



Smart Mental Health Care where it matters

Primary Mental Health Intervention Service

Pilot Project for a:

Primary Mental Health Intervention Service

Presentation to: 'Southerly Change' conference, Dunedin

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Te Kokiri

- Te Kokiri –The Mental Health and Addiction Action Plan- 2006-2015

Build and strengthen the capacity of Primary Health Care sector to promote mental health & wellbeing & to respond to the needs of people with mental illness and Addiction

- Building capacity
- Building linkages
- Strengthening the role of PHOs

In the beginning- 2008

- MH Primary Liaison nurse - some brief work alongside the GP, working differently, more flexibly
- Access for consultation/support for Practice nurses
- Provision of non-urgent assessment and early intervention for people presenting to their GP with significant mental health issues

Aims

- To provide assessment at the practice, short term intervention and referral on as appropriate
- To provide assistance in relapse prevention for people with ongoing mental health diagnosis in GP care
- Navigation/smoothing pathways
- Troubleshoot/consultation
- Keep relevant clients in Primary Care setting
- Reduce stigma

PRIMHIS- 2010

- A 12 month pilot with focus on nurse led, brief intervention service using a stepped care approach.
- Secure and expand the 2008 Mental Health Primary Liaison service
- Resourced from Secondary care
- Mutually negotiated clinics
- Nurse led service within General Practices

- GP or Practice nurse initiated referrals
- Consultation/liaison
- Normalise access to mental health services
- Provided the opportunity to expand the secondary care CMHN role
- Better, sooner and smarter delivery of primary MH services

Focus on Following Outcomes

- Build capability of PHC practitioners to assess MH & A needs of people & to meet these when they can be met within PHC settings
- Better coordination & system support at the primary, community and secondary level.
- Strengthening the role of PHO's in communities to promote mental health and wellbeing and prevent mental illness.

Service provision

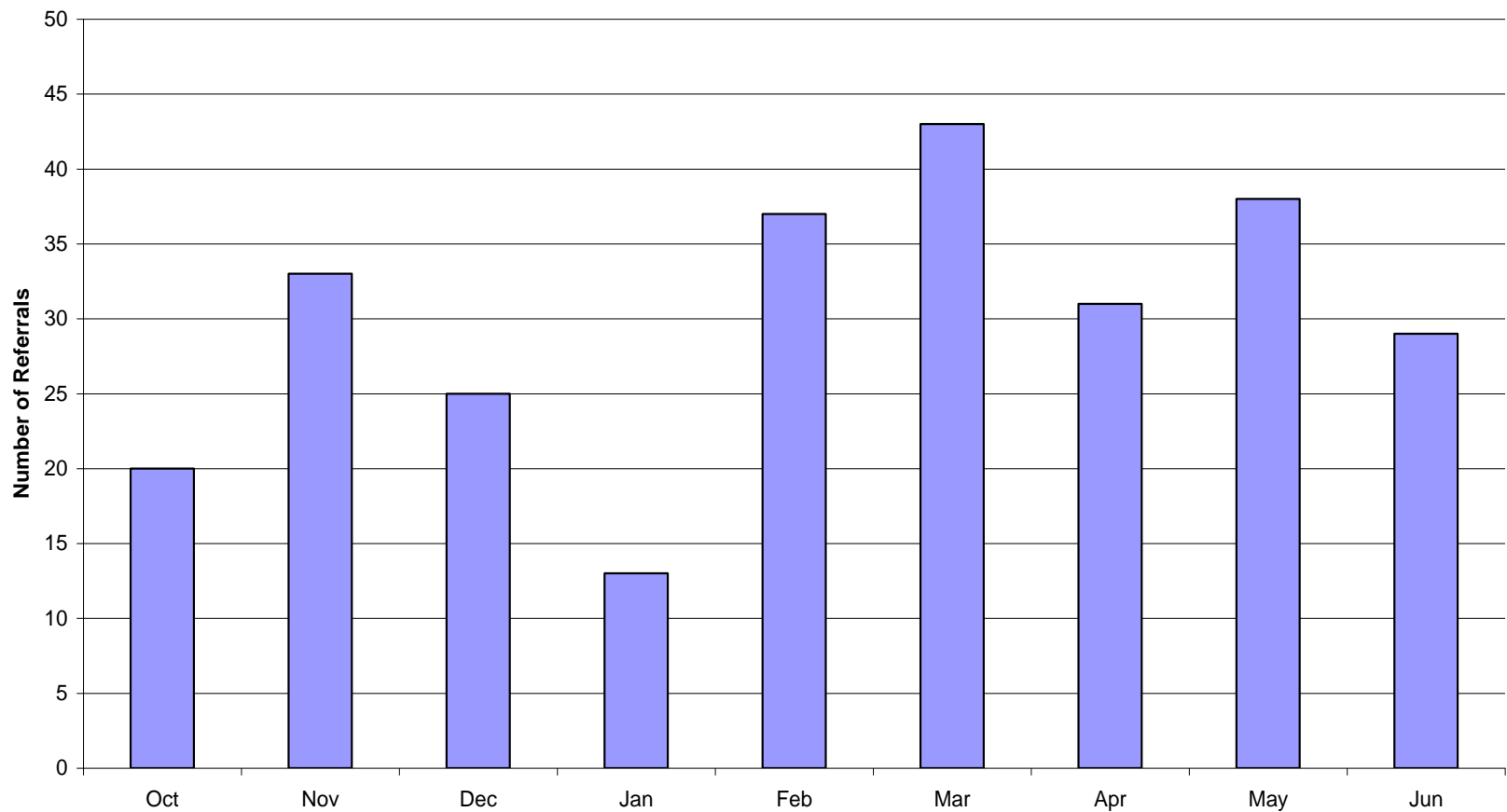
- MH Primary Liaison 2008 & 09 – relationship with 3 GP Practices
- PRIMHIS – 2010 expanded into 9 GP Practices and 1 Rural Nurse Practice
- PRIMHIS: New model of care developing
- Further funding support secured through F & P of 1.2fte for 2010 onwards.



