

# Mental Health Reform Strategy & Victorian Alcohol Action Plan



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# Context for a new mental health strategy

- Growing awareness of the enormous impact of mental health problems on individuals, families & communities.
- Increased recognition & acceptance of mental health as a community issue & resulting community expectations.
- Greater recognition of the system wide impacts of mental illness & need for broader based responses.
- Need for new ways to address the demand pressures on the specialist mental health service system.

# *Because mental health matters* consultation paper

- The starting point for a ten year vision for mental health in Victoria
- A whole of government, cross-portfolio response to mental health issues, not limited to specialist services
- A broad look at the spectrum of mental health needs from a whole population and outcomes based perspective
- An attempt to foster a cross-sectoral – public/private, State/Commonwealth – systems approach to mental health care
- A set of proposals for genuine debate, testing and/or refinement

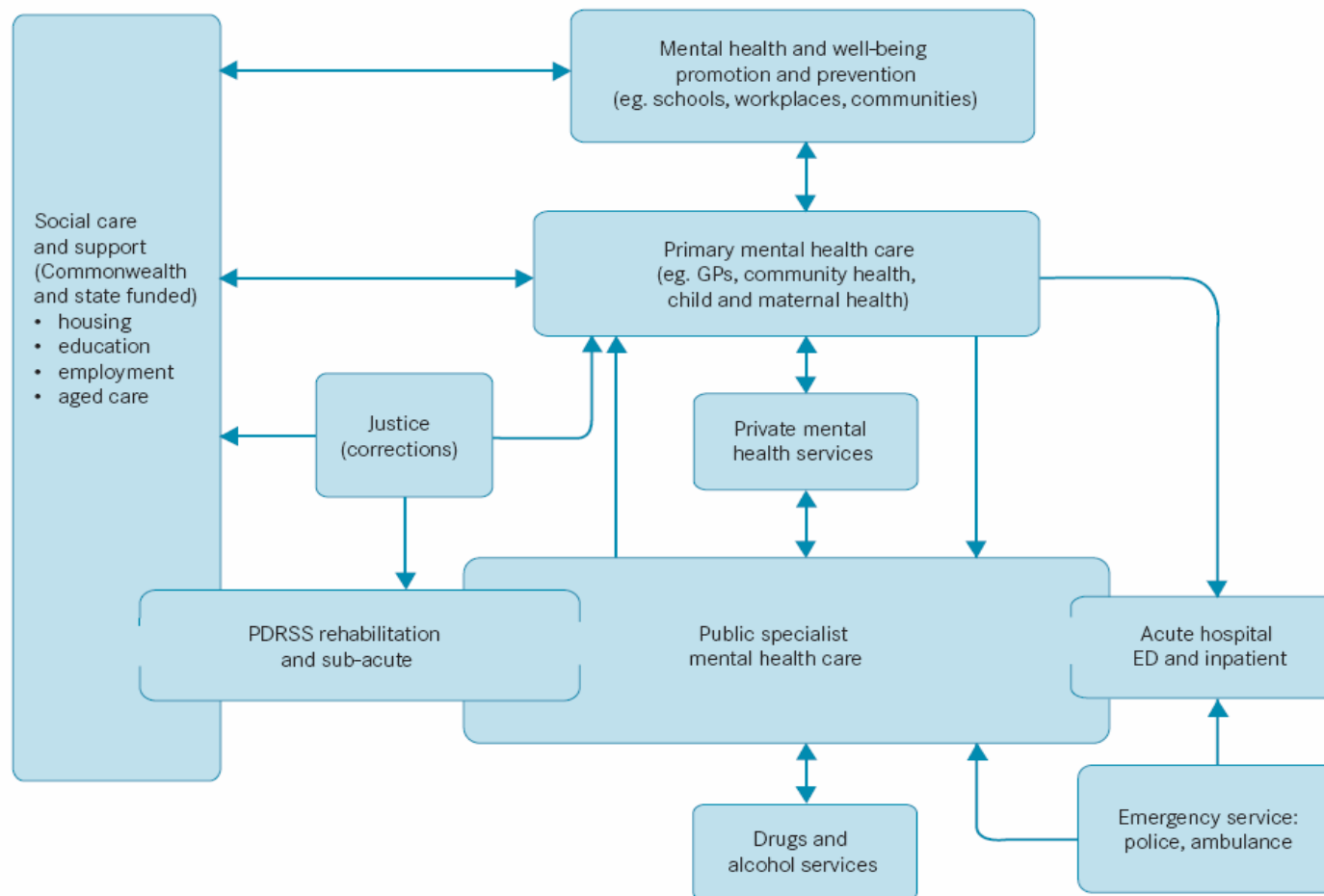
## *Because mental health matters is not...*

