



Model of Care Change at Spectrum 2015

Information for staff,
consumers and carers of
Area Mental Health Services;
Statewide Specialist Mental
Health Services; Mental
Health Community Support
Services; Alcohol & Other
Drug Treatment and Support
Services

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Spectrum

The Personality Disorder Service for Victoria



Introduction

Through Spectrum, the Personality Disorder Service for Victoria, Eastern Health has provided a suite of services to the public mental health sector of Victoria for over 15 years.

Over this time the Victorian service sector has seen major reform effecting

- Area Mental Health Services
- Mental Health Community Support Sector
- Alcohol and Other Drug Treatment and Support Sector.

Federally funded programs have developed enormously over this time, including:

- The Better Access to Mental Health Care Initiative
- The Mental Health Nurse Incentive Programme
- Youth Mental Health Initiative Program (Headspace)

New stakeholders and partners have emerged including:

- The Australian BPD Foundation
- Borderline Support
- Project Air

In 2012, the Commonwealth Government, through the National Health and Medical Research Council, released the official Clinical Practice Guideline for the Management of Borderline Personality Disorder in Australia. This recommended a stepped care approach with specified roles for specialised BPD services such as Spectrum

In response to these developing conditions Spectrum has consulted stakeholder groups and the Victorian Department of Health in relation to the services we provide to the Victorian Mental Health Sector. Spectrum's model of care has been revised and a new suite of services designed to best meet contemporary conditions has been developed

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Spectrum Services 2015-17

BPD Clinic

The BPD clinic will provide a number of individual and group outpatient treatments. The BPD clinic will operate across two main sites, 54 Gertrude St, Fitzroy and 4 Bona St East Ringwood and comprise:

- A Dialectical Behavior Therapy (DBT) Clinic (individual + group tx)
- A Mentalization Based Treatment (MBT) Clinic (individual + group tx)
- An Acceptance and Commitment Therapy (ACT) Clinic (individual + group tx)
- A Psychoanalytic Clinic (individual tx up to twice weekly)

Referral and Consultation Service

This service is based at 4 Bona St East Ringwood. It will provide a primarily Telephone and Skype based service incorporating:

- Referral and Intake
- Clinician advice and secondary consultation

Complex Care Service

This service is delivered from one of Spectrum's sites in East Ringwood or Fitzroy for those who can travel or as an outreach service to the location of the client or treating team. It will provide:

- Direct supportive work to help contain and stabilize the condition of those seriously affected by personality disorders
- Service system supports (including secondary consultation and advice).

Telehealth arrangements will augment service delivery particularly to remote regions.

Spectrum Intensive Group Program

This service is based at Grey St, East Ringwood. Treatment will consist of a day treatment program series for up to 8 people, operating four hours a day for two days per week for a 10-week period. Group programs will repeat throughout the year.

This program has been put in place following the closure of the Spectrum Residential Program and draws from the experience and expertise that was developed by the Residential Services. This program is a project and will run from 2016 to 2017. If this project is successful it will be established as a regular Spectrum program

This program is being run in collaboration with primary care and mental health community support services (MHCCS)

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Assessments Unit

This service provides patient assessments for all treatment referrals to Spectrum, as well as psychiatric second opinions to Area Mental Health Service and psychiatric assessments under the Medical Benefits Scheme (MBS) to the primary sector (GP's). The specialist team will determine diagnosis, severity as well as a comprehensive biopsychosocial formulation, contributing to directions and recommendations for:

- Follow-up across Spectrum's suite of services
- Follow up outside Spectrum.
- Advice to GP's

Workforce Development Unit

Provides an innovative training program to Area Mental Health Service clinicians as well as partners in care from the Mental Health Community Sector and Primary Sector providers

Research and Evaluation Unit

Provides evaluation and supports research into programs and treatments for people suffering from personality disorders, and those providing support and care.

Consumer and Carer Group Program

This program will be developed with consumers and carers to provide psycho-education and peer support functions.

- The carers program will be based on Spectrum's innovative Wise Choices for Families group series.
- The consumer program will be designed by BPD consumers in collaboration with Spectrum clinicians.

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Referring to Spectrum

Referral to Spectrum's programs is by phone or email, our website has further information.

Tel: (03)88333050 Email: spectrum@easternhealth.org.au Web: www.spectrumbpd.org.au

Spectrum's intake staff will respond to all inquiries.

From 2015 Spectrum will receive referrals for direct clinical treatment from Area Mental Health Service Clinicians, GP's or Private Psychiatrists in Victoria.

The following table describes the referral and ongoing care arrangements Spectrum requires for direct consumer care and treatment services

<u>Complex Care</u>	<u>Standard Outpatient Treatment</u>	<u>Spectrum Intensive Group Program</u>
<p><u>Clinical Description</u></p> <p>Personality disorder features with high-chronic to high-acute risks and/or multiple co-existing mental health disorders.</p> <p>Consumer requires frequent psychiatric treatment, forensic mental health service involvement, and/or highly dependent on multiple community supports systems</p>	<p><u>Clinical Description</u></p> <p>Continuing self-defeating or disruptive patterns of social engagement interspersed with significant and chronic, generally low lethality self-harm.</p> <p>Consumer experiences weeks or months of relatively adequate community functioning interspersed with long periods of serious coping difficulties.</p>	<p><u>Clinical Description</u></p> <p>Experiences significant emotional and behavioural difficulties; however demonstrates the ability to maintain structure and routine; self-harm is generally of low frequency and low lethality.</p> <p>Consumer generally accesses the private system, GP or private psychiatry /psychology. They may have had some contact with public mental health services at times of crisis.</p>
<p><u>Referral Sources</u></p> <p>A Victorian Area Mental Health Service or other Statewide Specialist Mental Health Service</p>	<p><u>Referral Sources</u></p> <p>A Victorian Area Mental Health Service, Other Statewide Specialist Mental Health Service, General Practitioner, Private Psychiatrist</p>	<p><u>Referral Sources</u></p> <p>A Victorian General Practitioner</p>
<p><u>Ongoing Care Arrangements</u></p> <p>Spectrum requires AMHS Case Management</p> <p>Additional involvement from Partners in Recovery services where required</p>	<p><u>Ongoing Care Arrangements</u></p> <p>Spectrum requires <u>one</u> of the following: AMHS Case Management, or Mental Health Community Support Service Care Coordination with GP involvement, or GP Mental Health Plan with active primary sector Allied Health or Mental Health Nurse support</p>	<p><u>Ongoing Care Arrangements</u></p> <p>Spectrum requires the following: Mental Health Community Support Service Care Coordination with GP involvement</p>