

Accredited Mental Health Training Guide (Last updated 11.2.10)

What are the changes to the claiming of mental health treatment plan Medicare items?

The current item 2710 is claimable by all GPs regardless of training until 1st January 2010.

Those GPs that have completed an accredited mental health skills training by Jan 1st 2010 (in any previous RACGP triennium since 1 July 2001) will be able to continue utilising the 2710 of \$160.45. Completing an ongoing mental health skills training continuing professional development course this triennium is not required in order to claim 2710, but is strongly encouraged.

A new Medicare item number 2702 of \$125.95 was introduced Jan 1st 2010 for GPs who had not completed accredited mental health skills training - these GPs will have to claim this item number, instead of the 2710 when referring patients to allied mental health providers.

Any GP who considers that they have gained the requisite mental health skills through other training pathways, including tertiary qualifications, can apply to the GPMHSC for individual recognition of their prior learning. You should contact the GPMHSC on (03) 8699 0554 or at gpmhsc@racgp.org.au to discuss an application.

How will Medicare Australia know which item number I can claim?

By 31 December 2009, the GPMHSC will provide Medicare Australia a list of those GPs who have completed the requisite training and are therefore eligible to access the higher schedule fee. Those GPs who are not on this list will only be able to access the lower schedule fee.

The GPMHSC will continue to advise Medicare Australia on a monthly basis the names of GPs who have completed accredited Mental Health Skills training after 31 December 2009. Please note, there will be a time lag from when a GP's completion of training has been provided to the GPMHSC and reported to Medicare Australia, and can then submit these claims to Medicare – this may be anywhere from 2-6 weeks.

A GP who has completed the relevant training should hold accounts for item 2710 until they receive the confirmation from Medicare Australia, and can then submit these claims to Medicare. **(Keep in mind that delaying the claim of the 2710 will mean that patients will not be able to claim rebates with allied mental health providers until the claim is made... thus delaying patient treatment).**

Problems with 2710 claims

- (1) Email GPMHSC at gpmhsc@racgp.org.au with your provider number, practice name, RACGP number to find out if your mental health skills training is registered with them and when advice was sent to Medicare.
- (2) If yes, phone Medicare on 132150 and ask to be put through to the section that updates provider details.
- (3) If still having difficulties contact Bernadette Blenkiron (Assistant Director, Clinical Services Reform Section Mental Health Reform Branch, Ph 02 6289 8826 Mobile 0400 296 091 or Bernadette.Blenkiron@health.gov.au)

What if I claim the wrong item number?

If a GP who is not registered with Medicare Australia as having completed the training claims an item 2710, Medicare Australia will reject the claim. The Medicare system will **not** automatically default to a 2702 item.

If a patient takes a claim for a 2710 to Medicare Australia for reimbursement, and the GP who prepared the Plan is not registered with Medicare Australia as having completed mental health skills training, the Medicare system will not allow this to be processed. The patient will be required to return to the practice and have the correct invoice issued for a 2702 item and return to Medicare to process this new claim.

What if I am currently a registered provider of Focussed Psychological Strategies (level 2 trained GP)?

GPs who have already completed Focussed Psychological Strategies (FPS) skills training (previously known as level 2 Mental Health Skills Training) in order to provide FPS services themselves have already completed Mental Health Skills Training as a prerequisite to this course. They will not be required to undertake Mental Health Skills Training again to continue to access the higher rebate.

What is Mental Health Skills Training?

Mental Health Skills Training is an interactive course which focuses on assessment, planning and review cycle of common mental health conditions and the development of Mental Health Treatment Plans in the context of the Better Access initiative. It must have consumer and carer involvement in the development, planning and review of the course.

Mental Health Skills Training requires a minimum of 6 continuous hours training in a GPMHSC accredited course. It can be done face to face in a day, or completed online in modules. This training is widely available and there are a number of existing courses accredited by the GPMHSC.

The GPMHSC already accredits Mental Health Skills Training for GPs and will be responsible for maintaining records and advising Medicare Australia of those GPs who have undertaken the training and are therefore eligible for the higher Medicare schedule fee when developing Mental Health Treatment Plans.

Under the Better Outcomes in Mental Health Care Program, Mental Health Skills Training was called Level 1 training. Over the last few years the name has changed to Mental Health Skills Training.

How do I become accredited or maintain my accreditation?

GPs can initially complete a mental health skills training (MH ST) and or focused psychological strategy training (FPS ST). Then each triennium thereafter, GPs need to complete an FPS CPD or MH CPD to maintain their registration. **The current RACGP triennium is Jan 2008 - Dec 2010.**

How do I find out what my mental health training accreditation status is?

Log onto www.racgp.org.au and login using your username and password. View your credit point statement for any triennium to see what mental health training you have received points for OR

Call **07 3456 8944** for Ms Diane Lane or Jill Burnett your QLD RACGP representative.

Practice staff can apply for information on behalf of GPs with the GP having given prior permission. (For other mental health training accreditation/registration queries, call **Stacey** at the GPMHSC on **03 8699 0554**).

Who accredits mental health training?

The Royal Australian college of General Practitioners has a mental health wing called the General Practice Mental Health Standards Collaboration (**GPMHSC**).