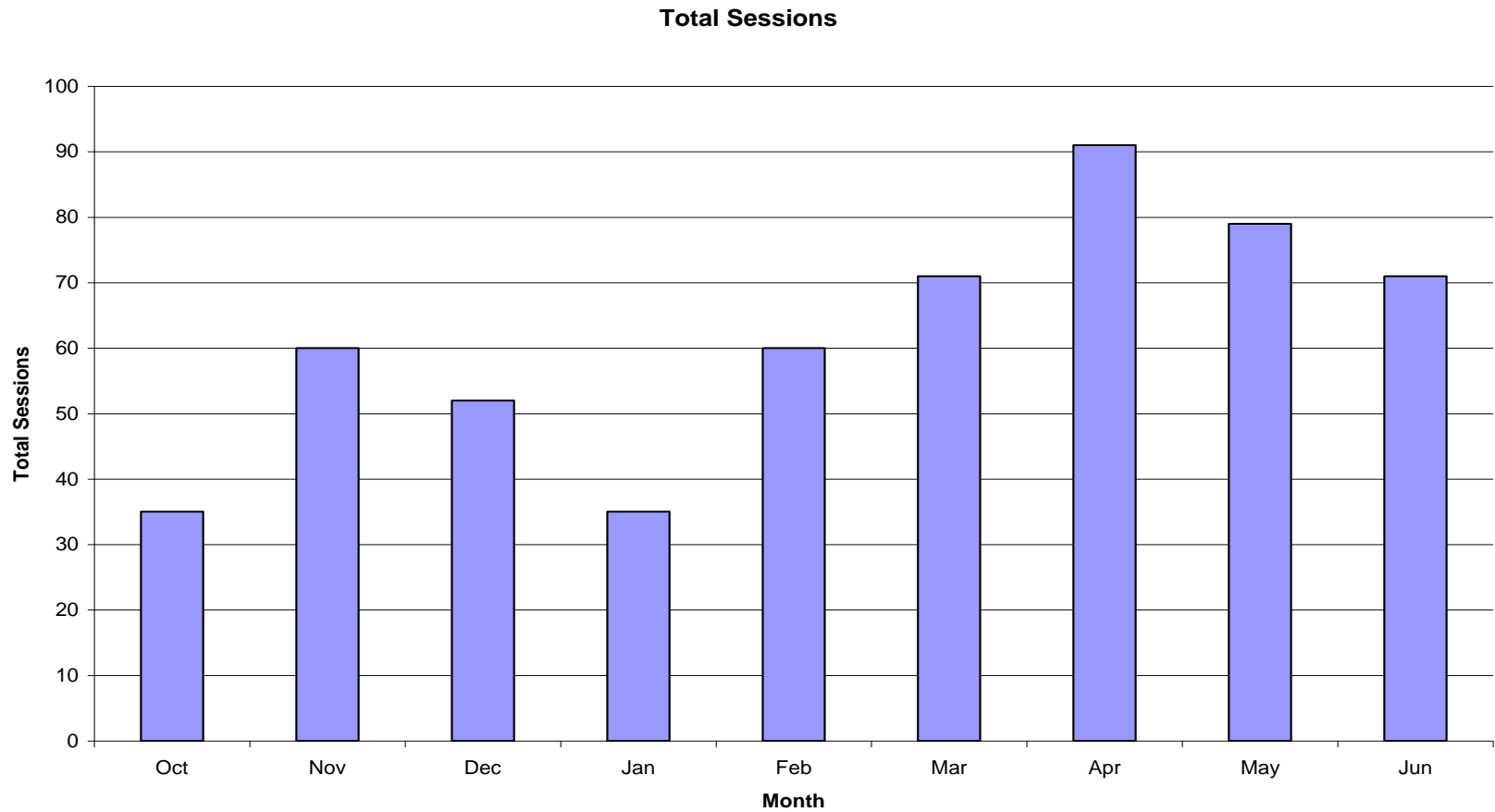
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New referrals to PRIMHIS by month

