

# Eastern Melbourne - Primary Mental Health Care

2019/20 - 2022/23

## Activity Summary View



[MH - MH 2 - MH 2 - Child and Youth mental health services  
March 2020]



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH

**Activity Number \***

MH 2

**Activity Title \***

MH 2 - Child and Youth mental health services March 2020

**Existing, Modified or New Activity \***

Existing



## Activity Priorities and Description

### Program Key Priority Area \*

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

### Other Program Key Priority Area Description

### Aim of Activity \*

The aim of this activity is to:

- Provide evidence-informed and tailored mental health services for children and young people
- Improve care pathways and service integration for young people and their families
- Align existing child and youth services to the mental health stepped care model, ensuring a continuum of service delivery options for this population cohort
- Improve physical health needs by connecting consumers with their General Practitioner and other professionals as part of their care team to address and monitor physical health and wellbeing
- Undertake planning and collaborate with local youth service providers and stakeholders
- Identify service gaps and barriers to access, targeting underserved areas of the catchment and hard to reach target groups and support service responses and solutions to address these identified needs

### Description of Activity \*

2.1 Continuation and commissioning of headspace services:

- Continue existing service delivery via the headspace model, including involvement in consortiums.
- Work with headspace services in Hawthorn, Knox and Greensborough and local youth services to improve access for underserved parts of the catchment.
- Commission new headspace centre in Monash
- Implement strategies to reduce waiting times within headspace services
- Delivery of 'Enhancing Mental Health in Secondary Schools Program' through headspace centres (funded via Department of Education).

2.2 Development and implementation 'youth health hubs'

- Work with local providers, including headspace services, to develop and implement 'youth health hubs' in the LGAs of Whittlesea and Yarra Ranges
- Implement headspace satellites in the LGAs of Whittlesea and Yarra Ranges

2.3 Continuation of Youth Enhanced services

- Continuation of current commissioned youth enhanced services (2017/18 to 2020/21)
- Plan to re-commission services 2021-2022.

2.4 Development of Youth Suicide Prevention Postvention Protocols

- Development and implementation of youth suicide postvention communication protocols in the eastern region and the north eastern regions

2.5 Continuation of mental health services for children

- Tailored supports for children under 12 are delivered through Stepped Care providers (see Priority 7 below)

2.6 Continuation of EMPHN Referral, Access and Navigation Team (see Priority 7 for details)

### Needs Assessment Priorities \*

EMPHN Needs Assessment 2019/20-2021/22

### Priorities

Needs Assessment Priority	Page Reference
Implementing our mental health stepped care model	65
Supporting community-based suicide prevention initiatives	65



## Activity Demographics

### Target Population Cohort \*

Children and young people (under 25 years), and their families, presenting with mental health needs or emerging mental health needs.

### In Scope AOD Treatment Type \*

### Indigenous Specific \*

No

### Indigenous Specific Comments \*

## Coverage \*

### Whole Region

Yes

SA3 Name	SA3 Code
Boroondara	20701
Manningham - West	20702
Whitehorse - West	20703
Banyule	20901
Nillumbik - Kinglake	20903
Whittlesea - Wallan	20904
Knox	21101
Manningham - East	21102
Maroondah	21103
Whitehorse - East	21104
Yarra Ranges	21105
Monash	21205



## Activity Consultation and Collaboration

### Consultation \*

Consultation is ongoing with the headspace consortium and youth provider networks in outer LGAs of EMPHN's catchment. Please refer to 2017/2018 EMPHN PMHC AWP. Consultation occurred in 2016/2017 to inform co design and commissioning of these services.

### Collaboration \*

- Headspace lead agencies to deliver headspace services and collaboration with consortium partners.

- LHNs and community health services as part of the delivery of Youth Enhanced model and continued service integration within the headspace services.
- Local youth service networks to support service collaboration and integration including establishment of co-located youth services in underserved areas.
- EMPHN is developing a Regional Integrated Mental Health, AOD and Suicide Prevention Plan in collaboration with LHNs and key stakeholders across the EMPHN catchment
- Eastern youth suicide community response protocol group
- North East youth suicide community response protocol group
- Eastern Mental Health Service Coordination Alliance
- North Eastern Mental Health Service Coordination Alliance



## Activity Milestone Details/Duration

### Activity Start Date \*

29 Jun 2016

### Activity End Date \*

29 Jun 2022

### Service Delivery Start Date

July 2019

### Service Delivery End Date

June 2022

### Other Relevant Milestones

An evaluation of the youth severe service model is currently being undertaken and will inform future commissioning of this activity in 2020/2021.



## Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: \*

Not yet known: No

Continuing service provider / contract extension: Yes

Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date: No

Open tender : Yes

Expression of interest (EOI): No

Other approach (please provide details) : No

Is this activity being co-designed? \*

No

**Is this activity the result of a previous co-design process? \***

Yes

**Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? \***

No

**Has this activity previously been co-commissioned or joint-commissioned? \***

No

**Decommissioning \***

No

**Decommissioning Details? \***

n/a

**Co-design or co-commissioning details \***

n/a



## [MH - 3 - MH 3 - Psychological therapies for rural/remote/underserved/hard to reach Mach 2020]



### Activity Metadata

#### Applicable Schedule \*

Primary Mental Health Care

#### Activity Prefix \*

MH

#### Activity Number \*

3

#### Activity Title \*

MH 3 - Psychological therapies for rural/remote/underserved/hard to reach Mach 2020

#### Existing, Modified or New Activity \*

Existing



### Activity Priorities and Description

#### Program Key Priority Area \*

Mental Health Priority Area 3: Psychological therapies for rural and remote, under-served and / or hard to reach groups

#### Other Program Key Priority Area Description

#### Aim of Activity \*

Please refer to Priority 7 below.

#### Description of Activity \*

- Continuation of Mental Health Stepped Care model inclusive of psychological interventions that target 'hard to reach' populations (see priority 7), which may include:
  - o Psychological interventions delivered by a credentialed mental health clinician meeting psychological interventions registration requirements
  - o Quick Response Suicide Prevention Support delivered by credentialed mental health clinicians who meet psychological interventions registration requirements
  - o Low intensity psychological interventions delivered by appropriately qualified / trained workers who may not meet registration requirements for psychological interventions. Can be face to face or use telehealth.
  - o Group therapy delivered by appropriately trained workers
  - o Care coordination (with no clinical role) or clinical care coordination delivered by a credentialed mental health clinician, as required
  - o Dual diagnosis services as required
  - o Access to digital mental health resources as required
- Continuation of EMPHN Referral, Access and Navigation Team (see Priority 7 for details)

#### Needs Assessment Priorities \*

**Priorities**

Needs Assessment Priority	Page Reference
Implementing our mental health stepped care model	65
Supporting community-based suicide prevention initiatives	65
Developing our regional Integrated Mental Health, Alcohol and Other Drug and Suicide Prevention Plan	66
Addressing the priorities in the Fifth National Mental Health and Suicide Prevention Plan	66

**Activity Demographics****Target Population Cohort \***

The cohort of focus is rural and remote, under-serviced and / or hard to reach groups.

**In Scope AOD Treatment Type \*****Indigenous Specific \***

No

**Indigenous Specific Comments \*****Coverage \*****Whole Region**

Yes

SA3 Name	SA3 Code
Boroondara	20701
Manningham - West	20702
Whitehorse - West	20703
Banyule	20901
Nillumbik - Kinglake	20903
Whittlesea - Wallan	20904
Knox	21101
Manningham - East	21102
Maroondah	21103
Whitehorse - East	21104
Yarra Ranges	21105
Monash	21205

**Activity Consultation and Collaboration****Consultation \***

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Please refer to Priority 7 below.

**Collaboration \***

Please refer to Priority 7 below.

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### Activity Milestone Details/Duration

**Activity Start Date \***

01 Jun 2017

**Activity End Date \***

29 Jun 2022

**Service Delivery Start Date**

**Service Delivery End Date**

**Other Relevant Milestones**

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### Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: \*

**Not yet known:** No

**Continuing service provider / contract extension:** Yes

**Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date:** No

**Open tender :** No

**Expression of interest (EOI):** No

**Other approach (please provide details) :** No

**Is this activity being co-designed? \***

Yes

**Is this activity the result of a previous co-design process? \***

Yes

**Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? \***



No

**Has this activity previously been co-commissioned or joint-commissioned? \***

No

**Decommissioning \***

No

**Decommissioning Details? \***

n/a

**Co-design or co-commissioning details \***

n/a



## [MH - MH 4 - MH 4 - MH Services for people with severe and complex mental illness March 2020]



### Activity Metadata

#### Applicable Schedule \*

Primary Mental Health Care

#### Activity Prefix \*

MH

#### Activity Number \*

MH 4

#### Activity Title \*

MH 4 - MH Services for people with severe and complex mental illness March 2020

#### Existing, Modified or New Activity \*

Existing



### Activity Priorities and Description

#### Program Key Priority Area \*

Mental Health Priority Area 4: Mental health services for people with severe and complex mental illness including care packages

#### Other Program Key Priority Area Description

#### Aim of Activity \*

Please refer to Priority 7 below.

#### Description of Activity \*

- Continuation of Mental Health Stepped Care model inclusive of mental health services for people with severe and complex mental illness (see priority 7), which may include:
  - o Psychological interventions delivered by a credentialed mental health clinician meeting psychological interventions registration requirements
  - o Quick Response Suicide Prevention Support delivered by credentialed mental health clinicians who meet psychological interventions registration requirements
  - o Low intensity psychological interventions delivered by appropriately qualified / trained workers who may not meet registration requirements for psychological interventions. Can be face to face or use telehealth.
  - o Group therapy delivered by appropriately trained workers
  - o Care coordination (with no clinical role) or clinical care coordination delivered by a credentialed mental health clinician, as required
  - o Dual diagnosis services as required
  - o Access to digital mental health resources as required
- Continuation of EMPHN Referral, Access and Navigation Team (see Priority 7 for details)

## Needs Assessment Priorities \*

EMPHN Needs Assessment 2019/20-2021/22

### Priorities

Needs Assessment Priority	Page Reference
Implementing our mental health stepped care model	65
Supporting community-based suicide prevention initiatives	65
Developing our regional Integrated Mental Health, Alcohol and Other Drug and Suicide Prevention Plan	66
Addressing the priorities in the Fifth National Mental Health and Suicide Prevention Plan	66



### Activity Demographics

#### Target Population Cohort \*

Please refer to Priority 7 below.

