

In-reach Psychological Services for Residents of Residential Aged Care Facilities Implementation Overview

Information provided by PHNs as at 31 January 2019

	Date Services Expected to Commence	Areas to be Serviced	Initial Service Overview
ACT	February 2019	ACT	<ul style="list-style-type: none"> • Existing low intensity services will be piloted in a small number of RACFs. • Low intensity coaches will receive specific training to work with older people where required and RACF staff will receive training to support them to identify residents for services.
NSW			
Northern Sydney	Commenced	Northern Sydney	<ul style="list-style-type: none"> • Two service providers, Grouplinks National and Amazing Ageing Psychology have been commissioned to provide group psychological therapies to identified RACF residents. • Grouplinks National will work with six RACFs across the region. Training will be provided to RACF staff to build capacity to identify, work with and refer people with mental illness for appropriate treatment. Therapies including Cognitive Behaviour Therapy and Reminiscence Therapies will be provided. Services will be provided by psychologists, social workers and occupational therapists. • Amazing Ageing Psychology will work with two RACFs to build staff capacity and deliver clinical services to appropriate clients. Identified residents will be provided with up to six sessions of Cognitive Behaviour Therapy and other evidence based approaches. Six education modules will be delivered to the RACFs. The service is staffed by psychologists. • Discussions are underway with another service provider to deliver a trial service to an additional two RACFs. • Learnings from these initial services will be used to inform the model for expanded, longer term services to be commissioned from mid-2019.

Murrumbidgee	Commenced	Murrumbidgee	<ul style="list-style-type: none"> Commissioned service providers currently provide in-reach low intensity New Access and psychological services, available to all RACFs in the region. A review into the commissioned mental health services within a stepped care approach is currently underway. This review will inform further service delivery. Whilst the review is being conducted, there will also be a short term pilot program to increase or extend current services into RACFs.
Central and Eastern Sydney	New Access coaching commenced Psychological Therapies from February 2019	Central and Eastern Sydney	<ul style="list-style-type: none"> Three service provider organisations have been commissioned, who are currently delivering both individual and group therapies to the community through the Psychological Support Services program. The approach taken by these providers includes: <ul style="list-style-type: none"> Engagement of mental health clinicians experienced in working with older people; Capacity building by these clinicians to develop relationships with the RACFs to both increase awareness of mental health issues and available services; Providing upskilling opportunities for clinicians around geriatric psychology, assessment and treatment; Providing training opportunities for staff of RACFs in Older Peoples Mental Health First Aid to support the identification of residents who may be experiencing mental distress; and Implementing online referral. Beyond Blue's New Access coaching service has been commissioned into a limited number of RACFs in the region from January 2018.
Western NSW	Commenced	Western NSW	<ul style="list-style-type: none"> Marathon Health has been commissioned for Strong Minds, which provides psychological therapies for underservices groups. Marathon Health will expand its existing scope to target clients in RACFs.
Hunter New England	Existing services have continued. New services from July 2019	Lake Macquarie Newcastle Central Coast Gunnedah Tannworth Barraba Quirindi, Walcha	<ul style="list-style-type: none"> The delivery of psychological services to select RACFs has continued. Preparation has commenced to procure further services including low intensity psychological intervention, psychological therapies and clinical care coordination which will be available as in reach services to RACFs.
South Eastern NSW	Early- mid 2019	South Eastern NSW	<ul style="list-style-type: none"> Engagement of Older Persons Mental Health clinicians has commenced to

			<ul style="list-style-type: none"> work with RACFs to provide professional development, promote education opportunities and work with TAFE to develop training for RACF staff. Allied mental health professional in-reach to RACFs to provide psychological therapies and techniques, with an initial roll out to one large RACF and further roll out to other facilities post review and evaluation.
South Western Sydney	Commenced	Wingecarribee Wollondilly	<ul style="list-style-type: none"> The pilot is being implementation at four separate RACFs in the Wingecarribee and Wollondilly region. Up to 35 residents at each RACF will receive either individual psychological intervention, cognitive behaviour therapy, depression and anxiety group or structured reminiscence group. Workforce capacity building will be provided in Mental Health First Aid for Older persons across the RACFs.
North Coast	February 2019	Wauchope Macksville West Kempsey Nambucca Heads Tweed Heads South Murwillumbah Goonellabah	<ul style="list-style-type: none"> Trial of an innovative in-reach model of care to meet mild to moderate mental health needs of residents at six RACFs in the region from January-June 2019. The model is designed to accommodate and respond sensitively to the issues of grief, loss, fear, anger and depression experienced by residents of RACFs. The model will provide both individual and group counselling to meet the needs of residents with early signs of anxiety and or depression. Existing contracted Healthy Minds providers (clinical psychologists or social workers with MH accreditation) will deliver psychological therapies to residents requiring a higher level of clinical care.
Nepenean Blue Mountains	February 2019	Springwood Richmond	<ul style="list-style-type: none"> As part of a six month pilot phase, accredited mental health nursing services will be provided to residents in two participating RACFs. Access to the service will require diagnoses and referral from a GP or clinical nurse. From July 2019 the service will be gradually opened up to a wider number of RACFs and mental health practitioners across the region, utilising the PHN's existing network of Psychological Therapy Services.
Western Sydney	Commenced	Western Sydney	<ul style="list-style-type: none"> The PHN have engaged a service provider to provide psychological services to RACFs.
Northern Territory	March 2019	Darwin	<ul style="list-style-type: none"> A trial of a combination of evidence based low intensity and medium-high intensity services based on identified residents need.

