

PSYCHOLOGICAL THERAPY SERVICES Referral Form



This referral is only valid with a PTS Referral Code. To obtain a referral code, GPs and other approved referrers must contact the Nepean Blue Mountains PHN dedicated referral line.

Completed referral form to be sent to the AHP with Mental Health Treatment Plan where indicated below:

Phone: 1800 223 365 Psychological Therapy Services (PTS) dedicated referral line

Date of Referral	Patient Initials	Year of Birth	M/F	Patient Post Code	PTS REFERRAL CODE
5/6/24	WH	1984	F	2756	NBM: 11871

PTS Provider / Fax Michelle Hookham 4577 4435

Attached, please find an assessment for a patient that I wish to refer to you under the Nepean Blue Mountains PHN Psychological Therapy Program for Focussed Psychological Strategies (FPS).

Mental Health Treatment Plan/Review required for all patients except those being referred to Bushfire/Flood/Bondi streams.

- ☒ General / new patients affected by the COVID-19 pandemic (No HCC required)
- ☐ Disaster Recovery (bushfire/flood), Bondi tragedy 2024 (No HCC or MHTP required)
- ☐ Young people 12-25 years old across the region (HCC and MHTP required)
- ☐ Perinatal (HCC and MHTP required)
- ☐ Aboriginal and/or Torres Strait Islander Peoples (MHTP required)
- ☐ Unpaid Carer of a person with a disability, medical condition, mental illness or frail and aged (HCC and MHTP required)
- ☐ Lesbian, Gay, Bisexual, Transgender, Queer, Intersex (HCC and MHTP required)
- ☐ Co-morbid Alcohol and Other Drugs (HCC and MHTP required)
- ☐ PTS Extended (Individuals aged 25 and over with additional complex trauma) (HCC and MHTP required)
- ☐ PTS Child Services (Family HCC and MHTP required)

This referral is valid for 2 months and expires on:
The first PTS session must occur on or before the expiry date

5/8/24

This patient needs to return to me for a review by:
The review with the GP required within 6 months of the referral date

5/9/24

Diagnosis (select all applicable)

- ☒ Depression
- ☐ Psychotic disorder
- ☒ PTSD or disclosed complex trauma
- ☒ Anxiety disorder
- ☐ Unexplained somatic disorder
- ☐ Social phobia
- ☐ Other (Please list)

Preferred mode of service delivery

☒ Face to face

☐ No preference

☐ Telehealth

GP Signature or Stamp:

[Handwritten Signature]



ADVANCE MEDICAL PR
Dr Belinda Downes
BVSc (Hons), MANZCP, MBBS
Provider No. 50825807
Riverview Shopping Centre
Shop 26, 227 George Street, Parramatta
Tel: 02 4577 2677 Fax: 02 4577 2678

Patient Consent: By consenting to this referral, I understand that all information in this referral, and any previous referrals (where applicable) including my personal information, will be collected for the primary purpose of delivering care; and for the ongoing monitoring, reporting, evaluation and improvement of services. I consent with the understanding that this information will only be used, disclosed and stored for its primary purpose, between my health service provider(s), the Department of Health, and the Nepean Blue Mountains Primary Health Network (NBMPHN) and affiliated partner organisation(s)*, in accordance with the *Australian Government Privacy Act, 1988*.

* Affiliated partner organisation(s) means those required to support the monitoring, reporting, evaluation and/or clinical governance for the service.

Patient Signature

Date

5/6/24

Consent for Patient under 18 years of age:

Parent/Guardian/Carer Name:

Contact number:

Email:

Signature

Date

Referral Requirements:

PTS underserved and hard to reach population groups: (5 sessions per referral, and eligible for one re-referral)

