

M2M Options



Mild to Moderate Primary Mental Health Programme

Purpose

The purpose of the M2M programme is to enhance health outcomes for participating patients through appreciation of a multidisciplinary and holistic approach to mental health and wellness.

Introduction

The M2M Options Primary Mental Health Programme is funded by a Te Whatu Ora contract and is designed to provide early intervention and treatment for patients presenting with mild to moderate mental health conditions and aims to support general practice team in their efforts to identify early and have resources to treat the most common mental health conditions.

Equity

The service is funded to ensure that there are responsive services adapted to meet the unique needs of the population served and that services are culturally competent to meet the health needs of Māori and other high needs populations.

M2M Options Funding

Funded Extended GP Consultations

It is expected that the patient will pay the usual practice co-payment when first seeking medical advice and/or treatment (initial consultation).

If during the initial consultation the GP identifies a mild to moderate mental health issue, s/he administers a brief mental health measure, (Kessler 10).

If the result of the Kessler 10 is >20 the GP can be funded for an extended M2M consultation to form a diagnosis and refer for treatment at the appropriate level of care to M2M Options. This includes people 12+ years from all ethnicities, quintiles.

Auckland PHO pays \$45 (GST excl) for an extended GP consultation that meets the inclusion criteria – this includes referrals made to an e-referral approved programme such as “Beating the Blues” or a Package of Care.

Once the patient has completed their package of care, the GP may claim \$20.00 for a follow up M2M medication review as appropriate.

It is expected that there is no co-payment for an M2M extended consultation

Packages of Care

Coordinated through the Manager of Mental Health and Wellbeing

Packages of Care are short-term interventions aimed to address a specific concern in just a few sessions. These interventions tend to focus on the present and aim to address a specific problem, using a range of approaches, e.g., Counsellors/Psychologists or Psychotherapists. This is a free, low intensity intervention for mild to moderate mental health presentations.

The Manager – Mental Health and Wellbeing can also offer the patient Brief Intervention when engaging with the patient.

Auckland PHO has engaged a select group of mental health providers including clinical psychologists, health psychologists and counsellors who are skilled at providing brief, individualised, focused treatment in collaboration with general practice.

It is widely recognised that offering fully funded clinical psychology Packages of Care removes the financial barrier for those patients who will benefit from access to this more specialist level of care.

Referrals to M2M providers are sent via the Mōhio form are sent to the Manager – Mental Health and Wellbeing who will assign a Package of Care based on the eligibility details of the referral and/or discussing with the patient.

M2M Options providers will provide GPs with a brief written report at the conclusion of treatment regarding progress and outcomes. Our network of credentialed providers includes professionals who meet the following criteria:

- Have specialist tertiary training (Masters or Doctoral level) in clinical psychology, health psychology or counselling;
- Engage in regular professional supervision and are active members of an appropriate professional organisation, (e.g. New Zealand College of Clinical Psychologists, New Zealand Psychological Association, New Zealand Association of Counsellors);
- Have significant experience working with primary care and are skilled working a brief, individualised, focused model appropriate to mild/moderate conditions.

Packages of Care Duration

There is a three-month time frame for completion of the M2M Options Programme. The time frame can be extended, in consultation with the client, Provider and the Manager – Mental Health and Wellbeing.

Referrals for clients accessing the Programme can only occur once within a 12-month period (as per the Contract). However, it is acknowledged that there may be occasions where clients re-present to the GP within this 12-month period. In this instance, consultation will occur between the Manager – Mental Health and Wellbeing, the GP and the Provider (preferably the Provider who provided the initial intervention) to discuss the best option for the client, e.g., referral to specialist mental health services.

Exit from M2M Options

The M2M Provider will provide the referring GP with a final summary, at the completion of the treatment (usually up to 4 one-hour sessions).

If a patient misses two sessions without contacting the Provider, they will automatically be discharged from the Programme. The Manager – Mental Health and Wellbeing M2M Navigator may contact the client to ascertain reason for non-attendance and, where possible, provide support for the client to attend further sessions. It is the Provider's responsibility to inform the Manager – Mental Health and Wellbeing if their patient has not attended appointments.

Clients who disengage without notifying the Provider and who are re-referred will not automatically be accepted back into the Programme. The referral will be considered, and a decision made by the Manager – Mental Health and Wellbeing.

The Manager – Mental Health and Wellbeing will notify the GP, advising that the patient has been discharged from the programme, either at the end of treatment or due to non-attendance.

At the completion of the patient's package of care, the GP may be funded to have a follow up visit as appropriate, through the advice of the Service Provider (e.g. psychologist) and Manager – Mental Health and Wellbeing.

Clinical Responsibility

It is expected that the referring GP maintains clinical responsibility for their patient whilst they access a Package of Care and follow up. Specific details regarding this matter are noted on the referral form.

Eligibility/ Business Rules

Adults 20+ years

All patients 20+ years who are enrolled at the Practice are eligible for an annual extended consultation **with a baseline Kessler 10 score of >20 and <35**

Patients who reside in **Quintiles 4 or 5 or are Māori and Pacific** are eligible for a funded package of care (four sessions with a psychologist locally based) who have a **baseline Kessler 10 score of >20 and < 35**

Patients who reside in **Quintiles 1 – 3** refer or discuss with the Manager - Mental Health and Wellbeing who will identify low cost/alternative providers and/service options. In the event the patient has high clinical needs for a package of care, the Manager – Mental Health and Wellbeing can over-ride the above criteria to ensure the patient receives adequate support

Young People 12 – 19 years

All young people aged between 12 and 19 years who are enrolled at the practice are eligible for two extended consultations annually **with a baseline Kessler 10 score of >20 and <35**

All young people – between 12 and 19 years can be referred to the Manager - Mental Health and Wellbeing who will arrange for appropriate packages of care. This is because the funding for youth comes from the *Minister of Health's Youth Mental Health Funding* package.

