

Primary Mental Health Care Activity Work Plan 2021 - 2023

phn
COUNTRY SA

An Australian Government Initiative

Strategic Vision



Country SA PHN (CSAPHN) activities are aligned with the priorities for mental health and suicide prevention. The priorities also lay the foundation for regional planning and the implementation of a broader stepped care model in country South Australia (SA).

Our stepped care approach to Mental Health focuses on service delivery matching the needs of individuals, with a particular emphasis on early intervention and self-care. This approach promotes person centred care - targeting individuals needs and allowing for flexible movement across services to ensure individuals receive the right care, in the right place, at the right time.

Assessing and prioritising needs is informed by our needs assessment which also assists forward service planning and flows into our regional mental health and suicide prevention planning.

CSAPHN has commissioned and co-designed services to meet the eight priority areas under the Primary Mental Health Care Schedule and implementation of the stepped care reform. With the foundation established we will focus on linking and connecting the sector and reviewing progress of its providers.

Priority Area 1: Low Intensity Mental Health Services

Continuation of integrated low intensity activity within psychological therapies

The aim of this activity is to invigorate investment in low intensity workforce development and capacity building to remove barriers to access and lead to an increase in the number of clients accessing low intensity services, enabling clients to have their service level aligned to their requirements.

Establishing referral pathways into psychological therapy triage and allocation practices to assist with demand management, priority step up referrals as part of the integrated regional stepped care approach.

Results expected to be achieved within the planning period

- Face to face and phone low intensity services and referral pathways embedded into psychological therapy triage and allocation practices; and
- Workforce development and education of low intensity workers within five regional psychological therapies providers.

Continuation of commissioned activity for low intensity services

The aim of this activity is to continue to commission low intensity mental health services across the country SA region.

Increase delivery of low intensity psychological therapy sessions across country SA via an increase in access and availability through a range of targeted, cost effective service modalities.

Targeted low intensity services and psychological interventions to most appropriately support people with, or at risk of, mild mental illness as part of a stepped care approach to mental health service delivery.

Results expected to be achieved within planning period

- 24/7 phone and online low intensity psychological therapies service, with priority referral to face to face high intensity psychological therapies provider; and
- Face to face low intensity psychological therapies services in areas of need.



Priority Area 2: Child and Youth Mental Health Services

Continuation of funding to current regional headspace centres

Aim of the activity is to continue to fund and maintain headspace centres in country SA in line with the service delivery model as directed by the Department of Health. Extension of the headspace centres in new locations will occur during this period with new satellites opening in two towns.

Results expected to be achieved within planning period

- Young people within key regional locations at Mount Gambier, Port Augusta, Murray Bridge, Whyalla and Berri will continue to access services within the headspace centres.; and
- Service access includes: support for mental health, drug and alcohol, work and study and physical health needs across all centres.

Expansion of regional headspace services via upgrade to Mount Barker satellite to full centre

The aim of this activity is to improve access to youth specific mental health care delivery particularly for young people on the Fleurieu Peninsula and Adelaide Hills inline with headspace new service implementation guidelines.

Results expected to be achieved within the planning period

- Young people within the Mount Barker region will have increased access to headspace services with the upgrade to a full centre.

Continuation of the youth triple C program for young people requiring more complex care support

Continuation of the Youth Triple C program through regional headspace centres and general practice, which supports people with severe and complex mental illness in the primary care setting through Mental Health Nursing led clinical care coordination and integration with the six regional Local Health Networks (LHNs) acute services.

Results expected to be achieved within planning period

- Increase of young people accessing mental health support in locations that are experiencing high needs, and/or have limited access to service.

Continuation of additional mental health support services – Mayo

The aim of this activity is to improve access to youth specific mental health care delivery particularly for young people with more complex care needs on the Fleurieu Peninsula.

Results expected to be achieved within planning period

- Provide increased clinical care coordination services for young people to complement existing services such as headspace and expand on existing tailored mental health supports.

Expansion of regional headspace services via establishment of three satellite sites

The aim of this activity is to improve access to youth specific mental health care delivery particularly for young people with more complex care needs on the Fleurieu Peninsula, Adelaide Hills and Eyre Peninsula in line with headspace new service implementation guidelines.

