

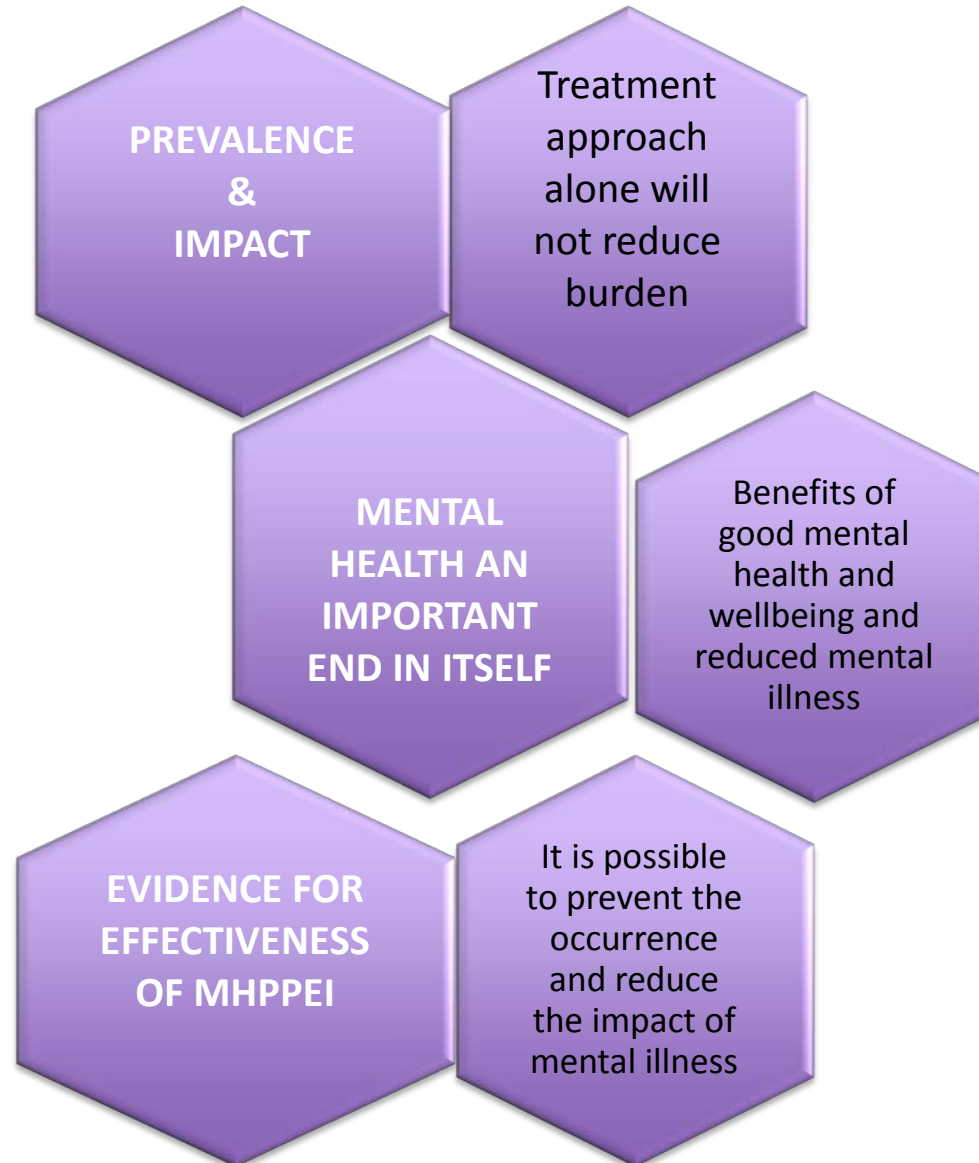


# Early action

*Queensland Mental Health Promotion,  
Prevention and Early Intervention  
Action Plan 2015-17*



# WHY IMPORTANT





# BENEFITS OF IMPROVING MENTAL HEALTH AND WELLBEING

## Health Benefits:

- reduced mental illness and suicide
- improved physical health
- Improved and sustained recovery
- reduced health care utilisation
- reduced mortality.