#### In Scope AOD Treatment Type \*

#### Indigenous Specific \*

No

#### Indigenous Specific Comments \*

### Coverage \*

#### Whole Region

Yes

SA3 Name	SA3 Code
Boroondara	20701
Manningham - West	20702
Whitehorse - West	20703
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Nillumbik - Kinglake	20903
Whittlesea - Wallan	20904
Knox	21101
Manningham - East	21102
Maroondah	21103
Whitehorse - East	21104
Yarra Ranges	21105
Monash	21205



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**Consultation \***

Please refer to Priority 7 below.

**Collaboration \***

Please refer to Priority 7 below.



**Activity Milestone Details/Duration**

**Activity Start Date \***

30 Jun 2017

**Activity End Date \***

29 Jun 2022

**Service Delivery Start Date**

**Service Delivery End Date**

**Other Relevant Milestones**



**Activity Commissioning**

Please identify your intended procurement approach for commissioning services under this activity: \*

**Not yet known:** No

**Continuing service provider / contract extension:** Yes

**Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date:** No

**Open tender :** No

**Expression of interest (EOI):** No

**Other approach (please provide details) :** No

**Is this activity being co-designed? \***

No

**Is this activity the result of a previous co-design process? \***

Yes

Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? \*

No

Has this activity previously been co-commissioned or joint-commissioned? \*

No

Decommissioning \*

No

Decommissioning Details? \*

n/a

Co-design or co-commissioning details \*

n/a



## [MH - MH-5 - MH 5 - Community based suicide prevention and postvention March 2020]



### Activity Metadata

Applicable Schedule \*

Primary Mental Health Care

Activity Prefix \*

MH

Activity Number \*

MH-5

Activity Title \*

MH 5 - Community based suicide prevention and postvention March 2020

Existing, Modified or New Activity \*

Existing



### Activity Priorities and Description

Program Key Priority Area \*

Mental Health Priority Area 5: Community based suicide prevention activities

Other Program Key Priority Area Description

Aim of Activity \*

A suite of suicide prevention and postvention services and activities aimed at:

- supporting people bereaved by suicide

- increasing capacity of communities, health workers and health service partners to identify suicide risk and refer to appropriate services

### Description of Activity \*

5.1 A co-commissioned (with Victorian Department of Health & Human Services) region wide consolidated approach to suicide prevention and postvention. The program will deliver the suite of direct support postvention services and suicide prevention activities.

Direct support postvention services:

- individual counselling
- group therapy
- community debriefing and support response after a suicide
- non-clinical care coordination

Suicide Prevention Activities:

- community activity that focuses on wellbeing, resilience, skills development and help seeking
- targeted media communications
- capacity building training
- development of formal protocols and integrated care pathways with health service partners

5.2 Aboriginal and Torres Strait Islander Suicide Prevention Response and Capacity Building Training

5.3 Continuation of EMPHN Referral, Access and Navigation Team (see Priority 7 for details)

### Needs Assessment Priorities \*

EMPHN Needs Assessment 2019/20-2021/22

#### Priorities

Needs Assessment Priority	Page Reference
Implementing our mental health stepped care model	65
Supporting community-based suicide prevention initiatives	65
Developing our regional Integrated Mental Health, Alcohol and Other Drug and Suicide Prevention Plan	66
Addressing the priorities in the Fifth National Mental Health and Suicide Prevention Plan	66



### Activity Demographics

#### Target Population Cohort \*

Whole of population. A focus also on promotion and support for those populations identified as experiencing higher levels of suicide risk, such as Aboriginal and/or Torres Strait Islander people, aged populations, males and those impacted by the experience of suicide.

#### In Scope AOD Treatment Type \*

#### Indigenous Specific \*

Yes

#### Indigenous Specific Comments \*

For 5.2 above, working with other Victorian PHNs and the local community to deliver a culturally sensitive approach

## Coverage \*

### Whole Region

Yes

SA3 Name	SA3 Code
Boroondara	20701
Manningham - West	20702
Whitehorse - West	20703
Banyule	20901
Nillumbik - Kinglake	20903
Whittlesea - Wallan	20904
Knox	21101
Manningham - East	21102
Maroondah	21103
Whitehorse - East	21104
Yarra Ranges	21105
Monash	21205



## Activity Consultation and Collaboration

### Consultation \*

- Refer to 2018/2019 AWP for details on consultation with local community members and service providers.

