

Continuing professional development in mental health

Purpose of GPMHSC-adjudicated continuing professional development (CPD) in mental health

Quality continuing professional development (CPD) activities in mental health provide GPs with opportunities to extend their skills and knowledge. The General Practice Mental Health Standards Collaboration (GPMHSC) will adjudicate all clinical content for CPD activities in mental health to ensure that all education activities for GPs in this area meet the high standards set by the GPMHSC.

The process for submitting an education activity for adjudication by the RACGP CPD and/or ACRRM PDP departments will not change. The GPMHSC will review the content of CPD activities independently.

Two types of CPD in mental health are specified:

- MH CPD aims to extend GP skills and knowledge in assessing, managing or treating mental illnesses in the context of general practice.
- FPS CPD extends GP skills in the provision of focussed psychological strategies (FPS). It builds on the skills acquired through FPS ST. FPS CPD activities need to be completed by GPs who are registered as FPS providers in each triennium in order to continue to access the MBS item numbers for FPS (2721, 2723, 2725 and 2727).

There are a number of CPD options that cater for different learning styles and preferences. GPs can attend courses organised by training providers or design their own CPD activity.

For more information, please see the [RACGP CPD Program 2020–22: a handbook for GPs](#) or the [ACRRM PDP 2020–22 triennium handbook](#) website.



Standards for GPMHSC-adjudicated CPD in mental health

Eligible CPD activities in mental health will be categorised according to the requirements below. Although it is not mandatory, training providers are encouraged to submit activities that will meet the criteria for GPMHSC 'Gold Standard'. Approved activities will bear the GPMHSC 'Gold Standard' logo; a sign of the highest standard for CPD in primary mental health care. MH CPD activities may fall into the GPMHSC 'Gold Standard', 'Adjudicated A' or 'Adjudicated B' categories. All FPS CPD activities must fall into either the GPMHSC 'Gold Standard' or 'Adjudicated A' categories.



GPMHSC 'Gold Standard'

- Must meet all requirements to be an RACGP CPD activity and/or equivalent within the ACRRM PD Program, i.e.
 - Interactive, structured learning format
 - Predisposing and reinforcing activities (i.e., a reflective element)
 - At least 6 hours in duration (excluding breaks, reinforcing and predisposing activity)
- Must have involvement by a consumer and carer in planning, development, delivery and review.
- Must have involvement by a mental health professional/s in planning, development, delivery and review of the activity.
- *GPMHSC-approved Mental Health Skills Training (MHST) Core or Clinical Enhancement Modules may be included in this category.



GPMHSC Adjudicated A

- Any activity in mental health that meets all requirements for an RACGP CPD activity and/or equivalent within the ACRRM PD Program, i.e.
 - Supervised Clinical Attachment (SCA), Small Group Learning (SGL), clinical audit, plan do study act, evidence based journal club, GP individual or group research, peer reviewed journal article, higher education relevant to GPs in major field of mental health

GPMHSC Adjudicated B

- Any activity in mental health that meets all requirements for RACGP CPD Program and/or equivalent within the ACRRM PD Program.

Contacting the GPMHSC

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