



ACT
Government

Towards our Vision: *Mental Health Portfolio Action Plan – 2022*

Towards the Territory-wide Vision for Mental Health and Wellbeing

Mental Health Portfolio Action Plan

Introduction

Context

Approximately one in five people will experience mental illness in any given year¹. However, a person does not need to meet the criteria for a mental illness to be considered to have poor mental health^{2;3}. Canberrans' self-reported very good or excellent mental health has been impacted over the past few years⁴. This is not surprising given the challenges of recent years: the experience of COVID-19, on the back of bushfires and hail. These circumstances have further highlighted the need to take a strategic approach to how we respond to and invest in improving mental health and wellbeing. Now more than ever, we need a mental health system that is focused on delivering public value through early intervention and prevention and sustainable and integrated service delivery.

A Strategic Approach for Mental Health in the ACT' (Strategic Approach) has been developed by the Office for Mental Health and Wellbeing (OMHW) to bring together the range of mental health policies and plans impacting the ACT. It provides a coordinating approach that will enhance stakeholders' ability to work collaboratively to ensure a comprehensive and coherent approach to mental health legislation, policy, planning, funding, service delivery and evaluation. It sets out focus areas for action to guide reform, informed by a range of community consultation processes.

Why an Action Plan?

There is a significant amount of activity being undertaken across Government towards achieving this vision, guided by the Parliamentary and Governing Agreement of the 10th Legislative Assembly (10th Parliamentary Agreement) and a wide range of other policies and strategies. This Action Plan provides a pragmatic overview of known new and emerging activity under the Mental Health Portfolio that will be undertaken over the next four years (from 2022-23) towards achieving the Territory-wide vision for mental health and wellbeing (Vision):

"A kind, connected and informed community working together to promote and protect the mental health and wellbeing of all" (OMHW, 2019).

This Action Plan draws on the focus areas identified in the Strategic Approach to analyse where current mental health activity is concentrated. It operationalises the Strategic Approach and supports the broader whole of government analysis. It will also enable the mental health portfolio to consider the breadth of work across the identified priorities and to plan further actions to give greater coverage to the priorities. Bringing this activity into one document offers an opportunity to celebrate our achievements delivering on Government mental health commitments, and to identify areas where work is ongoing.

¹ <https://www.aihw.gov.au/reports/australias-health/mental-health>

² COAG (Council of Australian Governments) Health Council 2017. The Fifth National Mental Health and Suicide Prevention Plan. Canberra: Department of Health.

³ Slade T, Johnston A, Teesson M, Whiteford H, Burgess P, Pirkis J et al. 2009. The mental health of Australians 2: report on the 2007 National Survey of Mental Health and Wellbeing. Canberra: Department of Health and Ageing.

⁴ https://www.health.act.gov.au/sites/default/files/2021-12/ACTH%20Annual%20Report%202020-21_Accessible.pdf, p. 69

Action Plan

Overview of Mental Health Portfolio Activity

There is a wide range of activities underway to work towards our Vision, including *new initiatives*, that address unmet needs and service system gaps; *enhancements* that build on existing initiatives through innovation and quality improvement; and *reform*, that aims to build the evidence base to drive future service system improvements.

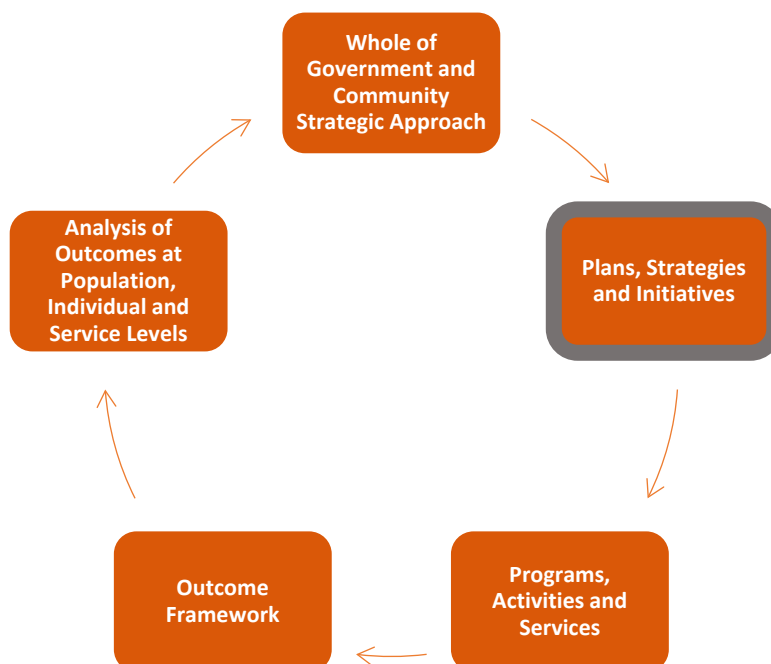
There is already a variety of work being undertaken across the health system and beyond to contribute to the focus areas and areas for action identified in the Strategic Approach. This includes funding to support a range of non-government organisations (NGOs) to deliver community-based mental health support across the stepped care continuum from early intervention and prevention, to sub-acute (*Mentally Healthy Community*); provision of specialised supported accommodation for people with mental illness (*Enhancing Lives*); and the operation of the OMHW to work collaboratively with the ACT community develop policy solutions (*Shared Responsibility and Collaborative Action*).