## Wider benefits include:

- improved educational outcomes, learning, creativity and cognitive ability
- reduced health risk behaviour such as smoking, alcohol and substance misuse
- increased productivity, employment retention and reduced sickness absence
- reduced antisocial behaviour, crime and violence
- improved social relationships.
- higher levels of social interaction and participation in community life



# CHALLENGES WITH MENTAL HEALTH PROMOTION, PREVENTION & EARLY INTERVENTION

**LANGUAGE  
DEFINITIONS  
TERMINOLOGY**

**LIMITED SHARED UNDERSTANDING**  
CONFUSION ABOUT ROLES & RESPONSIBILITIES  
DISENGAGEMENT  
OPPORTUNITY LOSS

**FIGHT FOR SPACE**

• **LEGITIMACY / CREDIBILITY OF MHPPEI**  
LOW INVESTMENT  
NOT REALLY DOING MHPPEI

**GOODNESS OF FIT**

• **METHODOLOGY & APPROACH**  
SOLUTIONS AND OPPORTUNITIES  
V's  
USUAL APPROACH



# RENEWED FOCUS

Greater focus on the influence of external social, community and cultural factors on mental health and wellbeing

- emphasising the importance of action at structural, community as well as the individual levels
- need to address the social conditions – causes of the causes

A more comprehensive approach includes:

- promoting population mental health and wellbeing of the whole population
- preventing mental illness and suicide
- intervening early in life, early in illness and early in episode
- improving the quality, health, wellbeing and length of life for people with mental illness

Need to shift the focus

- from illness to wellness
- to what it takes for living well
- to holistic and integrated approaches – embedding not adding on
- multiagency approach – leadership, commitment and investment

