

Mental Health - we all have  
a role to play

Mental Health Family and  
Friends Forum

8 October 2019

# Primary Health Networks

- Started in July 2015 (PHT first service 2016/17)
- 31 PHNs across the country
- PHNs fund rather than provides services
- Two key objectives:
  - ✓ To improve the efficiency and effectiveness of medical services for patients, particularly those at risk of poor health outcomes.
  - ✓ To improve the coordination of care to ensure patients receive the right care, in the right place, at the right time.

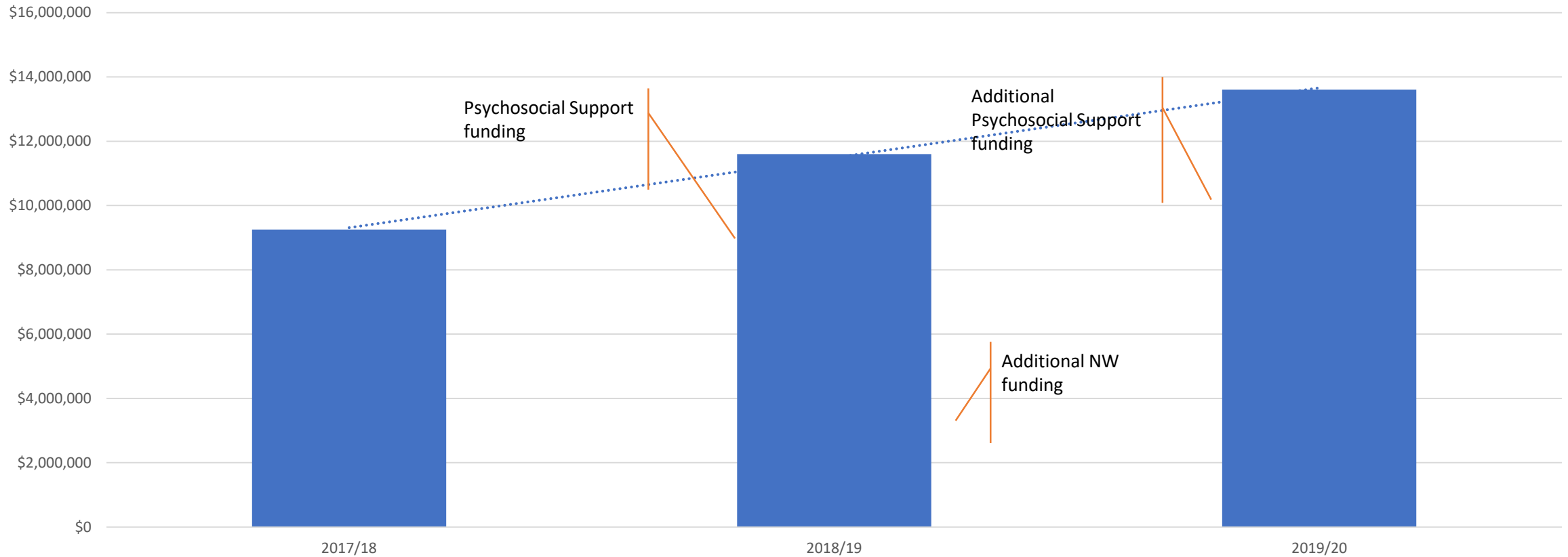


## Psychosocial Support

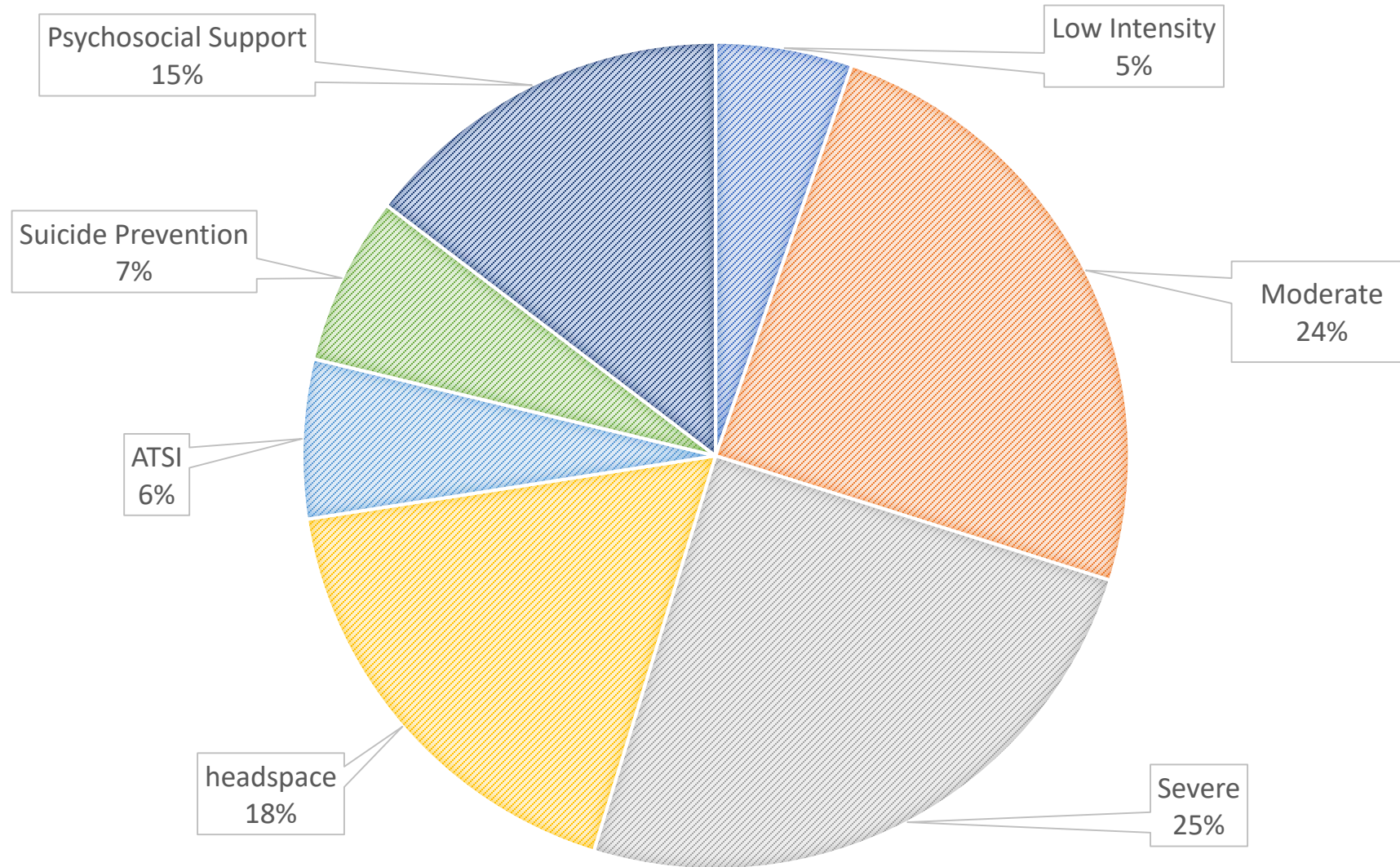


## Mental Health Activity

Available Commissioning Value



### Funding distribution - 2019/20



- 26 individual organisations
- 11 different types of services
- No cost
- Intake varies
  - self-referral for lower acuity
  - GP, psychologist, other health professionals for higher acuity
- Service details, including what the service does, who is eligible and service contact details at:

[www.primaryhealthtas.com.au](http://www.primaryhealthtas.com.au)

# Low Intensity Services

- 2 organisations
  - Wellways
  - Mindfulness Programs Australasia
- People over 18 with or at risk of mild mental illness
- Self-referral, GPs, other health services, families and carers, and community services



wellways

# Low Intensity Services

- Mindfulness Programs Australasia - aimed at reducing stress, anxiety and depression and increasing the wellbeing of all adult Tasmanians.
  - **0488 064 228** or [admin@mindfulnessaus.com.au](mailto:admin@mindfulnessaus.com.au)
- Wellways to Health - aims to assist in improving individual wellbeing and build on strengths and val to help manage life
  - **1300 111 400** or [tasmania@wellways.org](mailto:tasmania@wellways.org).



# Two significant activities in 2019



Psychosocial Support



Regional Mental Health and Suicide Prevention Plan



