

Road 2 Recovery

Specialist Mental Health Services
1/19 Norwood Crescent Moonee Ponds VIC 3039
P: 03 9109 9648 F: 03 9109 9649 E: helpdesk@r2rhealth.com

Information Sheet on Psychiatric Consultation with a Nurse Practitioner

R2R Health is led by a team of Consultant Psychiatrists who are registered medical practitioners with AHPRA. They are accredited Fellows of Royal Australian and New Zealand College of Psychiatrists (RANZCP) and are registered to practice medicine as Independent Consultant Psychiatrists. They hold memberships of various national and international psychiatric professional associations and have a special interest in Adult ADHD and Youth mental health disorders.

R2R Health is a team of experienced healthcare professionals dedicated to providing comprehensive, person-centred mental health care. They collaborate with a multi-disciplinary team to offer evidence-based assessments, diagnoses, and treatment plans, aiming to support mental well-being, disease prevention, and health promotion.

Nurse Practitioner Robin's Background:

With nursing experience since 2010 across diverse roles and countries, Robin has rekindled a passion for hands-on nursing care as a Nurse Practitioner. Focused on mental health and addiction medicine, Robin brings over a decade of experience in various mental health and drug and alcohol settings. With a wealth of experience and education, Robin offers comprehensive services to individuals seeking support in their journey towards improved mental and emotional well-being.

Qualifications and Affiliations:

Master of Nursing (Nurse Practitioner) - La Trobe University 2023
Nurse Practitioner Endorsement from AHPRA
Post Graduate Certificate- Whitireia Polytech, New Zealand
Member of the Australian College of Mental Health Nurses (ACMHN)
Member of the Australian College of Nurse Practitioners (ACNP)

Areas of Expertise:

- Complex Mental Health Examinations
- Alcohol and Other Drug Assessments
- Withdrawal Management
- Individual Care Plan Development
- Referral Pathways and Counselling
- Clinical Management Plans and Recovery-Oriented Practice
- Timely Risk Assessment and Interventions
- Ordering Investigations and Diagnostic Interpretation
- Private Mental Health Clinic Admissions
- Shared Decision-Making Treatment Plans
- Relapse Prevention Strategies and Interventions
- Crisis Intervention and Harm Minimization
- Referrals, Assessments, and Data Collection
- Medication Management and Counselling
- Collaboration with Clinicians and Community Agencies

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For further details about our doctors and their areas of specialization, please visit the website: www.r2rhealth.com

Information collection and storage:

We gather information for your ADHD mental health assessment, diagnosis and treatment process. This information is stored to document what happens during your consultations. It also enables the provision of a relevant service. This information is stored electronically and strictly protected maintaining your privacy and confidentiality to the best practice standards.

Documents required prior to consultation:

GP referral letter (mandatory)
Copy of routine blood/ECG test results
Treating Psychologist report or Neuropsychology test report if available
Current Medication list summary

Financial disclosure for clinical psychiatry consultations:

Assessment for diagnosis & treatment commencement occurs in 1 to 3 sessions. Total fee payable is at the time of consult.

Consultation types	Total Cost	Medicare rebate	Gap fee
First consultation: 45 – 60 min	\$ 150	Item 82215 (F2F) 91180 (Video) & 91191 (Telehealth)	\$ 95.4
ADHD Assessment- First Consultation 60 mins	\$ 200	Face to Face	
Second Consultation: 45 min	\$ 150	Item 82215 (F2F) 91180 (Video) & 91191 (Telehealth)	\$ 95.4
Follow-Up Consultations: 15-30 min	\$ 100	Item 82210 (F2F) 91179 (Video) & 91190 (Telehealth)	\$ 45.4
Copy of Medical records	\$ + GST	Not applicable	Not applicable
Certificates: Centrelink/VicRoads	\$ + GST	Not applicable	Not applicable

Cancellations: Helpdesk will send you a text message one day prior to your scheduled appointment. If you do not reply to the text message, the scheduled appointment may be cancelled. Please provide us with sufficient notice of at least 24 hours in the event you are unable to attend or chose to reschedule your appointment. A cancellation fee of \$100.00 may apply for non-attendance at or cancellations on the day of your scheduled appointment.

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Crisis Management: R2R Health does not provide walk-in/urgent mental health services. If you experience an emergency or crisis situation, it is important that you access appropriate local mental health supports. Our Psychiatrists may not always be able to provide this between your scheduled appointments. Please contact your local GP clinic or 000 or emergency mental health triage on 1300 874 243 for immediate assistance.

Note: Helpdesk phone is not always attended. Please send us an email on helpdesk@r2rhealth.com with your name and contact details and a team member will get back to you as soon as practical.

Consent Form

Consultation cost and other fees:

The cost of consultation is payable at the time of each consultation by either face-face/phone using your credit card or debit card. This payment will be processed after each consultation and a receipt shall be emailed to you upon request. If you choose to pay by credit or debit card, you are responsible for ensuring that your account details are up-to-date, bank account linked to medicare rebate services and sufficient funds are available in your nominated card. You will receive a rebate/refund from Medicare within 48 hours. This will be directly deposited into the bank account you have registered with Medicare.

A non-refundable fee of \$100.00 may apply for non-attendance at or cancellations on the day of your scheduled appointment.

We are required to ensure the confidentiality of the information that you provide. This information may only be disclosed under one or more of the following circumstances:

You have given consent for your information to be provided to another person or agency (e.g. to a family member or to another professional/organisation);

We have a legal obligation to provide information about you (e.g. if your information is requested under law);

We have a clinical obligation to provide information if you are at imminent risk of harm either to yourself or to another person.

Personal Details:

Name:

D.O.B.: / /

Phone:

Email ID:

Address:

Medicare Card No:

Ref No:

Expiry Date: ____ / ____

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Consent for Psychiatric Services

I, (Patient/Guardian) _____ have read and understood the information discussed with me and provided in this document. I agree to these conditions and for mental health services to be provided by Road 2 Recovery Specialist mental health services.

Signature:

Date:

After reading this information sheet or consent form, if you are unsure of what has been detailed, please discuss this with our helpdesk prior to providing consent. Kindly handover/email a copy of this signed consent form prior to your initial consultation.

Kind regards

Team R2R Health.