



Eligibility Criteria for Residents

- be “at risk” of mild to moderate mental illness (defined as experiencing early symptoms and assessed as at risk of developing a diagnosable mental illness over the following 12 months)
- have a diagnosed mental illness, with mild to moderate symptoms of a common mental illness
- have a diagnosed mental illness, which is severe in nature, and will benefit from short-term psychological therapies*

Exclusions

- Dementia with severe cognitive features
- Delirium

*The services will not be able to support residents with severe, persistent, and complex mental illness, who are receiving specialist care, or which would be more appropriately managed by Older Persons Mental Health Services (OPMHS).

Adelaide PHN Central Referral Unit

- Receive and process referrals from GP & Old Persons Mental Health forward to the appropriate mental health service provider according to the Step of Care required

Service Specifications

- Services are delivered within the Adelaide PHN region
- Services can only be provided by Adelaide PHN Commissioned Service Providers
- Residents must satisfy the Eligibility Criteria
- RACFs must be a Registered Site to access services for residents

Roles and Responsibilities

Mental Health Service Providers

- Provide evidence-based low intensity and short-term psychological therapy appropriate to resident needs delivered by appropriately qualified mental health professionals
- Communication and feedback to RACF and GP
- Upskill RACF staff to identify and better manage mental health issues in residents

RACF

- Identify and refer residents who are eligible for and may benefit from the mental health services
- Facilitate GP involvement and arrange medical review (if indicated) to exclude physical illness, severe cognitive impairment or other organic causes (e.g. delirium)
- Assist residents to attend appointments
- Provide access to information about resident’s medical history relevant to mental health treatment
- Communication with resident’s substitute decision maker/s and/or family
- Promote the service to residents, families, staff, GPs and others as relevant
- Provide access to options for private space for the delivery of individual psychological sessions or group interventions

Mental Health Service Provider – Clinical Triage

- Determine resident suitability for services
- Match resident needs to intensity and Step of Care

Mental Health Service Provider Onsite Clinical Assessment

- Conducted if further investigation is required to complete triage

Mental Health Service Provider – Services

- Low intensity/psycho educational group sessions
- Short-term psychological therapy individual and/or group sessions

Referral

- RACF nursing staff, allied health professionals and family may refer directly to the low intensity/mild to moderate service. Self-referral is also accepted
- GPs and OPMHS can refer to the severe mental illness service through the APHN Central Referral Unit, via Secure Messaging HealthLink EDI: adphncru ReferralNet/Argus ID: CRU or Fax 1300 580 249
- **RACF registration**
RACF sites must be registered to receive services. To register phone the Adelaide PHN Central Referral Unit on 8291 5900

Table 1. A stepped care approach to delivering services to RACF residents

Provider	Relationships Australia South Australia – Supporting Emotional Wellness in Aged Care		Links to Wellbeing – Connected in Wellbeing	Out of scope for PHNs
Stepped Care Model	Early Intervention needs	Mild to Moderate needs	Severe Mental Illness	Severe and persistent or complex needs requiring specialist care
Care need	Low intensity services or routine social support	Primary Care – low to medium intensity services	Primary care – high intensity services	Specialist mental health services and dementia services
Target Group	Residents who present as mildly depressed or anxious but do not have a diagnosis; or are having trouble adjusting to changes or coping with loss	Residents who have a former or new diagnosis of mild to moderate mental illness	Residents who have a diagnosis of severe mental illness, which would benefit from short-term psychological therapies May include pre-existing conditions	Residents who have severe, long term mental illness, which is acute in nature and requires specialist care from State Government services May also have significant cognitive decline May have recently attempted suicide
Adelaide PHN Services	Psycho education groups Residents with mild to moderate needs may be identified here and referral arranged for low intensity/short term sessions	Low Intensity/short term and psychological therapy groups and/or individual sessions Residents may be identified through the groups for individual sessions	Psychological therapy individual sessions Liaison with State based older persons mental health services	Psychiatry and psychological therapy Outpatient, inpatient and community mental health services
Who can refer	Referral from RACF clinical staff, GP, allied health professional, family member or self referral		Referral from GP or Older Persons Mental Health Service	
How to refer	Referral direct to service provider Ph: 1300 364 277 Email: mhracf@rasa.org.au		Adelaide PHN Central Referral Unit Secure Messaging HealthLink EDI: adphncru ReferralNet/Argus ID: CRU Fax 1300 580 249	