Appendix 1 provides an overview of this activity from 2022-23 and estimated timeframes for key milestone delivery.

The focus areas identified in the Strategic Approach set out broad areas for reform as identified through a wide range of community consultation processes.

1. *Mentally Healthy Community*;
2. *Enhancing Lives*; and
3. *Structural and System Capacity*.

This Action Plan, however, is forward-looking and identifies emerging work, to move us closer to achieving our Vision. It does not capture all of the business as usual activity undertaken by ACTHD or CHS including existing strategies and services. The diagram below illustrates how this Action Plan relates to 'A Strategic Approach' (highlighted grey). Noting this, the next section analyses emerging ACTHD and CHS activity against each of the Strategic Approach focus areas to provide insights to guide future reform and activity. Specific deliverables are emphasised with **bold type** in text.



Strategic Approach Analysis

1. Mentally Healthy Community

1.1 Promotion and Prevention of Mental Illness

Recognising that mental health is not only the absence of mental illness, but also a “state of well-being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”⁵, improving mental health for everyone, requires effective promotion and prevention activity.

The mental health portfolio funds a range of promotion and prevention activities some of which are stand alone and other integrated with a broader activity. These include Mental Health Week and mental health awareness activities in schools and workplaces. This will be enhanced through the following activities:

- **Online Youth Navigation Portal: MindMap** – continued iterative implementation of the Commonwealth funded 24/7 online youth navigation portal that connects young people, their families and carers to mental health support and information to meet their needs. This initiative is regularly updated in response to user feedback and emerging best practice.
- **Perinatal Mental Health Screening** – in partnership with the Commonwealth Government, from 2022-23, Government will work to ensure access to perinatal mental health screening in antenatal and postnatal care settings and ensure nationally consistent perinatal mental health data to drive ongoing system improvements.
- **Adolescent Mental Health Unit** – delivered as part of the Centenary Hospital for Women and Children project, to ensure specialised inpatient support for adolescents.

1.2 Early Intervention in Community and Workplaces

Early intervention has a strong evidence base both in its outcomes in reducing the negative impacts of mental illness or mental ill-health and in providing care to people as soon as they become unwell to prevent the need for more acute care as mental health deteriorates.

The mental health portfolio delivers or funds a number of early intervention activities aimed at addressing people’s needs at an early stage and seeking to prevent escalation to more intensive services. The existing services include early childhood supports, education and awareness raising activities.

From 2022-23, ACT Government will continue the ‘Expanding Public Health Services for Eating Disorders (EPHSED) in the Territory’ project, with the delivery of the **Early Intervention Service Eating Disorders** with service commencement anticipated for early 2023. This program is jointly funded with the Commonwealth.

1.3 Integrated Suicide Prevention

A mentally healthy community also requires an integrated approach to suicide prevention where people seek help when needed and can access the support they need when they need it most, leading to reduced rates of suicide and self-harm.

ACT Government is pursuing an integrated approach to suicide prevention policy and programs. This includes managing the coordination and implementation of suicide prevention programs and activities that

⁵ World Health Organisation (2022) [https://www.paho.org/en/topics/mental-health#:~:text=The%20World%20Health%20Organization%20\(WHO,to%20his%20or%20her%20community%E2%80%9D](https://www.paho.org/en/topics/mental-health#:~:text=The%20World%20Health%20Organization%20(WHO,to%20his%20or%20her%20community%E2%80%9D)

align with the ACT Mental Health and Suicide Prevention Plan. This is achieved by working closely with key stakeholders including the Aboriginal and Torres Strait Islander community and broader ACT community on a range of evidence informed projects to achieve positive suicide prevention outcomes.