Number of PRIMHIS Referrals by Month

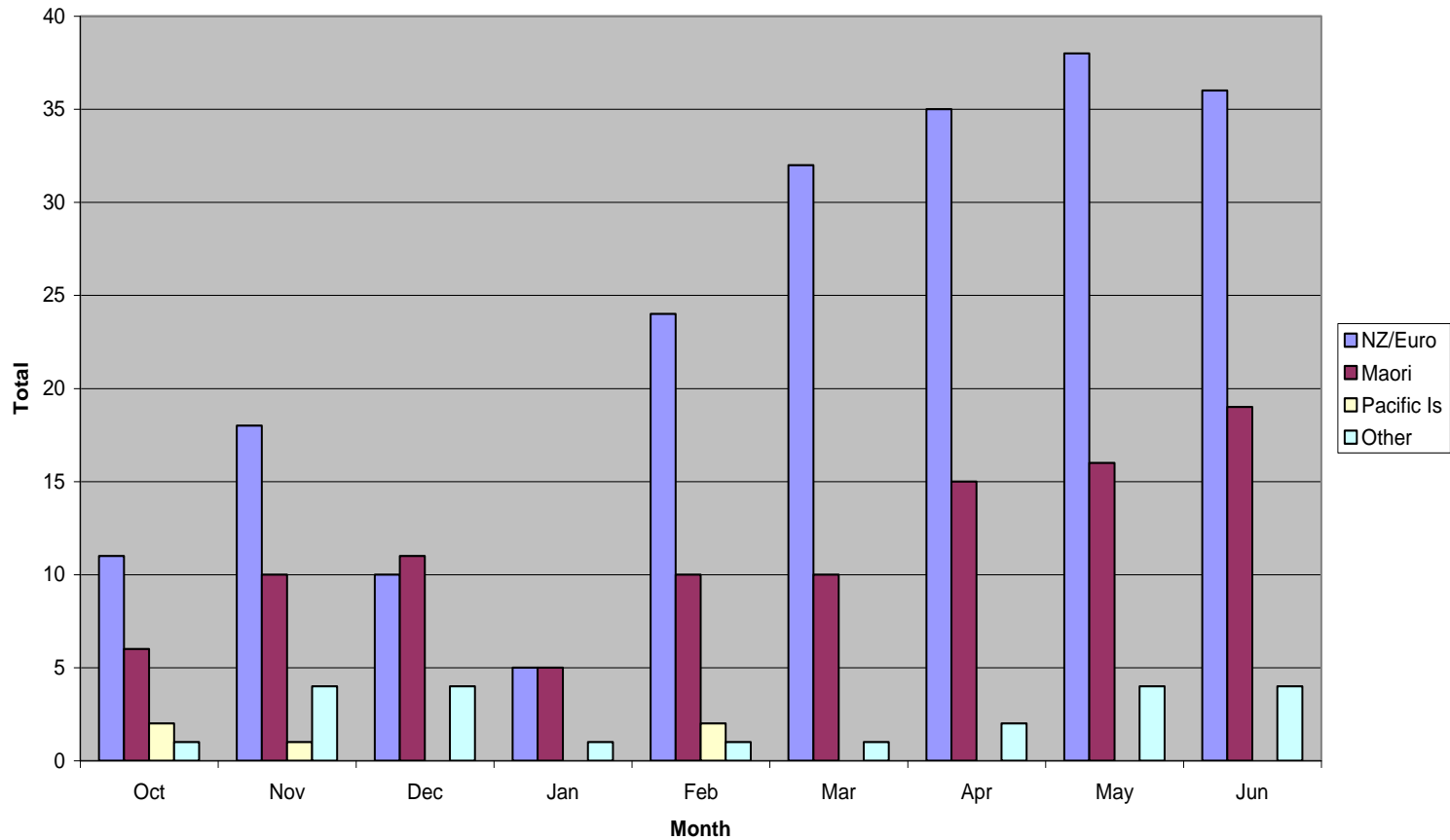


Total Sessions