			<ul style="list-style-type: none"> • The low intensity service provision will consist of evidence based group work to support residents presenting with mild depression and or anxiety. • Medium to high intensity service will include individual evidence based psychological treatment to support RACF residents. • The proposed service delivery model will also allow for an element of RACF staff mental health awareness education, to ensure staff are better able to identify RACF clients who may benefit from group or individual support.
<p>Queensland Darling Downs West Moreton</p>	Commenced	Toowoomba Ipswich	<ul style="list-style-type: none"> • Richmond Fellowship Queensland have been contracted for a trial period of six months to provide a range of services depending on needs. Support for older people includes initial assessment and referral through stepped interventions, for those with mild to moderate mental health conditions. • Services to be provided will include: <ul style="list-style-type: none"> ○ The Beyond Blue New Access program, early intervention low intensity cognitive behaviour therapy, designed for people experiencing mild to moderate depression and anxiety; ○ New Sensations, a low intensity group program for people with or at risk of mild mental illness; ○ Sensory Modulation, an evidence based intervention which improves the way participants feel or function by using their senses; and ○ Mental health psychological therapies, through an occupational therapist, will provide individual therapy sessions for residents with moderate mental illness.

Northern Queensland	March 2019	Cairns	<ul style="list-style-type: none"> The PHN will co-design with stakeholder groups and undertake a direct approach to select an appropriate service provider. The trial of the new service model will be undertaken in two stages: <ul style="list-style-type: none"> Stage one will involve developing relationships with major stakeholders, linkages, flexible models of service, implementing assessment tools, developing referral protocols and documenting into a Service Model framework. Stage one will commence in Cairns in March for four months. <ul style="list-style-type: none"> Stage two will involve the engagement of health professionals and services to align with PHN Stepped Care Guidelines, and service delivery from July 2019 to February 2020. If successful the PHN will proceed to the next stage of expansion in Townsville and Mackay.
Western Queensland	Commenced	Western Queensland	<ul style="list-style-type: none"> Current service delivery is through the low intensity New Access program, in the South West with more New Access coaches being trained for the North and Central West. There has been an EOI to existing service providers to identify those who are qualified and in a position to offer services under a fee for service model. Change Futures has been commissioned to expand its current low intensity psychological services in nine RACFs to the full stepped care program, and offer the program in an additional seven facilities. By 30 June 2019 it is anticipated that Change Futures will deliver the full program into 16 RACFS.
Brisbane North	Commenced	Mitchelton Bardon Morayfield The Gap Stafford Redcliffe New Farm	<ul style="list-style-type: none"> Wesley Mission Queensland will initially extend the Psychological Therapies Program to two RACFs, allowing for focussed communication with staff, residents and families regarding the program and development and trialling the referral pathways and processes. Once this is established, and uptake is known, referral will then open up to four additional sites. Over the next six months there will be a review and plan on how best to roll out the services across the Brisbane South region ensuring ease of access and equity across the region.
Brisbane South	Commenced	Jindalee Corinda	