ACT Government is actioning four expanded initiatives with integrated suicide prevention as the primary focus:

- A new **Aboriginal and Torres Strait Islander Suicide Prevention, Intervention, Postvention and Aftercare Service**, operational from 2022-23, will ensure that culturally appropriate support is available when people need it most.
- Continued roll-out of the Commonwealth funded **Connecting with People training**, a compassion-based suicide prevention training package that contains elements suitable for implementation across clinical and non-clinical sectors of the community. It is anticipated that all clinical staff at Canberra Health Services (CHS), Mental Health Justice Health, Alcohol and other Drug Services will have completed this training by the end of 2022, with roll-out expanding to the NGO sector in 2023 and the Tertiary education sector in 2024.
- Transition to **Universal Aftercare**, a matched funding partnership with the Commonwealth achieved under the recently signed Bilateral Schedule between the ACT and Australian Governments on Mental Health and Suicide Prevention (ACT Bilateral Schedule). This initiative demonstrates a commitment to ensure that everyone who is experiencing a suicidal crisis or has had a suicide attempt can access aftercare as a crucial pillar of suicide prevention. This includes a significant increase in funding to boost the capacity of existing aftercare services in the ACT, including increased multidisciplinary capacity and expanded referral pathways from 2022-23.
- **Youth Aware of Mental Health (YAM)** Mental Health and Suicide Prevention program for young people aged 14-16 years, delivered to Year 9 students.

1. Mentally Healthy Community	
Initiative	Type of Activity
<i>Aboriginal & Torres Strait Islander Suicide Prevention, Intervention, Postvention & Aftercare Service</i>	New
<i>Adolescent Inpatient Unit</i>	New
<i>Connecting with People Training Roll-out</i>	Enhancement
<i>Expanding Public Health Services for Eating Disorders (EPHSED) in the Territory - Early Intervention Service Eating Disorders</i>	New
<i>Online Youth Navigation Portal - MindMap</i>	Reform
<i>Perinatal Mental Health Screening</i>	Enhancement
<i>Universal Aftercare</i>	Enhancement

* For more details on the timelines and mapping against the priorities see Appendix 1 and 2.

2. Enhancing Lives

We know that being mentally healthy has flow-on effects on our ability to interact with others, to work and earn a living and to feel connected to others, and the broader community. As such it is critical to support individuals who experience mental health concerns to live fulfilling lives in which they are able to achieve their goals and aspirations. Ensuring carers and families are also supported enhances these benefits.

2.1 Strengthen Social Connection and Economic Participation

The activities that build strong social connection and economic participation are delivered across government and the community. The ACT Government's Wellbeing Framework provides an overarching whole of community approach to seeking to improve the wellbeing of all Canberrans including people experiencing mental health concerns, their families and carers. The mental health portfolio will continue to work to embed the framework across our areas of responsibility.

A key emerging area of work within the mental health portfolio is to better integrate mental health and accommodation needs, as a core social determinant of mental health. Across 2022-23 this will include **review of the service model for the discharge accommodation program**, a pilot program that provides short term transitional accommodation for people exiting acute inpatient units without safe stable accommodation to exit into and commissioning a provider. To further increase integrated residential mental health support for people with co-existing mental illness, three additional key deliverables are:

- **Five additional supported accommodation houses** (10th Parliamentary Agreement commitment); and
- A project will also be undertaken to analyse health data to inform a contemporary model of care for **refurbishing 10 beds at Brian Hennessy House** mental illness rehabilitation centre (10th Parliamentary Agreement commitment).
- Continue to **work with the MyHome committee to finalise development of a service model**.

2.2 Integrated Personalised Mental Health Supports

The mental health service system is a complex system with supports funded and delivered through:

- Commonwealth Government funded programs including Medicare and programs delivered by the Capital Health Network;
- private practice;
- Commonwealth and State/Territory funded supports through the National Disability Insurance Scheme; and
- ACT Government funded and delivered mental health services.

The need to continue to develop new mental health supports to address unmet need, to build integration across the mental health service system and enhance support to navigate the complexity of the system are key priorities for the mental health portfolio.

