



### Depression Module: Making the Most of Mental Health Care Plans

**Duration** 3 hours

- Accreditation**
- Accredited by the RACGP as Mental Health (MHST ongoing) – *formerly Level 1 ongoing*
  - Cat 1 ALM (40 QA&CPD points) **only** when combined with a second BDI Mood Disorder Management Module workshop
  - May be undertaken as Cat 2 activity accruing 2 points per hour
  - ACRRM 7 points

**Pre-requisites** Pre-disposing activity must be completed and submitted prior to the event

**Program Aims** This workshop is designed to ensure you are familiar with the mental health item numbers introduced in 2006 (2710, 2712 and 2713), and learn to write Mental Health Care Plans that both meet the Medicare guidelines and are clinically useful. The MHCP process (including an introduction to outcome tools) will be explained step by step using a case example, and you will then have the chance to write a care plan yourself. The workshop will also provide you with an introduction to the Black Dog Institute model of Depression which will assist you in diagnosing and managing patients with mood disorders.

- Learning Outcomes**
- By the completion of this Program, participants will be able to:
- Understand the Black Dog Institute model of depression
  - Be able to use the Medicare Mental health item numbers appropriately
  - Develop comprehensive Mental Health Care Plans for patients with a mood disorder.
  - Include an assessment of suicide or self harm risk in all patients with mood disorders and have appropriate systems for management in place
  - Identify and use specific outcome tools to measure a patients progress over time

**Program Calendar** All dates for our training programs are posted on our website.

**More Information**

General Practice Education Project Officer  
Tel: 02 9382 8518  
Email: [k.denton@blackdog.org.au](mailto:k.denton@blackdog.org.au)