

Mental Health Care Plan (MHCP) Reduced Fee Pathway: Information Sheet

As helping professionals, we endeavour to make our services as **accessible** as possible. The current climate of funding within mental health support services in Australia is quite restrictive: long waiting lists mean that people often go months or years before seeing a suitable psychologist who accepts MHCP rebates [you can learn more about what a MHCP is [here](#)]. Bringing our **collaborative** approach to families is extremely important to us, and we always aim to cultivate a fair and informed approach.

Currently, the Australian Psychological Society recommends a charge of **\$280 per 45-60 minutes**. **Our rates for Psychology are \$225 per 60 minutes**, which is below the recommended charge. With the MHCP rebate currently at \$89.65, this leaves a **\$135.35 gap fee for clients to pay out of pocket for psychology**. This is a common gap charged when compared to other Psychology services in the Adelaide metropolitan area. To offset cost for those who have a valid MHCP, but want to **see any of our practitioners**¹, we are now reducing fee cost to the same gap fee: **\$135.35 per hour for 10 hours of session**².

The rationale behind this includes:

- Enables services to be more accessible for families that may not be able to afford the Private rate
- Our Psychotherapists, Social Workers and Art Therapists are trained and highly experienced in the [Specific Focussed Psychological Strategies](#) outlined in the Medicare Benefits Schedule, including Cognitive Behavioural Therapies, Psychoeducation, Mindfulness, Trauma-Informed Practice, Systemic Practice and many more.
- Such services have been suggested to be added to the Medicare Benefits Scheme (Better Access) Initiative previously. You can read more on this [here](#).
- Clients will still have their active MHCP to use, and so may want to go onto wait-lists for psychology at other services, as they will still have access to 10 subsidised sessions through Medicare (within the timeframe of the valid MHCP)

The following will therefore apply as of Dec 2022: AkindaCo will accept Mental Health Care Plans to fund 10 hours of therapy at the reduced rate of **\$135.35 per hour (including initial appointment/s)**.

Please note that this rate is NOT subject to rebates due to Medicare constraints: \$135.35 is the out-of-pocket cost for this funding pathway, and you will NOT receive any money back from Medicare.

Call us on 08 7081 5886, email us on hello@akindaco.com to arrange an initial appointment utilising the MHCP Reduced Cost Pathway.

Please note that the assigned practitioner can, with your permission, send a 1-page letter to the referring GP at the end of the 10 reduced rate hours to inform them of progress relating to the presenting problem. Once the 10 hours have been used on a MHCP, families may utilise another family member's MHCP to access a further 10 hours at the reduced rate. However, due to Medicare limitations, it is usually not possible to acquire another MHCP for the same person within the same calendar year.

¹ PACFA, ANZACATA and AASW Registered Clinical Staff only

² In-office, phone or telehealth sessions only [no outreach]