There are also eight forthcoming initiatives with integration as a primary focus area, outlined below.

A key deliverable contributing to more integrated personalised mental health supports will be the **Commissioning Health Services in the Community** project from 2022-23 to 2023-24. This will see a move

towards a collaborative, outcomes focussed commissioning approach, geared towards achieving social impact.⁶ This will include strategic re-design with the mental health community NGO sector, including needs assessment, review of current service provision and co-design of commissioning priorities and the future service system.

Mounting evidence also points to a need for integration of whole of person supports for children and young people and their families to promote positive mental health and wellbeing outcomes.

Under the ACT Bilateral Schedule the mental health portfolio will commence work to deliver the following joint funded initiatives:

- expanded child mental health services based on the national **Kids Head to Health Hub** to support children and their families with emerging and moderate mental health needs; and
- a **multidisciplinary youth at-risk service** that includes specialised integrated support for young people with co-occurring conditions, complex needs and trauma histories.

Other activity includes:

- development of an **Aboriginal and Torres Strait Islander Mental Health – Needs Assessment**, in partnership with community, to build our evidence base and understanding around service system gaps and unmet need, and ways to address them.
- a trial implementation of Orygen’s **Moderated Online Social Therapy (MOST)** that will provide integrated face to face and digital support to young people aged 12-25.
- initiatives to integrate responses for people with co-existing mental health and alcohol and other drug support needs, including:
 - embedding an Alcohol and Drug Intake Worker in CHS’ Home Assessment and Acute Response Team (HAART);
 - Responding to People with Co-occurring Mental Health and Drug and Alcohol Conditions Plan; and
 - Working to **integrate mental health activity with alcohol and other drug** initiatives e.g. through the Watson Precinct re-development project, and through the ‘Commissioning Health Services in the Community’ project.
- delivering a Residential Treatment Centre for Eating Disorders (supported with Commonwealth funding).
- implementing PACER expansion - from one to two teams to meet community need, delivering on a commitment of the 10th Parliamentary Agreement.



Figure 1 – ‘the ACT Approach to Commissioning’ (ACT Government, 2021)

⁶ https://www.communityservices.act.gov.au/__data/assets/pdf_file/0006/1815189/ACTHDCSD-Commissioning-Roadmap-2021-2023.pdf

2. Enhancing Lives

<i>Aboriginal and Torres Strait Islander Mental Health – Needs Assessment</i>	Reform
<i>Alcohol and Drug Intake Worker in the Home Assessment and Acute Response Team (HAART)</i>	Enhancement
<i>Commissioning Health Services in the Community – strategic re-commissioning of NGO services</i>	Enhancement
<i>Expanding Public Health Services for Eating Disorders in the Territory - Residential Treatment Centre for Eating Disorders</i>	New
<i>Expanding Child Mental Health Services (based on the National Kids Head to Health Hub model)</i>	Reform
<i>Integration of Mental Health Activity with Alcohol and Other Drug initiatives e.g. Watson Precinct</i>	Enhancement
<i>Moderated Online Social Therapy (MOST)</i>	New
<i>PACER expansion - from one to two teams</i>	Enhancement
<i>Refurbish 10 beds at the Brian Hennessy Rehabilitation Centre for transitional and rehabilitation accommodation for consumers with enduring mental illness</i>	Enhancement
<i>Responding to People with Co-occurring Mental Health and Drug and Alcohol Conditions Plan</i>	Reform
<i>Review of Service Model and Commission a Provider for the Discharge Accommodation Program</i>	Enhancement
<i>Supported Accommodation Houses - 5 Additional</i>	Enhancement
<i>Work with the MyHome committee to finalise development of a service model</i>	New
<i>Youth At Risk program - integrated multidisciplinary support</i>	New

*For more details on the timelines and mapping against the priorities see Appendix 1 and 2.

3. Structural and System Capacity

Strong mental health and wellbeing outcomes require an integrated, coordinated and sustainable service system. This is facilitated through appropriate, evidence-informed structures and mechanisms to develop capability and capacity.

Recent reports including the National Mental Health Commission's National Report on Monitoring Mental Health and Suicide Prevention reform⁷ (2021) and the Productivity Commission's Inquiry into Mental Health (2019), have concluded that mental health services are fragmented and delivered within siloed funding streams, creating a complex system with many providers that is difficult to navigate. Developing structural and system capacity provides a pathway to work towards addressing these issues by reducing complexity, increasing integration and building clearer pathways to care.

