

A photograph of three women in conversation outdoors. The woman on the right is in the foreground, wearing a dark, textured sweater. The other two women are slightly behind her, one wearing a wide-brimmed hat and the other glasses. They appear to be in a pleasant conversation.

MOVING TOWARD A MENTALLY HEALTHY TASMANIA

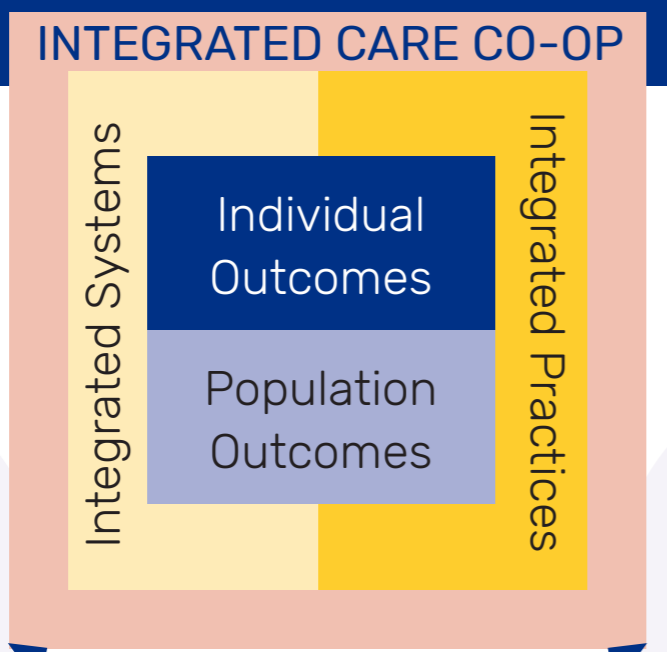
A PLAN FOR:
INTEGRATION
COLLABORATION
INNOVATION

The Mental Health Council of Tasmania (MHCT) is a member based peak body. We represent and promote the interests of community managed mental health services and have a strong commitment to enabling better mental health and wellbeing outcomes for every Tasmanian.

WHY INTEGRATION?

For the Tasmanian mental health system – the time is now. As a small population dispersed across a somewhat isolated geographical landscape, we are experiencing a disconnect of services which is preventing services from providing, and Tasmanians from receiving, the best possible outcome in their mental health care. At a time when both state and federal policy commitments to mental health and suicide prevention align, through the Fifth National Mental Health and Suicide Prevention Plan, and Tasmania’s Rethink Mental Health Plan, we are in a unique position. This unique position enables the Tasmanian mental health and suicide prevention sector to be at the pinnacle of growth and development. As a state, we

now have the ability to design and implement a system that provides a structured, systematic integration of mental health and suicide prevention services for Tasmanian communities. MHCT wholeheartedly encourages a commitment to the development of an integrated and coordinated mental health and suicide prevention system, to ensure that current inefficiencies in service design and delivery – evidenced in fragmentation, service gaps and duplication – are eliminated going forward. The time to coordinate mental health care and suicide prevention within our services and communities is now. Through the overall strengthening of our community support systems, the Tasmanian community will be stronger as a whole.



STATE

“The Tasmanian Government made a commitment to develop an integrated mental health system that provides support in the right place, at the right time, and with clear signposts about where to get help and how. Through the Rethink Mental Health Project we have developed a plan to deliver a coordinated and integrated mental health system and improve the mental health and wellbeing of Tasmanians – a long-term plan for mental health in Tasmania.”

Rethink Mental Health: A Long Term Plan for Mental Health in Tasmania, 2015-2025

FEDERAL

“Integration is the pivotal theme underpinning the Fifth Plan. It is a priority area in its own right and is interlinked with all other priority areas of the plan. It represents the flagship of actions agreed by governments for ensuring that consumers and carers are at the centre of the way in which services are planned and delivered. Integration is a goal of the National Mental Health Strategy and has been incorporated in all previous National Mental Health Plans”.

The Fifth National Mental Health and Suicide Prevention Plan

INTEGRATED CARE COOPERATIVE

Supporting state and federal policy, and coordinating with the NDIA, to develop and maintain an integrated system of mental health care and suicide prevention in Tasmania.

With expert oversight of investment and infrastructure, the Integrated Care Cooperative will enable mental health care and suicide prevention initiatives in Tasmania to achieve the best possible outcome for Tasmanian communities. The cooperative will also enable joint professional learning, development and capacity building projects between primary, public, private and community mental health services.

