



MURRAY MALLEE GP NETWORK

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# MMGPN AND MURRAY BRIDGE

Population:17,559 for MB Council area

MMGPN covers a number of other council areas currently under Primary Mental Health Care programs.

Established in 1995 – Murray Mallee Division of General Practice

Moved to a service delivery model around time of Medicare Locals

Provides MH Therapy to people under Mental Health Care Plans

High complexity and demand for service – 50 referrals each month, 3.5FTE, 40 K10's very high

Can be quite difficult to attract staff



## CHARACTERISTICS OF OUR REGION

- High burden of socioeconomic disadvantage
- Significant trauma
- High unemployment
- Lack of public transport
- Significant rate of removal of children by DCP
- Large areas of public housing
- Limited understanding of people's ability to travel
- Limited self-help/ 12 step programs for both client and family

MURRAY BRIDGE





# MODEL OF CARE

Less siloed approach to co-morbidity

Trauma informed

Holistic

Wrap around, long term rehab focussed

Person centred

Not primarily abstinence based

Shared Multi-D team reviews

Potential to share programs and resources

Murray Mallee  
General Practice  
Network



# SERVICES OFFERED

- Matrix program
- AOD Counsellor
- Mental Health Therapy – Individual sessions
- 12 week DBT group skills program
- Trauma Focussed Yoga
- Family Therapy
- Art Therapy
- Boxing/ Fitness class