

From: Philippa Harris

Sent: Thursday, 20 October 2005 2:38 PM

To: Warhurst, Di (SEN)

Subject: Re: Senate Select Committee on Mental Health: Answers to Questions taken on notice

Dear Di,

As per my previous email, attached are two articles that explain the psychosocial rehabilitation model of recovery from mental illness. The model acknowledges the importance of clinical interventions, especially in acute phases of mental illness, but promotes that recovery of health and well being is gained by the provision of non clinical interventions supported by clinical services in maintenance mode.

Currently, brief psychological interventions (6 sessions) are available through the Better Outcomes in Mental Health program, coordinated through the Division of general Practice. These interventions are targeted towards people with depression and anxiety and are proving very effective. However, I would suggest better outcomes could be gained through the extension of psychological services to those with longer term serious mental illness, such as schizophrenia and bipolar disorder, through access to cognitive behavioural therapy and similar interventions.

If you have any further questions, please do not hesitate to contact me.

Regards

Philippa Harris