

## **Drug and Alcohol Interagency Strategic Framework for Western Australia 2011-2015**

### **MENTAL HEALTH COMMISSION ANNUAL REPORT 2013/14**

In support of the *Drug and Alcohol Interagency Strategic Framework for Western Australia 2011-2015*, and to address a range of existing and emerging alcohol and other drug issues, the Mental Health Commission (the Commission) identified a number of key initiatives for 2013/14. Outcomes are summarised below in the respective key strategic areas of the Framework.

#### **Key Strategic Area 1: Focusing on prevention**

Educating and encouraging individuals, families and communities to develop the knowledge, attitudes and skills to choose healthy lifestyles and promote healthy environments.

Key achievements for 2013/14 included:

- The Mental Illness Fellowship of WA was funded to develop Parent Peer Support workers. Funds were used to employ a program coordinator, and enabled Parent Peer Support workers to assist families to develop skills and make choices to facilitate better outcomes for the individual and their families.
- Disability in the Arts, Disadvantage in the Arts Australia (DADAA) 'Esperance Emergence Project' is an initiative designed to increase the level and capacity of local cultural service providers to support, meet and sustain the cultural development needs of local people who have a mental illness. The initiative works to strengthen the functional skills and capacities of the local mental health community to actively contribute to the cultural life of the community.
- Community Arts Network WA (CAN WA) provided Catalyst Grants to raise awareness of mental health and social inclusion of people with mental illness, and to provide opportunities for the community to work together to build resilience and promote wellbeing. Catalyst Grants supported opportunities for the community to share and work together to express their culture and identity through creative means. The initiative aimed to reduce stigma of people living with mental illness through a range of storytelling two-day "Head Tales" workshops throughout regional Western Australia. The workshops were designed to increase knowledge and information shared about mental illness, increase the confidence and self-esteem of people who live with mental illness, develop coping and healing for people who live with mental illness and to increase communication skills of participants.
- The Inclusive Physical Activity program, overseen by the Department of Sport and Recreation and administered by Inclusion WA, undertook initiatives to improve physical health and community connections for people with a mental illness and dual disability. Key activities included training and supporting mental health service providers and carers to incorporate mainstream physical activity and participation opportunities into care plans and accommodation services.

- The Stepping out of the Shadows initiative worked to reduce stigma and increase mental health awareness in culturally and linguistically diverse (CALD) communities through the Fremantle Multicultural Centre of WA.
- The Act Belong Commit (A-B-C) campaign partnered with health services, local governments, schools, workplaces and not for profit groups to encourage community members to be more mentally, physically and socially active. In 2013-14 the Commission supported A-B-C to train service providers, peer support workers and A-B-C Contact Officers to implement approaches highlighted in the A-B-C Guide to Keeping Mentally Healthy (the Guide). The Guide is a mental health promotion tool which can support a person's recovery from mental illness by assisting them to make community connections and healthy behaviour changes. The training project has increased the capacity of the mental health workforce to support and mentor consumers to engage in mentally healthy activities and prevent relapse.
- During Mental Health Week, from 6 to 12 October 2013, the Commission partnered with the Western Australian Association of Mental Health to conduct a range of events and publish a mental health lift out in The West Australian Newspaper.

### **Key Strategic Area 2: Intervening before problems become entrenched**

Implementing a range of programs and services that identify individuals, families and communities at-risk and intervening before problems become entrenched.

Key actions for 2013/14 included:

- Under the *National Partnership Agreement: Supporting National Mental Health Reform*, \$13.5 million over four years has been directed to the Assertive Community Intervention Initiative which expanded community intervention services to children and their families who are experiencing a mental health crisis. This service is now fully operational.
- The Commission has provided \$2 million to the Department of Health to establish Youth Axis - a home-based early intervention service operating across the metropolitan area. Youth Axis provides a comprehensive assessment and brief intervention service to young people (16-24) with complex presentations primarily associated with complex trauma or ultra-high risk psychosis.
- Fremantle Medicare Local headspace was provided with \$95,266 to deliver an early intervention service 'General Practice for Young People' (GP4YP) through Fremantle's headspace.
- The Commission allocated \$200,000 to Youth Focus to support young people at-risk in ten metropolitan high schools.
- The Commission provided \$120,000 to the Mental Illness Fellowship of WA for the development of *This FIFO Life* - an online, multimedia resource supporting FIFO workers and family members to stay mentally healthy and promoting mental health in mining and resource industry workplaces.

- The State Government continued its strong commitment to the Suicide Prevention Strategy allocating \$3.9 million in 2013/14. This funding supported the implementation of Community Action Plans, which are locally developed and deliver suicide prevention activities, training and targeted support for high risk groups.
- An evaluation of Community Action Plans by Edith Cowan University was finalised and identified strengths and areas for improvement. Findings will inform the next multi-year strategy.
- In addition to the Suicide Prevention Strategy, the Commission provided \$1.7 million for counselling and early intervention services, crisis lines and support for people affected by the suicide of a friend or family member (known as 'post-vention').

### **Key Strategic Area 3: Effective law enforcement approaches**

Reducing and controlling the availability of alcohol and other drugs and implementing strategies that aim to prevent or break the cycle of offending.