3.1 Enhance Workforce Capacity, Capability and Diversity

An appropriately skilled and supported workforce is critical for a sustainable service system, and therefore, progress towards our Vision. The key emerging activity that ACT Government is undertaking in this space from 2022-23 is developing **A Framework for Change: ACT Mental Health Workforce Strategy (2022)** which will guide how the ACT Government will coordinate and prioritise activities over the coming years to support our shared goals of improving mental health and wellbeing outcomes in the community. This will coincide local implications from the 'National Mental Health Workforce Strategy', once completed, that considers the quality, supply, distribution, and structure of Australia's mental health workforce.

CHS will also expand delivery of **family therapy training for Youth Drug and Alcohol Program clinicians from the Alcohol and Drug Service** to provide an extension of the therapy to the wider family, recognising the importance of considering the needs of young people within the context of their broader family environment.

3.2 Shared Responsibility and Collaborative Action

Addressing the social and economic determinants of mental health and wellbeing requires shared responsibility and collaborative action with partners beyond the health system. The recently negotiated 'National Mental Health and Suicide Prevention Agreement' (National Agreement) recognises that the enablers of mental health and suicide prevention reform are beyond the influence of the health system alone, and span all aspects of where people live, work, learn and socialise; and commits to engaging with other portfolios to deliver a whole of government approach.

A key deliverable commencing 2022-23 will be the co-design of a new **Office for Mental Health and Wellbeing Workplan** with the community.

Alongside this work, acknowledging the importance of mental health and wellbeing for people engaged with the justice system, particularly in reducing recidivism, CHS will deliver a **Justice Health Service Plan**, with a core focus on the mental health of detainees in 2022-23. ACT will also develop a local **implementation Plan for the National Natural Disasters Strategy** to ensure future preparedness to protect the mental health and wellbeing of the ACT community during and after Natural Disasters.

⁷ <https://www.mentalhealthcommission.gov.au/getmedia/095abc13-4f0a-4244-a648-f2eb9e18f938/National-Report-2021.pdf>

3.3 Deliver Innovation and Reform

Informed by community consultation, practice insights, reporting and emerging research, Government also has a considerable reform program in-train, to build the knowledge base and respond to acknowledged mental health service system gaps and unmet needs.

At a cross-jurisdictional level, the National Agreement and ACT Bilateral Schedule have been negotiated across jurisdictions. Local implementation of these two agreements will drive reform in areas identified for joined-up action including improving service access, integration and outcomes for all people, particularly priority groups who are at greater risk of mental ill-health (e.g. Aboriginal and Torres Strait Islander people, LGBTIQ+ people, people with a disability and people who are (or were previously) in contact with the criminal justice system).

Further emerging innovation and reform deliverables include:

- Delivering and responding to recommendations of systems-level planning through:
 - The mental health components of **Territory Wide Health Services Plan** that sets a roadmap for this decade for redesign, investment and redevelopment of health services funded by the ACT Government. It also sets out ACT Government priorities for working with Australian Government funded health services, private providers, primary care and allied health services. There are opportunities to work differently, and to try, test and learn new ways of doing things to improve and integrate the service system over time, making it easier for people to access the care that they need. The strategies outlined in the Territory-wide Health Services Plan include a focus on equity and ensuring that services are flexible and inclusive; and
 - the **Mental Health Services Plan (MHSP)** the MHSP outlines local service development and planning priorities for public mental healthcare services that are funded by the ACT Government. It will support the delivery of the ACT Mental Health and Suicide Prevention Plan 2019-2024 and the Territory-wide Health Service Plan 2022-30 and is informed by national and territory priorities. The MHSP outlines the challenges facing our community and provides a roadmap to address areas of need over the next five years, working in partnership with ACT Primary Health Network, the Office of Mental Health and Wellbeing, and local peak organisations and consumers with lived experience. It identifies specific areas for investment and reform in the public health system in the medium to long term and provides direction for future commissioning of hospital, community based and Non-Government Organisation (NGO) services and infrastructure planning.
- The **'Towards our Vision' Project** comprised of:
 - the **Strategic Approach** that offers a coordinating approach, bringing together the range of existing plans, strategies and reports that aim to improve mental health; and
 - a community co-designed **Outcomes Framework** (2023) to support analysis of achievements across the focus areas and priorities of the Strategic Approach.
- Amendments to the *Mental Health Act 2015*, and delivery of a review of the *Mental Health Secure Facilities Act. 2016*.
- Targeted reform projects to respond to identified issues, including an **Independent Review of Dhulwa** mental health unit to review the centre's legislative, clinical and governance frameworks, to "ensure the facility operates under best practice in a safe environment for all workers and patients and implementation planning for recommendations.
- Delivering the **Mental Health Services for People with Intellectual Disabilities Position Statement** towards improving mental health and wellbeing outcomes.

