

Exploring
integration
& innovation

Tasmanian

youth-
mental
health
forum.

2019



6-7 November 2019
C3 Conference Centre
64 Anglesea Street
South Hobart
Tasmania



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Tasmanian youth- mental health forum

Primary Health Tasmania, the Department of Health and the Mental Health Council of Tasmania have partnered to deliver the Tasmanian Youth Mental Health Forum in November 2019.

The Forum will bring together key decision makers, policy makers, practitioners and youth mental health service providers to explore emerging themes and develop shared strategies that support the ongoing development of an innovative and integrated youth (12-25 years) mental health system for our state.

Outcomes from the Tasmanian Youth Mental Health Forum will contribute to a joint mental health and suicide prevention planning process, due to be completed in July 2020. The planning will provide a strategy for integration

of Tasmania's mental health system, will be guided by the vision and directions set out in the Fifth National Mental Health and Suicide Prevention Plan, and will strengthen the intent of Rethink Mental Health and other strategies.

Key stakeholders will come together at the Forum to develop a shared understanding of the issues currently facing the youth mental health sector, consolidate shared care pathways and promote integration as a key component of Tasmania's youth mental health system.

"With increased focus on youth mental health, an increase in funding and a clear commitment to addressing youth mental health within the Fifth National Mental Health and Suicide Prevention Plan, there is no better time than now to get the right people around the table to discuss and explore solutions. We want to foster a collaborative approach and high-level commitment from all stakeholders in the sector for better integrated services that meet the needs of young people. The Forum is not just about listening – it is about participation, and we encourage our delegates to be actively involved in the process of developing solutions."

Connie Digolis, CEO
Mental Health Council of Tasmania

Emerging themes

The information below outlines some emerging themes within the youth mental health system, with many noted anecdotally by young Tasmanians. The Tasmanian Youth Mental Health Forum provides an opportunity to hear from the experts and invite participants to collectively explore strategies and solutions.

A lack of awareness of appropriate services and support available

Young people concerned about their mental health, along with their families, carers and service providers, are at times unsure of what supports are available to them. Whilst among young people there is a significant awareness of mental health services such as Beyond Blue, headspace, GP's and school counsellors, what is not necessarily evident is how these services integrate and align to provide suitable referrals for young people. This can lead to some young people being unable to access the support they need at the right time.

Increased demand for and on youth mental health services

Black Dog Institute's Youth Mental Health Survey Report identifies that between 2012-2016 there has been a significant increase in young people meeting the criteria for a probable mental illness. An increase in prevalence of mental health issues in young people and growing community concerns regarding long wait times for youth mental health services has led to a need to address service demand so that young people receive the care they need within reasonable wait times.

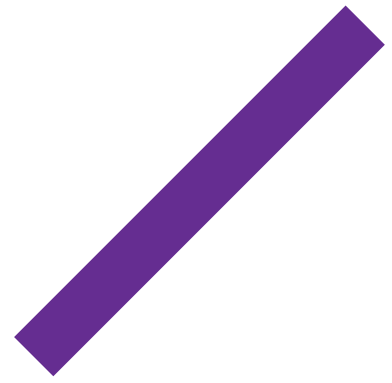
Young people presenting with higher acuity and complexity

Young people are presenting to a range of services across the mental health system with higher acuity and complexity which has implications for service capacity. At the same time, young people are also presenting to emergency departments in non-acute mental health crisis demonstrating an over reliance on inpatient mental health care. This highlights the need to establish a service model that offers a continuum of care across public, private and community mental health services. A model must include improved access to early intervention services so young people access the help they need before they become acutely unwell.

Increased funding and services for young people

With an increased political and community focus on addressing youth mental health, there has been record investment in youth mental health resulting in an increase in services for young people. These investments are welcomed, however as the the Fifth National Mental Health and Suicide Prevention Plan identifies, there is a need to address service gaps, duplication and coordination so that funding is spent more wisely.

What the Forum hopes to achieve:



What happens after the Forum?

- 1 A document will be developed that reflects the discussions and ideas developed by forum attendees, including identified actions.
- 2 Community consultations will commence in early 2020 to gauge support and feedback on actions identified from the Tasmanian Youth Mental Health Forum. Young people, services and community members will be invited to attend the community consultations.
- 3 Feedback gained from the community consultations will support the development of priorities for youth mental health in the Tasmanian joint mental health and suicide prevention planning process.

Whilst acknowledging there has been significant alignment and integration between some youth services, The Tasmanian Youth Mental Health Forum aims to explore both what is currently working well and further ways to improve service integration and collaboration between services.