INDIVIDUAL BENEFITS

- an easy to navigate Tasmanian mental health system
- individualised treatment options through a range of step-up and step-down services
- a system which is able to provide the right care, at the right time

POPULATION BENEFITS

- destigmatisation within communities
- early intervention and preventative services, building stronger Tasmanian communities
- relevant and targeted promotion and education based on each local community’s demonstrated needs

SYSTEM BENEFITS

- the ability to utilise system wide, evidence based, targets and benchmarks
- improved service delivery efficiencies
- targeted service delivery based on need
- quantifiable outcomes and evaluation

AN INTEGRATED SYSTEM

The Integrated Care Cooperative will oversee the development of an integrated Tasmanian mental health and suicide prevention system and supporting infrastructure. This integrated system and infrastructure will provide links between current service providers and consumers thus enabling clear client pathways between services and up to date information for service providers.

Additionally, this integration of systems and consumer information will ensure there is current, real time data available. This will allow for gaps to be identified, and care priorities to be identified. By gathering consistent data, the Integrated Care Cooperative can understand the needs of Tasmanian communities, ensuring that funding, training and development is prioritised and targeted based on current demand.

SERVICE DIRECTORY

Health professionals and individuals will have access to information regarding services and the capacity to navigate individualised recovery pathways.

COST ESTIMATE:
\$650,000 over 3 years

ACTIONS

- Establish details and referral pathways for current services
- Consolidate data
- Format data into a functional directory for service providers and consumers
- Development of a navigational pathway tool
- Maintain data and update where necessary

BENEFITS

- Centralised system containing information about current service providers across all levels of care and need state-wide
- The ability for primary, community, public and private service providers to have the knowledge and tools to understand the next best step for a consumer based on their individual needs and circumstances
- A resource for consumers to self-manage and navigate their care where appropriate, allowing consumer choice and ownership over care decisions and pathways

CLIENT CENTRED RECORDS

Technology is a key enabler to streamlining the consumer journey so that individuals only need tell their story once, whilst allowing clinicians to have quick and easy access to a complete client record across the services. Implementing a comprehensive and proven software system complete with data warehouse reporting will enhance and connect mental health and suicide prevention services across clinical and community sectors. Initially, a staged rollout, beginning with a trial for suicide prevention, with the long term goal of implementing the technology sector-wide.

COST ESTIMATE:
\$150,000 (trial) \$2,000,000 (full)

ACTIONS

- Conduct initial rollout of system
- Provide training/info for services
- Maintain system as required
- Analyse data to ensure services are meeting needs

BENEFITS

- Centralised consumer data records allowing a streamlined transition between services and an overall strengthening of care pathways
- Real time data analytics, enabling analysis of the mental health and suicide prevention needs of Tasmanian communities, measuring of outcomes, and monitoring reform progress
- The data to ensure services are funded and delivered based on the needs of Tasmanian communities, and an understanding of the varied requirements of different communities state-wide
- Ongoing monitoring of benchmarks and targets to ensure continuous improvement and consistent sector-wide outcomes

PEER-WORKFORCE STRATEGY

A strategic framework that ensures Tasmania's emerging mental health and suicide prevention peer workforce develops in a viable and sustainable way with optimal outcomes for consumers, peer workers and services.

COST ESTIMATE:
\$120,000

ACTIONS

- Establish a clear strategy for the integration of a peer workforce into existing organisations that is sustainable and well developed
- Ensure training of existing service providers is appropriate for the support of peer workers and the promotion of the benefits of a peer workforce
- Develop, integrate and maintain clear support structures and professional learning and development pathways for peer workers
- Identify areas to create and diversify the workforce through peer roles

BENEFITS

- Supported, effective outcomes and recovery options for consumers and carers
- Positive culture change and de-stigmatisation
- Sector and system capacity building through co-design
- Consumers, families and carers are better supported and able to make informed choices

INTEGRATED PRACTICES



The Integrated Care Cooperative will oversee the development, implementation and evaluation of integrated practices. Key elements include establishing a stepped model of care approach, a housing partnership for consumers, professional learning and development for service providers and coordination with the NDIA.

This combination will provide continuity of care that is consistent with current best practices and uniform across the varied service providers, whilst remaining individualised for each consumer's needs.

INTEGRATED CARE FRAMEWORK

Translating key policy from the Fifth National Mental Health and Suicide Prevention Plan and Rethink into practice, allowing a continuum of care and ease of access for consumers and service providers. This also provides clear oversight of the impact of policy reform and implementation.

COST ESTIMATE:
\$150,000

ACTIONS

- Conduct a gap/needs analysis
- Develop an integrated implementation plan in line with existing Tasmanian services/priorities
- Establish processes to ensure initiatives are implemented in light of an integrated approach
- Establish processes to measure impact and review progress

BENEFITS

- Consumers have access to early intervention and preventative mental health and suicide prevention services
- Early and preventative care allows individualised recovery steps, reducing the need for acute care
- Clear referral and transition pathways between services
- A continuum of care between primary, community, public and private services based on individualised needs
- Greater impact through coordinated funding and policy implementation

HOUSING PARTNERSHIP

Recognising the fundamental importance of stable accommodation to mental health recovery, this initiative provides the critical link between housing support and psychosocial rehabilitation services.