- A fully comprehensive presentation of issues in mental health in Victoria
- A prescription for how local services should rearrange themselves
- A discussion about administration and management arrangements
- A specific fully developed set of outcome indicators, measures and targets
- A draft plan for implementation or a commitment to specific funding (except for seeding initiatives)
- A joint State-Commonwealth owned vision and proposal

# The Vision for the next decade

*All Victorians will have the opportunities they need to achieve optimal mental health and well-being, while those experiencing mental illness will receive timely, quality treatment and support to participate fully in the community*

# Key elements of the broader mental health system



# Key impacts and pressures

- Lost workforce participation & productivity
- High disease burden
- High level of co-occurring mental illness & substance misuse
- Prevalence of people with mental illness in other services e.g. prisons & homelessness services
- Significant demand pressures on acute inpatient services

# Whole of government issues and challenges

- Acute/crisis driven
- Need a comprehensive & integrated focus on sustained wellness & recovery
- Gaps in & between service systems
- We have complex, hard to understand service system with multiple & confusing entry points
- Impact on other services e.g. schools, homelessness services & justice systems
- Need more organised, large scale prevention efforts

## Other trends driving need for reform

- Drive to de-stigmatise and emphasis on social inclusion and consumer rights
- Increase in recognition of so called “mild-moderate” mental health problems
- Increasing complexity of mental health, psychosocial and physical health needs, including dual diagnosis
- Increased – though uneven – availability of MBS mental health items

# Strategic Directions

- A predominant focus on community-based delivery seeking to intervene early in life, early in illness and early in episode
- Building a less exclusionary system, while prioritising intensive specialist care to people with severe and enduring needs
- A broader emphasis that includes a focus on prevention, recovery, social participation and meeting consumer expectations
- Flexible and tailored responses to people with complex social and health care needs where mental illness is a key factor
- Stronger and clearer roles for key social agencies including schools, youth services, homelessness support and the criminal justice system
- Robust locally connected systems for planning and coordinating the continuum of care

# Seven Focus Areas for Strategic Development

1. **Prevention** - Taking prevention seriously – actively promoting better mental health and well-being
2. **Early Intervention** - achieving better outcomes for children, young people and families
3. **Access** - Providing the right service at the right place - streamlining access and emergency responses
4. **Specialist care** - Meeting the needs of people with severe mental health problems - building responsive specialist public mental health services
5. **Complex clients** - Responding better to vulnerable groups - improving care and support in the community
6. **Workforce** - Developing our people - building high quality and sustainable workforces
7. **Partnerships** - Doing things together - strengthening governance, partnerships, knowledge and accountability

