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LIMESTONE COAST
DIVISION OF GENERAL PRACTICE

Mental Health Nurse Incentive Program



MHNI

Overview:

Mental Health Nurse works in collaboration with General Practitioners and Psychiatrists. They provide mainly counselling services to people with serious mental health problems such as depression, anxiety states and for those who have been traumatised.

They use such counselling and psychotherapeutic techniques as CBT, interpersonal therapy, mindfulness, psycho-education and coping focus counselling.

They also assess and monitor a client's mental state, managing medication, and assess a person's mental health risk.

The service is free of charge and is available in Mt. Gambier as well as some outreach services.

Entrance criteria:

Adults and children with serious mental health concerns can access this service through their General practitioners or psychiatrists.

In addition to offering counseling services for people with serious mental health concerns through the Mental Health Nurse Incentive Program the LCDGP offers other counseling and psychotherapy programs that are provided by psychologists and a hypnotherapist.

Limestone Coast Division Profile:

The Limestone Coast Division of General Practice (LCDGP) is an accredited non-profit organisation which aims to enhance and support General Practice providing quality care to the community.

The LCDGP was established in January 1994. The focus of the Division is on the development of sustainable programs that make continuous small steps toward better health outcomes for the local residents and better business outcomes for general practice.

The LCDGP provides support to 15 practices and 64 GPs in a 21,327.5 sq.km area spanning the region from the coastal town of Port MacDonnell in the south, to Bordertown and Keith in the north, following the Victorian border with Penola and Coonawarra in the east and the western coastline with Beachport, Robe and Kingston.

LCDGP is part of a national network of Divisions which is comprised of 110 Divisions of General Practice & State Based organisations and the Australian General Practice network.

The LCDGP offers its members the following:

- Practice support & education for general practice
- Assistance in the delivery of primary health care programs
- Support to practices in the ongoing professional development
- Advocacy on local and state issues to relevant government organisations
- Liaison and integration with health care providers including Country Health SA to enhance general practice and patient experience in the health care sector.

LCDGP Demographics

Population
62,215 (2006 census)

General Practice
15 General Practices

General Practitioners
64

Practice size (# of GPs)
7 Solo
4 small (2-5 GPs)
4 large (6+ GPs)

Residential Aged Care Facilities
13 Facilities

Hospitals
6 Public
2 Private