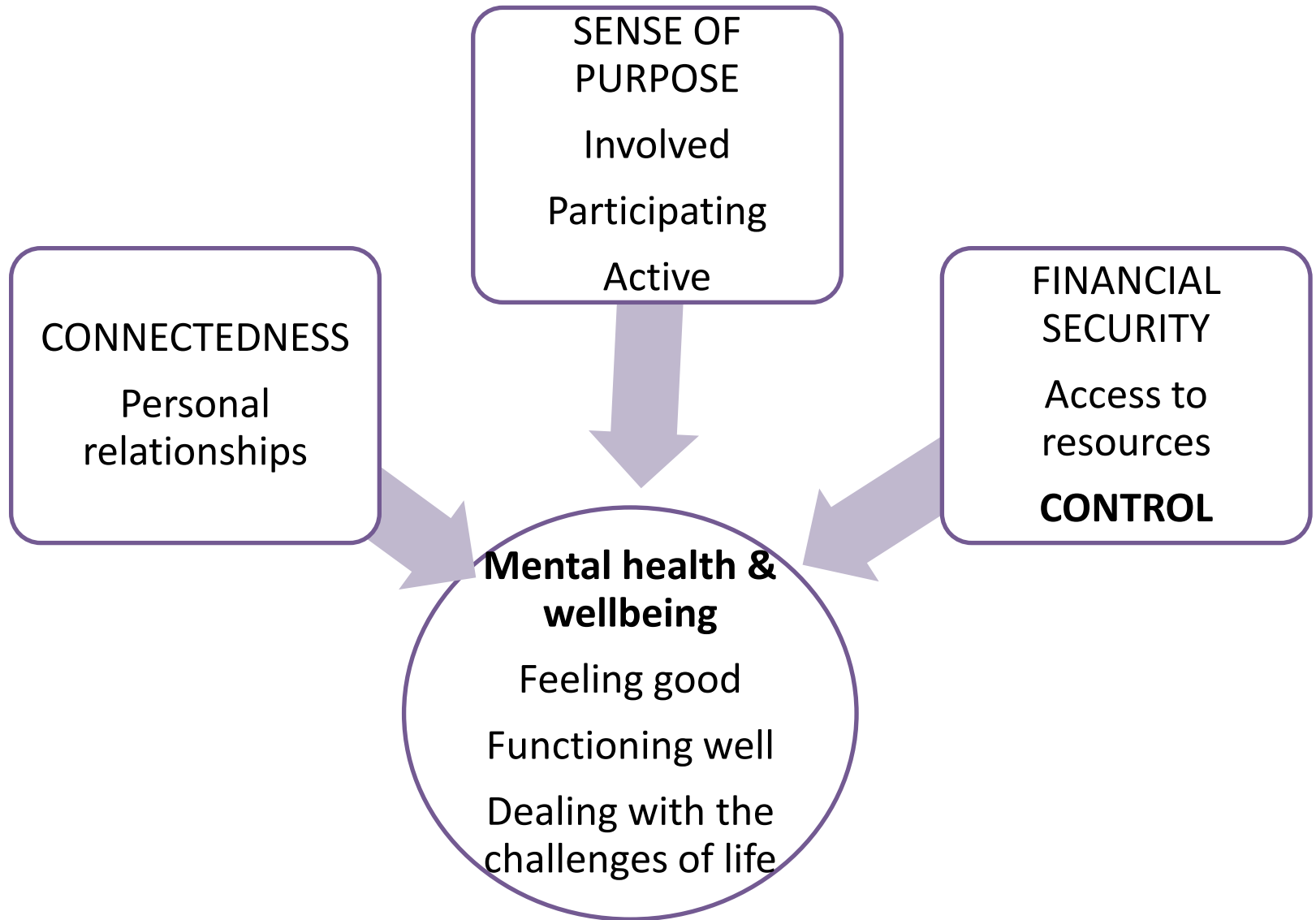


# Mental health

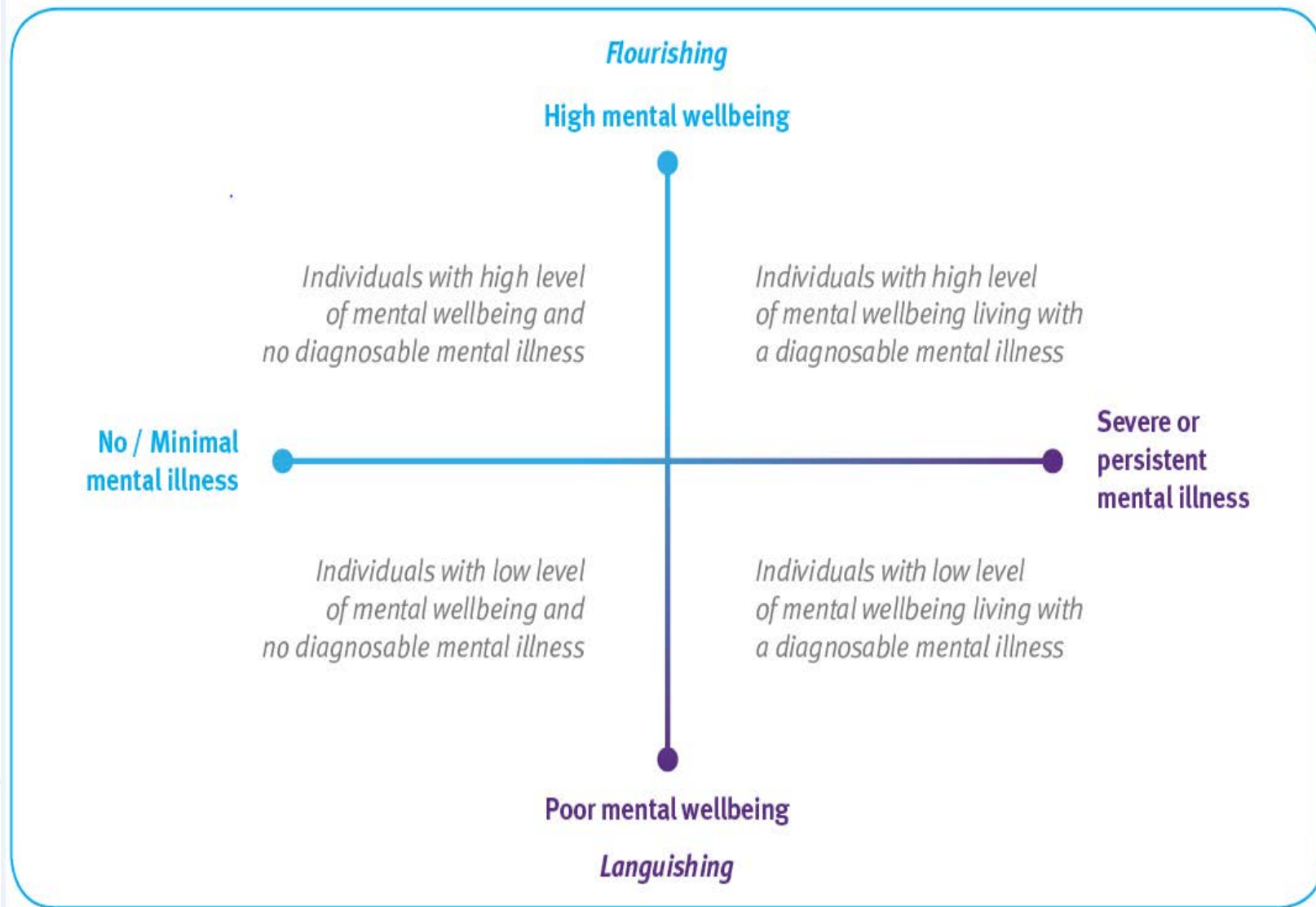
*'more than the absence of mental disorders... (it) is a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community'*

WHO

# Mental health and wellbeing - the golden triangle



# USEFUL MODEL







# Whole of life, socio- ecological approach



# ***MENTAL HEALTH PROMOTION***

Improving mental health and wellbeing and helping individuals take control of their lives.

