

# HOW TO REFER TO PRIMARY CARE PROGRAMS FOR MENTAL HEALTH AND ALCOHOL AND OTHER DRUGS (AOD)

**From 1 July 2023 accessing mental health care for people seeking help will be much easier.**

Mental health and AOD services funded by Western Victoria Primary Health Network will be integrated. This new model of care is called Step Thru Care.

Step Thru Care is a simplified journey of care.

## HOW TO REFER TO STEP THRU CARE\*

\*GPs will be kept updated on the ongoing care of their patient.

Go to Step Thru Care referral process.



or

Contact the national Head to Health service on 1800 595 212 or [headtohealthvic.org.au](http://headtohealthvic.org.au)

or

Direct your patient to attend a local Step Thru Care service provider. Scan QR code for details.

## DO I NEED TO COMPLETE A MENTAL HEALTH CARE TREATMENT PLAN?

Step Thru Care does not require MHCTP nor a K10 to access the program. You are welcome to complete these if you wish.

## WHAT HAPPENS TO MY PATIENTS ALREADY IN FUNDED PROGRAMS?

Their current provider will transition their care as required and will inform you of any change.

## WHAT ARE THE NEW PRIMARY CARE SERVICES UNDER STEP THRU CARE?

### Alcohol and Other Drugs (AOD)

Care and support across the continuum of AOD use, such as brief interventions, screening and assessment, counselling, dual diagnosis, group interventions and home-based withdrawals.

### Low Intensity Mental Health Services (Level 1 And 2)

Eligibility Criteria: People at risk of mental health issues or have mild mental health issues.

People who access this service with complexity indicated by significant problems in risk, functioning or co-existing conditions should be considered for referral to levels 1 and 2 care and trigger a referral to level 3 or higher with a warm transfer approach.

### Structured Psychological Therapies (Level 3)

Eligibility Criteria: all priority groups can access these services as long as they are not duplicative of other services.

### High Intensity Mental Health Treatment and Care Coordination (Level 4)

Eligibility Criteria: People with severe and/or complex mental health issues as long as they are not duplicative of other services and don't require acute services.

## THE FOLLOWING PEOPLE ENCOMPASS PRIORITY GROUPS ELIGIBLE IN STEP THRU CARE

- > People on low income (hold a healthcare or other concession card).
- > People living in rural and remote communities who do not have access to other appropriate services.
- > People experiencing short-term displacement or homelessness.
- > People who identify as LGBTQIA+.
- > Aboriginal and/or Torres Strait Islander peoples.
- > People in areas impacted by natural disaster (e.g. drought).
- > People from Culturally and Linguistically Diverse (CALD) backgrounds.
- > Children under the age of 12 years.
- > People experiencing perinatal depression.
- > People with an intellectual disability and who are experiencing AOD and/or mental health issues who encounter barriers when accessing care.
- > People experiencing or at risk of domestic violence.
- > Young people who do not have access to other appropriate services such as headspace.

## THESE PROGRAMS WILL HAVE NO CHANGE

- > Psychosocial Support Services- non clinical support
- > headspace services

## THESE PROGRAMS WILL BE CEASING

- > Psychological Therapy Services (PTS) including; General, Child (under 12) and Suicide Prevention
- > Services and Treatment for Enduring and Persistent Mental Illness (STEPMI)
- > Primary health AOD services including Brief Interventions

If you are currently using these services continue to refer in as usual until Step Thru Care is available from July

**STEP THRU CARE**

Regional Care Partnerships - Mental Health and AOD

For more information visit the website or email us at:

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