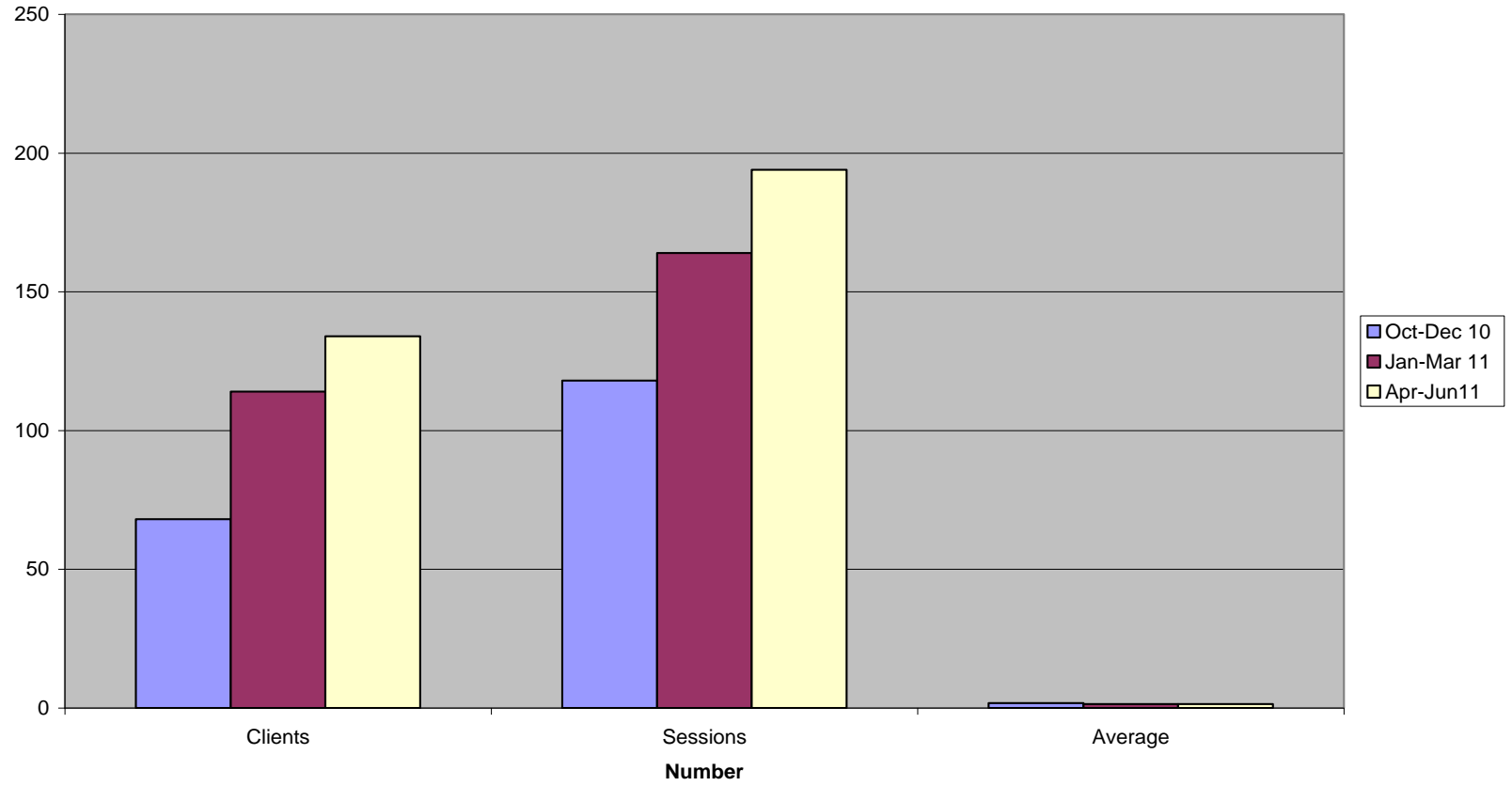
Referrals by Ethnicity

Referrals by Ethnicity