**Creating environments** and **strengthening capacity** to support and promote good mental health and wellbeing for individuals, communities and populations.

Creating supportive environments requires action on the many **social and economic determinants** of mental health.

A key focus is addressing **health and social inequities** such as poverty, social inclusion that significantly affect mental health. Poor mental health disproportionately affects those who are socially and economically disadvantaged while also contributing directly to poverty.

## Protective Factors

*Examples*

### Structural

- safe and secure living environment
- equality and tolerance
- access to support services

### Social & economic

- positive early attachment
- responsive parenting, monitoring and involvement
- personal safety
- social support and confiding relationships
- positive community recovery and resilience following disasters such as natural disasters and drought

### Individual

- educational outcomes
- self confidence
- problem solving & communication skills
- ability to handle stress
- good physical health

## Risk Factors

*Examples*

### Structural

- poor access to basic services
- injustice and discrimination
- social and gender inequalities
- poverty
- economic insecurity

### Social & economic

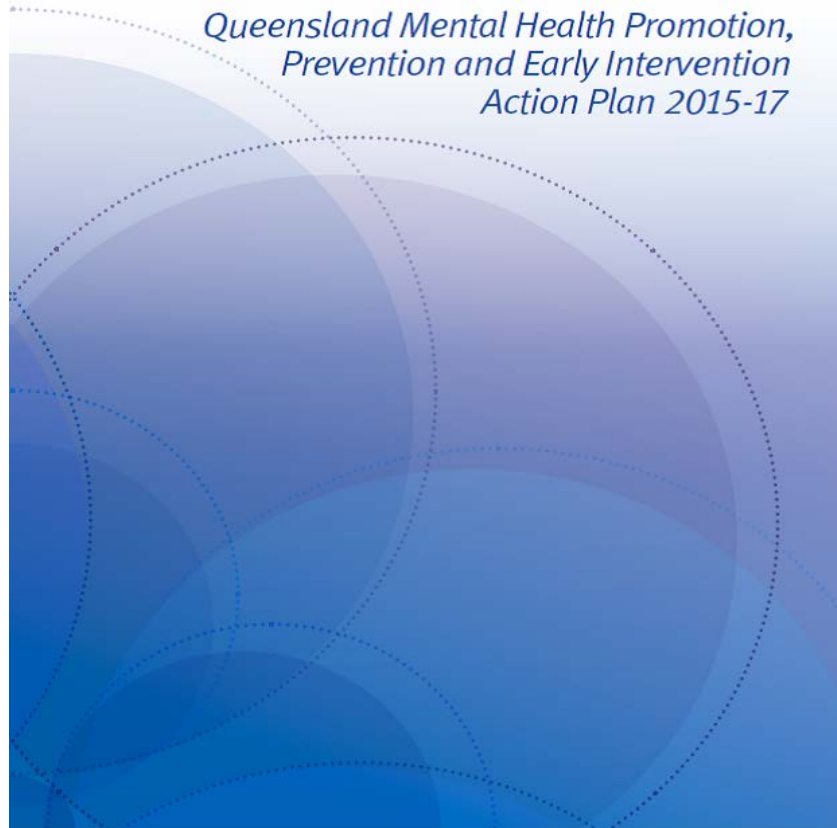
- social isolation, bereavement or loss
- neglect or abuse
- family conflict
- exposure to violence, abuse, trauma
- low income and poverty
- poor educational achievement
- work stress, unemployment
- exposure to disasters such as natural disasters and drought
- migration and resettlement

### Individual

- poor educational outcomes
- low self esteem
- poor coping skills
- insecure attachment
- substance use problems
- poor communication skills

# Early action

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Queensland Mental Health Commission