Young people are eligible for a package of care that consists of up six sessions every six months.

Exclusions for M2M Options

An existing diagnosis of a major mental illness and who are currently receiving treatment from secondary mental health services

Severe symptoms, i.e., Kessler 10 score **>35** (and other significant factors) acute suicidality, psychotic features, chronic mental health conditions. See flow chart on last page for advice if required.

Significant history of trauma/abuse

Difficulties that are not primarily related to high social need (housing, employment, financial distress, etc.). Clearly, high social needs can precipitate clinical depression or anxiety, however, the presence of social/environmental difficulties alone are more appropriate for a referral to social series rather than the primary mental health initiative

Those having subsidised counselling through WINZ, ACC, other Government agencies, Universities etc.

Referrals to M2M Options

Patient referrals to M2M Options are sent to Auckland PHO via Mōhio Forms.

The Mōhio form is reactive and has compulsory fields. If the patient does not meet the criteria to enter this programme, the form will not permit completion.

Contact the Auckland PHO Manager, Mental Health and Wellbeing to discuss additional support if required.

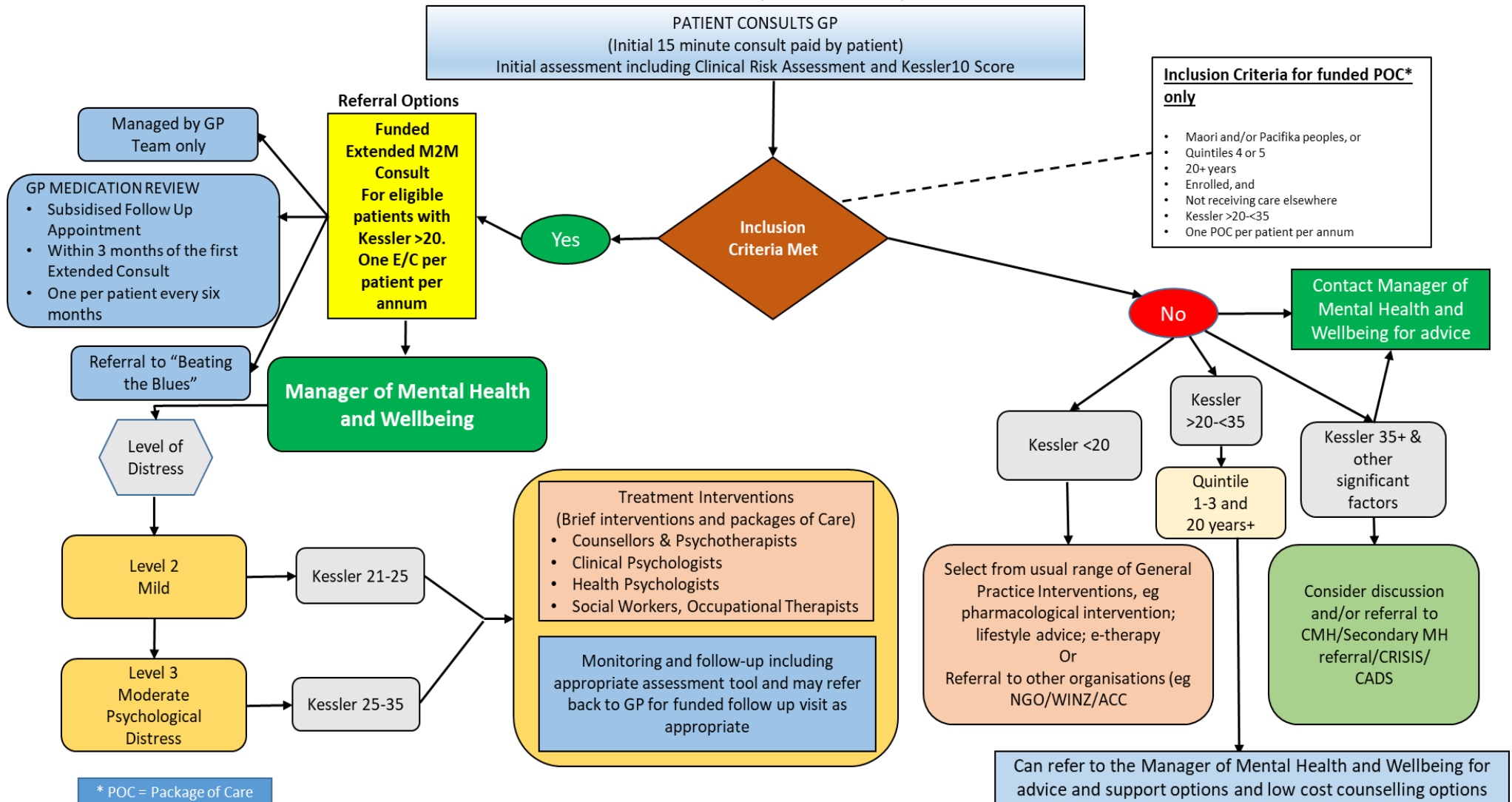
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See next pages for Adult and Youth Referral Flow charts

M2M OPTIONS FLOW CHART (ADULT) – UPDATED SEPT 2022



M2M OPTIONS FLOW CHART (YOUTH 12-19) – UPDATED SEPT 2022

