



Queensland  
Mental Health and Drug  
Advisory Council

## Queensland Mental Health and Drug Advisory Council Meeting Communique

26 July 2018

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The Queensland Mental Health and Drug Advisory Council convened its third meeting for the year on Thursday, 26 July 2018 at [headspace, Southport](#). In the absence of the Council Chair, the meeting was chaired by Deputy Chair, Ms Gabrielle Vilic.

### **Southport headspace youth mental health and wellbeing services**

Mr Steve Hackett, Partnerships Manager and Mr Philip Williams, Clinical Services Manager provided the Council with an overview of headspace's innovative work in providing mental health and wellbeing support and services to young people aged between 12 and 25.

The Southport headspace is an accessible 'one-stop-shop', operated by Lives Lived Well, and funded federally through the Gold Coast Primary Health Network to support young peoples' wellbeing. The Council was provided with an opportunity to meet with a number of dedicated and passionate staff that included youth peer support workers, social workers, occupational therapists and psychologists.

The Council was impressed with the design of headspace's offices, which are underpinned by a holistic approach to wellbeing and a commitment to creating a comfortable and welcoming environment, to deliver positive emotional and physiological effects. The Council was advised that the design of Southport headspace office was strongly influenced by the views and feedback from the service's young clients.

### **Supporting lived experience engagement**

The Council was provided with an update on the work being undertaken to embed and support meaningful lived experience engagement within the Commission's work, and more broadly.

#### *Stretch to engage update*

The Council was provided with an overview of the Stretch2Engage partnership between Queensland Alliance for Mental Health, Queensland Network of Alcohol and Other Drug Agencies (QNADA) and Enlightened Consultants.

The Council was advised that Stretch2Engage provides a framework to guide efforts to increase and improve meaningful engagement of people with lived experience of mental illness and/or problematic alcohol and other drug (AOD) use, their families, friends and supporters in service design and evaluation in the mental health, AOD, public and non-government sectors.

The Council noted that the Commission has engaged the Stretch2Engage partnership to oversee the pilot project, including recruiting for pilot sites.

The [Stretch2Engage: best practice principles for service engagement \(Stretch2Engage\) Framework](#) will be piloted for a year across six Brisbane and local surrounding sites, across mental health and alcohol and other drugs services in the public, private and non-government settings. The Council noted that an evaluation of the Stretch2Engage framework will run concurrently to the pilot.

The findings will be shared publicly at the end of the project.

### *Supporting Lived experience workforce development*

The Council was interested to note that the Commission is planning to progress commissioned research, that identifies key barriers and enablers to lived experience workforce development in government and non-government mental health services into a flexible framework for application in various workforces.

The key findings from the commissioned research – [Identifying barriers to change: The lived experience worker as a valued member of the mental health team final report](#) had identified a number of key issues that that need to be addressed first to support lived experience workers in their role encompassing the organisational culture and system enablers; having clear roles, support and supervision; and the importance of career pathways.

### *Supporting greater engagement with the broader sector*

The Council's views were sought on how the Commission could encourage greater involvement from the broader lived experience sector with their work.

The Council suggested looking at other sectors for ideas; recommending the engagement mechanisms used by the Primary Health Networks (PHN) and Health Consumers Queensland (HCQ).

The Council discussed the role and memberships of the PHN Community Advisory Committees, where the membership regularly includes consumer and carer representatives; and their role in engaging with local community stakeholder groups. The Council also discussed HCQ's engagement role in supporting safe and meaningful engagement of young people, families and community; in particular their work with the implementation of the Government response to the Barrett Adolescent Centre Commission of Inquiry.

### **Report from the Commissioner's international visit**

The Council was provided with a brief overview of the Commissioner's attendance at the International Initiative for Mental Health Leadership (IIMHL) two-day workshop, which was held in Stockholm, from 28 May to 1 June 2018; and his delegate tour to Portugal, from 4 to 8 June 2018.

The IIMHL workshop, hosted by the Public Health Agency of Sweden, was focussed on the prevention of infant mental health and development. The workshop, based on scientific evidence and experiences from clinical fieldwork, provided an opportunity for the group to discuss the continuum of care for infants in vulnerable families.

The Council was advised that the learnings from Stockholm will contribute to the Commission's capacity to provide advice on the most recent international developments in mental health, particularly perinatal and infant mental health.

The Portugal delegate visit provided the Commissioner with an opportunity to participate in discussions with a number of key subject matter experts, including Dr Joao Goulao, Director-General of the General-Directorate for Intervention on Addiction and Dependences; and Mr Nuno Capaz, member of the Lisbon Commission for the Dissuasion of Drug Addiction.

The Council noted that the Commission plans to commence a rationale informed discussion about the risks and benefits of taking a health response rather than a criminal justice response for personal use and/or possession of illicit drugs, similar to other countries, as a commitment arising from the [Options for Reform Changing attitudes, changing lives: Options to reduce stigma and discrimination for people experiencing problematic alcohol and other drug use](#).

## Emerging issues

### *National Disability Insurance Scheme*

The Council discussed the following issues raised by stakeholders:

- Possible increased pressure placed on the residual specialist and general service systems, as Commonwealth funding for mental health services is redirected into the NDIS; consequently, reducing the availability of appropriate services for people not eligible for NDIS support.
- Potential long-term challenges as a result of service providers entering and exiting the market and changes to service offerings.
- The impact to service quality, due to the NDIS pricing framework and the ability of service providers to recruit and retain suitably qualified staff.
- Risk for people living in small and regional communities as many service providers will not have the capacity to maintain a presence in these communities and/or will be limited in providing services for smaller population of higher need clients.

The members briefly discussed the report – [\*Mind the Gap: The National Disability Insurance Scheme and psychosocial disability\*](#), a joint venture between the University of Sydney and Community Mental Health Australia; and the [response provided by National Disability Insurance Agency](#).

The Council was advised that the National Mental Health Sector Reference Group provides advice to the National Disability Insurance Agency on the integration of psychosocial disability and mental health into NDIS; and that the Commissioner is the appointed representative for the mental health commissions and receives regular updates from across the Country on emerging challenges and successes.

### **Next meeting**

The next meeting of the Council is planned to be held during Council's regional visit to Longreach in September 2018.

For any enquiries relating to the Communique please contact the Council Secretariat: [Council@qmhc.qld.gov.au](mailto:Council@qmhc.qld.gov.au).