### Collaboration \*

- EMPHN will continue to collaborate with DHHS (Victoria) on the suicide prevention trial sites in Whittlesea and Maroondah.
- EMPHN is developing a Regional Integrated Mental Health, AOD and Suicide Prevention Plan in collaboration with LHNs and key stakeholders across the EMPHN catchment
- Eastern Mental Health Service Coordination Alliance
- North Eastern Mental Health Service Coordination Alliance



## Activity Milestone Details/Duration

### Activity Start Date \*

01 Aug 2018

### Activity End Date \*

29 Jun 2022

### Service Delivery Start Date

May 2019

### Service Delivery End Date

June 2022

## Other Relevant Milestones



### Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: \*

Not yet known: No

Continuing service provider / contract extension: Yes

Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date: No

Open tender : No

Expression of interest (EOI): No

Other approach (please provide details) : No

Is this activity being co-designed? \*

No

Is this activity the result of a previous co-design process? \*

Yes

Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? \*

Yes

Has this activity previously been co-commissioned or joint-commissioned? \*

Yes

Decommissioning \*

Yes

Decommissioning Details? \*

Current suicide postvention and prevention activities are being transitioned into the new service model. This includes direct support postvention services and capacity building activities. EMPHN, particularly EMPHN's Referral and Access Team, will work in partnership with existing providers to ensure continuity of service for consumers. This work will be underpinned by a communication and transition plan. The new suicide prevention and postvention model will incorporate all service types previously offered.

Co-design or co-commissioning details \*

- EMPHN will continue to collaborate with DHHS (Victoria) on the suicide prevention trial sites in Whittlesea and Maroondah.
- EMPHN is developing a Regional Integrated Mental Health, AOD and Suicide Prevention Plan in collaboration with LHNs and key stakeholders across the EMPHN catchment
- Eastern Mental Health Service Coordination Alliance
- North Eastern Mental Health Service Coordination Alliance





## [MH - MH-6 - MH 6 - Aboriginal and Torres Strait Islander mental health services March 2020]



### Activity Metadata

#### Applicable Schedule \*

Primary Mental Health Care

#### Activity Prefix \*

MH

#### Activity Number \*

MH-6

#### Activity Title \*

MH 6 - Aboriginal and Torres Strait Islander mental health services March 2020

#### Existing, Modified or New Activity \*

Existing



### Activity Priorities and Description

#### Program Key Priority Area \*

Mental Health Priority Area 6: Aboriginal and Torres Strait Islander mental health services

#### Other Program Key Priority Area Description

#### Aim of Activity \*

Delivery of integrated Aboriginal social and emotional health and wellbeing services, in partnership with Aboriginal communities.

#### Description of Activity \*

6.1 Supporting Aboriginal and/or Torres Strait Islander people to access mental health stepped care (see Priority 7.1)..

6.2 Continuation of existing Aboriginal and/or Torres Strait Islander commissioned services, including supporting communities to build their capacity to improve social and emotional wellbeing, suicide prevention and alcohol and other drugs support. This activity links with Integrated Team Care and Alcohol and Other Drug (AOD) activities (AOD AWP Activity 3) to drive programs that will support services to become culturally safe. This will include creating connections for Aboriginal and/or Torres Strait Islander people to General Practitioners and other professionals as part of their care team to address and monitor AOD issues and physical health and wellbeing.

- Bubup Wilam in the north east of the EMPHN catchment. Bubup Wilam is delivering an integrated service model incorporating:
  - Psychological therapies
  - AOD services
  - General Practice
  - Early Learning

- Oonah Belonging Place (previously Healesville Indigenous Community Services Association (HICSA)) in the outer east of the EMPHN catchment delivering in an integrated service model:
  - Psychological therapies
  - AOD services
  - After-Hours service response
- First People's funded to provide Mental Health supports for Aboriginal and Torres Strait Islander people (using 19/20 funding only)
- Banyule Community Health and Yarra Valley Aboriginal Health funded to provide mental health supports for Aboriginal and/or Torres Strait Islander people. Yarra Valley Aboriginal Health service delivery to conclude in 2020.

6.3 Continuing to build the capacity of Aboriginal and/or Torres Strait Islander organisations in line with our commitment to self-determination.

6.4 Continuation of EMPHN Referral, Access and Navigation Team (see Priority 7 for details)

## Needs Assessment Priorities \*

EMPHN Needs Assessment 2019/20-2021/22

### Priorities

Needs Assessment Priority	Page Reference
Implementing our mental health stepped care model	65
Supporting community-based suicide prevention initiatives	65
Developing our regional Integrated Mental Health, Alcohol and Other Drug and Suicide Prevention Plan	66
Addressing the priorities in the Fifth National Mental Health and Suicide Prevention Plan	66



## Activity Demographics

### Target Population Cohort \*

All age populations of Aboriginal and / or Torres Strait Islanders

### In Scope AOD Treatment Type \*

### Indigenous Specific \*

Yes

### Indigenous Specific Comments \*

The programs at Bubup Wilam and HICSA have developed out of community driven initiatives developed by community controlled organisations. Both programs engage directly with the Aboriginal Communities in their regions with outreach and in-reach models of support and receive referrals directly from the community. The programs at Banyule Community Health Service and Yarra Valley Aboriginal Health are both integrated into Aboriginal specific teams within their organisations, and engage directly with Aboriginal Communities. Relationships are built through participation in community activities, collaborating with other Aboriginal programs and networking across the region.