# Psychosocial Support

- Advisory Group, includes Mental Health Families and Friends, Carers Tasmania and Flourish
- Gaps in the current system
  - Why people are seeking not to test for the NDIS
  - Support consumers and families and friends to better navigate system
  - Support people to compile access requests to the NDIS
- Build a new service for people not accessing NDIS but still require some level of psychosocial support
- Ensuring that people who were in PIR, PHaMS and D2DL are moved into a new service with no loss of support

# Regional Mental Health and Suicide Prevention Plan

- Enables consumers and families and friends to access the mental health supports they need when they need them
- The Tasmanian advantage – 1 PHN, 1 Local Hospital Network and 1 Department of Health
- Steering Group, includes Mental Health Families and Friends and Flourish
- Build on and integrate the work of the current state strategy - *Rethink Mental Health*

# Regional Plan – Key Actions

- Mapping the current mental health system
- Developing shared care protocols that supports people moving between services through easy to navigate and understand pathways
- Moving towards a co-commissioning model
- Producing a joint mental health and suicide prevention plan for Tasmania and a shared implementation plan

# Continue to work with Mental Health Families and Friends:

- Voice of families and friends and consumers is included in service development and implementation
- Include families and friends and consumer representatives as partners on project steering and advisory groups
- Development of a families and friends and consumer participation framework
- Where appropriate, include families and friends and consumer representatives on tender evaluation panels

# Stay informed



[www.primaryhealthtas.com.au](http://www.primaryhealthtas.com.au)



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