

## ATAPS

### Understanding the Eligibility Criteria and Referral Process

ATAPS (Access to Allied Psychological Services) is an initiative of the federal government (DoHA) under the Better Outcomes in Mental Health Care scheme (BOiMH). Funding is provided so people 12+ years with low incomes can access allied health psychological support. This support covers 6 sessions with an option for a further 6 sessions (18 sessions in exceptional circumstances).

TGPN has redeveloped its ATAPS program to maintain and enhance access for GPs and to maximize patient access to services. TGPN now directly employs the clinicians.

#### **Eligibility** for the ATAPS program:

- The patient or parent/guardian of the patient must have a Health Care Card. However, the GP can also refer the patient to ATAPS if s/he believes the patient is in genuine financial hardship.
- **ATAPS is not able to provide crisis support.** Please refer the patient to the CATT team on 4799 9480. ATAPS may be appropriate for ongoing counselling once a crisis situation has abated.

ATAPS can see clients with disorders including but not limited to:

- Depression (including Peri-Natal Depression)
- Phobic Disorder
- Panic Disorder
- Generalised Anxiety
- Mixed Anxiety & Depression
- Adjustment Disorder
- Unexplained Symptomatic Complaints
- Sleep Problems
- Sexual Disorders
- Bereavement
- Pain management
- Anger and Stress management
- Eating Disorders
- Trauma counselling

ATAPS is not suitable for clients who have:

- Primary diagnosis of Personality Disorder.
- Current psychotic or manic symptoms.
- The primary issue relates to Intellectual disability.
- The primary issue relates to smoking cessation or drug or alcohol dependence.
- Acute episode requiring ongoing crisis intervention and assessment of suicide risk.

The **process** for ATAPS is as follows:

1. Patient consults GP. GP assesses patient and identifies a need for counselling.
2. If patient meets ATAPS criteria (see above) a GP Mental Health Care Plan must be completed.
3. GP completes and sends an ATAPS fax referral, and a K10 (or an EPNDS if Peri-natal) with the GP Mental Health Care Plan to ATAPS on 47733806. These forms can be accessed at <http://www.tgpn.com.au/forms.shtml>
4. ATAPS contacts the patient with an appointment and name of treating ATAPS clinician. Appointments occur at the **headspace** site, Village Boulevard, Pioneer Park (Riverway Complex).
5. ATAPS notifies GP of appointment date and time.
6. ATAPS clinician will provide a report to the GP after the 6<sup>th</sup> and/or final visit. The report should include a final score, recommendations and risk screen.