

POLICIES

POLICIES for Treatment of Mental Disorders

[6] Standard Treatment

- a) Outpatient psychotherapies, medication and procedures
- b) Inpatient psychotherapies, medication and procedures
- c) Ancillary support services

[6 a] Outpatient psychotherapies, medication and procedures

POL6a (i) Anxiety Disorders

MHYFVic recommends implementation of the Royal Australian & New Zealand College of Psychiatrists clinical practice guidelines for the treatment of eating disorders as published in the Aust NZ J Psychiatry 2018:52 (12):1109.

Although CBT is identified as the psychotherapy of choice in the guidelines it is acknowledged that other forms of psychotherapy are similarly effective provided that they are delivered by trained therapists in accordance with a recognized protocol.

POL6a (ii) Mood Disorders

MHYFVic recommends implementation of the Royal Australian & New Zealand College of Psychiatrists clinical practice guidelines for the treatment of mood disorders as published in the Aust NZ J Psychiatry 2015:49 (12):1-185.

Although CBT is identified as the psychotherapy of choice in the guidelines it is acknowledged that other forms of psychotherapy are similarly effective provided that they are delivered by trained therapists in accordance with a recognized protocol.

POL6a (iii) Substance Abuse Disorders

MHYFVic recommends participation in VicHealth alcohol and drug treatment services. It further recommends that all Community Health Centres have treatment programs included in their range of services offered, including provision of safe injection facilities for addicts pending commencement of withdrawal programs.

POL6a (iv) Behavioural and Relationship Disorders

MHYFVic recommends that the CASEA program should immediately be made available in all primary schools and that research be undertaken for possible implementation in pre-schools. It further recommends that all Community Health Centres have child behaviour assessment and treatment programs and family counselling programs included in their range of services offered.

POL6a (v) Eating Disorders

MHYFVic recommends implementation of the Royal Australian & New Zealand College of Psychiatrists clinical practice guidelines for the treatment of eating disorders as published in the Aust NZ J Psychiatry 2014 4:48:977.

POL6a (vi) Psychotic Disorders

MHYFVic recommends implementation of the Royal Australian & New Zealand College of Psychiatrists clinical practice guidelines for the management of schizophrenia and related disorders as published in the [Aust NZ J Psychiatry](#) 2016; 50 (5): 1-117.

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