BEST PRACTICE MODELS

BEST PRACTICE MODELS for Treatment of Mental Disorders
[5] Early Treatment
   a) Universal Health, Welfare and Educational agencies in the community [Tier 1]
   b) Private practitioners and Community Mental Health services [Tier 2]
   c) Specialist Mental Health services [Tier 3]

Mental health disorders occur throughout the community at various levels of severity. At present, diverse private and public sector agencies respond to aspects of mental health need in an un-coordinated manner. MHYFVic proposes a coordinating framework to ensure that appropriate care is delivered. This is described in Project Evidence PE 5 a.

[5 b] Private practitioners and Community Mental Health Services

Best practice mental health treatment is provided by a clinician who undertakes a bio-psycho-social assessment leading to a diagnostic case formulation and management plan. The case formulation hypothesises the predisposing, precipitating and perpetuating reasons for the dysfunction and the changes needed to resolve the problems. The management plan developed collaboratively with the patient describes the actions to be undertaken to achieve those changes.

The clinician must be properly trained and competent in a sufficient range of evidence-based therapies to be able to offer the treatment approach in the most flexible manner which is most likely to meet the patient's needs. These principles apply regardless of whether the service is offered in private practice or at a Community Health Centre.

The Community services should also incorporate the Intake component for admission to Tier Three specialist services if required, and the scope for multidisciplinary team approaches and specialty programs.

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