

PICS Criteria

People referred must meet three of the four following criteria:

1. Have a diagnosed mental illness which is severe and either episodic or persistent in nature (DSM-5).
2. The mental illness significantly impacts at least two areas of the person's social, personal and /or occupational functioning.
3. The mental illness has resulted in hospital treatment in the previous two years or there is a risk of hospitalisation within the next 12 months if clinical care by a mental health nurse is not provided.
4. The person is expected to need ongoing treatment and management of their mental illness.

PICS and NDIS

People may have NDIS packages, as long as there is no duplication of services.

It is the mental health nurse's responsibility to ensure there is no duplication.

PICS can prepare NDIS applications for eligible people.

One Door Mental Health
PICS Program

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Your PICS team member is



PICS

Free mental health services for people in Central and Eastern Sydney Primary Health Network

Program provided by



Program funded by



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Many Opportunities.



Primary Integrated Care Supports

What is

PICS?

Primary Integrated Care Supports (PICS) provides clinical care and coordination and recovery-oriented mental health services to people who are living with severe and persistent mental illness in the Central and Eastern Sydney Primary Health Network region.

People are paired with experienced and credentialed mental health nurses, who work closely with peer workers. The nurse will consult with the referrer, get to know each person so they can develop a collaborative plan and work with them to put this into place. Whether this is coordinating care with GPs and psychiatrists, liaising with family and carers, reviewing mental health and wellbeing, supporting self-management of mental and physical health, monitoring compliance with medication, developing links with health and community services, and above all developing a therapeutic relationship to support people to stay well whilst living in the community.

The PICS mental health nurses may work with peer workers – people with a lived experience of mental illness who have been trained to use this experience to support people in their recovery. Peer workers have a non-clinical role, focussing on supporting people's needs and recovery. Most often peer workers are supporting people to access the services they need, whether that is getting to a GP appointment or just going for a walk.

Who can refer?

Referrals can be made by GPs, psychiatrists, mental health and community services and other clinicians.

PICS referral forms can be accessed at <https://phncesws.redicase.com.au/#!/referral/create>

Referrals are reviewed for eligibility by the PHN intake team. The PHN may ask for further information or decline referrals.

Referrals are then sent to One Door to assign to the local PICS experienced and credentialed mental health nurses, who will then contact the referrer and the person referred.

Eligibility

To be eligible people need to:

- Be aged between 18 and 65 years
- Live in the Central and Eastern Sydney PHN region
- Benefit from accessing primary care mental health services
- Not currently care coordinated by Local Health District Mental Health Services
- Provide consent to receive treatment from a mental health nurse



PICS integrates
mental health
services with
general practices.