## Coverage \*

### Whole Region

Yes

SA3 Name	SA3 Code
Boroondara	20701
Manningham - West	20702
Whitehorse - West	20703
Banyule	20901
Nillumbik - Kinglake	20903
Whittlesea - Wallan	20904
Knox	21101
Manningham - East	21102
Maroondah	21103
Whitehorse - East	21104
Yarra Ranges	21105
Monash	21205



## Activity Consultation and Collaboration

### Consultation \*

Ongoing discussions with Aboriginal Community Controlled Organisations in the region about community needs and suggested solutions. Integrated service planning in the Eastern region of the EMPHN catchment with DHHS and local governments has been co-commissioned. This included community consultations through forums and one on one interviews. A self-determination approach was utilised, seeking Aboriginal Communities' views, barriers and enablers to good health. The commissioned Aboriginal Community Controlled Organisations continue to provide feedback about community expectations and needs which informs program development. EMPHN participates in Aboriginal Community service networks which provide opportunities for direct discussions with Aboriginal Community service leaders about service gaps and new initiatives. EMPHN are members of the newly formed Outer Eastern Regional Governance Committee, formed by DHHS, to provide direction on future funding arrangements. The committee is made up of representatives from all the Aboriginal organisations in the region and all the major community organisations and funding bodies who work with Aboriginal Communities. Aboriginal organisations are surveying their communities and will share the information from these surveys to provide directions on service and support needs, program solutions and priorities. EMPHN will collaborate with DHHS to provide more effective approaches to funding Aboriginal Communities, including working with communities on reconciliation and self-determination approaches to address their needs.

### Collaboration \*

- Collaboration is ongoing with Victorian Aboriginal Health Services, DHHS and community controlled organisations.
- Collaboration with LHN and other key local service stakeholder and people of lived experience is regional planning activities.
- EMPHN is developing a Regional Integrated Mental Health, AOD and Suicide Prevention Plan in collaboration with LHNs and key stakeholders across the EMPHN catchment.
- Eastern Mental Health Service Coordination Alliance.
- North Eastern Mental Health Service Coordination Alliance.



## Activity Milestone Details/Duration

### Activity Start Date \*

01 Jun 2017

### Activity End Date \*

29 Jun 2022

### Service Delivery Start Date

2019

**Service Delivery End Date**

June 2022

**Other Relevant Milestones**



## Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: \*

**Not yet known:** No

**Continuing service provider / contract extension:** Yes

**Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date:** No

**Open tender :** No

**Expression of interest (EOI):** No

**Other approach (please provide details) :** No

**Is this activity being co-designed? \***

Yes

**Is this activity the result of a previous co-design process? \***

Yes

**Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? \***

No

**Has this activity previously been co-commissioned or joint-commissioned? \***

No

**Decommissioning \***

No

**Decommissioning Details? \***

n/a

**Co-design or co-commissioning details \***

n/a



# [MH - MH-7 - MH 7 - Mental Health Stepped Care March 2020]



## Activity Metadata

### Applicable Schedule \*

Primary Mental Health Care

### Activity Prefix \*

MH

### Activity Number \*

MH-7

### Activity Title \*

MH 7 - Mental Health Stepped Care March 2020

### Existing, Modified or New Activity \*

Existing



## Activity Priorities and Description

### Program Key Priority Area \*

Mental Health Priority Area 7: Stepped care approach

### Other Program Key Priority Area Description

### Aim of Activity \*

- Improved health outcomes and experience for consumers and their families
- Improvement in the health care system: Improved system efficiency, through improved access, integrated and collaborative care, improved referral pathways and consumer journeys, and through evidence-informed services delivered with cost effective use of resources
- Improved practitioner experience

### Description of Activity \*

7.1 EMPHN has transitioned to a Mental Health Stepped Care Model, delivering the new model of stepped care services across the whole of the EMPHN catchment. Mental health stepped care is an evidence-based, staged system of care that includes a range of mental health interventions, from the least to most intensive. The level of intensity of care is matched to the complexity of the person's mental health need. The model emphasises collaborative care, working with the consumer, their general practitioner, care team and specialist mental health service providers when appropriate. The model addresses care needs holistically, and includes the person's mental and physical health, education and employment, alcohol and other drug, family and social functioning, and suicide and self-harm care and support needs.

