

# Parity for Prevention

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Queensland  
Mental Health  
Commission



## What we will cover

- Why a focus on PPEI is a key element of the reform agenda
- Proposed priorities for PPEI in *Shifting Minds*
- Key challenges and opportunities

# Not competing, but complimentary...

## Three Focus Areas

### Better Lives

### Invest-to-save

### Whole-of-system improvement

Individuals	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	

Populations	Strategic directions	
	Strengthening mental health and wellbeing	
	Getting in early	
	Population outcomes	
	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	

Systems	Strategic directions	
	Balancing our approach	
	Collective responsibility	
	Whole-of-system outcomes	
	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	

# Why do we need PPEI?

- The ***‘treatment gap’*** is the difference between those who may need treatment and those who actually receive it –
  - Efforts to increase access to quality care are a continuing priority
  - With best possible access to treatment - it is estimated that it is possible to only shift approximately 30 per cent of burden attributable to mental illness
  - Despite increasing investment in treatment system prevalence no detectable reduction in prevalence
  - Need additional approaches to address burden
- For maximum long-term impact, we need to focus on the ***‘prevention gap’*** between those who would derive benefit from preventative activity and the current extent of that activity.

## A focus on the PPEI is crucial:

1. to maximise well-being and productivity at a population level
2. reduce the prevalence of mental illness, problematic AOD use and other conditions in the population
3. to reduce the demand for mental health, AOD and other tertiary services across the life-course



## Individual

- improved physical health and longer lives
- better learning outcomes and educational achievement
- increased skills, resilience and coping such as the ability to cope during and after natural disasters and drought
- reduced health risk behaviours such as smoking and alcohol misuse
- reduced risk of mental health problems and suicide

## Community

- improved community connection and cohesion
- more volunteering
- improved community safety
- more functional families

What does  
mental health  
and wellbeing  
mean for...

## Government

- reduced costs to government through a reduced demand on services including acute mental health, community support, child protection and criminal justice services.

## Economy

- increased economic participation
- increased labour force participation and employment
- higher productivity

# Promotion, Prevention and Early Intervention for Mental Health

A Monograph  
2000



Return on Investment

## INVESTING IN A RESILIENT GENERATION

Keys to a Mentally Prosperous Nation

Invest now, save later

KPMG

Mental Health  
Australia

## Investing to Save

The Economic Benefits for Australia  
of Investment in Mental Health Reform



Unleashing the Power of Prevention

## What is a population approach?

- Maintaining and improving the mental health and wellbeing of the whole population or groups through universal and targeted actions
- Intervening with groups at higher risk due to individual, social circumstances and structural factors
- Supporting the wellbeing and recovery of people with lived experience by removing the barriers to full participation in work, education, and community



Level	Factors	Approaches
<b>Structural Level</b>	<ul style="list-style-type: none"> <li>Social, economic and cultural factors e.g. living environments, employment, education, exposure to discrimination and violence and access to resources</li> </ul>	<ul style="list-style-type: none"> <li>Reduce poverty, discrimination and inequalities</li> <li>Reduce violence and abuse</li> <li>Increase access to education, employment, transport, housing and support to most vulnerable</li> </ul>
<b>Community Level</b>	<ul style="list-style-type: none"> <li>Sense of belonging, community connectedness, diversity, social support, participation</li> </ul>	<ul style="list-style-type: none"> <li>Social inclusion and participation, community safety</li> <li>Supportive neighbourhoods, workplaces and community environments, urban design, natural environment and green spaces</li> </ul>
<b>Individual Level</b>	<ul style="list-style-type: none"> <li>Self-regulation and ability to manage stressors and charges, communication and social skills to support connection and participation, problem solving</li> </ul>	<ul style="list-style-type: none"> <li>Self-efficacy, emotional/social skills, resilience, motivation and sense of purpose, empathy and prosocial behaviour, healthy lifestyles, social networks</li> </ul>

- ***Universal*** – seeking to bring benefit to everyone in a population or a group
- ***Targeted*** – *tailored* towards those who are identified as having greater need or being at greater risk
  - Most effective preventative strategies combine elements of both
- ***Proportionate universalism***
  - Universal approach but ensuring intensity and scale are proportionate to the need or level of risk

Focus area 2

# Invest to save

Populations

## Strategic directions

Strengthening mental health and wellbeing

Getting in early

## Population outcomes

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

## What do we want to see?



**Population**  
*outcomes*

- individuals, communities and systems confident and equipped to protect and maintain their mental health and wellbeing, identify and respond to vulnerabilities, risk and symptoms and act accordingly
- Infants and families have the best start in life
- Older Queenslanders enabled to age well
- Schools, workplaces and the broader community recognise their role in creating mentally healthy environments
- Communities free from stigma and discrimination
- People who experience circumstances and life events that diminish or threaten wellbeing are supported through appropriate early intervention approaches and supports



# Strengthening MHWB

- Focus on wellness as well as illness
  - Increasingly recognised as important in own right
  - Foundation of social and economic prosperity and resilience
- Ensuring all people have appropriate level of knowledge and understanding about mental health, mental illness, substance use problems and suicide
- So they can:
  - support their own and others' mental health and wellbeing through access to resources, information and knowledge
  - recognise vulnerability and early signs of distress
  - effectively respond to and manage challenges

# Getting in early

- Early in life
- Intervention through key settings, including supportive school, community and workplace environments
- Mentally healthy ageing
- Early in vulnerability and challenges, as well as early in illness

# Strengthen the enablers

- Greater clarity
  - Policy and implementation levels
  - Still confusion about MHPPEI and who has responsibility across levels of government and across sectors
  - Need cross-sectoral commitment to ensure the necessary proportional focus and investment required
  - Measurement to build evidence and case for sustainable action

# Opportunities & Moving Forward

Shifting minds

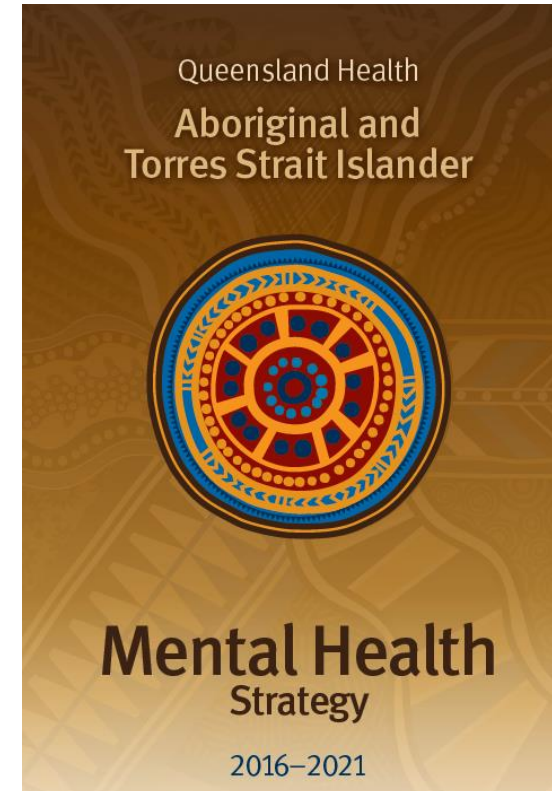


Queensland: an age-friendly community



**ALL ABILITIES QUEENSLAND:  
OPPORTUNITIES FOR ALL**

State disability plan 2017–2020



Queensland  
**Mental Health  
Commission**



| 2016–17 to 2018–19 |

**Queensland  
Multicultural Action Plan**





# Keep in touch



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