- **Aboriginal and Torres Strait Islander origin** – individuals whom identify as Aboriginal or Torres Strait Islander and require access to psychological therapy (**No Healthcare or Pension Card required**).
- **Perinatal** – women whom are pregnant, or have had a child within the past 12 months and require access to psychological therapy (Healthcare, Pension or Family HCC required).
- **Alcohol & Other Drugs** - requires a person to have a co-existing substance use and mental health issue, both of which are clinically and/or socially significant. Please note: the person engaging in therapy sessions must not be under the influence of AOD (Healthcare or Pension card required).
- **Carers** - people who provide personal care, support and assistance to another individual due to disability, medical condition (including terminal or chronic illness), mental illness or are frail and aged. A person is not eligible if they provide care for payment, as a volunteer for an organisation, or as part of the requirements of a course of education or training (Healthcare or Pension card required).
- **Lesbian, Gay, Bisexual, Transgender, Queer and Intersex (LGBTQI) people** – individuals whom identify as LGBTQI, or have concerns related to their experience of sexuality or gender (Healthcare or Pension card required).
- **Young People aged 12 – 25 years whom reside in the Blue Mountains or Hawkesbury LGA** - (Healthcare, Pension or Family HCC required).

General / New patients affected by the COVID-19 pandemic: (6 sessions per referral, and eligible for one re-referral)

- People who have not accessed PTS since 2020 and have had their mental health affected by the COVID-19 pandemic (No HCC or Pension card required).

Child Psychological Services: (6 sessions per referral, and eligible for one re-referral)

- Children under 12 years of age, who have or are at risk of developing a mild to moderate mental health, behavioural or emotional disorder and are likely to benefit from short term intervention (Family HCC or Pension card required).

Extended/Longer term Therapy Services: (12 sessions per referral and eligible for 4 referrals in total)

- Individuals living with moderate to severe mental illness with added complexity e.g. trauma, and people with severe or complex presentations that do not require substantial clinical care coordination.
- Must be over 25 years of age or older and possess a HCC or Pension card.

Disaster Recovery (bushfire/flood): (10 sessions until December 2023)

The Disaster Recovery PTS stream is available to anyone in our region experiencing high levels of distress resulting from recent bushfires or floods. For example, people who have experienced loss of property, loss of business income, or have experienced significant mental health impacts as a result of the threat of bushfire or flood, which could be from past trauma. People can be referred under both bushfire and flood, if eligible.

Bondi Tragedy 2024: (10 sessions)

This stream is available to anyone in our region experiencing high levels of distress resulting from the recent events in Bondi Westfield.

- **No Healthcare or Pension card required**
- No Mental Health Care Plan is required, however GP may complete one at their discretion.

Patients name Mrs Wendy HART Date of Birth 03/11/1984
Address 55b McGraths Road Phone 02 4572 2371
Mcgraths Hill 2756

Carer details and/or emergency contact(s) Other care plan YES ☐
GP Name / Practice Advance Medical Practice Eg GPMP / TCA NO ☐
Windsor

AHP or nurse currently involved in patient care Medical Records No. 32855

PRESENTING ISSUE(S) Anxiety
What are the patient's Depression
current mental health Trauma
issues

PATIENT HISTORY Anxiety
Record relevant biological Depression
psychological and social Trauma
history of mental disorders
and any relevant
substance abuse or
physical health problems

MEDICATIONS
(attach information if required) Augmentin Duo Forte 875mg;125mg Tablet 1 Tablet Twice a day.
Lyrica 150mg Capsule 1 Capsule In the evening.
Paroxetine 20mg Tablet 1 Tablet Daily.
Symbicort 200/6 200mcg;6mcg/dose 2 Inhalations Twice a day.
Turbuhaler

ALLERGIES Nil known.

ANY OTHER RELEVANT INFORMATION Previous visit to ED in 2023 - overdose

RESULTS OF MENTAL STATE EXAMINATION Pleasant well spoken lady
Engaged and communicative
Record after patients has been examined Tearful when discussing sad topics
Good insight and judgement
No current thoughts of self harm/suicide
No evidence of mania
No evidence of delusions/hallucinations

RISKS AND CO-MORBIDITIES
Note any associated risks and co-morbidities including suicidal tendencies and risk to others

OUTCOME TOOL USED RESULTS:
k10 47
DIAGNOSIS Severe anxiety, depression and trauma