CAT 1 CPD = 40 CPD points - MHST = old Level 1 initial

FPS Skills Training = old Level 2 initial

Mental Health CPD = old Level 1 ongoing

FPS CPD = old Level 2 ongoing

Accreditation category	General objectives	Minimum duration	Activity Format	Consumer and carer involvement
Mental health skills training (prev. 'L1 mental health skills training')	Provides training in mental health assessment, care planning and review for mental disorders commonly presenting in general practice	6 hours	Any interactive, structured learning format with pre-disposing and reinforcing elements	Required for accreditation
Mental health continuing professional development	Extends Mental health skills training, augmenting skills in assessing and treating mental disorders	6 hours	Any interactive, structured learning format with pre-disposing and reinforcing elements	Recommended
Focused psychological strategies skills training (prev. 'L2 mental health skills training')	Develops skills in provision of evidence based FPS as part of a treatment plan for common mental disorders	20 hours	At least 12 hours supervised, face to face training, with the balance via any interactive, structured learning format. Also requires predisposing and reinforcing elements	Required for accreditation
Focused psychological strategies continuing professional development	Extends Focused psychological strategies skills training and strengthens skills in the provision of FPS	6 hours	Any interactive, structured learning format with pre-disposing and reinforcing elements	Recommended

<http://www.racgp.org.au/gpmhsc/findtraining>

Online Accredited Mental Health skills training:

- **GPLearning** (free) – www.gplearning.com.au RACGP members have a choice of 3 topics – Depression, Bipolar or Psychosis. Only one topic needs to be completed to achieve status of mental health skills trained. Free for RACGP members. *Non members pay a fee* as an individual and access the training.
- **Young Minds** (free) – www.ebmcbt.com Treating depression and anxiety in young people training package. Includes up-to-date clinical information and guidelines for diagnosis, treatment and management, fact sheets and advice on how to create a 'youth friendly' practice. Approved by General Practice Mental Health Standards Collaboration; endorsed RACGP, ACCRM, RCNA and AASW.
- **Think GP** (free) - this course is accredited by the GPMHSC as a Mental Health Skills Training (MHST) program. Update and enhance your diagnosis and management of 6 key mental health areas handled in General Practice. <http://www.thinkgp.com.au/education/124735>
- **Med-e-serv** (fee applies) – www.primed.com.au Short course, Mental Health Skills for GPs.
- **Mental Health Skills Training (MHST) – ACCRM** - Mental Health Disorders Package for Rural Practice Level 1 Core Skills Module Contact: Karen Felsh, 07 3105 8200, k.felsh@accrm.org.au

Online Accredited FPS CPD:

- **Focused Psychological Strategies CPD (FPS CPD)** Australian General Practice Network 'Can Do' Online Clinical Education Online - www.agpncando.com Contact : Anthea Kerrison 02 6228 0832, akerrison@agpn.com.au
- **Focused Psychological Strategies CPD (FPS CPD)** Lifeblood Cognitive Behaviour Therapy Refresher Course Online - www.spheregp.com.au Contact : Christina Koniaras, 03 9804 0777, christina.koniaras@lifeblood.com.au

Face to face Mental Health Skills Training Workshops:

- **Mental Health CPD (MH CPD) Young Minds - Treating Depression & Anxiety in Young People'**. (40 credit points). **Saturday, 17th April 2010, 8.30am – 4.30pm** at GPpartners, Suite 2, 543 Lutwyche Rd, Lutwyche. (Workshop is free). Facilitated by Dr Rick Sapsford Young Minds Course focuses on the identification, diagnosis and treatment of high prevalence mental health disorders occurring in young people between the ages of 12 and 24. Register by phoning GPpartners on 07 3630 7300 or online at www.gppartners.com.au
- **Australian Doctor Education presents MENTAL HEALTH one-day seminar FOR GPS, Brisbane 27 March 2010** (University of Queensland, St Lucia Campus). Topics covered: Bipolar disorder, assessing suicide risk, OCD, schizophrenia management, early-stage dementia, personality disorders and peri natal depression. Category 1 and 2 CPD points available PLUS undertake your Mental Health Skills Training requirements For more information visit www.australiandoctor.com.au/seminars
- **Mental Health CPD (MH CPD) Nuts & Bolts of Psychiatry**
Contact: Dr Basil Bunting , 0410 894 504, bvbunt@bigpond.net.au
- **Mental Health Skills Training (MHST) & Focussed Psychological Strategies Skills Training (FPS ST)** The College of Medical Hypnosis Clinical Course in Hypnosis & CBT
Contact : Lindy Hope , 02 9688 2300, info@mindperformance.com

Face to face Focussed Psychological Strategies Workshops:

- **Focussed psychological strategies CPD (FPS CPD) Eating Disorders Outreach Service (EDOS) - Royal Brisbane & Women's Hospital Overcoming Bulimia Nervosa and Binge Eating**
Contact: Carmel Fleming , 07 3114 0810, carmel_fleming@health.qld.gov.au
- **Mental Health Skills Training (MHST) & Focussed Psychological Strategies Skills Training (FPS ST)** The College of Medical Hypnosis Clinical Course in Hypnosis & CBT, Contact : Lindy Hope , 02 9688 2300, info@mindperformance.com