- **Re-envisioning Older Persons Mental Health and Wellbeing in the ACT Strategy 2022-2026** implementation.

Recognising the crucial importance of providing the right support at the right time, as early in life as possible to give children and young people the best start in life, two projects will continue to build our knowledge base in this space: **guidance for schools on school-based mental health programs for 8-12 year olds**; and implementation of the findings of **Understanding ‘the Missing Middle’: Children and Young People With Moderate to Severe Mental Health Concerns who experience difficulties accessing services** community co-design project.

How the Mental Health Portfolio is contributing to A Strategic Approach

3. Structural and System Capacity

<i>Initiative</i>	<i>Type of Activity</i>
<i>A Framework for Change: ACT Mental Health Workforce Strategy</i>	Reform
<i>Delivery of the Review of the Mental Health Secure Facilities Act 2016</i>	Reform
<i>Family therapy training for Youth Drug and Alcohol Program clinicians from the Alcohol and Drug Service</i>	Enhancement
<i>Independent review of Dhulwa Mental Health Unit</i>	Reform
<i>Justice health Services Plan</i>	Reform
<i>Mental Health Act 2015 amendments</i>	Reform
<i>Mental Health Services for People with Intellectual Disability - Position Statement</i>	Reform
<i>Mental Health Services Plan</i>	Reform
<i>National Natural Disasters Strategy – Local Implementation Plan</i>	Reform
<i>National Agreement Mental Health & Suicide Prevention Agreement - Implementation</i>	Reform
<i>OMHW Workplan</i>	Reform
<i>Re-envisioning Older Persons' Mental Health and Wellbeing in the ACT Strategy 2022-2026</i>	Reform
<i>School-based mental health programs for 8-12 years – Guidance for Schools</i>	Reform
<i>Territory Wide Health Services Plan</i>	Reform
<i>Towards our Vision: Taking a Strategic Approach</i>	Reform
<i>Towards our Vision: Taking a Strategic Approach - Outcomes Framework</i>	Reform
<i>Understanding ‘the Missing Middle’: Children and Young People with Moderate to Severe Mental Health Concerns who experience difficulties accessing services</i>	Reform

**For more details on the timelines and mapping against the priorities see Appendix 1 and 2.*

Conclusion

This Action Plan has offered the first phase of analysis of emerging ACT Government mental health and wellbeing activity within the mental health portfolio. Noting that this is a forward-looking perspective and that there is significant existing work not captured in this Action Plan, there are some insights offered to inform future strategic policy and program reform.

Acknowledging that the mental health portfolio is only one portion of the activity that is being undertaken in the Territory that contributes toward the achievement of the Territory-wide vision for mental health the next steps in operationalising the Strategic Approach are to consider how whole of Government activity maps to the focus areas and areas for action identified and will include the contribution of this Action Plan.

The Action Plan will be regularly updated to reflect the ongoing development of new and enhanced activities over time. The timing of the Action Plan is consistent with the timeframe for National Agreement and ACT Bilateral Schedule.

Appendix 1 – Mental Health Action Plan with Estimated Timeline (*as at June 2022)