Average number of sessions per client

Average no of Session per Client

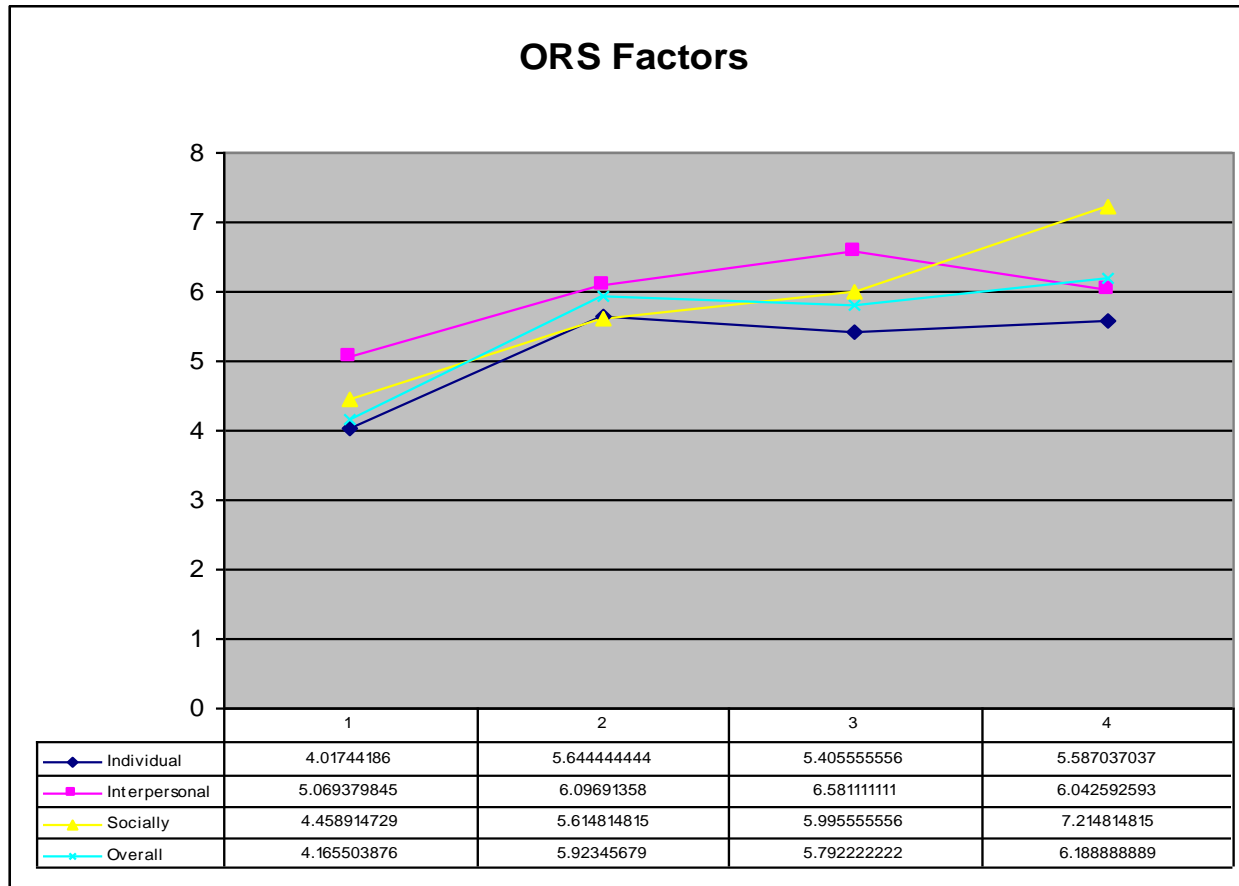


Cathy Sheely

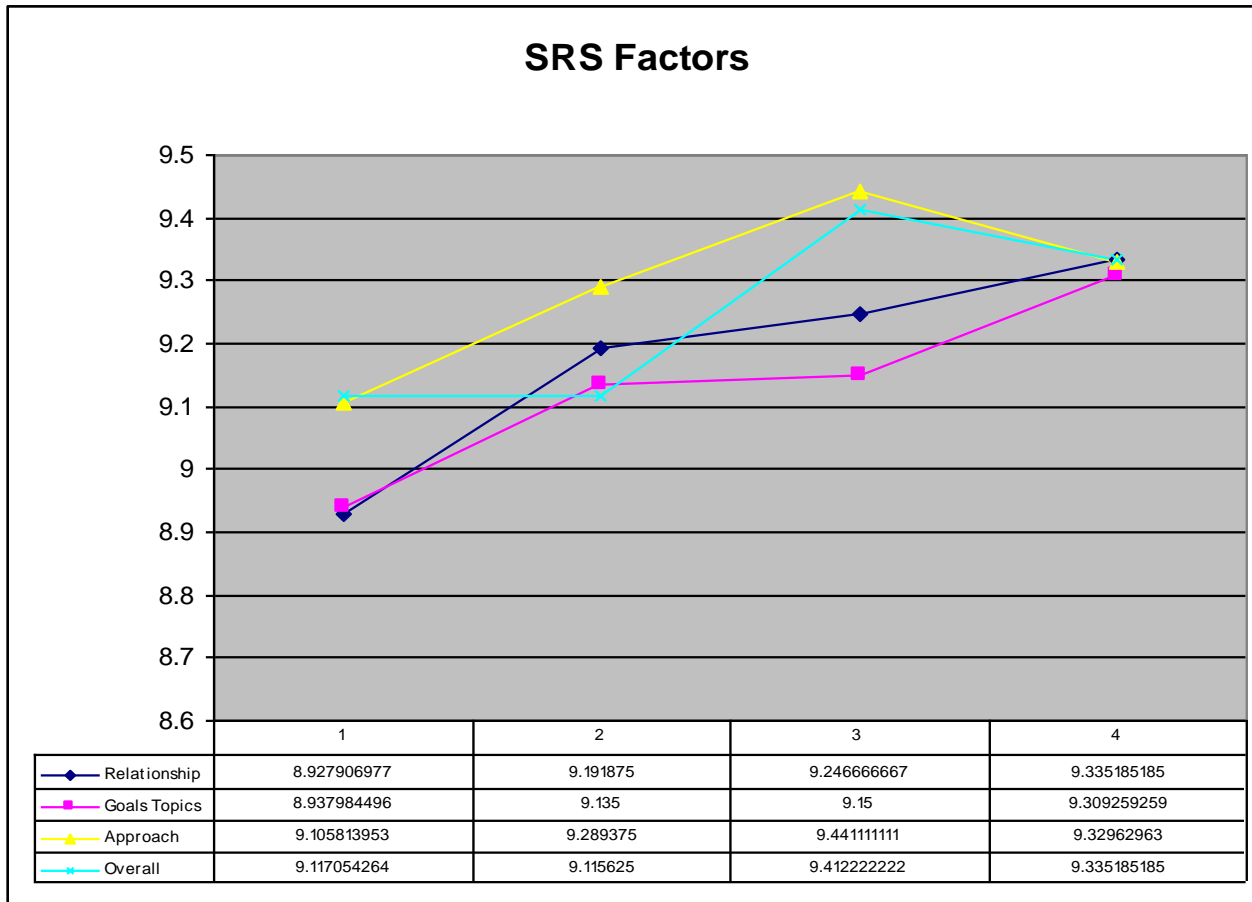