The major features of the new stepped care model are:

- Integrated person centred care on basis of need
- Utilisation of a range of intervention and treatment modalities including eHealth; low intensity psychological interventions; group therapy; moderate intensity psychological interventions; care coordination/clinical care coordination; and dual diagnosis support

- Screening physical health needs and connecting consumers with their General Practitioner and other professionals as part of their care team to address and monitor physical health and wellbeing
- Multi-disciplinary credentialed Mental Health team including peer workers
- Defined care pathways and linkages to other social care support as required
- Respond to dual diagnosis

7.2 Continuation of Psychiatric Advice and Consultation Service. Support for General Practitioners and EMPHN funded MH & AOD providers through psychiatric consultation to build their capacity to identify and respond to consumers presenting with mental health issues

7.3 Continuation of EMPHN Referral, Access and Navigation Team to support navigation and understanding of the service system for consumers, carers, General Practitioners and other referrers in the community.

7.4 Implementation of System Integration and Capacity Building Strategy - Workforce Development and Lived Experience. The strategy includes a variety of workforce development opportunities such as e-learning, webinars and face-to-face training that aims to enhance the mental health and alcohol and other drugs literacy in primary health organisations, general practice and amongst consumers in the EMPHN catchment.

7.5 Continuation of Mental Health Stepped Care Evaluation

7.6 Commencement of the Preventative Health Initiatives for Mental Health Consumers Service Response. To deliver an innovative and integrated service response that addresses key preventative health service barriers for mental health consumers, particularly focusing on individuals with moderate to severe mental illness. The integrated service response encompasses five preventative health service elements:

- 1) Breast cancer screening
- 2) Bowel cancer screening
- 3) Cervical cancer screening
- 4) Influenza immunisation
- 5) Smoking cessation

The service response will enhance the integration between primary health care and mental health services and support consumers with mental health issues to access primary health services. This activity links with PHN Core Funding / GP Support Funding AWP 2019-2022 (Activity CF5 – Improving physical health for mental health consumers).

## Needs Assessment Priorities \*

EMPHN Needs Assessment 2019/20-2021/22

### Priorities

Needs Assessment Priority	Page Reference
Implementing our mental health stepped care model	65
Supporting community-based suicide prevention initiatives	65
Developing our regional Integrated Mental Health, Alcohol and Other Drug and Suicide Prevention Plan	66
Addressing the priorities in the Fifth National Mental Health and Suicide Prevention Plan	66



## Activity Demographics

### Target Population Cohort \*

Whole of population. A focus on promotion and support for hard to reach populations and those experiencing complex needs.

### In Scope AOD Treatment Type \*

**Indigenous Specific \***

No

**Indigenous Specific Comments \*****Coverage \*****Whole Region**

Yes

SA3 Name	SA3 Code
Boroondara	20701
Manningham - West	20702
Whitehorse - West	20703
Banyule	20901
Nillumbik - Kinglake	20903
Whittlesea - Wallan	20904
Knox	21101
Manningham - East	21102
Maroondah	21103
Whitehorse - East	21104
Yarra Ranges	21105
Monash	21205

**Activity Consultation and Collaboration****Consultation \***

Please refer to 2017/2018 EMPHN PMHC AWP, which outlines the extensive process of consultation and co-design forums including with consumers, families, carers, providers, EMPHN Board, EMPHN Clinical Council, EMPHN Clinical Commissioning Group, Community Advisory Group, and Australian College of Mental Health Nurses.

**Collaboration \***

- Mental Health Stepped Care Provider Network and Intake Network established to ensure consistency of practice and build collaboration amongst providers across the catchment.
- EMPHN is developing a Regional Integrated Mental Health, AOD and Suicide Prevention Plan in collaboration with LHNs and key stakeholders across the EMPHN catchment.
- Eastern Mental Health Service Coordination Alliance.
- North Eastern Mental Health Service Coordination Alliance.

**Activity Milestone Details/Duration****Activity Start Date \***

30 Nov 2017

**Activity End Date \***

29 Jun 2022

**Service Delivery Start Date**

15/1/18

**Service Delivery End Date**

June 2022

**Other Relevant Milestones**



## Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: \*

**Not yet known:** No

**Continuing service provider / contract extension:** Yes

**Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date:** No

**Open tender :** No

**Expression of interest (EOI):** No

**Other approach (please provide details) :** No

**Is this activity being co-designed? \***

No

**Is this activity the result of a previous co-design process? \***

Yes

**Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? \***

No

**Has this activity previously been co-commissioned or joint-commissioned? \***

No

**Decommissioning \***

No

**Decommissioning Details? \***

A new mental health stepped care provider in EMPHN's OE was commissioned.