The Tasmanian Youth Mental Health Forum will provide an opportunity to hear from young people about their experiences of mental health services and allow time for discussion on how better service integration can support the challenge of increased demand.

The Tasmanian Youth Mental Health Forum will provide an opportunity to discuss improved coordination between these services, identifying shared care pathways and exploring how services can support a continuum of care model.

The Tasmanian Youth Mental Health Forum aims to explore how we can effectively coordinate, collaborate and innovate to ensure the best outcomes possible for young people.

The Tasmanian Youth Mental Health Forum provides an opportunity for delegates to actively participate, working collaboratively to identify strategies to address these emerging issues as the Tasmanian Youth Mental Health system moves towards integration. These solutions will inform the Tasmanian joint mental health and suicide prevention planning process and support ongoing reforms.

Forum presenters



Hon Jeremy Rockliff MP

**Deputy Premier
Minister for Education and Training
Minister for Mental Health and Wellbeing
Minister for Sport and Recreation**

Jeremy is a North-West Tasmanian who grew up on the family farm at Sassafras. After matriculating in 1987 Jeremy then went to work on a cattle and sheep property near Hagley in Northern Tasmania.

Following a two-year period at Lincoln University in New Zealand, Jeremy received a Diploma in Farm Management and returned to Tasmania to manage his family's property at Sassafras, which specialises in mixed cropping and prime lamb production. In 2016 Jeremy received the Lincoln Alumni International Medal.

Apart from his passion for farming and rural life, Jeremy has a strong empathy with public and community services and has worked with a number of organisations including Lifeline North West, Natural Resource Management, Landcare groups and Youth and Family Focus.

In 2006 Jeremy was awarded Life Membership of Lifeline North West.

Jeremy campaigned successfully in July 2002 to become an MP for Braddon in the House of Assembly and up until 2014 held a number of shadow portfolios.

In 2014 under the newly elected Liberal Government Jeremy was appointed as Deputy Premier, Minister for Education and Training, Minister for Primary Industries and Water and Minister for Racing.

Jeremy is currently Deputy Premier, Minister for Education and Training, Minister for Mental Health and Wellbeing and Minister for Sport and Recreation.

Jeremy is married to Sandra and they have three young daughters Ruby, Lucy and Holly.



Grant Akesson

Primary Health Tasmania

Grant is the Mental Health – Health Stream Lead at Primary Health Tasmania, responsible for the development and commissioning of mental health activity in primary care across Tasmania. Grant has 17 years' experience in leading community based mental health and alcohol and other drug initiatives with the Mental Health Commission in Western Australia, with a focus on the development of localised activity to address existing and emerging needs in rural and remote communities. Grant moved here from Western Australia in May 2017 with his wife – who is a born and bred Tasmanian.



Professor Jane Burns

**Professor of Social Innovation,
Swinburne University**

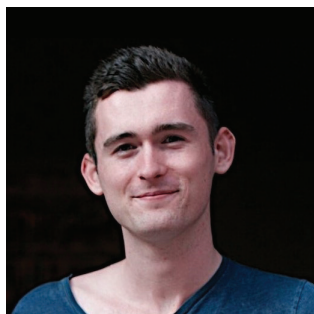
Jane has two decades of experience in youth mental health and suicide prevention, digital health solutions and the profit for purpose sector. Jane is a respected industry and government advisor. Her topics are broad and include wellbeing and mental health, youth mental health, living with disability, digital health solutions, suicide prevention and digital resilience, women in leadership and vision, values and workplace culture. In recognition for her achievements in entrepreneurship she won the category of Social Enterprise for 2015's Australian Financial Review and Westpac Group 100 Women of Influence, and was a Victorian Finalist in the 2017 Telstra Business Women's Awards. Jane is a Graduate of the Australian Institute of Company Directors. She is Chair of the Centre for Mental Health Research at Swinburne University, Chair of Open Arms, the Veterans and Veterans Families Counselling Service, Chair of Soldier.ly and Chair of STREAT, offering young people aged 16–25 a supported pathway from the street to a sustainable livelihood.



Connie Digolis

Mental Health Council of Tasmania

Connie is the CEO of the Mental Health Council of Tasmania (MHCT). With a background in health Industry Management including prevention campaigns and projects, Connie brings to her role a wealth of experience in community sector management, advocacy, health promotion and policy. MHCT is the peak body for the community mental health sector and is working with its members to develop a sector reform agenda that will deliver better outcomes for those living with mental illness in Tasmania and their families. Connie looks forward to a time when we can refer to our mental health system as an excellent example of person-centred, integrated care that provides the best mental health outcomes for all Tasmanians.



