

Link-me trial: integrating a care navigator for patients with complex mental health needs in general practice

Expressions of Interest sought from general practices

Background

North Western Melbourne Primary Health Network (NWMPHN) is seeking general practices in its region to take part in a new mental health research trial, Link-me.

Link-me is implemented in partnership with the University of Melbourne and tests a new approach to delivering care for patients with complex mental health needs in general practice.

A patient's eligibility for Link-me is determined through their completion of a Decision Support Tool on an iPad in the GP waiting room. The Tool predicts the severity of the patient's mental health problems in 3 months and allocates the patient randomly to the intervention or usual care group. Patients in the intervention group benefit from a treatment recommendation that is matched to the severity of their mental health need.

General practice will benefit from:

- A mental health care navigator, who is a registered clinician, will be based at the practice to support patients with complex mental health needs in collaboration with their GP.
- GPs will have the option to participate in an Active Learning Module to obtain Category 1 (40) RACGP points for the 2017-2019 triennium.
- Practices are reimbursed a monthly participation grant of \$500.

Patients will benefit from benefit from:

- Patients with mild mental health needs (intervention group) are emailed a selection of low intensity services tailored to their areas of difficulty.
- Patients with complex mental health needs (intervention group) are offered up to 8x1hr sessions (at no cost over 3 months) with a mental health care navigator to:
 - develop/review a Mental Health Treatment Plan in collaboration with their GP. The GP can then bill for the MHTP.
 - identify and access services tailored to their areas of difficulty.
 - access care package funds through the PHN to overcome financial barriers to access identified services. A care package accommodates services such as allied health, counselling, meditation, support services (vocational, educational, housing related) and the MBS gap payment (psychiatrist, psychologist, allied health).

What is required?

- A consulting room for the mental health care navigator to conduct appointments with patients who have complex mental health needs and are allocated to the intervention group.
- Agree to a research assistant conducting patient recruitment in the waiting room for 6-8 weeks.
- Practice sees an average of 100 patients per day, who are between 18-75.

Patient recruitment for the trial ends 30 September with patients discharged from care navigation by 31 December 2018.

How to apply

Send your completed EOI application form to liezl.oliver@nwmpnh.org.au. Please be aware that only **6 practices** will be selected to participate in this research trial.

More information

For more information, please contact:

Liezl Oliver (NWMPHN)

E: liezl.oliver@nwmpnh.org.au

T: 03 9347 1188



EXPRESSION OF INTEREST: Application form

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Name		
<input type="checkbox"/> General Practitioner	<input type="checkbox"/> Practice Manager	<input type="checkbox"/> Other (please specify)
Name of practice		
Practice address		
Contact details	Phone	Email
<p>Please confirm that your practice will be able to meet the following requirements:</p> <p><input type="checkbox"/> Is interested in testing new ways of delivering mental health care</p> <p><input type="checkbox"/> Will have a room available for the care navigator to meet with patients (this does not have to be the same room)</p> <p><input type="checkbox"/> Agrees for a research assistant to recruit patients in the waiting room over a 6-8 period. The PHN will provide the iPads.</p>		
About your practice		
Average number of patients aged between 18-75 seen per day in the past month: _____		
Number of GPs <ul style="list-style-type: none"> • Headcount: _____ • FTE: _____ 		

Please return to Liezl Oliver at NWMPHN via email: liezl.oliver@nwmpnhn.org.au or contact Liezl on 03 9347 1188

We acknowledge the peoples of the Kulin nation as the Traditional Owners of the land on which our work in the community takes place. We pay our respects to their Elders past and present.