Gold Coast	Commenced	Pimpama Burlleigh Waters Southport Ashmore Elanora Merrimac Currumbin Waters	<ul style="list-style-type: none"> A trial of mental health services for mild-moderate needs by different providers to support eight RACFs has commenced. Services include individual psychological sessions, low intensity groups, individual and stepped care support and an extension of existing low intensity service model New Access. A consultant will be engaged in partnership with the PHN to ensure this project is professionally and comprehensively co-designed. Full rollout across the region will commenced after a thorough commissioning process is finalised from July 2019. Currently in contract negotiations with a service provider to deliver mental health in-reach services to RACF's. A psychology service provider will deliver mental health in-reach services to RACFs. A co-design process will be undertaken within the PHN region to develop specifications for a broader approach to market.
Central Queensland Wide Bay	Commenced	Central Queensland Wide Bay	<ul style="list-style-type: none"> The PHN will consult with existing RACF commissioning service providers to inform the design and delivery of appropriate services which will be followed by two trials: <ul style="list-style-type: none"> Trial One – staged implementation focussing initially on co-design and trials from June 2019 to December 2019 (with sites to be determined during planning); and Trial Two – market analysis to identify service providers from June 2019 to December 2019 (with sites to be determined during planning). Pilot program in two RACFs, with appropriate mental health clinicians recruited. Program has been co-designed with PHN, RACFs and service provider.
South Australia			
Adelaide	June 2019	Southern and western metro areas	<ul style="list-style-type: none"> The PHN will consult with existing RACF commissioning service providers to inform the design and delivery of appropriate services which will be followed by two trials: <ul style="list-style-type: none"> Trial One – staged implementation focussing initially on co-design and trials from June 2019 to December 2019 (with sites to be determined during planning); and Trial Two – market analysis to identify service providers from June 2019 to December 2019 (with sites to be determined during planning). Pilot program in two RACFs, with appropriate mental health clinicians recruited. Program has been co-designed with PHN, RACFs and service provider.
Country SA	Commenced	Barossa Valley	<ul style="list-style-type: none"> Pilot program in two RACFs, with appropriate mental health clinicians recruited. Program has been co-designed with PHN, RACFs and service provider.

Tasmania	July 2019	Tasmania	<ul style="list-style-type: none"> The delivery of psychological service to people with mental illness living in RACFs is being undertaken through a phased approach. This approach was identified through the commencement of the commissioning cycle which focuses on understanding the need and designing a solution. Services will be implemented incrementally in the following phases from January 2019: <ul style="list-style-type: none"> Phase one will inform the finalisation of the solution design, which will then guide Phase two, being the procurement of services and service improvement initiatives, which will be complete by June 2022. Finalised full commissioned service model elements and deliverables will be implemented by July 2019.
Victoria			
South East Melbourne	Commenced	Morrington Peninsula	<ul style="list-style-type: none"> In Phase One, Better Place Australia will create a service model and develop a capacity building framework to inform future practice and the roll out. Phase Two will see full implementation across the catchment to occur in 2019 and gradually seek to offer widespread, equitable access across the region. RACF psychological intervention services are an in-reach service intended to support residents with a mental illness who will benefit from individual, family and or group provision from allied health professionals.
Gippsland	Commenced	South Gippsland	<ul style="list-style-type: none"> The pilot project will adopt an innovative psychosocial therapeutic community approach. The psychosocial intervention therapeutic community pilot will be implemented alongside an existing trial program, which provides mental health nursing, psycho-gerontology assessment and intervention to residents of a RACF who have server mental health conditions. The two programs will be evaluated to inform the co-design of a service model which is scalable across the PHN catchment.
Western Victoria	Commenced	Geelong Otway Great South Coast Grampians Wimmera Ballarat Goldfields	<ul style="list-style-type: none"> In-reach psychological services for residents of RACFs will be provided by an existing provider, Psychological Therapy Services. The services will be evidence based, time limited psychological therapies, which are adjusted to be responsive to the needs of older people. The services will be delivered through either individual or group based therapy approach, using a stepped care framework.

North Western Melbourne	Commenced	North Western Melbourne	<ul style="list-style-type: none"> A targeted approach has been undertaken with three RACFs to test model elements including referral and to inform the design of a broader approach. The pilot service model links providers and RACFs through defined referral pathway as an extension of existing commissioned services. The second phase of the service will be planned through a co-design workshop, which will include consumers, RACF staff, GPs and other service providers.
Murray	March 2019	Bendigo Wodonga Moirā Gannawarra Shepparton	<ul style="list-style-type: none"> Trial will provide in reach services, targeting residents with diagnosed mental illness or at risk of mental illness. The service will provide low intensity intervention in individual and group settings. Priority clients will be facilitated through participating RACFs with associated GP clinical and coordination support.
Eastern Melbourne	February 2019	Manningham Boroondara Whitehorse Monash Know Maroondah Yarra Ranges	<ul style="list-style-type: none"> A 12 month pilot will trial a new in-reach service model targeting RACF residents with a diagnosed mental illness. A stepped care model will be used to ensure that the intervention type is matched to the intensity of the individual needs.
Western Australia			
Perth North	Commenced	Stirling	<ul style="list-style-type: none"> In phase one, Clear Health Psychology and Direction Psychology will provide psychological therapy to RACFs which were selected through a needs assessment.
Country WA	Commenced	Northam	<ul style="list-style-type: none"> In phase one, Clear Health Psychology will provide psychological therapy to RACFs which were selected through a needs assessment.
Perth South	Commenced	Mandurah	<ul style="list-style-type: none"> In phase one, Clear Health Psychology and Direction Psychology will provide psychological therapy to RACFs which were selected through a needs assessment.