

# PSYCHOLOGICAL THERAPY SERVICES Referral Form

This referral is only valid with a PTS Referral Code. To obtain a referral code, GPs and other approved referrers must contact the Nepean Blue Mountains PHN dedicated referral line.

Completed referral form to be sent to the AHP with Mental Health Treatment Plan where indicated below:

Phone: 1800 223 365 Psychological Therapy Services (PTS) dedicated referral line

Date of Referral	Patient Initials	Year of Birth	M/F	Patient Post Code	PTS REFERRAL CODE
29/2/24	AB	2007	F	2765	NBM: 10835

PTS Provider / Fax Michelle Hookham

Attached, please find an assessment for a patient that I wish to refer to you under the Nepean Blue Mountains PHN Psychological Therapy Program for Focussed Psychological Strategies (FPS).

**Mental Health Treatment Plan/Review required for all patients except those being referred to Bushfire/Flood streams.**

- ☐ General / new patients affected by the COVID-19 pandemic (No HCC required)
- ☐ Disaster Recovery (bushfire/flood) (No HCC or MHTP required)
- ☐ Young people 12-25 years old across the region (HCC and MHTP required)
- ☐ Perinatal (HCC and MHTP required)
- ☐ Aboriginal and/or Torres Strait Islander Peoples (MHTP required)
- ☐ Unpaid Carer of a person with a disability, medical condition, mental illness or frail and aged (HCC and MHTP required)
- ☐ Lesbian, Gay, Bisexual, Transgender, Queer, Intersex (HCC and MHTP required)
- ☐ Co-morbid Alcohol and Other Drugs (HCC and MHTP required)
- ☐ PTS Extended (Individuals aged 25 and over with additional complex trauma) (HCC and MHTP required)
- ☐ PTS Child Services (Family HCC and MHTP required)

This referral is valid for 2 months and expires on:  
The first PTS session must occur on or before the expiry date

29/4/2024

This patient needs to return to me for a review by:  
The review with the GP required within 6 months of the referral date

29/8/2024

Diagnosis (select all applicable)

- ☒ Depression
- ☐ Psychotic disorder
- ☐ PTSD or disclosed complex trauma
- ☒ Anxiety disorder
- ☐ Unexplained somatic disorder
- ☐ Social phobia
- ☒ Other (Please list) substance (marijuana) use

Preferred mode of service delivery

☒ Face to face

☐ No preference

☐ Telehealth

GP Signature or Stamp:



DR ALICE CHOI  
PITT TOWN SURGERY  
53 BATHURST ST, PITT TOWN 2758  
PH: 4580 9888 FAX 4572 3004  
Provider No: 0428987L

**Patient Consent:** By consenting to this referral, I understand that all information in this referral, and any previous referrals (where applicable) including my personal information, will be collected for the primary purpose of delivering care; and for the ongoing monitoring, reporting, evaluation and improvement of services. I consent with the understanding that this information will only be used, disclosed and stored for its primary purpose, between my health service provider(s), the Department of Health, and the Nepean Blue Mountains Primary Health Network (NBMPHN) and affiliated partner organisation(s)\*, in accordance with the *Australian Government Privacy Act, 1988*.

\* *Affiliated partner organisation(s) means those required to support the monitoring, reporting, evaluation and/or clinical governance for the service.*

Patient Signature \_\_\_\_\_

Date \_\_\_\_\_

### Consent for Patient under 18 years of age:

Parent/Guardian/Carer Name: Nicole Bortolussi

Contact number: 45736382

Email: nicole.bortolussi@gmail.com

Signature [Signature]