Deliverable	Anticipated End Date <i>*as at June 2022</i>		
	Short Term 2022-23	Medium term 2023-24	Out Years 2024-25; 2025-26+
Aboriginal and Torres Strait Islander Integrated Suicide Prevention, Intervention, Postvention & Aftercare Service	Implementation <i>Implementation plan develop by August 2023</i>	Service Commencement	
Aboriginal and Torres Strait Islander Mental Health – Needs Assessment	Scoping, Consultation & Co-design		
Adolescent Mental Health Unit (Under Centenary Hospital for Women & Children Expansion Project)	Establishment/Implementation <i>Expected completion February 2023</i>	Service Commencement	
A Framework for Change: ACT Mental Health Workforce Strategy	Development & Endorsement	Implementation <i>Implementation plan developed by August 2023</i>	
Alcohol & Drug Worker in CHS Home Assessment & Acute Response Team (HAART)	Implementation <i>From 2022</i>		
Commissioning Health Services in the Community	Scoping, Consultation & Co-Design		Evaluation
Connecting with People – compassion-based suicide prevention training	Training Delivery <i>Clinical Sector</i>	Training Delivery <i>NGO Sector</i>	Training Delivery <i>Tertiary Education Sector (2024)</i> Evaluation (2024)
Delivery of the <i>Review of the Mental Health Secure Facilities Act 2016</i>	Undertake Review		
Expanding Child Mental Health Services (based on the National Kids Head to Health Model) <i>(NMHSPA ACT Bilateral Schedule Initiative)</i>	Implementation <i>Implementation plan develop by August 2023</i>	Service Commencement	
Expanding Public Health Services for Eating Disorders (EPHSED) in the Territory - Early Intervention Service Eating Disorders	Establishment/Implementation	Service Commencement <i>Late 2022/early 2023</i>	Finalisation/Evaluation <i>July-October 2024</i>
Expanding Public Health Services for Eating Disorders (EPHSED) in the Territory - Residential Treatment Centre for Eating Disorders	Establishment/Implementation		Service Commencement <i>Early 2024</i>
Family Therapy Training for Youth Drug & Alcohol Program Clinicians from the Alcohol and Drug Service	Service Commencement (ongoing)		
Independent Review of Dhulwa	Undertake Review	Implementation of Recommendations	

Deliverable	Anticipated End Date <i>*as at June 2022</i>		
	Short Term 2022-23	Medium term 2023-24	Out Years 2024-25; 2025-26+
Integration of Mental Health with Alcohol and Other Drug Initiatives e.g. Watson Precinct	Scoping & Co-Design		
Justice Health Services Plan	Scoping, Consultation & Co-design	Implementation	
Mental Health Act 2015 Amendments	Scoping		
Mental Health program guidelines to ACT schools for students aged 8-12 years	Co-design		
Mental Health Services for People with Intellectual Disability Position Statement	Co-design <i>Future stages dependent on Budget Processes</i>		
Mental Health Services Plan (ACTHD)	Development <i>Future stages dependent on Budget Processes</i>		
Moderated Online Social Therapy (MOST)	Establishment & Implementation		
National Mental Health and Suicide Prevention Agreement (NMHSPA) & ACT Bilateral Schedule Implementation	Co-Design <i>Implementation Plan & Service Models</i>	Establishment & Implementation <i>of Individual Funded Initiatives</i>	
National Natural Disasters Strategy – Local Implementation	Implementation Planning		
Online Youth Navigation Portal: MindMap	Implementation <i>Iterative service improvement in response to service user feedback and emerging best practice</i>		
Office for Mental Health and Wellbeing Workplan	Co-Design		
PACER Expansion – to two teams	Service Commencement		
Perinatal Mental Health Screening <i>(NMHSPA ACT Bilateral Schedule Commitment)</i>	Scoping & Co-design	Implementation	

Deliverable	Anticipated End Date <i>*as at June 2022</i>		
	Short Term 2022-23	Medium term 2023-24	Out Years 2024-25; 2025-26+
Re-envisioning Older Persons Mental Health and Wellbeing in the ACT Strategy 2022-16	Implementation Planning <i>Future stages dependent on Budget Processes</i>		
Refurbishing 10 Beds at Brian Hennessy House <i>(10th Parliamentary Agreement Commitment)</i>	Scoping	Implementation <i>Pending future Budget processes</i>	
Responding to People with Co-occurring Mental Health and Drug and Alcohol Conditions Plan	Implementation Planning <i>Future stages dependent on Budget Processes</i>		
Review of Service Model & Commission a Provider for Discharge Accommodation Program	Co-design & Commission <i>Service Models</i>		
School-based mental health programs for 8-12 years – Guidance for schools	Co-design		
Supported Accommodation Houses - 5 Additional <i>(10th Parliamentary Agreement Commitment)</i>	Scoping & Co-design <i>Future stages dependent on Budget Processes</i>		
Territory Wide Health Services Plan	Development <i>Future stages dependent on Budget Processes</i>		
Towards our Vision: Outcomes Framework	Development Complete	Analysis Complete	
Towards Our Vision: Taking a Strategic Approach	Establishment <i>First Analysis</i>	Ongoing Implementation	Evaluation
Understanding 'the Missing Middle': children and Young People With Moderate to Severe Mental Health Concerns who experience difficulties accessing services	Implementation Planning <i>Future stages dependent on Budget Processes</i>		
Universal Aftercare <i>(NMHSPA ACT Bilateral Schedule Initiative)</i>	Implementation Planning <i>Expanded Referral Pathways & Multidisciplinary Support</i> Service Commencement <i>Increased Capacity for Way Back</i>		
Youth at-risk Program – integrated multi-disciplinary supports <i>(NMHSPA ACT Bilateral Schedule Initiative)</i>	Co-Design & Phase 1 Implementation	Phase 2 Implementation	Evaluation
Work with MyHome Committee to Finalise Service Model	Develop Service Model		