Results expected to be achieved within planning period

- Young people in Victor Harbor, Mount Barker and Port Lincoln will be able to access headspace services with the addition of three new satellite sites
- Service access includes support for mental health, drug and alcohol, work and study, and physical health needs across all satellite services.

Expansion of regional headspace services via Demand Management and Enhancement Program

The aim of this activity is to improve access to youth specific mental health care delivery particularly for young people with more complex care needs on the Fleurieu Peninsula, Adelaide Hills and Eyre Peninsula in line with headspace new service implementation guidelines.

Results expected to be achieved within the planning period

- Young people in Mount Gambier, Port Augusta, Murray Bridge and Berri will have increased access and decreased wait times within the centres.



Priority Area 3: Psychological Therapies for Rural and Remote, Under-serviced and/or Hard to Reach Groups

Continuation of commissioned activity for psychological therapy services (PTS)

This activity aims to address service gaps in the provision of psychological therapies for people in rural and remote areas and other under-serviced and/or hard to reach populations via service continuation and stability within regional areas. The five current providers of regional mental health services will continue to be commissioned to deliver PTS across country SA.

Results expected to be achieved within the planning period

- Continued access to psychological therapies and effective, low cost treatment for people with a mental illness who may not otherwise be able to access services across regional, rural and remote South Australia.

Commissioned activity for in-reach psychological therapy services (PTS) to Residential Aged Care Facilities (RACFs)

Commission evidence-based low and high intensity psychological services appropriate to the needs of older people within a stepped care approach, in partnership with RACFs, for residents with a diagnosed mental illness.

Results expected to be achieved within the planning period

- Continued delivery of PTS in RACFs in the Barossa region with the extension of services into additional regions.

Continuation of additional mental health support services – Mayo

Commission additional general and specialised psychological services to fund tailored mental health support services across the spectrum of mild to severe mental illness, in the Adelaide Hills, Fleurieu Peninsula and Kangaroo Island regions.

Results expected to be achieved within the planning period

- Continued delivery of additional psychological services across the Adelaide Hills, Fleurieu Peninsula and Kangaroo Island regions.

Priority Area 4: Mental Health Services for People With Severe and Complex Mental Illness Including Care Packages

Continuation of commissioned activity for Triple C

CSAPHN aims to continue the commissioning of the Triple C (Clinical Care and Coordination) program which provides mental health services and support to people with severe and complex mental illness across multiple locations in country SA.

Results expected to be achieved within the planning period

- Targeted and appropriate mental health services continue to be provided to support people with severe and complex mental illness across country SA.

Priority Area 5: Community Based Suicide Prevention Activities

Continuation of commissioned activity for Aboriginal and Torres Strait Islander suicide prevention

The aim of the activity is to increase the number of at risk Aboriginal and Torres Strait Islander clients accessing linked up and integrated services. Increase the number of suicide prevention education and community activities.

Results expected to be achieved within the planning period

- Culturally appropriate face to face support for those at risk of or impacted by suicide or suicide attempt;
- Community capacity building and evidence based suicide prevention training; and
- Creating systems based on regional approaches inclusive of community based and led activities in suicide prevention.



Continuation of commissioned activity for post suicide attempt discharge support services

Continue to fund, maintain and expand post suicide attempt discharge support services.

Maintain service delivery through integrated and systems-based approach in partnerships with the six regional LHNs, key stakeholders and local organisations.

Increased access to services for individuals following a recent suicide attempt inclusive of coordinated discharge planning and care coordination.

Results expected to be achieved within the planning period

- Aftercare service delivery, rapid and assertive support for people post discharge following a suicide attempt;
- Face to face support and brief intervention therapy for up to three months after a suicide attempt; and
- Improved patient journey through escalation and de-escalation of severity within the stepped care model, especially within the context of a recent suicide attempt and joined up services with coordinated discharge planning.

