



Strong Minds Western NSW

General Practitioner Guide

The Access to Allied Psychological Services (ATAPS) and the Mental Health Services in Rural and Remote Areas (MHSRRA) will be replaced by a new mental health service called Strong Minds Western NSW.

Marathon Health will deliver this program across Western NSW. Strong Minds has been developed on a population based model where allocated consultation hours are set to meet local demand on a regional level. Access to the program will be more equitable across the whole region, with an average of 60% of consultations being face-to-face in our region, with the balance using telehealth. This additional flexibility should increase the consistency of service delivery, particularly for remote areas. As the program continues, data collected by the Centralised Intake Service will be used to improve services mapping and fine-tuning of the model, responding to demand on a town-by town basis.

GPs can still refer eligible clients to access FREE short-term psychological services through this program.

Who is eligible for Strong Minds Western NSW?

People with a diagnosable mild to moderate mental illness who fit within the below identified underserved and/or hard to reach target populations and for whom available services (including Medicare subsidised services) are not suitable:

- people living in rural and remote communities
- children under the age of 12 years
- people experiencing, or at risk of, homelessness
- women experiencing perinatal depression
- people from culturally and linguistically diverse (CALD) backgrounds
- designated high need population groups (Aboriginal and Torres Strait Islander people, people at risk of suicide but not acutely suicidal, and young people).

Who will be delivering the program?

Strong Minds Western NSW will be delivered by Marathon Health and funded by the Western NSW Primary Health Network. Marathon Health has had a number of years experience delivering mental health programs to regional and remote communities.

When does the new program start?

Strong Minds Western NSW starts on 1 October 2017.

How do I refer clients to Strong Minds Western NSW?

The new referral form is available on the Marathon Health website as well as compatible referral forms for Best Practice and Medical Director. A Mental Health Treatment Plan (MHTP) is also required with any referral. The new referral form and Mental Health Treatment Plan is available on the Marathon Health [website](#) and compatible with Best Practice and Medical Director. A list of Strong Minds providers is also available on the Marathon Health [website](#).

What does this mean for GPs in the Western NSW Primary Health Network region?

GPs will be able to refer clients to the program by downloading the referral form from the Marathon Health [website](#) and completing a Mental Health Treatment Plan, then sending this information via secure messaging or faxed directly to Marathon Health on: **02 6882 7224**.

The Centralised Intake Team will then determine if the client meets eligibility for the Strong Minds Western NSW program.

What happens to my clients who are currently receiving sessions through ATAPS?

We have ensured that clients currently engaged in ATAPS and MHSRRA can continue to have their sessions delivered by their existing mental health professional until the end of September 2017, after which they will need to be referred to Strong Minds Western NSW if they require additional free psychological sessions.

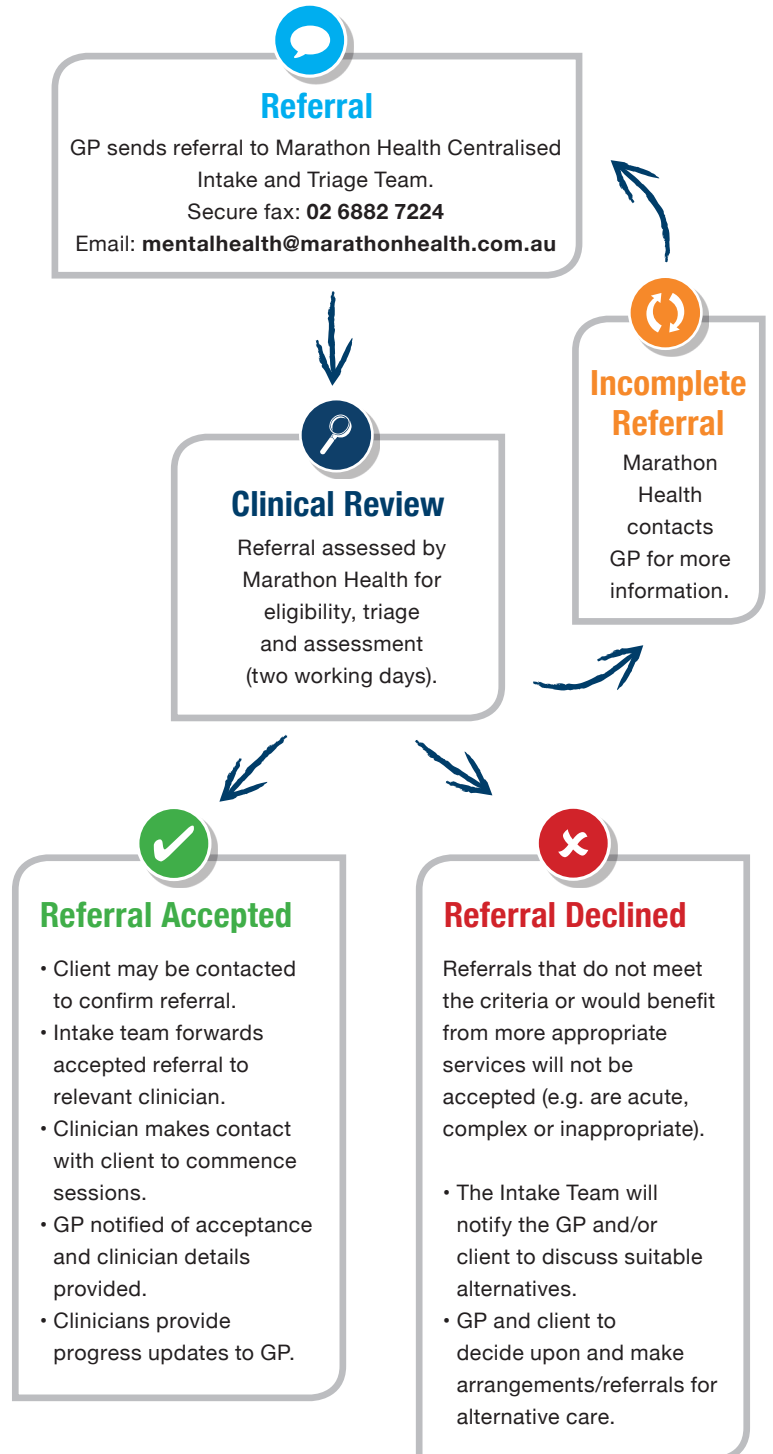
I have clients that I need to refer now, what do I do?

You can refer clients to Strong Minds Western NSW now. Referral forms can be found on the Marathon Health [website](#):

marathonhealth.com.au/strong-minds

We will continue to communicate with all ATAPS and MHSRRA mental health professionals about this transition. Please do not hesitate to contact us should you require any further information.

Referral Process



Marathon Health

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PO Box 175 | BATHURST NSW 2795
T: 02 6333 2800 | F: 02 6333 2899
W: www.marathonhealth.com.au
ABN 86 154 318 975

Western NSW Primary Health Network

First Floor, 187 Brisbane Street
PO Box 890 | DUBBO NSW 2830
T: 1300 699 167 | F: 1300 699 168
W: www.wnswphn.org.au
ABN 59 605 922 156