

NSW MENTAL HEALTH REFORM 2014-2024

12 months on





We are building world-class, community-based mental health care services in NSW so people with a mental illness can live a better life”

THE HON. PRU GOWARD MP, MINISTER FOR MENTAL HEALTH

The NSW Government is undertaking a decade-long whole-of-government enhancement of mental health care.

The reforms come in response to the NSW Mental Health Commission’s *Living Well* report, a framework for reform which puts people - not processes - at the centre of the mental health care system.

One year on since the release of *Living Well*, the NSW Government has been working hard to create the building blocks of reform to shift the balance from hospital to community-based care and has developed the governance model to make it happen.

Hospital care will always be an important option for those needing higher level care. However, evidence shows that mental health care should be recovery-focussed. Care should be provided in the least restrictive setting, close to home where possible, with minimal disruption to a person’s family, community supports, networks and relationships.

The Government wants to improve mental health services and the wellbeing of the community in partnership with non-government organisations (NGOs), consumers and carers to deliver better lives for people with mental illness, their families and carers.

The Government has invested **\$1.7 billion** for mental health in 2015-16, and the early years of reform are being delivered through a \$115 million boost over three years to mental health funding.

The Government is investing **\$45 million** to boost specialist mental health services in the community, **\$47 million** to provide for enhanced community living supports and **\$7.5 million** to support pathways to community living in the first three years of the reforms. A further **\$15.5 million** will strengthen workforce support, innovation and research in mental health.



A GREATER FOCUS ON COMMUNITY CARE

COMMUNITY LIVING SUPPORT SERVICES

Five NGO-led community living support services have been established in Blacktown, Campbelltown, Penrith, Newcastle and Lismore to support youth recovery, reduce the risk of developing significant disability and reduce time spent in hospital.

In addition over 500 people residing in the community will receive living supports over the next year.

MENTAL HEALTH SERVICES FOR OLDER PEOPLE

Older people will benefit from specialist mental health support in the community.

Funding has been allocated to Central Coast, Mid North Coast, Nepean Blue Mountains, Northern NSW, South Western Sydney and Sydney Local Health Districts for these services.

LIKEMIND

Two LikeMind sites have been established in Western Sydney and Nepean Blue Mountains Local Health Districts with two further sites in NSW planned for 2016. Led by mental health NGOs, LikeMind brings together clinical and psychosocial services: mental health, drug and alcohol, primary health and social services, in collaboration with local health districts and NGOs to provide seamless person-centred care.

FAMILY SERVICES

Eight residential units for mothers and children have been made available in addition to 15 in-home accommodation support packages.

Funding has also been provided for an additional three Whole Family Teams in South Western Sydney, Nepean Blue Mountains and Western Sydney Local Health Districts to help families experiencing drug and alcohol and/or mental health problems.

PATHWAYS TO COMMUNITY LIVING

New supported community residential options are being designed to initially assist 100 long-stay hospital patients to move back into the community with clinical assessment and planning already underway. Funding has also been allocated to five local health districts to enhance services and better support mental health consumers who live in specialised and general residential aged-care services.

PERINATAL AND INFANT MENTAL HEALTH SERVICES

The statewide program for treating mothers with complex mental health problems will be expanded in three local health districts benefiting an additional 200 clients.

ADULT ASSERTIVE CARE

Western Sydney, South Western Sydney, South Eastern Sydney and Hunter New England Local Health Districts have received special funding to treat people that have severe mental illness needing greater coordination of their care.

STRENGTHENING PREVENTION AND EARLY INTERVENTION



WELLBEING FRAMEWORK FOR SCHOOLS

The Department of Education has already implemented a wellbeing framework in NSW schools. An electronic toolkit provides wellbeing resources and additional school counsellor positions are now able to better target support for vulnerable students.

LIFELINE TELEPHONE CRISIS SERVICE

\$10.5 million over four years has been committed to support Lifeline's telephone crisis service and provide mental health training and supervision for Lifeline's telephone crisis workforce.

SUICIDE PREVENTION TRAINING

Training packages are in progress for non-mental health clinicians across NSW, providing skills to identify and respond effectively to individuals who may be at risk of suicide.

ADDITIONAL SCHOOL LINK COORDINATORS

Three new School Link Coordinator positions will be established in Illawarra Shoalhaven, South Western Sydney and Hunter New England Local Health Districts. This builds on the work of the existing 15 coordinator positions across the state.



DEVELOPING A MORE RESPONSIVE SYSTEM

CONSULTATION LIAISON

To enable better management of mental health issues for general hospital patients, funding has been allocated to four major hospitals caring for the majority of people with complex problems; Westmead, Royal North Shore, Royal Prince Alfred and Prince of Wales.

PROJECT AIR

Project Air provides training and evaluation for health workers to ensure people with borderline personality disorder have better access to integrated care. Project Air will be expanded to three more local health districts in 2016; Northern Sydney, South Western Sydney and Central Coast.

MENTAL HEALTH FIRST AID TRAINING

500 youth workers have already received first aid training to better recognise signs of mental illness in young people.



WORKING TOGETHER TO DELIVER PERSON-CENTRED CARE

EATING DISORDER PROGRAMS

The capacity of local services to support treatment will be expanded with \$15 million provided over five years to improve health care and outcomes for people with eating disorders. This funding also includes \$3.4 million to fund inpatient and community-based treatment options and increase clinical support to services across the state.

COMMUNITY INTEGRATION TEAMS

The NSW Government is now funding statewide Community Integration Teams to provide continued support for over 500 young people, receiving 9000 hours of support to engage with appropriate health and other support services upon release from custody.



BUILDING A BETTER SYSTEM

24/7 TELEHEALTH

Access to 24 hour, seven days a week, crisis and triage telehealth services will be enhanced in northern NSW with services at Hunter New England, Northern NSW and Mid North Coast Local Health Districts.

Barriers and opportunities have also been identified for enhancing these services with training provided for staff in rural NSW.

GOVERNANCE

The whole-of-government Mental Health Reform Implementation Taskforce has been established. Led by the Secretary, NSW Health with senior representation from multiple NSW Government agencies and the Mental Health Commission, the Taskforce is responsible for overseeing the reforms, providing leadership, implementation and monitoring.

MENTAL HEALTH WORKFORCE PLAN

Over the next year the Ministry of Health will be working with government agencies, NGOs and other key groups to develop a mental health workforce plan.

SOCIAL IMPACT INVESTMENT PRIORITY

The Government has made mental health one of its four priority areas for social impact investment this year. Market soundings have been underway to test the willingness of the market for a social impact transaction to manage mental health hospitalisations. This will progress further in 2016.

PEER WORKFORCE

Work is progressing on a coordinator position to boost support for peer workers and their supervisors.

Over 30 peer worker scholarships for mental health training have been awarded with further rounds underway.

INNOVATION FUND

A new \$4 million Mental Health Innovation Fund has been established to fund start-up grants for innovative proposals that support people with a mental illness who need services from multiple agencies.

RESEARCH STRATEGY AND COLLABORATIONS

The Agency for Clinical Innovation NSW Mental Health Network has commenced. The Network will focus on research, clinical redesign and evaluation.