Date 28.2.24

### Referral Requirements:

**PTS underserved and hard to reach population groups:** (5 sessions per referral, and eligible for one re-referral)

- **Aboriginal and Torres Strait Islander origin** – individuals whom identify as Aboriginal or Torres Strait Islander and require access to psychological therapy (**No Healthcare or Pension Card required**).
- **Perinatal** – women whom are pregnant, or have had a child within the past 12 months and require access to psychological therapy (Healthcare, Pension or Family HCC required).
- **Alcohol & Other Drugs** - requires a person to have a co-existing substance use and mental health issue, both of which are clinically and/or socially significant. Please note: the person engaging in therapy sessions must not be under the influence of AOD (Healthcare or Pension card required).
- **Carers** - people who provide personal care, support and assistance to another individual due to disability, medical condition (including terminal or chronic illness), mental illness or are frail and aged. A person is not eligible if they provide care for payment, as a volunteer for an organisation, or as part of the requirements of a course of education or training (Healthcare or Pension card required).
- **Lesbian, Gay, Bisexual, Transgender, Queer and Intersex (LGBTQI) people** – individuals whom identify as LGBTQI, or have concerns related to their experience of sexuality or gender (Healthcare or Pension card required).
- **Young People aged 12 – 25 years whom reside in the Blue Mountains or Hawkesbury LGA** - (Healthcare, Pension or Family HCC required).

**General / New patients affected by the COVID-19 pandemic:** (6 sessions per referral, and eligible for one re-referral)

- People who have not accessed PTS since 2020 and have had their mental health affected by the COVID-19 pandemic (No HCC or Pension card required).

**Child Psychological Services:** (6 sessions per referral, and eligible for one re-referral)

- Children under 12 years of age, who have or are at risk of developing a mild to moderate mental health, behavioural or emotional disorder and are likely to benefit from short term intervention (Family HCC or Pension card required).

**Extended/Longer term Therapy Services:** (12 sessions per referral and eligible for 4 referrals in total)

- Individuals living with moderate to severe mental illness with added complexity e.g. trauma, and people with severe or complex presentations that do not require substantial clinical care coordination.
- Must be over 25 years of age or older and possess a HCC or Pension card.

**Disaster Recovery (bushfire/flood):** (10 sessions until December 2023)

The Disaster Recovery PTS stream is available to anyone in our region experiencing high levels of distress resulting from recent bushfires or floods. For example, people who have experienced loss of property, loss of business income, or have experienced significant mental health impacts as a result of the threat of bushfire or flood, which could be from past trauma. People can be referred under both bushfire and flood, if eligible.

- **No Healthcare or Pension card required**
- No Mental Health Care Plan is required, however GP may complete one at their discretion.

## **Pitt Town Family Practice**

53 Bathurst Street Pitt Town 2756  
Telephone (02) 45809888 Facsimile (02) 45723004  
Tabuli Pty Ltd ABN 33 002 926 427

**Dr Alice Choi** MBBS DCH FACRRM Provider No 0428987L

**Dr Francis Chan** MBBS FACRRM Provider No 046236BY

**Dr Roxanne Chenn** MBBS Provider No 4923589T

**Dr Mahita Iyer** MBBS (Hons) Provider No 5213585K

29/02/2024

Ms Michelle Hookham (SOS Wentworth Healthcare)  
SOS Wentworth Healthcare  
6 Christie Street  
Windsor. 2756  
Phone: 45774435

re. **Miss Anjelica Bortolussi**  
**1 Whitmore Rd**  
**Maraylya. 2765**  
**Date of Birth: 25/01/2007**  
**Mobile: 0400772295**

Dear Michelle,

Thank you for seeing Anjelica Bortolussi, 17 yrs, for 6 sessions of PTS under PTS referral code NBM 10835. She was recently discharged from Hornsby Hospital following an incident of self harm and punching the wall. Anjelica admits to a history of anxiety since the age of 12 and has been self harming since the age of 13. She also admits to smoking weed multiple times a day on a daily basis in recent times. She is reluctant at this stage to trial antidepressants.

Her current medications are:  
No regular medications.

Allergies:  
Nil known.

