

Can we define the system we are reforming?

4th Annual National Mental Health Conference
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Queensland
**Mental Health
Commission**

Driving reform

Our purpose

Achieve better 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

What we do

Reform

We drive reform of the mental health, suicide prevention and drug and alcohol support systems in Queensland.

We work across a broad range of areas including health, employment, education, communities, sport and recreation, housing and justice.

Our role

Facilitating

Bringing people, decision-makers, funders, lived experience and community together to develop and implement reform.

Supporting

- identifying and promoting good practice
- supporting local action
- generating opportunities to collaborate

Influencing

- reform, based on evidence
- researching what works and cultivating innovation
- drawing on lived experience and expertise

Coordinating

- reporting on reform and monitoring collective progress



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Our system covers

- Mental ill-health
- Mental health and wellbeing
- Suicide prevention
- Health impacts of alcohol and other drugs
 - and must have porous edges with the social determinants of mental health and wellbeing

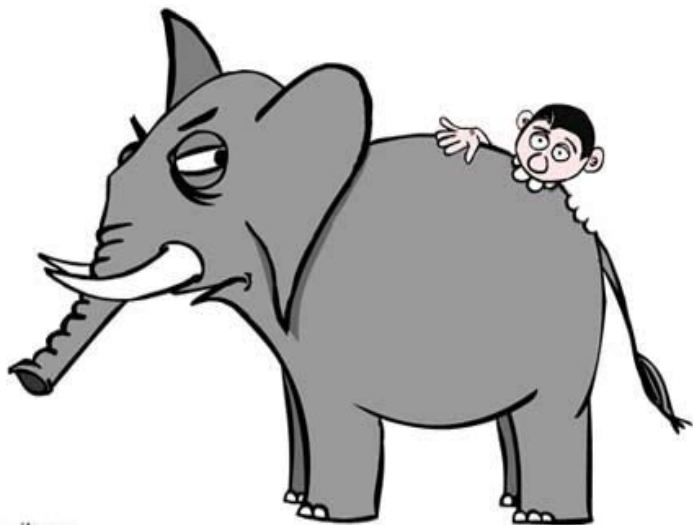


Is this our system?

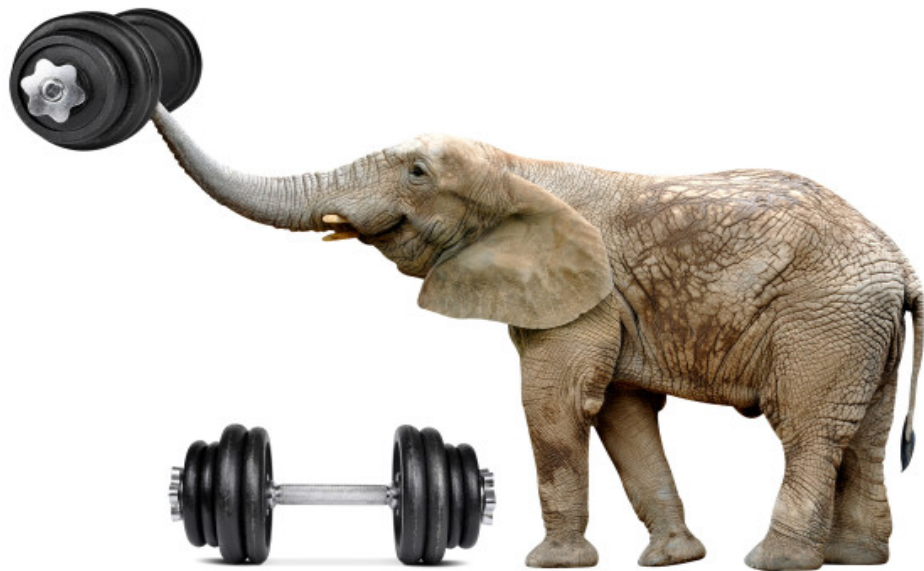
Outcomes

1. More people will have good mental health and wellbeing.
2. More people living with mental health issues will recover and have a meaningful and contributing life.
3. More people living with mental health issues will have good physical health and live longer.
4. More people will have a positive experience of care and support from a responsive and effective service system.
5. Fewer people will suffer avoidable harm.
6. Fewer people will experience stigma and discrimination.





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Know your times: facts of the times

- In Australia
 - 1 in 5 will have a mental health problem some time during the year; one in three of them report discrimination or unfair treatment
 - 1 in 5 aged 14 and over report drinking at life time risky levels (Qld above the average)
 - 15% regularly used an illicit drug in last 12 months
 - 4% misused pharmaceutical drugs in last 12 months
- Suicide rates in Queensland are 13.7 per 100,000 compared with 12.0 nationally (2014)
- Suicide rates for Indigenous people are almost twice the rest of the population (20.5)
- As many as 23% of young people with FASD incarcerated and 60% are in touch with the justice system
- Average first age use of tobacco in Qld is 15.9 compared with 16.2 nationally



Performance indicators

December 2015

*Queensland Mental Health, Drug and Alcohol
Strategic Plan 2014–2019*

Know your times: nature of the times



VUCA VUCA

- Volatility
- Uncertainty
- Complexity
- Ambiguity
- Vision
- Understanding
- Clarity
- Agility

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)

Know yourself

Are you an
INTROVERT

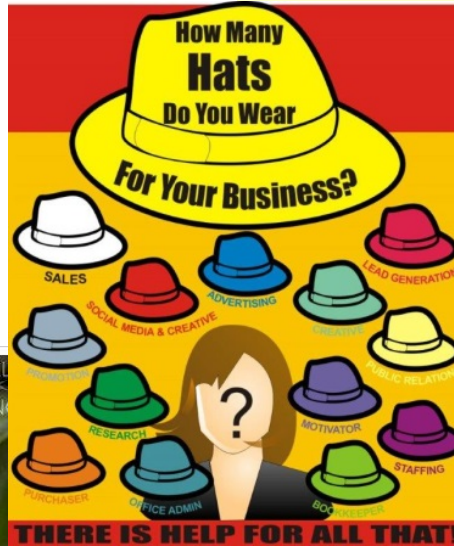
FAIRNESS



Many



Are you an
INTROVERT
or an
EXTROVERT?



Deep talks with your
best friend



Action Plans

Queensland
Mental Health
Commission

Queensland Suicide Prevention

Action Plan 2015-17

Queensland Alcohol and Other Drugs Action Plan 2015-17

Thriving communities

Queensland Rural and Remote Mental Health and Wellbeing

Action Plan 2016-18

Early action

Queensland Mental Health Promotion,
Prevention and Early Intervention
Action Plan 2015-17

Queensland Aboriginal and Torres Strait Islander Social and Emotional Wellbeing Action Plan 2016-18

Queensland Mental Health Commission

Queensland Mental Health Commission



Health Commission

Queensland Mental Health Commission



Health Commission



Leadership in VUCA times

Leadership in times of change and uncertainty requires

- Deeper wisdom
- Resilience
- Compassion
- Skilfulness
 - and authenticity



Keeping in touch



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