



Partners in Recovery Forum

Greater Metro South Brisbane Medicare Local
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Commissioner
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Acknowledgements

- *I acknowledge the Traditional Owners and Elders, past and present, on whose land we meet today*
- *I also acknowledge the people living with mental illness and substance misuse, their families and carers. We must remember that a helping hand, a listening ear or a kind word could make such a difference to their lives, in a society where they too often feel excluded.*



Overview

- Why we are here
- Our evolving strategic plan
- Challenges ahead



Who are we here for?

- People living with poor mental health and problematic substance use and low levels of personal wellbeing
 - All ages, regions, levels of education and socio economic backgrounds
 - Affected by natural disasters
 - Marginalised within our society
 - With poor physical health, disability, poverty and unemployment
 - Over-represented in the criminal justice system
 - Subject to widespread stigma and discrimination – negative, inaccurate, sometimes debilitating, attitudes



Our legislative base

- Queensland Mental Health Commission Act 2013
- Creates the Commission as an independent statutory agency reporting to Minister for Health
- Functions of the Commission
 - Functions of the Commission
 - Strategic Planning
 - Research, Review and Evaluation
 - Promotion, awareness
 - We are a policy agency, not a service delivery agency; this means we are an agent of change
- Creates a Mental Health and Drug Advisory Council



We will measure our success by

- Actions in our Strategic Plan that are implemented
- Satisfaction with our performance among key stakeholders
- Our contribution to the collaborative capacity of the 'system' – the likelihood that contributors will continue to work together in the future



We will measure our collective success by

- Progress towards the achievement of outcomes agreed in the strategic plan that improve the lives of the people we are here for
- *(The QMHC sees success coming through the achievements of others)*



Our Strategic Plan – key elements

- Vision
- Principles
- Outcomes
- Pillars for system reform
- Commitments to Action



Our emerging vision

- A ~~mentally~~ healthy community where people living with mental illness or ~~substance misuse~~ problematic substance use ~~hope for/ expect/~~ have a life with purpose and access to quality care focussed on wellness and recovery in a society free of stigma and discrimination



Our emerging principles

- Diversity and respect
- Rights and dignity
- Person centred
- Quality of life
- Responsiveness
- Collaboration and integration
- Fair and accessible



Our emerging outcomes

1. A population with good mental health and wellbeing
2. People with poor mental health and wellbeing having better physical health and living longer
3. People with poor mental health or experiencing problematic substance use having a life with purpose
4. People with poor mental health or experiencing problematic substance use having a positive experience of their support, care and treatment
5. Reduced avoidable harm associated with mental health problems or problematic substance use
6. Reduced stigma and discrimination



Commitment to Action (Ex 1)

- Reduce barriers to the integration of mental health and drug and alcohol structures and services with general health services unless it is contrary to the best interests of consumers, their families and carers, eg
 - Policies that exclude people with drug and alcohol problems
 - Primary care and mental health and wellbeing
 - Separate data and information systems
 - Separate funding processes for community based organisations



Commitment to Action (Ex 2)

- Develop Cross Sectoral Action Plans in priority areas
 - Suicide prevention
 - Mental health and wellbeing of Aboriginal and Torres Strait Island peoples
 - Drug and Alcohol
 - Mental health and work
 - Forensic mental health
 - Individual advocacy and supported decision making
 - And so on



Commitment to Action (Ex 3)

- Develop a Consumer Carer and Family Engagement and Leadership Framework that will :
 - Embed consumer, carer and family participation in decision making at both an individual and system level across policy, planning, service delivery and review (Co-design)
 - Ensure consumer, carer and family members are informed, equipped, educated and empowered to advocate for themselves and others, particularly in relation to their rights and systemic reform



Challenges ahead

- Broader system reforms at national level
 - NDIS
 - ABF
 - Commonwealth review of mental health programs
- Dealing with complexity

Complex wicked problems

- Simple
- Complicated
- Complex or wicked
- Mental health and substance misuse are wicked problems, and require collaboration





Without a common vision

- Unintended consequences
 - Delivery targets not met in inter-related systems – others think implementers are letting things drift
 - Interference from others
 - Interventions required to cope with the events
 - Acrimony and blame between senior managers and implementers
- it is a predictable outcome when there has not been sufficient attention to accommodating different perspectives from the beginning in complex policy areas

(Chapman 2004)



Keeping in touch:

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Thank you