Matthew Etherington

2019 Tasmanian Young Achiever of the Year

Community empowerment, lived experience and peer support play a major role in the innovative projects Matt Etherington leads. Matt works as coach for the Big Issue Community Soccer Program, a social inclusion initiative for people experiencing disadvantage and disability which uses the power of sport to change lives. He started a Mental Health First Aid training initiative at UTAS, promoting prevention and early intervention as well as self-care and community resilience - reaching more than 600 students since 2017. Matt is passionate about youth leadership, organisational change and building healthier communities.



Hannah Godfrey

Australian Youth Advocate for Mental Health

Hannah's involvement with the Tasmanian mental health service system derives from lived experience. Hannah was guided successfully to recovery by a range of professional and personal support networks in the community. Hannah was a member of the headspace Hobart Youth Reference Group and was recently appointed as an Australian Youth Advocate for Mental Health. Hannah continues to use her experience to encourage young people to positively seek help, effectively self-care, increase mental health-literacy and reduce stigma.



Dr Aaron Groves

Chief Psychiatrist Tasmania

Dr Groves is currently the Chief Psychiatrist for Tasmania, a role he commenced in November 2017. Prior to this he was the Chief Psychiatrist and Director of Mental Health Policy with the Department of Health and Ageing in South Australia. He is currently responsible for leading Tasmania's mental health and suicide prevention reform agendas. He provides specialist advice in relation to mental health policy and clinical practice within the Department of Health, to the CEO of the THS and to other operating units in relation to mental health policy, clinical practice and legislation that regulates mental health care and treatment and affects professional practice

Forum presenters



Jeremy Harbottle

Mental Health Alcohol and Drug Directorate, Department of Health

Jeremy has been the General Manager of the Mental Health Alcohol and Drug Directorate within the Department of Health since November 2018. The Directorate works collaboratively with Statewide Mental Health Services, Community Sector Organisations and other key stakeholders to progress the implementation of national and state strategic directions for the delivery of mental health, alcohol and drug and forensic health services. Jeremy has extensive experience across government, including more than a decade working in senior management roles within the children and family services sector. Most recently, Jeremy was part of the team responsible for the establishment of the national redress scheme in Tasmania.



Dr Joanna Henderson

Centre for Addiction and Mental Health, Canada

Joanna is Executive Director of Youth Wellness Hubs Ontario and Director of the Margaret and Wallace McCain Centre for Child, Youth & Family Mental Health at the Centre for Addiction and Mental Health (CAMH). She is also a Senior Scientist in the Child, Youth, and Emerging Adult Program at CAMH and an Associate Professor in the Department of Psychiatry at the University of Toronto. Her work aims to improve access to high quality, integrated services for youth with substance use and/or mental health concerns and their families.



Tania Hunt

YNOT (Youth Network of Tasmania)

Tania is the Chief Executive Officer of the Youth Network of Tasmania (YNOT). Tania has worked in the community sector in Tasmania for the past two decades predominately in the areas of youth health, alcohol and other drugs, HIV/AIDS and hepatitis. Tania joined YNOT in 2018 having previously held the position of Operations Manager/2IC at The Link Youth Health Service Inc. Tania was responsible for leading a multidisciplinary team in the delivery of youth specific services including psychosocial programs and community based mental health care services. She held the position of Acting Centre Manager of headspace Hobart and has worked directly with individuals experiencing complex mental health and substance use issues. Tania sits on the Board of the Australian Youth Affairs Coalition (AYAC), the National Youth Coalition for Housing (NYCH) and was Vice President of the Alcohol, Tobacco and Other Drugs Council of Tasmania.



Jane Longhurst

Forum Facilitator

Jane hails from Hobart and has worked extensively in theatre, television and radio since graduating from the Victorian College of the Arts. Jane works regularly as a voice over artist, presents concerts with the Tasmanian Symphony Orchestra throughout Tasmania and can be heard regularly on ABC Local Radio where she also works as a fill in presenter for Local Radio including ABC Rural, ABC Grandstand and ABC Classic FM. Since returning to Hobart to live with her family Jane has hosted events big and small and facilitated numerous conferences for clients including Department of Health (Tasmania); WorkSafe Tasmania and the Foster Carer's Association.