Appendix 2 - Action Plan Activities Mapped to the Strategic Approach

Recognising that there is overlap across the focus areas and areas for action, and that outcomes in one have flow on effect to others, the below table offers an analysis of each deliverable with primary and secondary focus and action areas from A Strategic Approach.

Project Name	Mentally Healthy Communities			Enhancing Lives		Structural & System Capacity		
	1.1 Promotion of Mental Health & Prevention of Mental Illness	1.2 Early intervention in community and workplaces	1.3 Integrated Suicide Prevention	2.1 Strengthen social connection & Economic participation	2.2 Integrated personalised mental health supports	3.1 Enhance workforce capacity, capability & diversity	3.2 Shared responsibility & collaborative action	3.3 Deliver Innovation & Reform
Aboriginal & Torres Strait Islander Suicide Prevention, Intervention, Postvention & Aftercare Service								
Aboriginal and Torres Strait Islander Mental Health – Needs Assessment								
Adolescent Mental Health Unit - under Centenary Hospital for Women and Children (CHWC) Expansion Project								
A Framework for Change: ACT Mental Health Workforce Strategy								
Alcohol and Drug Intake Worker in the Home Assessment and Acute Response Team (HAART)								
Commissioning Health Services in the Community								
Connecting with People – Compassion-based suicide prevention training roll-out								
Delivery of the Review of the <i>Secure Facilities Act 2016</i>								
Expanding Child Mental Health Services (based on the National Kids Head to Health Hub model)								
Expanding Public Health Services for Eating Disorders (EPHSED) in the Territory - Early Intervention Service Eating Disorders								
Expanding Public Health Services for Eating Disorders (EPHSED) in the Territory - Residential Treatment Centre for Eating Disorders								
Family therapy training for Youth Drug and Alcohol Program clinicians from the Alcohol and Drug Service to provide an extension of the therapy to the wider family								
Independent review of Dhulwa								
Integration of Mental Health with Alcohol and other Drug Initiatives e.g. Watson Precinct Justice Health Services Plan								
<i>Mental Health Act. 2015</i> amendments								
Mental Health Services for People with Intellectual Disability - Position Statement								
Mental Health Services Plan								

Moderated Online Social Therapy Program (MOST)								
National Natural Disasters Strategy – Local Implementation Plan								
National Mental Health & Suicide Prevention Agreement - implementation								
Online Youth Navigation Portal - MindMap - Iterative implementation								
OMHW Workplan								
PACER expansion - to two teams								
Perinatal Mental Health Screening								
Re-envisioning Older Persons Mental Health and Wellbeing in the ACT Strategy 2022-2026								
Refurbishing 10 beds at the Brian Hennessy Rehabilitation Centre								
Responding to People with Co-occurring Mental Health and Drug and Alcohol Conditions Plan								
Review of Service Model & Commissioning a Provider for the Discharge Accommodation Program								
School-based mental health programs for 8-12 years – Guidance for Schools								
Supported Accommodation Houses - "Build 5 additional supported accommodation houses over the next 4 years"								
Territory Wide Health Services Plan								
Towards our Vision: Taking a Strategic Approach								
Towards our Vision: Taking a Strategic Approach - Outcomes Framework								
Work with the MyHome committee to finalise development of a service model								
Youth at Risk Program – Integrated Multi-disciplinary Support								
Universal Aftercare								
Understanding 'the Missing Middle': Children and Young People with Moderate to Severe Mental Health Concerns who experience difficulties accessing services								