Past Medical History:

15/02/2017	Right Otitis externa
03/07/2019	Pertussis

Yours sincerely,



Dr Alice Choi  
MBBS (UNSW) DCH FACRRM  
0428987L  
Healthlink code DRALICEC

Patients name	Miss Anjelica Bortolussi	Date of Birth	25/01/2007
Address	1 Whitmore Rd Marayiya 2765	Phone	4573 6382
Carer details and/or emergency contact(s)	Nicole Bortolucci (Mum) Mobile 0400772295	Other care plan Eg GPMP / TCA	YES <input type="checkbox"/> NO <input type="checkbox"/>
GP Name / Practice	Pitt Town Family Practice	Medical Records No.	BOR
AHP or nurse currently involved in patient care			

**PRESENTING ISSUE(S)** anxiety/depression

What are the patient's  
current mental health  
issues

**PATIENT HISTORY**  
Record relevant biological  
psychological and social  
history of mental disorders  
and any relevant  
substance abuse or  
physical health problems

threatened to hang herself after conflict with mother in Nov 2023, called the police herself and ran away from home, Subsequently found by police and taken to Blacktown Hospital, then discharged with PTS referral to psychologist. Completed 6 sessions but patient prefers not to go back to same psychologist.  
Self harming and banging fist on wall on 16/2/2024 in context of arguing with Mum about getting an extra pet rabbit. Says she was unable to calm herself down. Scheduled by police to Hornsby Hospital and referred to Plains Mental Health Access Team at NBM Mental Health.

**MEDICATIONS**  
(attach information if  
required)

No regular medications.

**ALLERGIES**

Nil known.

**ANY OTHER RELEVANT  
INFORMATION**

admits to suffer from anxiety since the age of 13, worse over past 2 years.  
school refusal, gets anxious going to work at Macca's  
parents separated in 2023---"Mum kicked Dad out"  
constantly feels sad, started self harming since the age of 12 but put down to attention seeking behaviour by Mum  
admits to smoking weed since the age of 15, increased use to multiple times a day every day of the week lately, intention of using weed to calm herself down. Obtains weed through friends whom she sees once a week or they bring it to her house.  
closer to father but Dad is homeless  
rang up Kidsline in the past, but did not have patience to wait on the phone  
Discussed using medications for anxiety but not ready to take it at the moment  
Appearance: dressed in casual attire, coloured hair in plaits and curls covering her eyes  
Behaviour: engaging and forthcoming, avoids eye contact  
Mood: depressed, gets panic attacks  
Affect: reactive  
Thoughts: congruous, no hallucinations, recurrent thoughts of self harm but not suicidal  
Judgement: impaired  
Insight: poor

**RESULTS OF MENTAL  
STATE EXAMINATION**  
Record after patients has  
been examined

**RISKS AND  
CO-MORBIDITIES**  
Note any associated risks  
and co-morbidities  
including suicidal  
tendencies and risk to  
others

challenging family dynamics

**OUTCOME TOOL USED**  
K10

**DIAGNOSIS**

**RESULTS:**  
score 39  
generalised anxiety disorder with depressed mood, substance

PATIENT NEEDS / MAIN ISSUES	anxiety, panic attacks, low mood
GOALS Record the mental health goals agreed to by the patient and GP and any actions the patient will need to take	improve mood, manage anxiety, makes herself calmer
TREATMENTS Treatments, actions and support services to achieve patients goals	psychoeducation, CBT, drug counselling, buidling self confidence
CRISIS / RELAPSE If required, note the arrangements for crisis intervention and/or relapse prevention	Kidsline
REFERALS Note: Referrals to be provided by GP, as required, in up to two groups of six sessions. The need for the second group of sessions to be reviewed after the initial six sessions.	yes
APPROPRIATE PSYCHO-EDUCATION PROVIDED	Yes
PLAN ADDED TO THE PATIENT'S RECORDS	Yes
COPY (OR PARTS) OF THE PLAN OFFERED TO OTHER PROVIDERS	Yes
COMPLETING THE PLAN On completion of the plan, the GP is to record that she/he has discussed with the patient:	29/2/2024
- the assessment	
- all aspects of the plan and the agreed date for review;	
and	
- offered a copy of the plan to the patient and/or their carer (if agreed by patient)	
DATE PLAN COMPLETED:	29/02/2024
REVIEW DATE (initial review 4 weeks to 6 months after completion of plan):	
REVIEW COMMENTS (Progress on actions and tasks)	
OUTCOME TOOL RESULTS ON REVIEW	