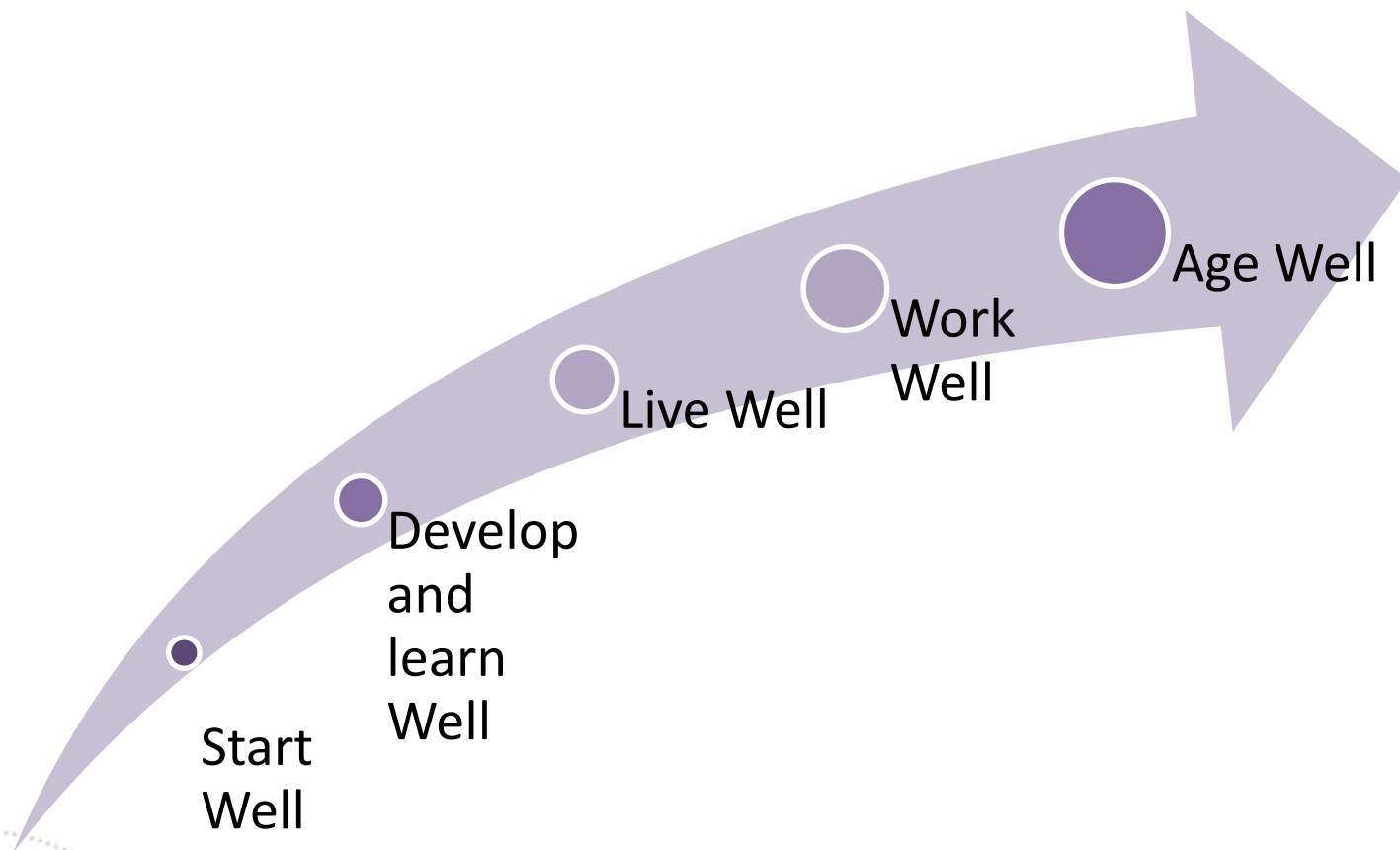
# EARLY ACTION

- Whole-of-population
  - Recognises unique needs and circumstances of different groups and communities
- Cross-sectoral
  - Reflects shared roles and responsibilities across all sectors and all levels of government
- Coordinated
  - Fosters collective impact at policy, strategy and service levels

# Our shared goal

- Improve and maintain the mental health and wellbeing of all Queenslanders
- Prevent and intervene as early as possible where there is a risk of poor mental health or mental illness
- Support recovery and remove barriers to full participation in work, education and community for people living with mental illness

# Five priority areas



# *Start Well:* Setting the foundations

- Support parents, families and caregivers as the child's first mental health coach
- Support Queensland infants and young children to thrive
- Take early and effective action where risk factors, poor mental health or mental illness are present





# ***Start Well:*** focus actions

**Establish seven new integrated early years services** in priority locations across Queensland (Lockhart River, Gordonvale, Blackall, Barcaldine, Inala, Redlands and Tara) to support children and families to access integrated services which meet their needs and circumstances, including early childhood education and care, family support and child and maternal health services (Department of Education and Training).