Leanne McLean

Commissioner for Children and Young People Tasmania

Leanne McLean was appointed Tasmania's Commissioner for Children and Young People in November 2018. Her role is to promote the rights and wellbeing of Tasmanian children and young people—including ensuring that their rights are considered and promoted by adults when making decisions that may affect children. Leanne has a wealth of experience as a leader in social policy development, including working at the coal face with young people; and shaping, delivering and communicating policies which affect them and empower them to shape their own future. Leanne is passionate about providing a voice for children and young people, believes strongly in the transformative power of education and early intervention and the value of every young person in shaping the future of Tasmania.



Kelly Shaw

Primary Health Tasmania

Kelly Shaw is a public health physician, health consultant and general practitioner. She is a Fellow of the Australasian Faculty of Public Health Medicine and the Royal Australian College of General Practitioners, has a Masters degree in public health, majoring in epidemiology and biostatistics and has a PhD in public health in the field of evidence-based medicine. Kelly also holds academic appointments as an Associate Professor, Southern Cross University and Clinical Fellow, University of Tasmania.



Catherine Spiller

Primary Health Tasmania

Catherine Spiller's career started as a pharmacist in the UK, transitioning over time from clinical practice into clinical teaching, then onto senior pharmacy management roles. Catherine currently works as the Lead, Tasmanian HealthPathways with Primary Health Tasmania. In this role she provides leadership in clinical health service and system improvement, through driving the Tasmanian HealthPathways as a key whole-of-system service improvement methodology.



Kylie Dunn

Visual Facilitator

Kylie Dunn explains stuff to people for a living, lots of different stuff. After spending 13 years in leadership positions in the RAAF and government, she started her own business to focus on helping people learn. Her passion is about wanting to make the world an easier place to be and helping people gain the skills and knowledge to create the life they want for themselves. One of the ways Kylie explains things to others is by using graphic facilitation techniques to capture content; providing a visual tool to improve understanding and interest.

Forum Day 1 Exploring Integration

9:20–9:50am
Registration. Tea/Coffee.

9:50–10:00am
Welcome to Country
Ms Kartanya Maynard

10:00–10:10am
Official Opening
Hon Jeremy Rockliff MP, Deputy Premier
Minister for Education and Training,
Minister for Mental Health and Wellbeing,
Minister for Sport and Recreation

10:10–10:20am
Welcome and Housekeeping
Facilitator

10:20–10:40am
SESSION ONE:
Keynote Presentation

The Commissioner for Children and Young People will open the Forum with a keynote address in which she outlines what she has heard from Tasmanian children and young people and those who support them – their parents, other family members and service providers - about the importance of good mental health and wellbeing for Tasmania's children and young people, challenges, and how we could do things differently.

- Ms Leanne McLean, Tasmanian Commissioner for Children and Young People

10:40–10:50am
Slido Interaction. Facilitated Q&A.

10:50–11:20am
SESSION TWO:
What does the data tell us about Youth Mental Health in Tasmania?

Kelly will share population health data from both public mental health services and primary health care to deliver a snapshot of the issues and trends in youth mental health service delivery and set the context for the Forum.

Dr Kelly Shaw, Clinical Lead / Public Health Physician, Primary Health Tasmania

11:20–11:35pm
Short Break

11:35–12:00am
SESSION THREE:
Perspectives from Young Tasmanians

Matthew and Hannah will share personal stories and experience of service access in Tasmania. As ambassadors for youth mental health and through the lens of their lived experience, they will offer insight into the needs of their peers and how the mental health system could best respond to meet these needs.

- Mr Matthew Etherington, 2019 Tasmanian Young Achiever of the Year
- Ms Hannah Godfrey, Australian Youth Advocate for Mental Health

12:00–12:40pm
SESSION FOUR:
Youth Mental Health Integration – Ontario's experience

Joanna will share the drivers that heralded a new model of youth mental health service delivery in Ontario (Canada), culminating in the design of an integrated youth mental health system including Ontario's Youth Wellness Hubs. Joanna will share key learnings from the development process and her ideas on the foundations required to continue progress for an integrated system in Tasmania.

- Dr Joanna Henderson, Executive Director, YWHO, Ontario

12:40–1:00pm
Slido Interaction. Facilitated Q&A.

1:00–1:45pm
LUNCH

1:45–2:15pm
SESSION FIVE:
Working together toward integration

This session explores the intersections between the State Government and Primary Health Tasmania, outlining the local mechanisms that support an integrated approach. The presentation will cover: Federal and State mental health policy; Southern Tasmania's Integration Taskforce Report; Primary Health Tasmania's Youth Referral pathways and continuum of care; the review of the model of care for the Child and Adolescent Mental Health Service (CAMHS) and Tasmania's joint mental health and suicide prevention planning process. Visual facilitator Kylie Dunn will map this session.