**Co-design or co-commissioning details \***

n/a





## [MH - MH-8 - MH – 8 Regional Integrated Mental Health, AOD & Suicide Prevention Plan March 2020]



### Activity Metadata

#### Applicable Schedule \*

Primary Mental Health Care

#### Activity Prefix \*

MH

#### Activity Number \*

MH-8

#### Activity Title \*

MH – 8 Regional Integrated Mental Health, AOD & Suicide Prevention Plan March 2020

#### Existing, Modified or New Activity \*

Existing



### Activity Priorities and Description

#### Program Key Priority Area \*

Mental Health Priority Area 8: Regional mental health and suicide prevention plan

#### Other Program Key Priority Area Description

#### Aim of Activity \*

Integrated regional planning aims to improve outcomes for people with lived experience and carers by:

- identifying what EMPHN, LHNs and other key stakeholders can do in the short term to better use existing resources to develop new ways of working; addressing fragmentation of mental health, AOD and suicide prevention services;
- improving pathways and access to services for those who need them most; preventing services operating in isolation from each other;
- identifying gaps, duplication in roles and service system failure at a local level; supporting agencies to achieve more effective, person-centred care;
- informing evidence based service development and practice;
- developing region wide multi agency agreements to support shared care; sharing clinical governance; and
- jointly with LHNs, identifying innovative funding models such as joint commissioning of services and pooling of funds for packages of care.

#### Description of Activity \*

8.1 Implementation of a Regional Integrated Mental Health, AOD and Suicide Prevention Plan developed jointly with PHNs and LHNs, along with consumers and carers and other key stakeholders in the EMPHN catchment. The plan was launched in March 2020. The Plan will be aligned to a number of pieces of integration work already being undertaken in the region.

Activities will be captured under the following key areas:

- improving outcomes for young people;
- Improving service integration and pathways of care for people with mental issues;

- improving pathways of care for people with alcohol and other drug issues;
- better meeting the needs of people with severe mental illness with complex needs;
- improving physical health outcomes for people with severe a mental illness;
- enhancing our mental health response for older people
- suicide prevention
- improving the social and emotional wellbeing of Aboriginal and Torres Strait Islander Communities
- increasing support for general practice;
- the role of quality and, safety and a clinical governance in complex integrated care;
- information management and data sharing.

8.2 Continuation of Eastern Mental Health Service Coordination Alliance (EMHSCA)

8.3 Continuation of North Eastern Mental Health Service Coordination Alliance (NEMHSCA)

8.4 Promote linkages with Mental Health & AOD Service ATLAS and Health Pathways

## Needs Assessment Priorities \*

EMPHN Needs Assessment 2019/20-2021/22

### Priorities

Needs Assessment Priority	Page Reference
Implementing our mental health stepped care model	65
Supporting community-based suicide prevention initiatives	65
Developing our regional Integrated Mental Health, Alcohol and Other Drug and Suicide Prevention Plan	66
Addressing the priorities in the Fifth National Mental Health and Suicide Prevention Plan	66



## Activity Demographics

### Target Population Cohort \*

Whole of EMPHN Catchment. Cohorts include; young people; people with alcohol and other drug issues; people with severe mental illness with complex needs; older people; people at risk of suicide (includes self-harm); Aboriginal and/or Torres Strait Islander people; culturally and linguistically diverse populations; and GP's/General Practice. The Plan will also develop mechanisms to address the physical health needs of people with mental illness and alcohol and other drug issues.

### In Scope AOD Treatment Type \*

### Indigenous Specific \*

No

### Indigenous Specific Comments \*

## Coverage \*

### Whole Region

Yes

SA3 Name	SA3 Code
Boroondara	20701
Manningham - West	20702
Whitehorse - West	20703
Banyule	20901
Nillumbik - Kinglake	20903
Whittlesea - Wallan	20904
Knox	21101
Manningham - East	21102
Maroondah	21103
Whitehorse - East	21104
Yarra Ranges	21105
Monash	21205



## Activity Consultation and Collaboration

### Consultation \*

EMPHN and LHNs have commenced engagement with people with lived experience and carers and key community based stakeholders. Consultations will also occur with ACCHO's/Aboriginal and/or Torres Strait Islander services, NDIS service providers and other social support services.

Consultation methods include:

- an open stakeholder/community forum;
- feedback from people with lived experience and carers (including targeted consultation with Aboriginal and Torres Strait Islander community);
- individual consultations with CEO's and Senior Executives from 5 Local Health Networks, General Practice, Community Health Centres and NGO's;
- targeted consultation with EMPHN Clinical and Community Advisory Councils; and
- Government.

### Collaboration \*

Collaboration includes:

- a regional governance group (made up of LHNs, Community Health and NGO's);
- working groups structured around the key themes
- EMHSCA and NEMHSCA will continue to be supported to provide platforms to enhance coordination of key activities and partnership development



## Activity Milestone Details/Duration

### Activity Start Date \*

30 Jun 2018

### Activity End Date \*

29 Jun 2022

### Service Delivery Start Date

Service Delivery End Date

Other Relevant Milestones



## Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: \*

Not yet known: Yes

Continuing service provider / contract extension: No

Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date: No

Open tender : No

Expression of interest (EOI): No

Other approach (please provide details) : No

Is this activity being co-designed? \*

Yes

Is this activity the result of a previous co-design process? \*

Yes

Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? \*

No

Has this activity previously been co-commissioned or joint-commissioned? \*

No

Decommissioning \*

No

Decommissioning Details? \*

n/a

Co-design or co-commissioning details \*

n/a



## [MH - MH 9 - MH 9 - Healthy Ageing March 2020]



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH

**Activity Number \***

MH 9

**Activity Title \***

MH 9 - Healthy Ageing March 2020

**Existing, Modified or New Activity \***

Existing



### Activity Priorities and Description

**Program Key Priority Area \***

Other (please provide details)

