
- Research

1. Where we work



2. Where we work

- Seven GP clinics in St Kilda, Windsor, Caulfield, Malvern, Prahran and Albert Park have regular sessions
- Southcity Clinic (specialist D&A)
- All other GPs in the The Alfred catchment area can refer to us. Patients are seen at
 - Caulfield Community Health Service
 - Inner South Community Health Service

Patients we see

- Depressed patients +/-or anxious patients
 - Aren't improving
 - Diagnosis unclear
 - Multiple medical problems
 - Psych co-morbidities
 - who'd respond to CBT
- Prodrome and first episode psychosis

PMHEIT Quality Cycle

■ Clinical service provision

– Formal

■ Data collection

- time taken for appointment
- time to production of letter
- Diagnoses
- Usage of community services (encouraged)
- Breadth of management recommendations

■ GP satisfaction questionnaire

– Informal

- Regular contact with GPs and PCWs in a variety of contexts

■ GP Education

– Formal

- Assessment forms for educational activities

– Informal

- Very Good attendance at meetings
- GP referrals more focused and detailed

GP Feedback (in process)

- Survey of 119 GPs on database
- 44% response rate (so far)
- 94% found Ax letter v/ helpful
- 93% found telephone advice v/ helpful
- 100% found edⁿ sessions helpful
- Majority thought service helped knowledge, skills & confidence

GP Feedback (in process) cont'd

Barriers to referral

- Lack of knowledge of how to make referral (& that PMHEIT exists!)
- Only 1 /37 who had referred found patient resistance a barrier
- 30% thought the single session approach may have prevented colleagues from referring

Formal GP education

- In practice visits
- Seminars, workshops and small group discussions (GPs and AHPs)
- BOiMHC level 2 FPS course (7 half days)
- RACGP registrar training course

Participation in education programs July 2004- November 2005

- 14 seminars/workshops – GP attendance 205 + 105 AHPs
- Level 2 course – completed by 22 GPs
- Mental Health & Substance Abuse
Introductory Course – 19 GPs, 13 AHPs
- Community forums in last few months– expo of mental health agencies (100); deliberate self-harm for schools (60); men's health (45)

Community Group Involvement

- Glen Eira and Stonnington Youth Network
- Inner South Mental Health Alliance
- SRS Services Network
- Caulfield and Inner South Community Health Services
- Port Phillip and Stonnington Maternal & Child Health Centres
- SIDS & Kids
- Anglicare
- Caulfield and Inner South Community Health Services
- Glen Eira, Port Phillip and Stonnington Maternal & Child Health Centres
- Disease Management Unit, Alfred Hospital (ambulatory patients and carers)
- East African Association
- Foundation for Quality Supervision
- Glen Eira Community Information
- Job Supply Personnel
- Royal District Nursing Service
- School Focussed Youth Service
- Shelford CEGGS
- State Coroners Office Counselling and Support Service
- Temple Beth Israel
- Victorian HIV Consultancy
- Argyle Housing
- Bayside Community Options
- Caulfield and Inner South Community Health Services
- City of Port Phillip
- Connect ED
- Homeground Services
- Jewish Care
- John Macrae Centre
- Joint Councils Access for All Abilities
- Out Doors Inc
- Port Phillip Community Group
- Port Phillip CRC
- Port Phillip Housing Association
- Prahran Mission
- Queen Elizabeth Centre
- Redicare Australia
- RDNS
- Sacred Heart Mission
- SECASA
- Southern Citizens Advocacy
- Vision Australia
- Wesley Do Care
- Windana Youth



PMHEIT External Links

- Steering Committee
 - Made of senior managers from PCP, Community Health, MCHN, SFYG, GP division
- Southcity GP Services
 - Strong collaborative link - education, devising resources (eg map), mental health promotion, research
- GP Registrar Training Program
- Monash University School of Primary Health Care

Research in 2005

- Papers:
 - 'Primary Care Psychiatry' – Australasian Psychiatry Oct 2005
 - In collaboration with Monash GP Research Department
 - 'First 100'
 - Final Draft - To be submitted
- Book Chapters
 - 'The health system and community participation'
 - 'The counseling role in clinical supervision'
- Abstracts
 - 'First 100'
 - RANZCP Conf. 2005
 - 'Making the most out of limited consultation time'
 - GP and Psychiatry Conf. 2005
- Projects
 - 'Letters Project'
 - Beyond Blue Grant of \$100 000
 - 'Improving detection of depression and anxiety in CALD youth'
 - Preparation of grant
 - 'Outcomes following discharge of patients seen by C/L service'
 - In planning