**Lead a cross-agency pilot program with the Department of Communities, Child Safety and Community Services to enhance existing intensive family support services** with additional early childhood development programs led by qualified early childhood teachers. The program will support children and families with multiple and complex needs in Brisbane, Bundaberg, Cairns, Ipswich, Toowoomba, and Townsville (Department of Education and Training).

**Undertake a two year trial of the Triple P Positive Parenting Program** to give Queensland families free voluntary access to a range of programs including an online program, topic-specific seminars, parent discussion groups and one-on-one consultations, to more intensive, small group-based and individual programs (Department of Communities, Child Safety and Disability Services).

# COMMISSION ACTIONS

- **Trial and evaluate the Perinatal Mental Health Awareness Project**

The project aims to increase the provision of mental health and mental illness information across all points of the public maternity services service system from initial contact through to delivery and aftercare including antenatal classes. The active role of parents with a lived experience of perinatal mental illness in the provision of mental health information and support will be investigated. The project also aims to embed actions to promote early access to clinical and non-clinical support and interventions. This includes enhanced linkages to peer led antenatal support and community based services.

- **Partner with *beyondblue* to support dissemination and uptake of information and resources for new and expectant parents:**

- **'Mind the Bump'** mindfulness meditation app

- **Just Speak Up** website

- **The *beyondblue* 'guide to emotional health and wellbeing during pregnancy and early parenthood'** booklet

- **'Dad's handbook: A guide to the first 12 months'**

- **'Healthy Dads'** to support the mental health and wellbeing of new fathers.

- **Online training modules for health professionals** to support early detection and effective management of perinatal depression.



# *Develop & Learn Well:* Achieving full potential

- Support parents, families and caregivers to promote good mental health and wellbeing
- Build the capacity of schools, health and other services to support good mental health and wellbeing
- Support early detection and intervention with mental health problems and illness in children and young people

# ***DEVELOP & LEARN WELL: Focus Actions***

**Implement the 'Talking Families' (public education campaign) to encourage parents and families to talk about the pressures of parenting and to seek help when they need it.** The campaign is part of the broader reform program for child protection in Queensland that aims to refocus efforts on early intervention and strengthening families and communities so that children and young people are able to stay safely in the home. It is a five year social marketing campaign with the first phase launched in November 2014. Queensland Family and Child Commission

**Improve outcomes for children in the statutory child protection system by developing a service model to facilitate earlier intervention and access to therapeutic services** at an earlier stage of their entry in care. Services will prioritise access to culturally capable support for Aboriginal and Torres Strait Islander children and continue to provide services to children and young people in out-of-home care who have severe and complex psychological and behavioural support needs. Department of Communities, Child Safety and Disability Services

**Increase the Department of Education and Training staff capacity for better early detection and support** of mental health problems and disorders in students through:

- Implementation of the **Mental Health Hub of Capability** (MHHC) a web based resource that provides support to teachers, school leadership teams and regional staff to build mental health literacy and capacity to keep students with mental health difficulties engaged in their educational program.
- Further development and provision of mental health training for school staff to identify individuals at risk, and to guide appropriate responses.

# COMMISSION ACTIONS

## **Renew and identify options to expand the reach of the Ed-LinQ Initiative.**

Work with **Children's Health Queensland** and all health and education partners to review the scope and operational model of Ed-LinQ. Includes model for areas not currently serviced by the program with particular focus on ways Ed-LinQ can provide support to schools, children and young people in rural and remote Queensland.

**Continue and expand the Ed-LinQ Cross sectoral Workforce Program** which provides skills based training jointly to professionals from the mental health, education and primary care service systems including guidance officers and other school support staff and mental health workers. The 2015-16 Workforce Program will extend delivery of the workshops to rural and remote parts of the State.

