

The 'Can Do' Initiative Delivering multidisciplinary education and training

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The 'Can Do' Initiative: managing mental health and substance use is a national initiative, funded by the Australian Government Department of Health and Ageing as part of the National Comorbidity Initiative and the Department of Veterans' Affairs as part of mental health programs.

'Can Do' provides a multidisciplinary model of training focused on joint learning, networking and peer support strategies, delivered at the local level by divisions of general practice and *headspace* sites.

'Can Do' aims to:

- Improve the capacity of general practice and divisions to recognise and respond to the needs of people with both mental health and substance use issues in the community.
- Provide national implementation of structured education and training, focused on multidisciplinary team approaches.
- Develop, dissemination and support use of accredited resources for general practitioners and allied health professionals.

The role of GPs in 'Can Do'

- Co existing mental health and substance use disorders are common in patients attending general practice and result in considerable disability (Hickie et al 2001).
- GPs on average manage 150,000 people with co-existing mental health and substance use disorders each year (BEACH survey 2005).
- GPs are experienced in working with people with complex needs.
- Primary care settings are accessible and suitable for stable patients with mental health and substance use problems
- GPs do not have to manage patients on their own. 'Streamed shared care' using a multidisciplinary care approach is a viable option.
- Building efficient and strong networks between primary health care services and between skilled health professionals improves pathways of care for the patient and optimises good outcomes.

How is training delivered?

- National planning and coordination is provided by the AGPN.
- Coordination of training is brokered through the state based organisations (SBOs) of the divisions network or by nominated lead divisions.
- Training is delivered at the local level through divisions of general practice.
- Orientation (train the trainer) workshops can be provided.
- Divisions select the type of training and preferred topics to suit local need.

Who participates?

The mix of participants varies depending on local requirements but includes general practitioners, nurses (including practice nurses and mental health nurses), alcohol and other drug and mental health professionals, community and hospital pharmacists, psychologists, occupational therapists, social workers, veteran and veterans' families counselling services and a wide range of youth and community service providers.

Evaluation

An external evaluator has been appointed. Evaluation is conducted at divisional, event and individual levels with follow up evaluation taking place 10-12 weeks after training is completed. Indicators relate to general practice capacity, quality of training and knowledge and skills uptake and transfer and the extent to which health professionals are aware of and utilise each others services.

Quality and Accreditation

A National Advisory Group provides advice and support for 'Can Do'. All training is accredited with ongoing CPD points for:

- *General practitioners* through the RACGP and ACCRM
- *Nurses* through the RCNA
- *Social workers* through the AASW
- *Occupational therapists* through OT Australia
- *Pharmacists* through the Australian Pharmacy Guild
- *Psychologists* through the Australian Psychological Society (endorsement only)

The package

All 'Can Do' training comes as a complete training 'package' including a coordinator's manual with relevant templates for promoting, running and evaluating training sessions, a facilitators guide, handouts, powerpoint presentations and facilitators' notes and a range of sample case stories.

About the Resources

Two types of training are provided:

- **Clinical education**
- **'Network' training**

Clinical Education

The 'Can Do' clinical education module (available in web and CD ROM formats) is a 6 ½ hour accredited program (GPMHSC Mental Health Skills status applied for, for 08-10 triennium). It is a face to face interactive program suitable for a wide range of health professionals and includes:

- Clinical presentations
- Multidisciplinary training
- Case studies
- Care planning

Units cover the following topics:

- Definitions and prevalence
- Assessment and history taking
- Common co-occurring disorders
- Alcohol and depression
- Benzodiazepine and anxiety
- Cannabis, mental health and young people
- Amphetamines and psychosis
- Drugs, pain and opioid dependence
- Drugs, sexual health and pregnancy

'Can Do' Network Training

'Can Do' Network Training comprises a wide range of training units each containing 2 ½ hours of education that covers commonly co-occurring disorders and address the needs of specific population groups in the community. These units have been accredited by a variety of professional bodies allowing the majority of participants to receive CPD points for attendance.

Educational content is based on:

- Face to face, joint learning
- Peer discussion
- Case discussion (and story telling)
- Mapping local resources
- Identifying referral pathways
- Compilation of key services, contacts and local information

'Teams of Two' materials are available in web, CD Rom and hard copy formats and all other network units in easy to download web format.

Network units offered throughout 2008

- *Teams of Two network training* (6 units)
 - Alcohol and depression
 - Benzodiazepines and anxiety
 - Cannabis, mental health and young people
 - Amphetamines and psychosis
 - Drugs, pain and opioid dependence
 - Drugs, sexual health and pregnancy
- *'Can Do' for Veterans*: case stories and resource handouts.
- *'Can Do' for Young People, Families and Carers* (3 units)
 - Young people, mental health and substance use – where do we start?
 - Young people, mental health and substance use – how can we help?
 - Families and carers – how do we support and include families and carers?
- **'Can Do' for Indigenous People* (3 units)
 - This unit is currently in development and will be available during the second half of 2009.
- *'Can Do' for Men in Rural Areas* (one unit)
- *'Can Do' for Young Mothers* (one unit)
- *'Can Do' for CALD People* (one unit)
- *'Can Do' for Older People* (one unit)
- *'Can Do' for Families and Carers* - of people other than youth (one unit)

Demand for 'Can Do' Training

All states and territories are participating.

- 61 divisions completed training in 2007 = 183 *Teams of Two* workshops and more than 20 clinical education programs
- 18 divisions are undertaking 'Can Do' for Veterans delivering 54 additional *Teams of Two* workshops and up to 18 Clinical Education programs.
- Urban/rural mix – approximately one third of divisions are rural. Training is also being delivered in remote locations including Alice, Tennant Creek and Gove in the Northern Territory.

Some critical success factors for 'Can Do'

- Evidence based
- Ongoing consultation with divisions and their key stakeholders to ensure fit with current programs
- Complete package of resources and training guides
- Accreditation/ongoing education points
- Promotion and regular information/web based discussion forum
- National, state and local 'buy in'
- MOUs and brokerage at state level
- Funds for support as well as training
- Free multidisciplinary training for mix of disciplines
- Choice of training modules and type of training
- Flexibility in delivery
- Comprehensive external evaluation
- Constant feedback and support from national level

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