

# Summary

## *Shifting minds: Queensland Mental Health, Alcohol and Other Drugs Strategic Plan 2018–2023*

*Shifting minds: Queensland Mental Health, Alcohol and Other Drugs Strategic Plan 2018–2023* sets the five-year direction for a whole-of-person, whole-of-community and whole-of-government approach to improving the mental health and wellbeing of Queenslanders, and preventing and reducing the impact of mental illness, problematic alcohol and other drugs use and suicide.

The Queensland Mental Health Commission led the development of *Shifting minds* in consultation with people with lived experience and their families, carers and supporters; frontline government, non-government and private service providers; and leading researchers,

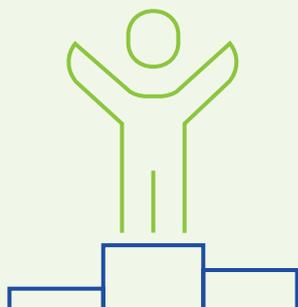
academics and policy makers. It is based on sound evidence of what works and the needs of Queenslanders.

It seeks to achieve better outcomes at the individual, population and system levels through three focus areas:

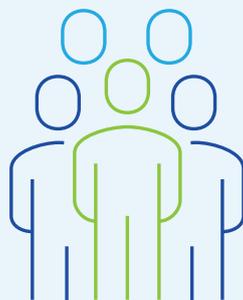
- Better lives through person-centred and integrated services
- Invest to save through population mental health and early intervention
- Whole-of-system improvement through a balanced approach and collective action.

Each focus area outlines key strategic directions and proposed priorities for cross-sectoral action by the government, non-government, community and private sectors.

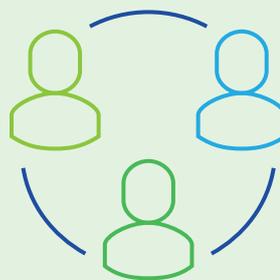
### Our approach includes a focus on:



Outcomes that matter to **individuals, families and carers** with a lived experience by placing community-based services at the centre of integrated care, emphasising social and economic inclusion and participation.



Outcomes that matter to **communities** by improving population mental health and wellbeing through the best start in life; prevention and early intervention in schools, workplaces and communities; ageing well; and additional support for individuals experiencing adverse life events and circumstances.



Outcomes that matter to **governments and society** by enhancing system efficiency and effectiveness through whole-of-government leadership and accountability for integrated policy, planning, funding and commissioning.



# Our vision

A fair and inclusive Queensland where all people can achieve positive mental health and wellbeing and live lives with meaning and purpose.

## Our guiding principles

We are person centred.

We value the lived experience of people, families and carers.

We believe in recovery and hope.

We value culture.

We respect human rights and dignity.

We adopt a social determinants approach to mental health and wellbeing.

We support equity.

We believe collective responsibility is vital to reform.

We adopt a joined-up planning approach that reflects population need and evidence.

### Focus area 1

## Better lives

### Strategic directions

Personalising and integrating care

Removing barriers to social and economic participation

### Individual outcomes

Connected and integrated services

Secure housing, work, education and skills, daily living support, inclusion

Services close to home

Physical health, including harm reduction for AOD use

Social, cultural and trauma-informed considerations in service provision and support

Safety and support at times of crisis and higher risk

Individuals



Focus area 2

## Invest to save

Populations	<b>Strategic directions</b>
	Strengthening mental health and wellbeing
	Getting in early
	<b>Population outcomes</b>
	Individual, community and service system awareness and capacity
	Best start in life
	Prevention and early intervention in schools, workplaces and communities
	Ageing well
	Early intervention for individuals experiencing adverse life events and circumstances

Focus area 3

## Whole-of-system improvement

Systems	<b>Strategic directions</b>
	Balancing our approach
	Collective responsibility
	<b>Whole-of-system outcomes</b>
	Balanced growth across the continuum of interventions
	Integrated planning, funding, commissioning and governance
	Funding and reporting models that support individual and system outcomes
	Whole-of-government leadership and accountability

# Putting it into action

*Shifting minds* recognises that all tiers of government, non-government, community and private sectors, play significant roles in improving the mental health and wellbeing of Queenslanders as well as preventing and reducing the impact of mental illness, problematic AOD use and suicide.

The direction for reform outlined in the Strategic Plan will be further developed through a detailed cross-sectoral roadmap for implementation. This will prioritise the staged progression

of actions and seek to respond to the diverse needs and experiences of all Queenslanders across the lifespan, including people with a lived experience, Aboriginal and Torres Strait Islander peoples, culturally and linguistically diverse communities, rural and remote communities, and people who identify as LGBTIQ+.

Implementation of *Shifting minds* will be overseen by cross-agency, cross-sectoral governance mechanisms.

## A future state

By 2024, it is expected that progress towards the proposed priority actions will support the achievement of the following outcomes:

### Individual outcomes

- People with a lived experience:
  - have access to a range of integrated services, within and beyond the health system, close to home
  - are able to access and maintain secure housing, education and employment
  - are connected to community and able to participate fully in life
- A person's physical and mental health care needs are equally addressed
- Services are culturally safe and provide trauma-informed care
- People in crisis are able to access appropriate and timely responses

### Population outcomes

- Individuals and communities are confident and equipped to maintain their mental health and wellbeing; identify and respond to mental illness, problematic AOD use and suicide risk; and seek appropriate intervention early
- People with a lived experience live in communities free from stigma and discrimination
- Infants and families have the individual, social and economic support for the best possible start in life
- Older Queenslanders are enabled to age well through social connectedness, economic participation, and physical health and wellbeing
- Schools, workplaces and the broader community recognise their role in creating mentally healthy environments

### Whole-of-system outcomes

- Integrated planning, funding and commissioning are embedded practices to achieve balanced growth across the continuum of interventions
- Shared leadership and accountability is embedded across sectors for achieving individual and population outcomes