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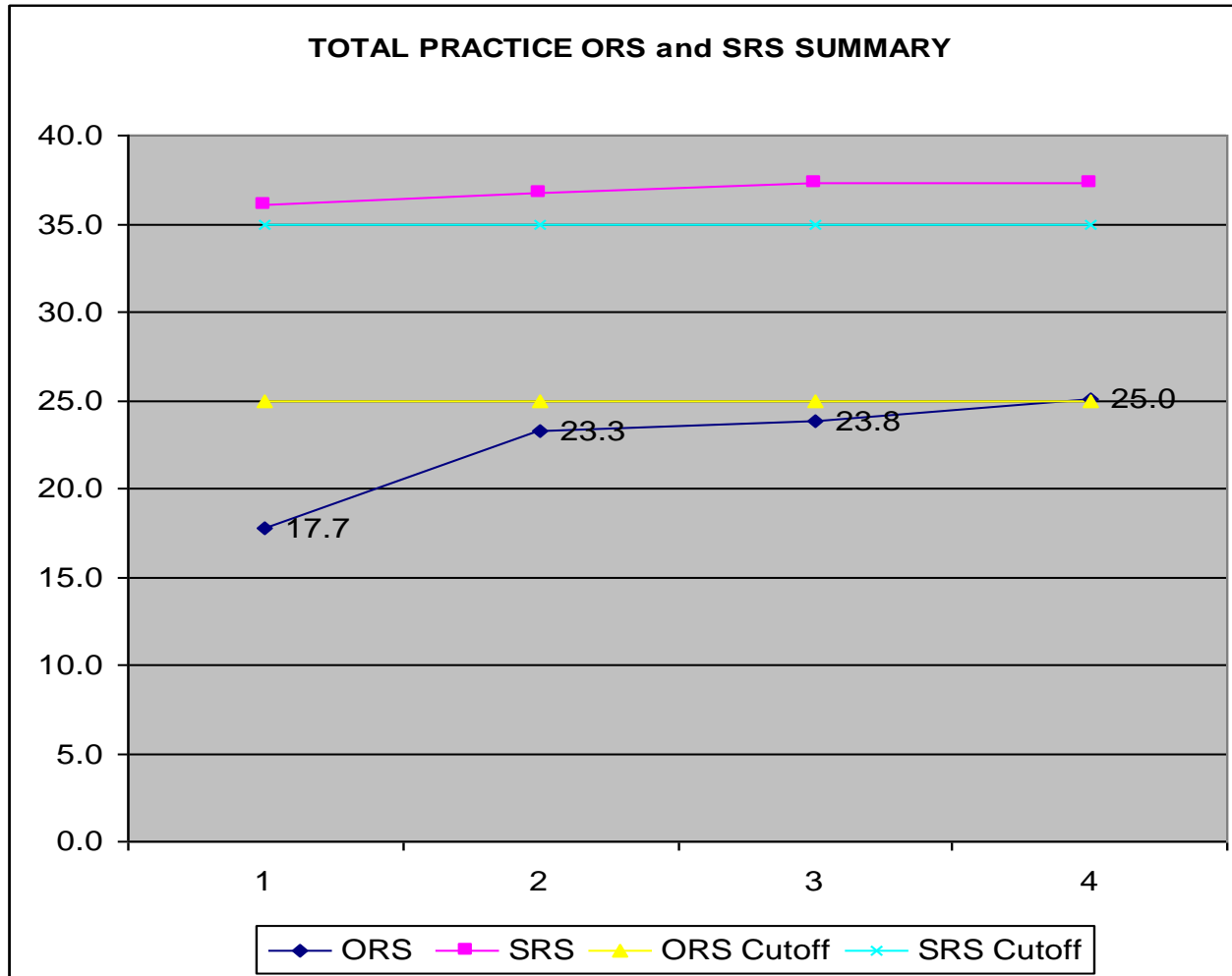
ORS Factors



