

Brisbane MIND: Patient information

Your GP has referred you to the Brisbane MIND project to access psychological services for a mental health concern. This document provides details about the project.

What is Brisbane MIND?

Brisbane MIND is run by the [Metro North Brisbane Medicare Local](#) (the Medicare Local) and is funded by the Australian Government Department of Health and Ageing as part of the Better Outcomes in Mental Health Care program (BOiMHC).

Brisbane MIND aims to improve access to professional treatment for mental health concerns. Your GP can refer you to a psychologist involved in the project for mental health concerns such as depression or anxiety.

- The Medicare Local pays for the majority of treatment costs for up to six (6) sessions.
- Your contribution is \$15 per session (the service is free for the homeless, Aboriginal and Torres Strait Islander people and those suffering peri-natal depression). Treatment with a psychologist normally costs \$100 or more per session.
- Your GP will nominate a psychologist who is trained to treat your specific concern. You can liaise with the psychologist to arrange times that suit you.
- Once your GP has made a referral to the psychologist, [you must make contact with the psychologist to arrange your first treatment session within four \(4\) weeks of the referral date](#) or you may risk losing access to your opportunity for treatment.
- The Medicare Local understands that issues arise from time to time that may prevent you from keeping a scheduled appointment with your psychologist.

- If something like this occurs, you must inform your psychologist immediately of your inability to attend and you will be offered the opportunity to reschedule.
- [You must contact the psychologist 24 hours before cancelling or changing appointments.](#) When not enough notice is given or the appointment is not attended, you run the risk of losing access to your opportunity for treatment.

Privacy and confidentiality

Your GP will need to provide the psychologist with some background information about you and the reason for referral. This information will remain confidential between yourself, your GP and your psychologist.

At the completion of your treatment, your psychologist will provide your GP with a report about your treatment and any plans that you have made for the future. This information will remain confidential between yourself, your GP and your psychologist.

Participation in Brisbane MIND will require some identifiable information being passed onto the Medicare Local staff who run the project. This information will include your name, your date of birth and some details of the problem you are experiencing.

Identifiable information is only included so that information received from your GP and psychologist can be matched together.

Some information will also be passed onto the Department of Health and Ageing however, all identifiable information will have been removed.

The Medicare Local has strict arrangements in place to protect your privacy – please read the [Patient Privacy and Consent Form](#) for more detailed information.

Focused psychological strategies

Your psychologist may conduct an assessment of your psychological well-being. He/she may then utilise a number of psychological strategies to treat your concern. These strategies may include Cognitive Behavioural Therapy, Interpersonal Therapy or psycho-education.

What is Cognitive Behavioural Therapy?

Cognitive Behavioural Therapy (CBT) is well established as an effective treatment for a range of disorders (e.g., depression, anxiety, schizophrenia, eating disorders).

CBT utilises a combination of cognitive and behavioural techniques to target symptoms. These interventions could include cognitive therapy, behavioural therapy, relaxation strategies and skills training.

The focus is on teaching people how to control their symptoms, correct faulty thinking patterns and manage their own disorder.

Ideally, at the end of treatment, people should be able to use the strategies they have been taught to deal with any future problems and possible return of symptoms.

What is interpersonal therapy?

Interpersonal psychotherapy (IPT) is described as a useful approach for people in the midst of recent conflicts with significant others and for those having difficulty adjusting to an altered career or social role or other life transition.

IPT is based on the theory that interpersonal relationships play a significant role in both causing and maintaining depression.

IPT aims to identify and resolve current interpersonal difficulties that are thought to be related to the person's depression. These difficulties may include conflict with others, role disputes or role transitions, social isolation and prolonged grief following loss.

IPT builds skills mainly in the communication and interpersonal domains.

What is psycho-education?

Psycho-education involves explaining the disorder to the person and answering their questions about the disorder.

Information is provided which includes education about how common the disorder is, what symptoms people have, complications or other problems, what causes it, what will happen in the long term, what treatments work and what are the pros and cons of those treatments.

Sometimes useful handouts are also provided so that people can read and refer to them as needed.

Where to from here?

If you would like to participate in Brisbane MIND and receive subsidised treatment for your mental health concern, please inform your GP.

Your GP will provide you with a consent form to read and sign, which will initiate the process of referral to a psychologist.

Your involvement in the project is completely voluntary and you may withdraw at any time.

If you experience any problems with your treatment, please talk with your GP.

Your psychologist will provide a copy of your Psychological Report to your GP so that you and your GP can manage your condition long term.

Evaluation of Brisbane MIND includes obtaining information and feedback from your GP, your psychologist and yourself. Please refer to the Patient Privacy and Confidentiality form for further information.

You will be given a 'Consumer Satisfaction Survey' at your final session with your psychologist, and a reply paid envelope to forward it directly to the Medicare Local. This way you can be assured that your information remains confidential.

What if I have concerns about my treatment?

If you experience any problems or are not happy with your treatment, please contact the psychologist directly or talk with your GP in the first instance.

Your GP may refer you to a different psychologist and can inform the Medicare Local of any issues.

If you are not happy with these responses or feel the service provided was not of a reasonable standard you may consider contacting the Health Quality and Complaints Commission (HQCC) who offer a free, independent and impartial service – www.hqcc.qld.gov.au.

If the HQCC is not able to help resolve the issue the HQCC can refer the issue to another body that is appropriate to deal with it, such as the Australian Professional Health Registration Board.

Contact us

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