

Mental Health Skills Training: Learning Objectives and Predisposing Activity

Dear GP

Thank you for choosing the online Mental Health Skills Training Program that has been developed specifically for GPs by psychiatrist Richard Harvey (A/Prof) in collaboration with Barwon Health, Deakin University and the GP Association of Geelong.

Please see below the learning objectives for this training, complete the survey and fax it to 5223 2209. You will then receive the password for completing the modules.

Learning Objectives

- To provide GPs with an overview of epidemiology and rates of disorders presenting to general practice
- Demonstrate interview skills, history taking skills and mental status assessment
- Assess drug and alcohol use and the patient's readiness for change, devise a management plan and carry out a brief intervention
- Be able to assess risk to self or others and take appropriate action
- Be able to detect and treat low and high prevalence mental health disorders in general practice
- Prepare and review a GP Mental Health Treatment Plan including psycho education and mutually agreed goals in collaboration with the consumer and carer
- Demonstrate increased skills regarding the use of non-pharmacological and pharmacological treatments, encourage adherence to treatment and understand issues for consumers and carers
- Demonstrate increased knowledge of local referral pathways in public, private and relevant non government organizations
- Demonstrate increased knowledge of the Mental Health Act and how this impacts on individual consumers and carers
- Be able to assist consumers to self monitor, identify early signs of illness and take appropriate action
- Understand the consumer and carer perspective in relation to experiencing a mental health problem, accessing support and assistance and how mental health problems can impact on work, social and family life.



G.P. Association of Geelong

(A Division of General Practice)

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Please assist us by completing this short survey.

What is your current level of confidence in the following?

	Little confidence			Very confident	
Mental Health History Taking	1	2	3	4	5
Mental State Examination	1	2	3	4	5
Risk Assessment	1	2	3	4	5
Developing a treatment plan	1	2	3	4	5
Drugs and Alcohol in mental health	1	2	3	4	5
Depression and anxiety	1	2	3	4	5
Personality Disorders	1	2	3	4	5
Psychosis and schizophrenia	1	2	3	4	5
Somatisation disorder (patients with unexplained medical symptoms)	1	2	3	4	5
Pharmacological treatments	1	2	3	4	5
Non-pharmacological treatments	1	2	3	4	5
Referral pathways	1	2	3	4	5
The Mental Health Act	1	2	3	4	5

Please fax this survey to the GP Association on 5223 2209