**Partner with *beyondblue* to support dissemination and uptake of the** programs, services and resources which supports mental health and wellbeing of children and young people. This includes:

- **youthbeyondblue** - *beyondblue*'s website for young Australians aged 12 to 25 includes information on depression, anxiety, bullying, alcohol, self-harm and suicide
- **BRAVE program** –free, online evidence based program that helps prevent and treat anxiety in young people aged between eight and 17 years.
- **Parenting guidelines and strategies** –information and resources for parents regarding how to support healthy child development and respond effectively to children experiencing emotional or behavioural difficulties



# ***Work Well:*** Productive and inclusive workplaces

- Support mentally healthy workplaces
- Support early detection and appropriate management of mental health problems and illness in the workplace
- Increase training and employment opportunities for people with a lived experience of mental illness

# Work Well: focus actions

## **Develop a new Mental Health at Work Action Plan to address psychological injury and mental health in the workplace.**

- Enable Queensland businesses to protect their workers and others from harm arising from psychological hazards including stress, bullying, work related violence and fatigue. Workplace Health and Safety Queensland will be seeking input from a wide range of industry stakeholders and social partners to develop the plan. Queensland Treasury

## **Implement the People at Work project that helps organisations to identify and manage workplace risk to the psychological health of their workers.**

- The project involves a psychosocial risk assessment process and involves five stages so that organisations can independently assess whether their workers are at high risk of mental health problems at their workplace and identify the specific work characteristics unique to their business. Since the project began 64 Queensland organisations have participated, surveying around 9,700 Queensland workers from a range of industries and occupations. Queensland Treasury

## **Implement the Queensland Health Employment Specialist Initiative that supports people living with mental illness to find employment.**

The Initiative involves community mental health teams working collaboratively with an employment consultant from the local Disability Employment Service to support people living with mental illness to find work in the competitive employment market. Queensland Health

# COMMISSION ACTIONS

**Increase opportunities for people living with mental illness to gain employment through social enterprises.** The Queensland Mental Health Commission will work with the not for profit sector to engage with industry to identify opportunities for social enterprises to mature and develop.

**Promote the importance the lived experience of mental illness in service planning and delivery including through the peer workforce.**

**Work with *beyondblue* to support the promotion and uptake of the Heads Up initiative with state-based government initiatives, industry associations and individual businesses.** Heads Up is a national awareness, early intervention and prevention program designed specifically for workplace settings. It aims to increase the knowledge and skills of staff and managers to address mental health conditions in the workplace.



# ***Live Well: Connected & inclusive communities***

Improve community understanding of positive mental health and wellbeing and actions to enhance and maintain it

Address stigma and discrimination associated with mental health problems and mental illness

Support those at risk of poor mental health and wellbeing

Support detection and intervention as early as possible with mental health problems and illness across all ages and groups

# *Live Well:* focus actions

**Promote Queensland as a united, harmonious and inclusive community** by developing legislation to introduce a Multicultural Queensland Charter and establish a Multicultural Queensland Advisory Council to engage stakeholders and provide advice to government. Department of Communities, Child Safety and Disability Services

**Design and implement a new financial resilience program over three years**, commencing 2016–17, to support vulnerable Queenslanders respond better to financial stresses, personal issues and cost of living pressures. Department of Communities, Child Safety and Disability Services

**Fund the Royal Flying Doctors Service to provide the Drought Wellbeing Service.** This initiative provides community primary mental health and outreach service provision with a focus on early intervention. The service incorporates counselling and psychology services integration with local providers, services, general practitioners and communities. Queensland Health

# COMMISSION ACTIONS

**Deliver the Community Mental Health and Wellbeing Grants Program 2015-16** to support non-government organisations and local governments to undertake activities which: support social inclusion of those experiencing mental illness, mental health problems and problems related to alcohol and other drug use; and community participation by providing opportunities and removing barriers to undertaking activities that are meaningful, engaging and which enhance feelings of confidence and self-worth. The grants will focus on vulnerable groups including people living in rural and remote Queensland, Aboriginal and Torres Strait Islander peoples; and people from culturally and linguistically diverse backgrounds.

**Develop and support a community approach to reducing stigma associated with mental health problems and mental illness.** The Queensland Mental Health Commission will develop and provide support to implement complementary stigma reduction activities focused on contact based education strategies involving positive exposure with people with a lived experience of mental illness who can share their experiences of mental illness and recovery.

**Develop and support localised wellbeing hubs in up to three local government areas** to support community initiatives. the Queensland Mental Health Commission will provide support for the establishment of localised wellbeing hubs which will work across sectors to build capacity to support the mental health and wellbeing of community members.

