

A renewed plan for Queensland

Reviewing the *Queensland Mental Health, Drug and Alcohol Strategic Plan 2014–2019* to improve mental health and wellbeing.

About the Strategic Plan

The *Queensland Mental Health, Drug and Alcohol Strategic Plan 2014–2019* (the Strategic Plan) was publicly released in October 2014. It set a platform for action over a three to five-year period to improve the mental health and wellbeing of Queenslanders. While applying to all Queenslanders it particularly focuses on the needs of people living with mental illness, problematic alcohol and other drug use and those affected by suicide.

The Strategic Plan sets six long-term outcomes:

1. a population with **good mental health and wellbeing**
2. **reduced stigma and discrimination**
3. **reduced avoidable harm**
4. people living with mental health difficulties or issues related to substance use have **lives with purpose**
5. people living with mental illness and substance use disorders have **better physical and oral health and live longer**
6. people living with mental illness and substance use disorders have **positive experiences of their support, care and treatment.**

The Commission has been developing whole-of-government action plans to support achieving these outcomes including three population-level action plans which were released in 2015:

- *Early Action: Queensland Mental Health Promotion, Prevention and Early Intervention Action Plan 2015–17* which aims to improve the mental health and wellbeing of Queenslanders and to reduce the incidence, severity, and duration of mental illness

- *Queensland Alcohol and Other Drugs Action Plan 2015–17* which aims to prevent and reduce the adverse impact of alcohol and other drugs on the health and wellbeing of Queenslanders
- *Queensland Suicide Prevention Action Plan 2015–17* which aims to reduce suicide and its impact on Queenslanders as a step towards achieving a 50 per cent reduction in suicides within a decade.

In 2016, the Commission developed a series of action plans focusing on the needs of communities experiencing higher rates of mental health problems, problematic alcohol and other drug use and suicide. The *Queensland Aboriginal and Torres Strait Islander Social and Emotional Wellbeing Action Plan 2016–18* and the *Queensland Rural and Remote Mental Health and Wellbeing Action Plan 2016–18* were publicly released in 2016.

About the review

Achieving our shared goal and making progress towards achieving the six long-term outcomes requires all levels of government, the broader community, and all sectors to work together. This includes not only health services, but also schools, housing services, the justice system and others to take an active role in supporting good mental health and wellbeing.

Progress is being made but making a difference will take time. We need to continually update and renew our actions to meet the changing needs of Queenslanders.

To ensure our actions continue to make a difference, the Queensland Mental Health Commission is renewing the Strategic Plan and updating three population level action plans released in 2015.



The Aboriginal and Torres Strait Islander and the Rural and Remote Action Plans will be updated in 2018.

The Strategic Plan will be renewed and the action plans updated, based on:

- evidence of what works
- new and emerging issues impacting on Queenslanders
- reforms at both the state and national levels
- progress made towards implementing the Strategic Plan and action plans
- the views of stakeholders including people with a lived experience of mental health problems, mental illness, problematic alcohol and other drug use and those affected by suicide as well as frontline service providers.

Share your views and experiences

It is important we hear your views to better understand and shape a renewed Strategic Plan.

The Commission is seeking feedback regarding reforms and actions which can:

- improve the mental health and wellbeing of all Queenslanders
- prevent and reduce the impact of mental illness
- prevent and reduce the adverse effects of problematic alcohol and other drug use
- prevent and reduce the impact of suicide.

We would like to hear your views about:

- what the Strategic Plan should focus on to achieve better outcomes
- what is likely to make the greatest difference
- what has worked well
- what is currently being done that works or could be improved
- what specific actions need to be taken for vulnerable groups.

To get more information about the forums, including times and venues, and to register your attendance please go to www.qmhc.qld.gov.au.

Keep reform on track by getting involved and staying informed. Speak up and voice your views.

How you can provide your feedback

There are a number of ways that you can participate in the Strategic Plan review. You can:

Respond to a discussion paper

The Commission has published two discussion papers for feedback. Copies of the discussion papers are available at www.qmhc.qld.gov.au.

Send a written response to the discussion papers by email to strategicplanreview@qmhc.qld.gov.au.

Responses are due by 5pm Friday, 12 May 2017.

The Commission may share your submission with government agencies and may publish reports and other documents referring to your feedback. Please let us know if you do not wish your feedback to be publicly released or if your feedback is being provided anonymously.

Participate in a forum

You can attend the following forums hosted by the Commission and being held throughout Queensland:

- **Lived experience forums** to hear the views and experiences of people with a lived experience of mental illness, problematic alcohol and other drug use and people affected by suicide including their families, carers and supporters
- **Community forums** to hear the views and experiences of government and non-government service providers and community members.

Forum locations and dates

Location	Lived Experience forum	Community forum
Rockhampton	13 March	14 March
Mount Isa	23 March	24 March
Ipswich	28 March	29 March
Logan	4 April	5 April
Brisbane	10 April	11 April
Townsville	8 May	9 May
Cairns	10 May	11 May
Toowoomba	1 June	2 June