

# Planning for wellbeing

A Regional Plan for North Brisbane and Moreton Bay focusing on mental health, suicide prevention and alcohol and other drug treatment services 2018 – 2023



## Strategic Coordination Group

### Communique – January to May 2019

The Strategic Coordination group oversees the development, implementation, monitoring, review and evaluation of 'Planning for Wellbeing - A Regional Plan for North Brisbane and Moreton Bay focusing on mental health, suicide prevention and alcohol and other drug treatment services 2018-2023', including to:

- provide guidance and direction on the scope, expected outcomes and implementation of the Regional Plan
- identify issues or areas of strategic importance relating to the success of the Regional Plan
- review and approve key regional plan documentation
- monitor and support progress, and report key milestones as required
- act as representatives of major stakeholders by sharing Regional Plan information between areas they represent
- monitor and respond to risks related to the implementation of the Regional Plan
- escalate unresolved matters relating to the Regional Plan to relevant stakeholders/funders as required
- initiate and endorse a review of the Plan
- lead the development of future plans.

The Coordination Group operates under the authority of Brisbane North PHN's Executive and Metro North Hospital and Health Service (MNHHS) Strategic Executive Team (SET). Membership includes: consumer and carer representatives, Metro North HHS, Brisbane North PHN, Qld Department of Health, Institute for Urban Indigenous Health (IUIH), the Qld Alliance for Mental Health (QAMH) and the Qld Network of Alcohol and Other Drug Agencies (QNADA).

### Planning for Wellbeing

Under the 5th National Mental Health and Suicide Plan, each PHN and HHS must work together with stakeholders to produce a regional plan for mental health and suicide prevention. Planning for Wellbeing is the first regional plan for the Brisbane/Metro North region and was launched in October 2018 during Mental Health Week.

Key features of Planning for Wellbeing:

- Is a plan for the whole region, not just the PHN and HHS
- Was developed through extensive engagement with consumers, carers, providers and others
- Sets out a vision for what we are collectively trying to achieve and proposes actions to get us there
- Articulates three frameworks for planning and delivery – stepped care for mental health, LifeSpan for suicide prevention and the Qld Alcohol and Other Drugs Treatment Service Delivery framework
- Implementation is driven by a number of cross-sector partnership and action groups
- Will guide the use of any additional resources that come into the region.

Over the next year the Strategic Coordination Group will be working on a regional resourcing plan, which will be part of the refresh of Planning for Wellbeing in June 2020. The regional resourcing plan will look to see how the available resources for mental health and suicide prevention services can be best used in our region to meet need. The National Mental Health Services Planning Framework will be used to guide this work. A similar process is in the early stages across the state for alcohol and other drug treatment services.

## Partnership Groups

The Strategic Coordination Group receives written reports at each meeting from the partnership groups that are implementing sections of Planning for Wellbeing, outlining activity in the last period, upcoming activity and any challenges. At each meeting one of the groups is invited to give a more in-depth verbal presentation and discussion.

Current groups are:

- Peer Participation in Mental Health Services Network (PPIMS)
- Alcohol and Drug Partnership Group
- Infant, Child and Youth Mental Health Partnership Group
- Collaboration in Mind (severe mental illness)
- Suicide Prevention Strategic Partnership Group

Plans are underway to establish partnership groups in the areas of Aboriginal and Torres Strait Islander health and Psychological Therapies. The Strategic Coordination Group is also looking to resource *Action Groups* for some sections of Planning for Wellbeing including: supporting families and carers, sustaining good mental health, people from culturally and linguistically diverse backgrounds, LGBTIQ+ people and older people.

## Service Navigation

Consultations for the development of Planning for Wellbeing reinforced the challenge people face in finding the right mental health service. The Strategic Coordination Group has discussed ways to improve service navigation. We will continue to expand [www.mymentalhealth.org.au](http://www.mymentalhealth.org.au) as the go-to place for information on mental health services in the region and will review and add clinical care pathways to the HealthPathways portal for clinicians. The PHN will also continue to roll out its electronic assessment and referral system rediCASE, which helps GPs and patients find and connect to services that are right for them.

Due to the large amount of change happening to the mental health system over the coming year, the PHN is establishing a small telephone based service navigation team to help people and providers find the services they need. The Strategic Coordination Group discussed how this service could work and the possibility of using 1300 MH CALL as the central number (this is currently the number for the Acute Care Teams at Metro North HHS). A small working group is progressing this idea.

In the area of drug and alcohol treatment, QNADA has an online directory of services <https://qnada.org.au/service-finder/> and ADIS (Alcohol and Drug Information Service) provides telephone counselling, information and advice 24/7 via 1800 177 883.

## Human Service Systems

People with mental illness don't just access support from mental health services, but also from wider health and human services. The need for the mental health system to better coordinate with the wider health and human service systems was identified as an action in Planning for Wellbeing to better align and integrate services.

Suggestions from the Strategic Coordination Group include:

- Develop a cross-sector regional managers meeting to engage with main health and human service departments.
- Review Planning for Wellbeing to identify key actions that need wider support to implement.
- Ensure key regional health and human services agencies/contacts are invited to the mental health interagency and mental health expo.
- Ask the NDIS Transition working group (of Collaboration in Mind) to change their focus to 'working with the NDIS' and explore the interface between the NDIS and health and other human service systems for people with psychosocial disability.

The next meeting of the Strategic Coordination Group is 20 June