Priority Area 6: Aboriginal and Torres Strait Islander Mental Health Services

Continuation of activity for Aboriginal and Torres Strait Islander mental health

The activity aim is to work collaboratively with regional Aboriginal Community Controlled Health Organisations (ACCHOs) and communities to identify shortcomings and develop potential strategies to better support local Aboriginal specific organisations to tender and provide commissioned services to communities across the region.

Results expected to be achieved within the planning period

- Continue to work towards increasing a level of trust and reassurance with communities and key stakeholders so that local Aboriginal communities have a voice during delivery and development of new and existing services; and

- Evidence of improvements in connection of Aboriginal clients to all relevant service providers and services.

Continuation of commissioned activity for Aboriginal and Torres Strait Islander mental health services including support of flexible models to address Drug and Alcohol co-morbidity

Continuation of ACCHO commissioned dual focused mental health and drug and alcohol co-morbidity programs ensuring clients with mental illness and substance abuse disorders presenting with co-morbidities receive a culturally appropriate integrated and coordinated service for their needs.

Results expected to be achieved within the planning period.

- Service continuation and stability while ongoing federal funding is debated.

Priority Area 7: Stepped Care Approach

Service planning, integration and quality assurance

The aim of the activity is to support and champion the stepped care approach across mental health and drug and alcohol through co design, promotion and commissioning of primary mental health services within a person-centred stepped care approach.

Results expected to be achieved within the planning period

- Continued implementation of the stepped care reform through service design, contract management and stakeholder education.

To facilitate the implementation of the stepped care approach through stakeholder education via promotion of core elements of the reform. Through conducting rural forums to local stakeholders and in partnership with our regional preferred providers, CSAPHN will seek to promote and champion the stepped care approach ensuring a properly integrated and holistic service across the primary mental health sector inclusive of the drug and alcohol sector.



Results expected to be achieved within the planning period

- Progression towards the de-siloing of the regional service provider sectors across primary mental health and drug and alcohol.

Priority Area 8: Regional Mental Health and Suicide Prevention Plan

Implementation of joint regional mental health and suicide prevention foundation plan

Implementation of a joint foundation plan with an aim to help build momentum and shared interest in joint regional planning to set a framework for ongoing activity and improved integration over time.

Results expected to be achieved within the planning period

- Progression, endorsement and support of future regional plan will be obtained via collaboration with the six regional LHNs and other key regional stakeholders.

Ongoing development of a comprehensive regional mental health and suicide prevention plan with the six regional Local Health Networks (LHN) regions

The aim of the activity is to work towards the creation of a comprehensive regional plan including a focus on Aboriginal mental health, to support integrated delivery of mental health and suicide prevention services developed in consultation with and endorsed by, the six regional LHNs and other regional stakeholders.

Results expected to be achieved within the planning period

- Progression, endorsement and support of future regional plan will be obtained via collaboration with six regional LHNs and other key regional stakeholders.

National Suicide Prevention Trial (NSPT)

The aim of the activity is to use training as a tool to raise awareness about suicide and its contributing risk factors, delivering a suite of training and providing access to ongoing support to workers at risk.

Continuation of male targeted training to build scale and sustainability of suicide prevention knowledge and skills within regional industries.

Continuation of commissioned activity under the NSPT for an integrated program of community development and support for male dominated industry and workplaces.

COVID-19 Pandemic Mental Health

The aim of the activity is to support vulnerable people, including frontline health workers, older Australians, Indigenous Australians, and those that are socially isolated or financially impacted by the COVID-19 pandemic to access mental health services and support.

Aboriginal and Torres Strait Islander people

Build capacity of the workforce providing services to Aboriginal and Torres Strait Islander people to restore services as restrictions associated with the pandemic are lifted by providing small grants targeted to existing providers.

People from a Culturally and Linguistically Diverse (CALD) background

Build capacity of services in identified regions of need to better meet the needs of people from a CALD background during the pandemic and to build protective factors. Targeted funding to area of need via commissioned service providers to increase capacity.

Older Australians

Reduce the disproportionate impact of physical distancing measures associated with COVID-19 on the mental health and wellbeing of older people through targeted sustainable programs through appropriate engaged providers within the space.