**Other Program Key Priority Area Description**

Mental Health Priority 9: Healthy Ageing

**Aim of Activity \***

- Improve the mental health and wellbeing of older persons who reside in the community or in Residential Aged Care Facilities in the EMPHN catchment, recognising that pre-existing mental health issues continue through all stages of life and that new mental health conditions can occur with older age. Mental health care provision in general practice for older people will complement and form part of the Stepped Care model being delivered in the EMPHN catchment.
- Improve physical health needs by connecting consumers with their General Practitioner and other professionals as part of their care team to address and monitor physical health and wellbeing.

**Description of Activity \***

9.1 Continuation of Older Persons Mental Health trials. Partnering with LHNs to pilot models to deliver psychiatric secondary consultation and team based care for GPs and support to older people and their families to continue to live in the community. These trials will be delivered in the Inner East of the EMPHN catchment. The Outer East trial concludes in April 2020, transitioning to the new integrated service response.

9.2 Psychological interventions in RACFs pilot. The pilot has been will be implemented in a select number of residential facilities providing residents living with or at risk of developing mental illness (predominately mild to moderate) with evidence-based one-on-one and group-based psychological interventions. This pilot utilised the evidence-informed EMPHN mental health stepped care model (see MH – 7. Stepped Care) in order to match interventions to individual need over time. The pilot concludes in March 2020, transitioning to the new integrated service response.

9.3 Healthy Ageing Service Response - Implementation of Older Persons Community and Residential Aged Care Service (RACFs) and Capacity Building Strategy. Co-design and the learnings from the above pilots/trials and will have informed a catchment-wide model providing support to GPs and RACFs staff and older adults living in the community and in RACFs. The service response is, scheduled for delivery to be operational from approx. September mid 2020.

9.4 Continuation of EMPHN Referral, Access and Navigation Team (see Priority 7 for details). The Referral, Access and Navigation Team supports navigation and understanding of the service system for consumers (including older people living in the community), carers, General Practitioners and other referrers in the community.

## Needs Assessment Priorities \*

EMPHN Needs Assessment 2019/20-2021/22

### Priorities

Needs Assessment Priority	Page Reference
Implementing our mental health stepped care model	65
Supporting community-based suicide prevention initiatives	65
Developing our regional Integrated Mental Health, Alcohol and Other Drug and Suicide Prevention Plan	66



## Activity Demographics

### Target Population Cohort \*

Older people 65+ with mental health needs either living in residential aged care facilities or in the community

### In Scope AOD Treatment Type \*

### Indigenous Specific \*

No

### Indigenous Specific Comments \*

## Coverage \*

### Whole Region

Yes

SA3 Name	SA3 Code
Boroondara	20701
Manningham - West	20702
Whitehorse - West	20703
Banyule	20901
Nillumbik - Kinglake	20903
Whittlesea - Wallan	20904
Knox	21101
Manningham - East	21102
Maroondah	21103
Whitehorse - East	21104
Yarra Ranges	21105
Monash	21205



## Activity Consultation and Collaboration

### Consultation \*

- EMPHN has conducted a Rapid Improvement Event for Older Persons Mental Health to understand the needs of older people in the community and RACFs and targeted consultation with the aged care sector. Further consultation and co-design will occur from July 2019 – December 2019.
- EMPHN conducted a co-design process from June 2019 to December 2019 to develop the Healthy Ageing Service Response. Consumers, carers and key stakeholders participated in the co-design process.

### Collaboration \*

- Mental Health Stepped Care Provider Network and Intake Network established to ensure consistency of practice and build collaboration amongst providers across the catchment.
- EMPHN is developing a Regional Integrated Mental Health, AOD and Suicide Prevention Plan in collaboration with LHNs and key stakeholders across the EMPHN catchment.
- Eastern Mental Health Service Coordination Alliance.
- North Eastern Mental Health Service Coordination Alliance.



## Activity Milestone Details/Duration

### Activity Start Date \*

01 Jul 2018

### Activity End Date \*

29 Jun 2022

### Service Delivery Start Date

August 2018

### Service Delivery End Date

June 2022

### Other Relevant Milestones



## Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: \*

Not yet known: No

Continuing service provider / contract extension: Yes

Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date: No

Open tender : Yes

**Expression of interest (EOI):** No

**Other approach (please provide details) :** No

**Is this activity being co-designed? \***

Yes

**Is this activity the result of a previous co-design process? \***

Yes

**Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? \***

No

**Has this activity previously been co-commissioned or joint-commissioned? \***

No

**Decommissioning \***

No

**Decommissioning Details? \***

n/a

**Co-design or co-commissioning details \***

- EMPHN conducted a co-design process from June 2019 to December 2019 to develop the Healthy Ageing Service Response. Consumers, carers and key stakeholders participated in the co-design process.