

Our activity work plan for 2023-26 - National mental health and suicide prevention bilateral program

Updated 2024

Contents

Universal aftercare services	1
Aim of activity	1
Description of activity	1
headspace enhancement	1
Aim of activity	1
Description of activity	1
Adult mental health centre - Launceston.....	2
Aim of activity.....	2
Description of activity	2
Head to Health adult mental health centres and satellites.....	2
Aim of activity.....	2
Description of activity	2



Universal aftercare services

Aim of activity

The aim of this activity is to support the continuation of existing aftercare services in Tasmania for individuals following a suicide attempt or suicidal crisis. This includes expanding referral pathways into aftercare to increase access for individuals who may have experienced a suicide attempt or suicidal crisis without attending a hospital.

Description of activity

The activities outlined below are planned to be implemented during 2024-26.

- Commission a service provider to provide universal aftercare services based on the developed universal aftercare service model for Tasmania. This service will replace the existing aftercare service.
- Continue to fund universal aftercare services in Tasmania to 30 June 2026.
- Continue to support commissioned service provider through regular meetings and supporting the collection and reporting of the national Primary Mental Health Care Minimum Dataset (PMHC-MDS).
- Continue to embed and review the universal aftercare service model with the Tasmanian Department of Health.

headspace enhancement

Aim of activity

The aim of this activity is to improve access to coordinated, multi-disciplinary care for young people, as well as to improve workforce attraction and retention within the Tasmanian headspace service network.

Description of activity

Enhancing the headspace service network recognises the increasing complexity of young people presenting to headspace services, in addition to workforce and funding pressures that have constrained service capacity in recent years. The implementation of activities will continue to align with the headspace Model Integrity Framework (hMIF) and headspace Centre Service Model.

The activities outlined below are planned to be implemented during 2023-26.

- Provide enhancement funding to the existing headspace centres with a focus on workforce attraction and retention, such as recruitment of additional clinical and non-clinical staff, recruitment of identified position reflective of community demographics, supplement salaries for the existing multidisciplinary workforce.
- Work with the lead agencies in consultation with headspace National to review and analyse the local needs of each headspace service in order to determine the allocation of enhancement funding.

- Continue to support commissioned service provider through regular meetings and supporting the collection and reporting of service activity and outcomes through hAPI, quarterly reports and data uploaded to the PMHC-MDS by headspace National.

Adult mental health centre - Launceston

Aim of activity

The aim of this activity is to:

- provide a highly visible and accessible entry point to mental health services for people experiencing psychological distress
- provide assessment and immediate, short to medium term care through a multidisciplinary team without an appointment or paying a fee.

The Launceston Head to Health provides a central point to connect people to other services in the region, including through offering information and advice about mental health and AOD use, service navigation and warm referral pathways for individuals, and their carers and family.

Description of activity

The activities outlined below are planned to be implemented during 2024-25.

- Continue to fund lead agency
- Maintain regular provider contact through regular meetings, supporting the collection and reporting of the PMHC-MDS, and ongoing support/training on the use of the Initial Assessment and Referral Decision Support Tool (IAR DST)
- Continue consortia group facilitated by lead agency
- Review service model and outcomes

Head to Health adult mental health centres and satellites

Aim of activity

The aim of this activity is to:

- provide a highly visible and accessible entry point to mental health services for people experiencing psychological distress
- provide assessment and immediate, short and or medium term care through a multidisciplinary team without needing referral, prior appointments or out of pocket cost.

The expansion of the Head to Health network with the establishment of three additional satellite services will provide a state-wide network of facilities through which other commissioned services will be delivered.

Description of activity

Primary Health Tasmania will work with the Tasmanian Department of Health to establish three Head to Health satellite services across Tasmania, one each in Devonport, Burnie and outer Hobart suburb.

The activities outlined below are planned to be implemented during 2023-25.

Establish interagency steering group

- Establish high level steering group with the Tasmanian Department of Health, Tasmanian Health Service and Primary Health Tasmania to oversight development and implementation of satellite services within the broader sector reform activity.

Community/key stakeholder consultation and co-design

- Establish local reference group in each location to support community engagement and consultation.
- Complete needs assessment to inform service gaps, opening hours and in-house and in-reach services.

Lead agency

- Develop service specification and undertake procurement process.
- Lead agency tender completed, and lead agency/ies appointed.
- Service development to include proposed service model.
- Recruitment of staff and development of appropriate clinical governance and safety and quality documentation.
- Review local service mapping and develop local referral pathways.
- Support lead agency in adopting and implementing the Tasmanian Initial Assessment and Referral Model in the centre.
- Maintain provider contact through quarterly meetings.
- Interagency steering group within each satellite location to identify and engage a suitable primary care setting to embed satellites service.
- Lead agency/ies to form and facilitate an ongoing consortia to support refinement and ongoing implementation.

Service delivery

- Deliver elements of core in-house services as agreed.
- Finalise basic suite of information, services and referral pathways and formalise partnership with relevant in-reach services.

Introduction of full suite of in-reach services

- Additional partnerships to support in reach services or more specialised support to address local need within the capacity of the satellite service model and funding.