

# STEPMI Geelong Otway

## Referral guide

### What is STEPMI?

STEPMI (Services and Treatment for Enduring and Persistent Mental Illness) provides support for people with enduring and persistent serious mental illness. The program provides a range of services including:

- Clinical care coordination
- Working with family and carers
- Regular review of recovery goals and physical and mental wellbeing
- Optimised medication management
- Relapse prevention planning
- Psychosocial interventions aligned with recovery goals
- Risk monitoring

### Eligibility

Eligible consumers are those who:

- Reside within the Western Victoria PHN Sub-Region of Geelong Otway. This includes:
  - Borough of Queenscliff
  - City of Greater Geelong
  - Golden Plains Shire Council
  - Surf Coast Shire
  - Colac-Otway Shire
- Are referred by a GP, paediatrician or private psychiatrist, who certifies that the consumer is under their ongoing care and meets the clinical criteria. Consumers meet the clinical criteria if they:
  - Have an enduring and persistent mental illness.
  - Have a documented plan for the clinical management of their mental health.
  - Are unable to access similar services through other funding sources.
  - Will require clinical care coordination for at least 12 months.
  - Have been admitted to or been an outpatient of acute mental health services within the past 12 months OR are at risk of requiring inpatient admission without STEPMI intervention.
  - Are not receiving case-management from acute mental health services.



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## How to refer

Referrals can be made by general practitioners, paediatricians and private psychiatrists.

**Note:** Medicare rebated session numbers available under the Mental Health Care Plan will not be impacted by participation in STEPMI.

### General practitioners

Please send us a Mental Health Care Plan:

- **New Mental Health Care Plans:** when completing the plan, please refer to the above STEPMI eligibility conditions and STEPMI service options.
- **Existing Mental Health Care Plans:** please ensure Mental Health Care Plan is current (12 months or less). Please also attach a referral letter highlighting the following:
  - Reason for referral.
  - Referrer and consumer goals.
  - Risk screen (to self and others).

Please ensure that consumer contact details are up-to-date.

**Submit your referral by either email or fax:**

Email: [STEPMI@neaminational.org.au](mailto:STEPMI@neaminational.org.au)

Fax: 03 5229 5286

### Paediatricians and private psychiatrists

Paediatricians and private psychiatrists can send a referral letter in lieu of a Mental Health Care Plan. Please refer to the above STEPMI eligibility conditions and service options when writing your referral letter.

Please ensure that consumer contact details are up-to-date.

**Submit your referral by either email or fax:**

Email: [STEPMI@neaminational.org.au](mailto:STEPMI@neaminational.org.au)

Fax: 03 5229 5286

## What happens next?

Our team will assess your referral and be in contact with the consumer being referred within two business days. Consumers that are deemed not to be eligible will be provided with alternative service options.

## Contact us

Neami STEPMI - 92 Little Myers St, Geelong VIC 3220

P 1300 050 093 | F 03 5229 5286 | E [STEPMI@neaminational.org.au](mailto:STEPMI@neaminational.org.au)

[www.neaminational.org.au/STEPMI](http://www.neaminational.org.au/STEPMI)



Neami acknowledges the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging.

Neami celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

Neami National acknowledges the financial support provided by Western Victoria Primary Health Network and the Australian Government in providing Services and Treatment for Enduring and Persistent Mental Illness.