Major developments for 2013/14 included:

- The Commission commenced implementation of the \$6.7 million Mental Health Court Diversion and Support Program to operate over 20 months in the Perth Magistrates Court and the Perth Children's Court. This pilot program is jointly funded by the Commission and the Department of the Attorney General.
  - The adult service has a dedicated magistrate and court, including a dedicated prosecutor, duty lawyer and court coordinator. The court is supported by an interdisciplinary clinical team which conducts assessments and refers clinically suitable individuals to a community based program offering clinical and psychosocial supports.
  - The children's service places clinical and psychosocial expertise in the mainstream Children's Court offering quick assessments, reports, referrals and a liaison service to support the existing multidisciplinary team.
- The pilot program will provide opportunities for people with mental illness charged with criminal offences to access community mental health services, to improve their mental health and address their offending. This is a vital and innovative program that will allow the justice system to be more responsive to the complex situations of people with mental illness.
- The Commission also commenced work with the Drug and Alcohol Office to initiate parent support services in the adult program.

#### **Key Strategic Area 4: Effective treatment and support services**

Providing integrated, evidence-based treatment and support services that promote positive and healthy lifestyle changes by effectively responding to an individual's use and those affected by someone else's use.

Highlights for 2013/14 included:

- The Commission, the Drug and Alcohol Office and the Department of Health began work on formulating the State's Mental Health, Alcohol and Other Drug Services Plan 2015-2025 as a blueprint for the coordinated delivery and purchase of services across both sectors from 2015 to 2025. This Plan will be submitted for Government endorsement in the later part of 2014.
- The 2014/15 budget announced in May 2014 provided \$29.1 million over 3 years for the Commission to continue the Statewide Specialist Aboriginal Mental Health Service which works in close collaboration with drug and alcohol services.
- The Commission provided funding, available to the State under the National Partnership Agreement on Homelessness, to the Department of Health to implement a Mental Health Clinical Outreach Team (MCOT). MCOT assisted people who are homeless and who are experiencing serious and persistent mental illness and co-occurring drug and alcohol problems, to access appropriate physical and mental health clinical services and housing support.

#### **Key Strategic Area 5: Strategic coordination and capacity building**

Providing improved and targeted responses to alcohol and other drug related problems through capacity building, workforce development, collaboration, evidence-based practice, monitoring and information dissemination.

Highlights for 2013/14 included:

- The Commission continued its ongoing partnership with the Drug and Alcohol Office to drive and support the WA Collaboration for Substance Use and Mental Health (WACSUMH). This group brings together government, non-government and community partners across the mental health, drug and alcohol, health and primary care sectors to progress initiatives towards creating an accessible, integrated and comprehensive service response for people who experience both substance use and mental health problems.
- WACSUMH has supported the development of the Collaborative Care Framework, a document to support the sector in working collaboratively with consumers. The Collaborative Care Framework aims to be an agreed guide to help services improve and respond to the needs of people with co-occurring AOD/Mental health problems. This document will encourage staff and organisations to work together taking a joint, collaborative approach to service delivery.

- The Commission partnered with the Drug and Alcohol Office to fund the delivery of accredited training to GPs to enhance their capacity to support people with both mental health and substance use problems. Accredited training has been shortened from two days to one day and the new program has been trialled and evaluated.
- The Drug and Alcohol Office's workforce development branch was supported by the Commission in the development and delivery of a comorbidity 'train-the-trainer' program. This program seeks to enhance the capacity of mental health services to provide in-house comorbidity training and support to their staff. In recognition of the need for improved understanding of mental health problems and co-occurring AOD issues amongst workers providing social services, the Commission funded DAO to increase access to comorbidity training to the general social services sector, particularly the supported accommodation sector. The Commission also assisted with printing the Counselling Guidelines: Alcohol and other drug issues (3rd ed.) to enable distribution to both public and NGO mental health services
- The Commission funded access to the Mental Health Professional Online Development (MHPOD) for the public mental health service staff. MHPOD provides access to low-cost, high quality on-line training in mental health and includes topics in co-occurring mental health and drug and alcohol problems.
- Continued support was provided by the Commission to the People with Exceptionally Complex Needs (PECN) program, a multi-agency initiative that supports adults with co-occurring mental illness, acquired brain injury, intellectual disability and/or significant substance use problems. The individuals selected for the program receive intensive and coordinated supports and services.
- In addition to PECN, the Young People with Exceptionally Complex Needs (YPECN) project established in 2012 and continued to provide a mechanism to coordinate services for young people with exceptionally complex, co-occurring needs. Funding and leadership was provided jointly by the Commission, Department for Child Protection and Disability Services Commission.
- The Commission continued to support the Peer Work Advisory Group which brings together a broad range of stakeholders to champion peer work. The PWAG acts as an industry advisory body, works with the training council as well as providing an information, research and network exchange to progress the peer workforce in all mental health and AOD sectors. Their work this year has included rolling out the Certificate IV Mental Health Peer Work in which seven peer workers have now gained the qualification. The group ensured that the qualification included a strong focus on AOD. An 'on the job' traineeship pathway will be available shortly. The PWAG is looking to develop a supportive face to face training model to ensure accessible training for current and potential peer workers.