



National Mental Health and Suicide Prevention Agreement and Bilateral PHN Program

Activity Work Plan 2023-2026

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1. Universal Aftercare Services

ACTIVITY PRIORITIES AND DESCRIPTION

PROGRAM KEY PRIORITY AREA

Mental Health Priority Area 5: Community based suicide prevention activities

AIM OF ACTIVITY

This Activity aims to deliver community-based suicide prevention services previously funded under *The Way Back Support Service* Activity through the Primary Mental Health Care schedule. Universal aftercare will support the implementation of aftercare services to support individuals following a suicide attempt and/or suicidal crisis; and ensure consistent and best practice support through a more integrated and systems-based approach in partnership with hospital and health services and other local organisations.

This involves ensuring agreement within the region, including hospital and health services, about the need to support person-centred follow-up care to individuals who have self-harmed or attempted suicide, and that there is no ambiguity in the responsibility for provision of this care.

DESCRIPTION OF ACTIVITY

Darling Downs and West Moreton PHN will continue to commission existing aftercare service within the Darling Downs Hospital and Health Service (HHS) and the West Moreton HHS Geographical Areas to increase the capacity, implement enhancements for existing services, and/or to implement new services in our region.

In commissioning aftercare services, DDWMPHN will:

- Adhere to the Service Model specified in the PHN's Funding Agreement with Queensland Health;
- Implement future improvements to the Service Model in line with the draft Principles of Good Aftercare, currently drafted based on best practice evidence, stakeholder advice and evaluation findings;
- Refine the draft principles of good aftercare over the coming months based on insights from people with lived and living experience of suicide and suicidal crisis, and advice from providers, PHNs and other critical stakeholders;
- Consider other improvements to aftercare services that align with the Suicide Prevention and Response priorities of the National Agreement, for example meeting the needs of identified priority population groups, increasing accessibility, developing services and programs in collaboration with people with lived experience, improving quality, building workforce competency, and addressing gaps, fragmentation, duplication and inefficiencies;
- Work with the commonwealth, Queensland Health, referring Hospital and Health Services, and commissioned service providers to ensure oversight and governance of the program;
- Adhere to data collection, sharing and reporting requirements set by the department; and
- Support the national evaluation of universal aftercare, by providing relevant documentation, data and information.

NEEDS ASSESSMENT PRIORITY

NEEDS ASSESSMENT PRIORITY

Providing primary mental health care

Increasing access and coordination of care

2. Headspace Enhancement

PROGRAM KEY PRIORITY AREA

Mental Health Priority Area 2: Child and youth mental health services

AIM OF ACTIVITY

This Activity aims to deliver services in line with the existing Headspace model. Headspace centres aim to improve mental health outcomes for young people aged 12-25 years with, or at risk of, mild to moderate mental illness. The Headspace model provides holistic care in four core streams – mental health; related physical health; alcohol and other drug use; and social and vocational support.

DESCRIPTION OF ACTIVITY

The enhancement of headspace services is intended to increase access to coordinated, multi-disciplinary care for cohorts of young people, as well as to improve workforce attraction and retention in the Darling Downs and West Moreton Region.

The Darling Downs and West Moreton PHN will:

- Enhance the headspace services in our catchment in accordance with the Activity Guidance provided by the Department of Health and Aged Care;
- Deliver enhancement funding allocations to the existing headspace locations outlined in Ipswich, Toowoomba and Warwick; and
- Ensure roll-over of funds where the funding provided in any given financial year exceeds the amount to be allocated to headspace services in any given year. This will ensure funding availability in years where the allocation total exceeds the funding and payment provided.

NEEDS ASSESSMENT PRIORITY

NEEDS ASSESSMENT PRIORITY

Providing primary mental health care

Increasing access and coordination of care

3. Adult Mental Health Centre and Satellite Network (Head to Health)

PROGRAM KEY PRIORITY AREA

Mental Health Priority Area: Other

AIM OF ACTIVITY

The purpose of this activity is to establish a head to health satellite service in the location of Warwick to improve outcomes for adults experiencing mental health crisis or distress.

DESCRIPTION OF ACTIVITY

The Warwick Head to Health Satellite service will deliver the following core elements:

- respond to people who are experiencing crisis or in significant distress;
- Provide a central point to connect people to other services in the region, including through offering information and advice about mental health, service navigation and referral pathways for individuals and their carers and family;
- Provide in-house assessment using the IAR decisional support tool to connect people with the most appropriate services; and
- Provide evidence-based and evidence-informed immediate and short to medium-term episodes of care, including utilisation of digital mental health platforms.

Darling Downs and West Moreton PHN will use allocated funding to build on existing service integration and needs planning by:

- Working with Darling Downs Hospital and Health Service to develop protocols for appropriate care integration and seamless transfer of patients when needed;
- Liaising with key primary care services, public and private hospitals, General Practitioner clinics, Aboriginal Community Controlled Health Services and non-Government and community organisations including consumer and carer representative groups or lived experience representatives, to establish and operate centres and satellites;
- Integrating with the national Head to Health intake and assessment phone service;
- Establishing and maintaining arrangements with Queensland Health and the Hospital and Health Service to play a role in the governance, commissioning and oversight of Head to Health Satellites; and
- Adhering to national branding, data collection and reporting requirements set by the Department of Health and Aged Care.

NEEDS ASSESSMENT PRIORITY

NEEDS ASSESSMENT PRIORITY

Providing primary mental health care

Increasing access and coordination of care

