



Referral Pathways & GP Collaboration

Why This Matters

Collaboration between GPs and The Nesting Place ensures that clients receive consistent, well-coordinated care throughout their recovery journey. Whether the referral is through a **Mental Health Treatment Plan (MHTP)** or an **Eating Disorder Plan (EDP)**, clear communication and regular updates help maintain a shared understanding of progress, risks, and ongoing needs.

The aim is simple: to support clients with compassion, clarity, and evidence-based care — while ensuring their recovery is held within a trusted, multidisciplinary network.

1. Referral Pathways

Mental Health Treatment Plan (MHTP)

An MHTP is a referral pathway for clients experiencing general mental health concerns such as anxiety, depression, trauma, or adjustment difficulties.

Key points:

- Clients are eligible for up to **10 rebated sessions per calendar year** under Medicare.
- The initial referral is for **6 sessions**, after which a **review with the GP** is required to access the remaining 4.
- Sessions focus on evidence-based psychological therapy, such as CBT, ACT, or narrative approaches for ATSI people.
- Suitable for clients without an active eating disorder diagnosis or where the eating difficulties are secondary.

When to consider an MHTP:

- Generalised anxiety, mood disorders, grief, or adjustment issues.
- Trauma-focused or relational therapy needs.
- When disordered eating is mild or exploratory rather than the primary diagnosis.

Eating Disorder Plan (EDP)

The EDP is a **specialised Medicare initiative** designed for individuals with a clinically diagnosed eating disorder or those meeting the criteria for “subthreshold” eating disorders.

Key points:

- Allows up to **40 rebated psychological sessions** and **20 dietetic sessions**.
- Requires a **GP or psychiatrist referral**, supported by an eating disorder assessment (EDE-Q, EDA-5, or clinical formulation).
- The EDP is reviewed by the GP at every **10-session interval**, ensuring shared oversight and medical monitoring.
- Collaborative care is essential — particularly between GP, therapist, and dietitian — to track physical, nutritional, and psychological stability.

When to consider an EDP:

- Diagnosed eating disorders (e.g. AN, BN, BED, OSFED).
- Disordered eating significantly impacting health, weight, or psychosocial functioning.
- Clients engaged with multidisciplinary supports or needing nutritional and medical review alongside therapy.

Feature	MHTP	EDP
Focus	General mental health	Eating disorder treatment
Eligibility	Any MH concern	Diagnosed/subthreshold ED
Rebated sessions	10 per year	40 psych + 20 dietetic
Reviews	After 6 sessions	Every 10 sessions
Multidisciplinary care	Optional	Strongly encouraged
Monitoring	Psychological focus	Includes medical + nutritional review

2. How The Nesting Place Collaborates

At The Nesting Place, collaboration is not an afterthought — it's a central part of care. We aim to provide clear, regular, and contextual updates that strengthen continuity and safety.

Typical collaboration structure:

Stage	Action	Communication
Referral received	Review of referral, triage of suitability, client contact made	Confirmation email sent to GP (and referring provider if applicable)
Initial sessions	Assessment and formulation phase (2–3 sessions)	Summary or brief update provided to GP outlining initial focus and goals
Midpoint review	Session 6 (MHTP) or every 10 sessions (EDP)	Clinical progress update and plan for next phase shared with GP

Stage	Action	Communication
Transition or discharge	Review of outcomes, recommendations for ongoing supports	Written summary sent to GP; follow-up phone call if clinically indicated

Standard Updates Include:

- Client engagement and attendance pattern
- Current clinical presentation and risk indicators
- Emerging treatment themes and focus areas
- Collaboration with other treating professionals (e.g. dietitian, psychiatrist, paediatrician)
- Summary of future therapeutic goals and recommendations

Preferred methods of communication:

- Secure email (Halaxy or encrypted email link)
- Phone consultation for urgent or complex updates
- Shared care meetings (where applicable)

Turnaround: Updates are typically sent within **1–2 weeks** of review points unless otherwise requested.

Shared Care Principles

Respect and transparency: Information shared with GPs and specialists is done collaboratively with client consent.

Regular monitoring: Medical, psychological, and nutritional domains are each reviewed at appropriate intervals.

Relational continuity: Clients benefit most when their care team communicates frequently and predictably.

Timely feedback: Significant clinical changes or concerns are communicated promptly.

The Nesting Place values collaborative care that is steady, relational, and clinically informed.

I welcome ongoing dialogue with GPs and allied professionals to ensure clients' recovery is supported from all sides — mind, body, and context.

Please do reach out to chat with me at a suitable time. I am flexible.

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