# Staged change

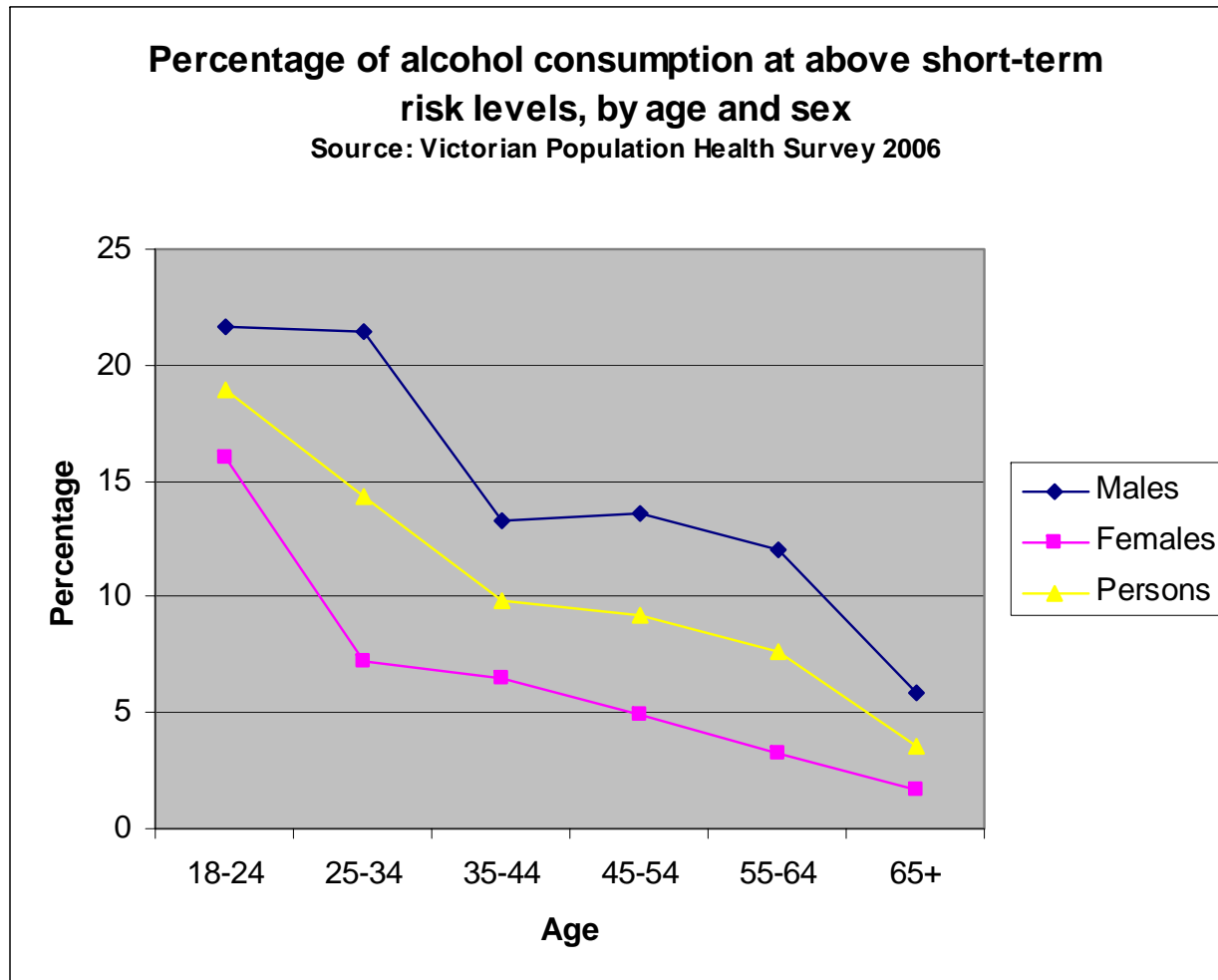
- Reform will have a 10-year outlook
- Staged investment needed to tackle complex reform agenda
- Commences with seeding investment in 2008-09 in the crucial areas of:
  - o Improving the way people access and are referred to mental health care and support
  - o Redesigning and expanding services for children, young people and families
  - o Developing new approaches to supporting people with mental illness in community housing

# Steps towards a new Mental Health Reform Strategy

- Consultation paper 'Because mental health matters' released in May
- Written responses sought by 31 July 2008
- Regional stakeholder forums mid-June to early August 2008
- Policy roundtables on selected issues
- Focused discussions with existing policy groups and committees
- Final Strategy: late 2008
- Details available on the website:

[www.health.vic.gov.au/mentalhealth/reformstrategy](http://www.health.vic.gov.au/mentalhealth/reformstrategy)

# Alcohol use across the lifespan



# Restoring the balance: the Victorian Alcohol Action Plan 2008-2013

Aims to:

- Reduce risky drinking and its impact on families and young people
- Reduce the consequences of risky drinking on health, productivity and public safety
- Reduce the impact of alcohol-fuelled violence and anti-social behaviour on public safety

# Early intervention and prevention

- **Online and telephone screening** to enable people to confidentially screen themselves to determine their risk of alcohol problems
- **Online support resources** including a free self-help program to teach cognitive behaviour therapy skills to people vulnerable to alcohol problems
- **Community-based alcohol education sessions** for moderately risky drinkers
- Information on alcohol-related harms and assistance for **at-risk culturally and linguistically diverse groups**
- Development of a **Koori alcohol plan**

# Quality care of alcohol problems

- **Support for GPs** from specialists trained in treating alcohol-related problems
- **Family-specific interventions** to deliver assessment, specialist family-based counselling, group work and ongoing case management to young people and their families. The project will deliver assessment, specialist family-based counselling, group work and ongoing case management to 175 young people and their families every year through 5 specialist family therapeutic workers across 5 localities
- A new **medium-intensity community-based rehabilitation** model will provide an additional 15 places for people with alcohol problems exiting community based withdrawal services or hospitals
- A **community corrections alcohol program** will target sentenced offenders whose alcohol consumption causes aggressive behaviour

# Questions