**Develop a more coordinated approach to mental health awareness training in Queensland.** Mental health awareness training such as Mental Health First Aid Training and Youth Mental Health First Aid Training has been shown to improve community awareness of mental health issues. This training is delivered across the State by a wide variety of organisations. To ensure that training is delivered in a coordinated way and is available throughout the State particularly rural and remote communities, the Queensland Mental Health Commission will support the development of a coordinated approach across Queensland.

**Support the evaluation of the West Moreton Adult Integrated Mental Health Services Model.** The model aims to improve the coordination and integration of clinical and nonclinical community based services for people living with severe mental illness and complex needs. The evaluation will seek the views of consumers and their experiences of accessing services through the model.

**Work with *beyondblue* to support the implementation of the Queensland *beyondblue* Community Awareness Initiative that involves a comprehensive approach to community awareness and stigma reduction activities in Queensland.** This includes dissemination of:

- **national advertising campaigns and supporting resources covering** depression, anxiety, perinatal depression); life stages (for example, youth, older people); population groups (for example, lesbian, gay, bisexual, trans and intersex people, Aboriginal and Torres Strait Islander people); and settings (for example, rural communities)
- **Have the Conversation** –a suite of resources to help people have a conversation with someone they are concerned about.
- **The STRIDE project** –to demonstrate the impact of digital interventions to reduce the stigma of anxiety, depression, and/or suicide in Australian men aged 30 to 64 years.
- **The Stop. Think. Respect. Project** to challenge everyone in Australia to check their behaviour, think about their actions and challenge discrimination when they see it happening including specific actions in regard to discrimination against LGBTBI people through the *Is it ok to be left handed* and discrimination against Indigenous Australians through *The Invisible Discriminator*.

# *Age Well: Involved & active lives*

## **Support mentally healthy and active ageing**

- Promote participation in meaningful activities, sustain community and social connections and lifelong learning

## **Support the early detection and appropriate management of mental health problems and illness affecting older people**

- Increase the capacity of older adults, their families and service providers to identify the risk factors and signs of mental illness and intervene early
- Increase access to appropriate older people's health and social services
- Reduce stigma and discrimination associated with mental health problems and mental illness in older people to improve service access

# Age Well: focus actions

**Develop a strategy to support the wellbeing and inclusion of older people in Queensland through a range of initiatives and partnerships that are focussed on creating age-friendly communities.** Department of Communities, Child Safety and Disability Services.

**Support access to long-day respite care of people living with dementia to enable carers to participate in paid or volunteer work or undertake activities that support workforce participation.** This initiative will commence in 2016 and will enable carers of those living with dementia and/or other neuro-degenerative disorders to participate in paid or volunteer work or undertake activities that support workforce participation such as study. Queensland Health

**Provide Older People's Action Program,** delivered by 20 services across Queensland, aims to extend and strengthen personal and community connectedness of people over 60 who are at risk of social isolation. Department of Communities, Child Safety and Disability Services

# COMMISSION ACTIONS

Work with *beyondblue* to disseminate the suite of initiatives that support the mental health and wellbeing of older people. These include:

- *beyondblue* older adults campaign - designed to raise understanding amongst 60+ males and females across Australia about how they can stay mentally healthy as they get older
- Ageing well –the ‘Over Bl\*\*dy Eighty - A collection of personal stories from older Australians’ booklet to showcase strategies for ageing well. A variety of older people talk about how they support their mental health
- ‘Connections Matter’ booklet - provides older people with practical and evidence-based suggestions on how to help strengthen and maintain social networks. The booklet has been disseminated to approximately 3,000 Queenslanders, since being released earlier in 2015
- The Shed Online website - promotes men to connect with other men
- The Professional Education to Aged Care (PEAC) Program - aims to raise awareness about depression and anxiety in older people, and heighten the skills of staff working in the aged care sector to recognise and respond to these conditions. The PEAC program is currently delivered as a face-to-face workshop, and will be available as an e-learning program in early 2016.
- Accredited training resources for aged care staff, at Certificate III and IV levels on anxiety and depression and can be included in various aged care qualifications. They aim to improve the detection and management of anxiety and depression in older people accessing aged care.
- Free educational resources for volunteers who support older people in residential or community settings. The resources include a volunteer workbook, facilitator guide, podcast and videos. The resources enable volunteer managers or co-ordinators to deliver training to their own volunteers.

# Opportunities...

Governance groups

Project reference groups



# Contact us

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