COST ESTIMATE:
\$80,000

ACTIONS

- Conduct a gap/needs analysis for mental health specific accommodation options
- Establish partnerships with relevant services and programs
- Develop processes to ensure initiatives are implemented and support government priorities
- Determine implementation strategy and a potential trial site.

BENEFITS

- Stable housing and accommodation to support the recovery journey for mental health consumers
- Provide consumers with the skills and support to develop and maintain independent living situations whilst continuing their participation in vocational, educational or employment opportunities
- Provide alternatives to acute care and long-term hospital stays whilst also maintaining individualised care and support for consumers

INTEGRATED LEARNING AND DEVELOPMENT FUND

Combining current research with professional learning and development on a sector wide basis to allow for continued growth and training for Tasmanian mental health and suicide prevention professionals.

COST ESTIMATE:
\$200,000 per year

ACTIONS

- Formalise communication across the entire mental health sector to encourage collaboration, research and innovation
- Identify future professional learning and development opportunities
- Deliver funding to support joint professional learning initiatives based on the needs of Tasmanian consumers and communities
- Establish incentivised programs to encourage and support communities of practice

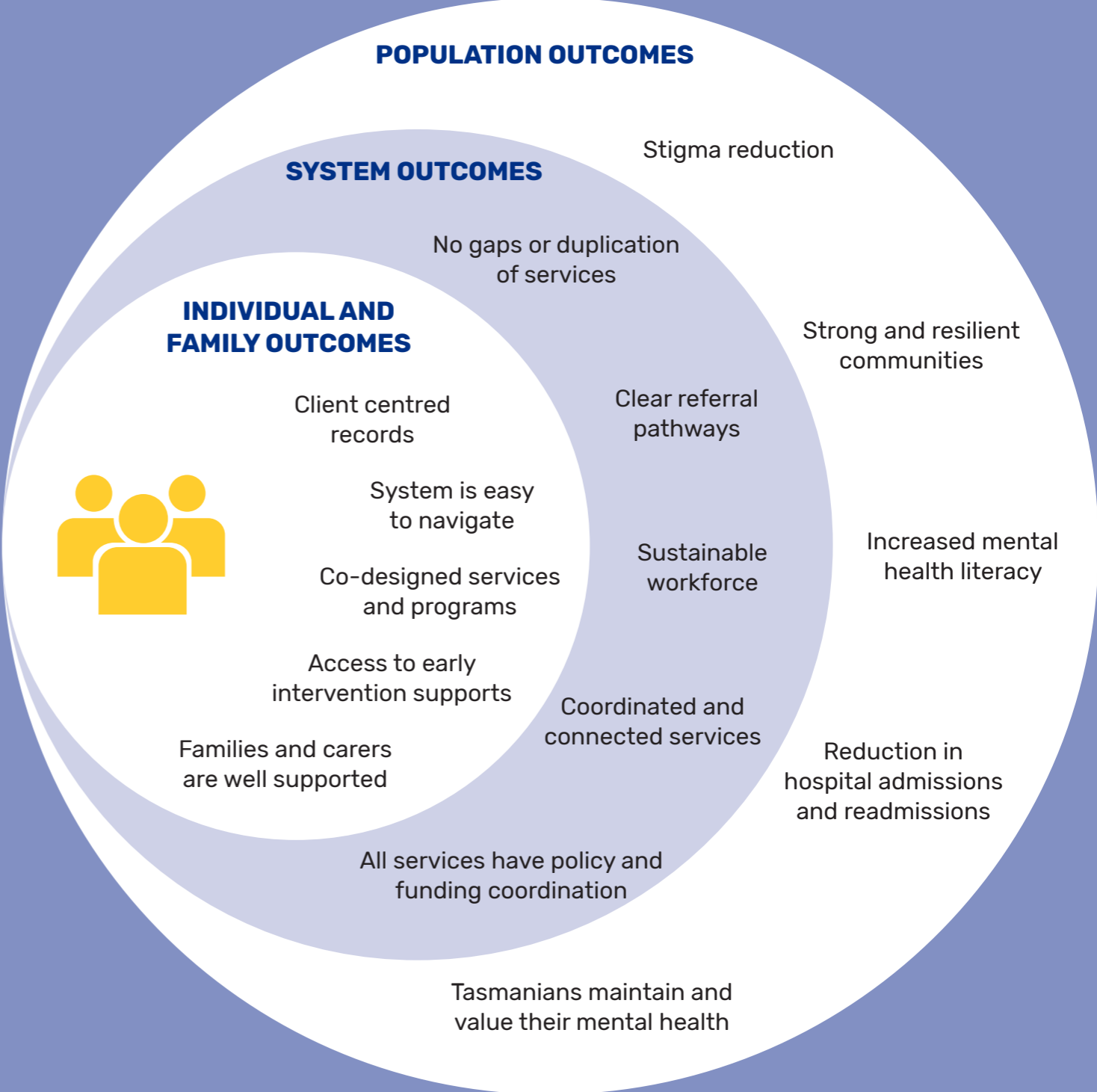
BENEFITS

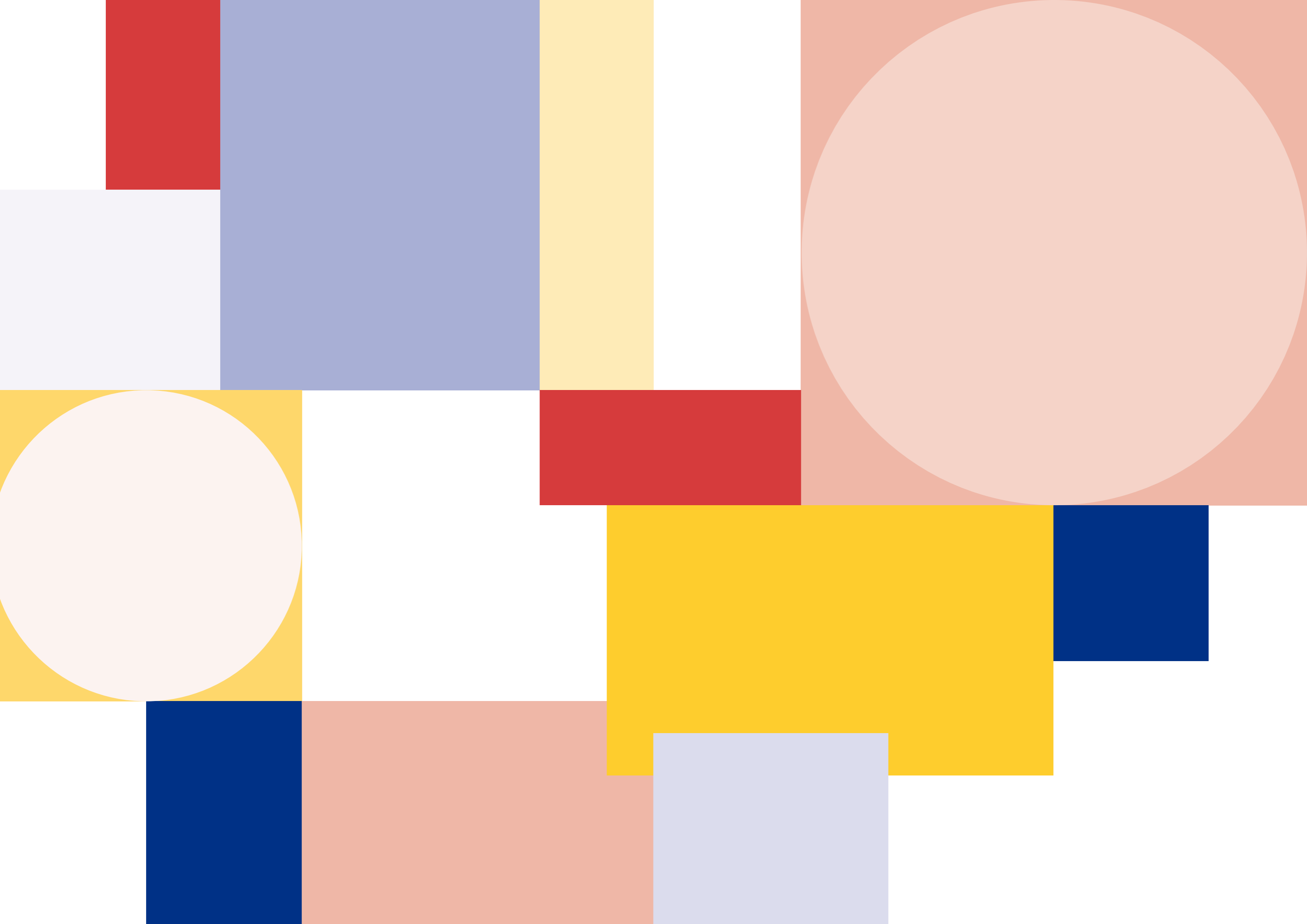
- Greater dialogue between providers to further strengthen the mental health and suicide prevention community within Tasmania
- Continuity of training, learning and sector development across public, private, community and primary mental health care providers
- Access to contemporary research and information relevant to Tasmania's mental health and suicide prevention sector allowing for the development and implementation of up to date care models
- Providing Tasmanian communities with access to quality services in line with current best practice
- Enabling innovation



OUTCOMES OF INTEGRATION

Achieving better mental health outcomes for all Tasmanians by integrating systems and practices.







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