

HOW TO SHIFT THE BALANCE IN MENTAL HEALTH

The way forward for mental health in New South Wales

Although mental health services and supports have received both an increase in focus and investment in New South Wales, there is need to further examine what is working well and to highlight where the gaps are to inform future investment.

Mental Health Coordinating Council has developed this Shifting the Balance report to contribute to the discussion about mental health reform. The report identifies key priorities for investment in the sector which will support people to realise their recovery goals and live meaningful lives in NSW.

Four key recommendations



1. Increase mental health support in the community

Expand the availability of psychosocial support delivered in the community for people living with mental health conditions by providing a further 10,000 Community Living Supports and Housing and Accommodation Initiative packages, at an additional investment of \$365 million over four years. This scaling up would ensure barriers to access supports are lowered, offering flexible transitions into services and supports.



2. Expand step up step down services

Establish a network of Step Up Step Down services across NSW by adding an extra 130 places, to ensure more people have access to recovery-focused residential programs that minimise the risk of hospital admission. The additional 130 places will provide services for an extra 2,000 people a year across the state, at an annual cost of \$18.2 million.



3. Improve access to youth supports

Boost dedicated community-based, face-to-face, tailored and holistic psychosocial supports that address the gap in mental health services for young people. Establish an additional 10 specialist youth services located around the state and scale up the five existing Youth Community Living Support Services for young people at an additional investment of \$12 million per annum.



4. Invest in workforce

Strengthen workforce planning to better forecast projected demand for the mental health workforce in the community-managed sector. Increase investment in a workforce development program to address current shortages and a future sustainable workforce, including the development of a peer workforce.