SRS Factors

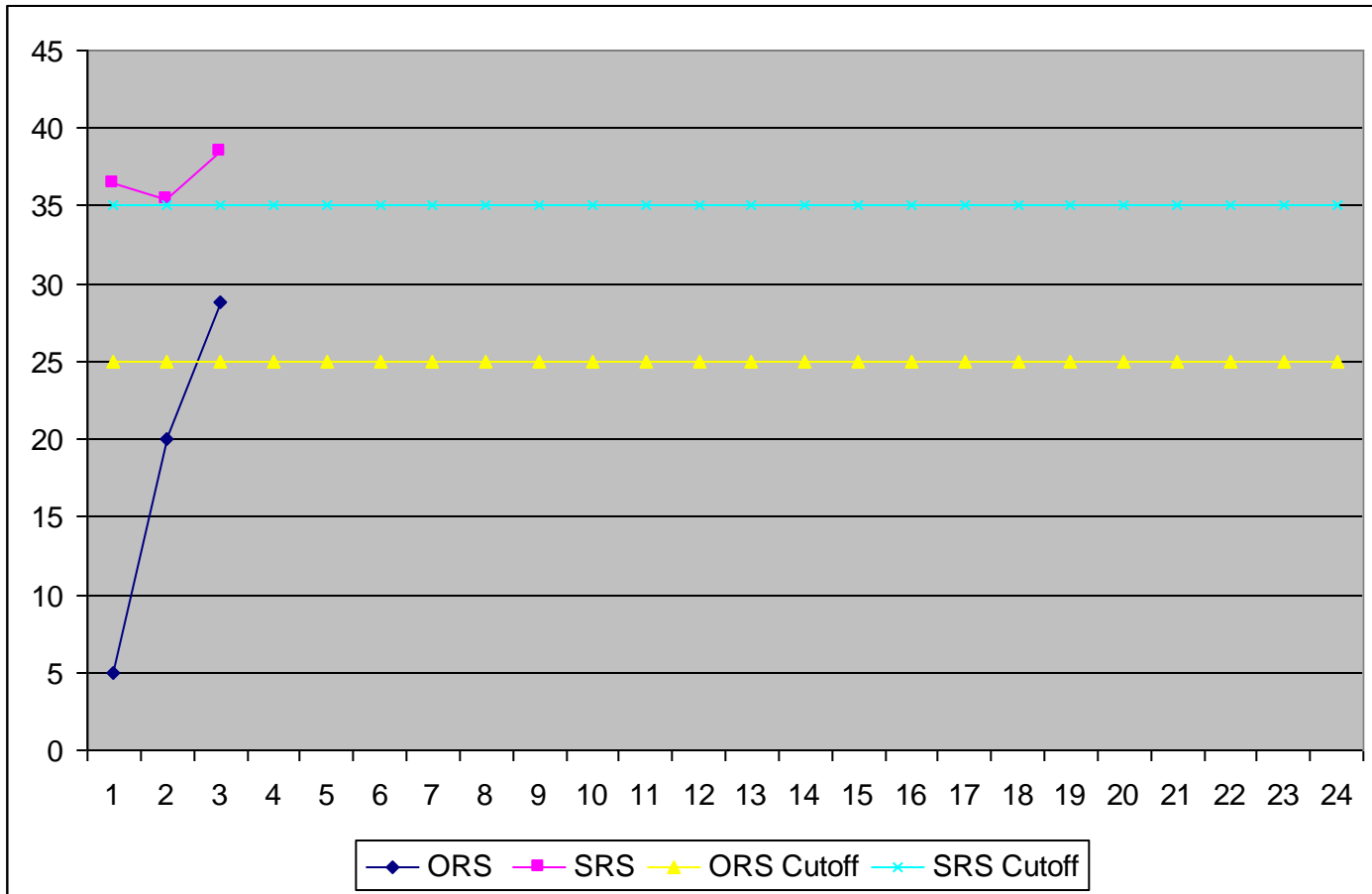


Total practice ORS and SRS summary



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Individual Example



Summary GP/Practice nurse evaluations (24)

What's working well?

- Easily accessible, free, convenient, in a familiar setting
- Seen promptly, good documentation - works well having notes in practice system + open verbal communication
- Effective interventions, positive feedback from patients- Fantastic!
- Prepared to see people outside guidelines
- Being able to refer on as needed
- Smoother navigation

Evaluation cont...

What's made the most difference?

- Prompt/quick early intervention–better outcomes
- Free, easily accessible with good continuity of care
- Helping Rural nurses' workload- access to MH care
- Explores psycho-social aspects
- Assists with diagnosis
- Problem solving- helping people get 'unstuck'
- Certainty of appointments

Evaluation cont..

What's not working well?

- Costs for room usage overlooked
- Sometimes delay in being seen - need more clinics
- DNAs / cancellations

How could we do this better?

- More staff & more clinics
- Doing well- keep it up
- Keep trying to prevent DNAs with 'difficult to reach populations'

Potential expansion to..

- Other GP Practices
- Drop in clinics
- Education and promotion
- Iwi Health providers



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Acknowledgements

- **PRIMHIS NURSES-** Michael O'Connell, Jenny Collier, Lorraine Ward, Cathy Sheely, Lisa Wallace, John Emery
- Rotorua General Practice Group
- George Furstenburg, Professional Advisor Psychology, Lakes DHB
- Psychiatry resource

Nau te raurau
Nakuu te raurau -
Ka ki te kete

With your input
and my input -
the basket will
be full