



Primary Mental Health Team (South West Rural)





What is the Primary Mental Health Team (PMHT)?

- ❖ A community based mental health service that services people who are presenting with or at risk of high prevalence disorders, particularly anxiety and depression, or first episode psychosis.
- ❖ Services Include:
 - *Primary & Secondary Consultation.
 - *Education and Training of GP's and Primary Care Providers.

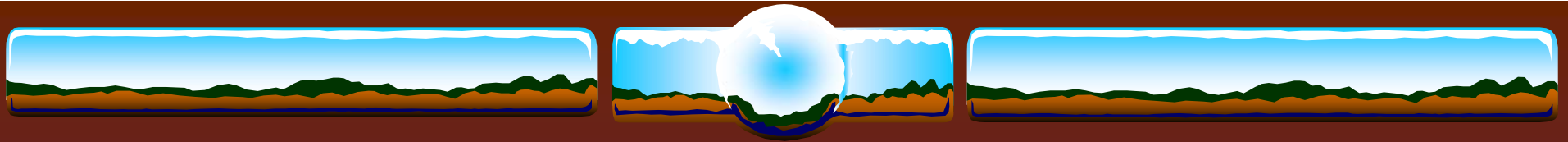




How we have engaged GPs .

- ❖ Otway Division of General Practice.
- ❖ Met with Practice Managers.
- ❖ Met with GP's as a whole and individually.
- ❖ Identified Mental Health friendly GP's.
- ❖ Picked up on individual needs of the GP as a way to engage them.
- ❖ Sent numerous letters outlining program in different ways.

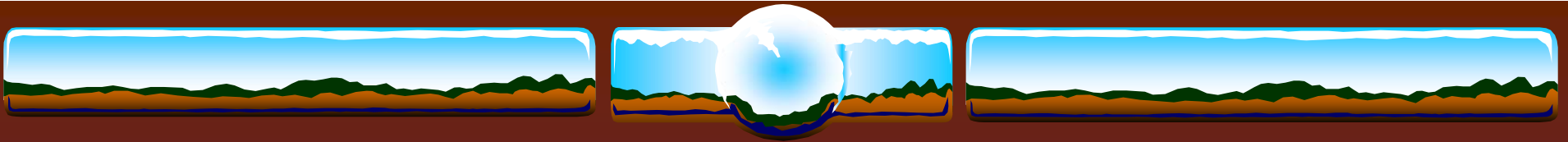




Medical Clinics PMHT are located in.

- ❖ **Warrnambool-** Cambourne, Warrnambool Medical, Hopkins, Wimmera & Dr Ryan's.
- ❖ Jamieson Street (Warrnambool, Koriot & Mortlake) to commence shortly.
- ❖ **Port Fairy** Medical Clinic.
- ❖ **Casterton & Coleraine** Medical Clinics.
- ❖ Will commence in Hamilton Clinic shortly.
- ❖ **Corangamite-** Robinson Street, Timboon, Camperdown Clinic & Terang Clinic.
- ❖ Was located at Cobden & Lismore.





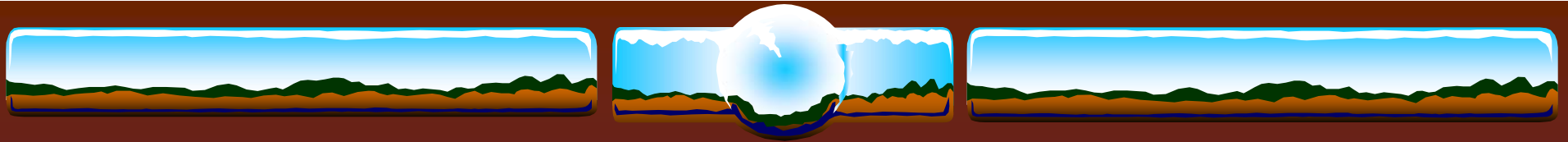
Services we provide Primary Care Providers.

- ❖ **Primary Consultations**-Involves working with the Primary Care Provider.
- ❖ **Secondary consultation**-School Counselors have accessed this service as well as GP's.
- ❖ **Education**- Presentations in schools have been on Resilience, Coping Skills & Boys and Change.
- ❖ **Training**-*Applied Suicide Intervention Skills Training.
 - * Depression.
 - * Crisis Intervention Training
 - * Somatic & Psychological Health Report Training (SPHERE).

What we have learnt so far.

- ❖ No GP clinic is the same.
- ❖ Need for peer supervision processes for GP's and Primary Care Providers.
- ❖ PMHT services will always change due to service needs of GP's and PCP's.
- ❖ Major cultural shift for a lot of health providers.
- ❖ Have think creatively about how we service the community with the resources we have.





Benefits of the Program

- ❖ Allied Health in GP clinics.
- ❖ Feedback is different to usual feedback they obtain.
- ❖ PCPs like the training and that they can call us post training for further questions.
- ❖ PCP's like accessing secondary consultation.
- ❖ Clients like the GP & PMHT working together..
- ❖ Accessible.
- ❖ Skill based and not long term counselling.

Future Directions of the Program

- ❖ More training of Primary Care Providers.
- ❖ PMHT to be located in Primary Care Provider office settings to offer drop-in secondary consultations for workers.
- ❖ Education of GP's to increase as the PMHT is able to provide GP's with training that will allow them to claim for Continuing Medical Education Points.
- ❖ PMHT is keen to run recovery skill based anxiety and depression groups with Primary Care Providers & GP's who may be interested.