- SPEAKERS:**
- Mr Grant Akesson, Health Stream Lead – Mental Health, Primary Health Tasmania

- Dr Aaron Groves, Chief Psychiatrist, Tasmania
- Mr Jeremy Harbottle, General Manager, Mental Health Alcohol and Drug Directorate, Department of Health

2:15–2:30pm
Slido Interaction. Facilitated Q&A.

2:30–3:15pm
SESSION SIX:
Reflections on Integration (Panel Discussion)

Panellists will reflect on the concept of integration and offer their unique perspective on key elements that will support a successful integrated youth mental health system in Tasmania.

- SPEAKERS:**
- Dr Kelly Shaw, Primary Health Tasmania
 - Mr Matthew Etherington, 2019 Tasmanian Young Achiever of the Year
 - Dr Joanna Henderson, Executive Director, Youth Wellness Hubs
 - Ms Connie Digolis, CEO, Mental Health Council of Tasmania
 - Ms Tania Hunt, CEO, YNOT Youth Network of Tasmania
 - Professor Jane Burns, Professor of Social Innovation, Swinburne University

3:15–3:30pm
AFTERNOON TEA

3:30–4:15pm
SESSION SEVEN:
Exploring the integrated approach (small groups)

Forum participants will break out into groups and workshop ideas to support the continued progress of an integrated youth mental health system in Tasmania.

4:15–4:45pm
SESSION EIGHT:
Report back

Groups will report back and share the ideas developed from their discussions with the wider Forum audience. Visual facilitator Kylie Dunn will be mapping these ideas. The outputs will inform further discussion and workshoping on day two of the Forum.

4:45–5:00pm
Summary of the day and close

9:00–9:20am**Welcome & Recap of Day one.**

The facilitator provides a summary of group feedback using visual facilitator's work from day one.

9:20–9:35am**SESSION NINE:****Primary Health Tasmania Youth Referral Pathways**

Catherine will explain what Tasmanian Health Pathways are, who can use them, how to access them and how they assist health professionals to plan local patient care. She will talk about the development and recent release of the Youth Mental Health Pathways, that provide information about best-practice assessment, management and referral pathways for young people with mental health conditions.

- Catherine Spiller, Lead, Tasmanian Health Pathways, Primary Health Tasmania

9:35–10:15am**SESSION TEN:****Innovation in Youth Mental Health**

Jane will discuss the role that technology and social media plays in mental health service delivery for young people. Jane will provide an overview of existing innovative technologies and describe how technology can support an integrated mental health system, including in prevention and early intervention and as an adjunct to clinical care.

- Professor Jane Burns, Professor of Social Innovation and Chair of the Centre for Mental Health Research, Swinburne University

10:15–10:25am**Slido Interaction. Facilitated Q&A.****10:25–10:40am****MORNING TEA****10:40–11:10am****SESSION ELEVEN:****How Peer Models complement an Integrated Approach**

Lived experience can be a powerful tool in supporting mental health recovery. This session will provide an overview of the benefits of youth peer work in supporting the mental health of young people and encourage forum participants to consider how youth peer work models complement an integrated approach.

- Speakers to be confirmed

11:10–11:25am**Slido Interaction. Facilitated Q&A.****11:25–12:15pm****SESSION TWELVE:****Identifying actions to improve outcomes (small groups)**

Groups will generate ideas on how the sector can work together to develop short-term actions to improve outcomes for young Tasmanians and align with an integrated youth mental health system. The actions generated in this session will feed directly into Tasmania's joint mental health and suicide prevention planning process.

12:15–1:00pm**LUNCH****1:00–1:45pm****SESSION THIRTEEN:****Report back on actions**

The workshop groups report back on the short terms actions whilst explaining how these actions support integration. The actions are recorded and projected live by the event team and uploaded into Slido.

1:45–2:00pm**Short Break (light refreshments)****2:00–2:30pm****SESSION FOURTEEN:****Reaching Consensus**

Participants vote to reach consensus on the top five actions.

2:30–2:45pm**Next Steps**

The facilitator will outline what will happen next in progressing integration in Tasmania including the public announcement of actions agreed to in the Forum - and how those actions will inform Tasmania's joint mental health and suicide prevention planning process.

FORUM CLOSE

Thank
you —

The Tasmanian Youth Mental Health Forum
Working Group members

- Mental Health Council of Tasmania
- Primary Health Tasmania
- Tasmanian Department of Health
- YNOT Youth Network of Tasmania

The Forum is supported by

Supported by

