

# Office for Mental Health and Wellbeing Work Plan 2019–2021



## ACKNOWLEDGMENT OF COUNTRY

ACT Government acknowledges the Traditional Custodians of the land, the Ngunnawal people. ACT Government respects their continuing culture and connections to the land and the unique contributions they make to the life of this area. ACT Government also acknowledges and welcomes Aboriginal and Torres Strait Islander peoples who are part of the community we serve.

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# Minister's Message



Mental health and wellbeing remain key priorities for the ACT Government. The Government is committed to enhancing the mental health and wellbeing of our community by focusing on integration of services, prevention and early support, and suicide and self-harm prevention.

The Office for Mental Health and Wellbeing was established to partner with lead agencies and work with the broader community to lead the necessary changes required to enhance mental health and wellbeing across our community.

The Office is also focusing on coordinating services throughout the continuum of mental health, to ensure those experiencing poor mental health can access the services and supports across the ACT at the right time.

I have heard the challenges and issues that our community are facing and am committed to take the necessary actions to improve the experiences of all to lead a contributing life and to engage productively in our community.

This work plan will continue to evolve as this critical work is undertaken, and I am confident that together we can make a difference to the mental health and wellbeing of our community.

**Shane Rattenbury MLA**  
Minister for Mental Health

# Executive Summary

There has been a growing recognition that we need to focus on broader social and economic factors to improve and sustain our mental health and wellbeing. We know that the environment, our education and employment status, access to housing, transport as well as sport and the arts are important in building and maintaining wellbeing. These can be areas of positive action, as can points through the justice system. In the mental health service system, people require holistic care which incorporates their mental and physical illness or alcohol and drug issues, housing, education and employment.

In the ACT there is a significant amount of work already in process, which has been the result of community consultation, including targeted consultation with people who are at higher risk of mental ill health. In addition, the ACT Regional Mental Health and Suicide Prevention Plan, auspiced through the Primary Health Network, is nearing completion.

Canberra has world class researchers who are engaged and are helping to translate evidence into practice, looking to trial innovative ideas and programs and be involved in evaluation. The business sector and philanthropy continue to show leadership in partnering for a vibrant society.

To achieve our shared vision, it is important that the Office reinforces a mental health and wellbeing lens in broader social and economic planning, enhances mental health literacy, promotes wellbeing and improves suicide prevention. The Office will also support the positive changes that are occurring in the mental health service system and work collaboratively to identify solutions to ongoing issues of concern.

My thanks to all people who have responded to surveys, attended workshops and have given advice to inform the vision and the priority areas.

This workplan requires ongoing cross sectoral support and we look forward to continuing to work with consumers and carers, across government and the community to achieve positive change.



**Dr Elizabeth Moore**  
Coordinator-General,  
Office for Mental Health and Wellbeing

# Introduction

The Office for Mental Health and Wellbeing (the Office) Work Plan sets out the ongoing commitment to enhance the mental health and wellbeing of our community. This plan highlights the need for government, non-government and community services to work in partnership to support people in the ACT and surrounds experiencing mental health concerns, including the need to address the social determinants of health and the impact this can have on our community.

This plan has been developed through a co-design process to identify the priorities for the work required to enhance the mental health and wellbeing for all.

We know from current data that mental illness affects around one in five Australians every year, equating to around 76,000 ACT residents. However, the experience of wellbeing, mental health and mental ill-health ranges across a wide spectrum as illustrated in figure 1.

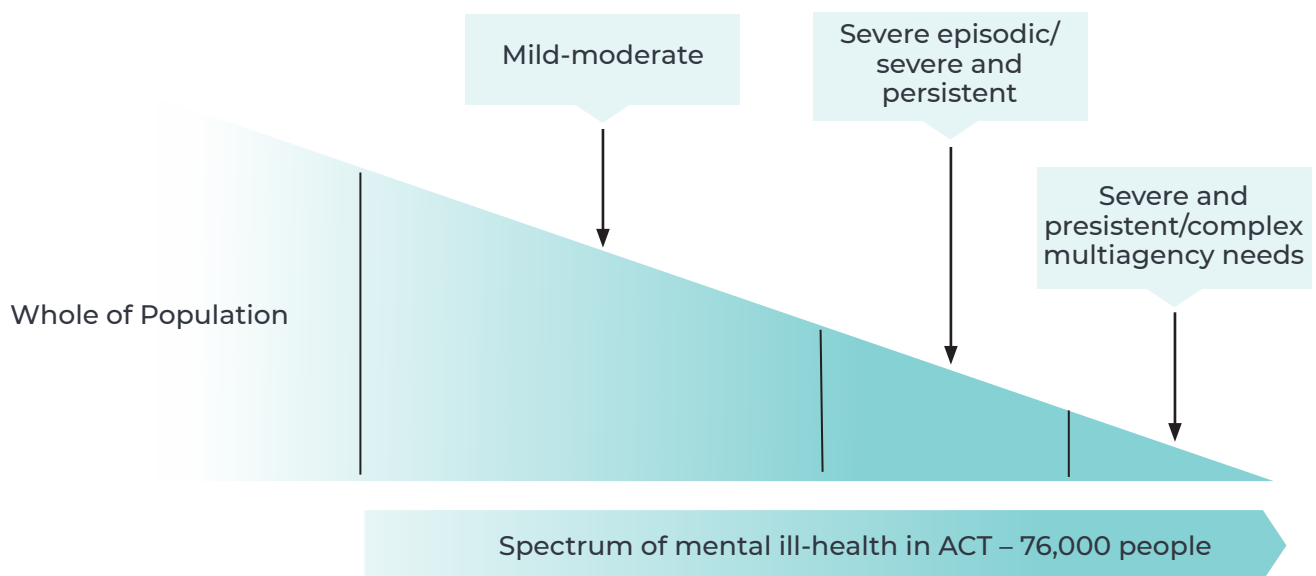


Figure 1: Adapted from Contributing lives, thriving communities Report of the National Review of Mental Health Programmes and Services Volume 1<sup>1</sup>.

Of the population with mental illness, around 11,000 ACT residents are likely to have an anxiety disorder, 5000 an affective disorder and 4000 a substance use disorder (noting people may have more than one illness)<sup>2</sup>.

1 National Mental Health Commission (2014) Contributing lives, thriving communities, National Review of Mental Health Programmes and Services Vol 1 at <http://mentalhealthcommission.gov.au/our-reports/our-national-report-cards/2014-contributing-lives-review.aspx>

2 Mental Health Services in Australia, Australian Institute of Health and Wellbeing at <https://www.aihw.gov.au/reports/mental-health-services/mental-health-services-in-australia/report-content/summary/prevalence-and-policies>

# ACT Mental Illness Snapshot

## Mental illness

is a leading cause of chronic disease in the ACT<sup>3</sup>



## 76 per cent

of self-harm hospitalisations in 2015-16 were female<sup>3</sup>



## Younger Canberrans

(18-24 years) are the most likely cohort to experience psychological distress<sup>3</sup>

## 46 per cent

of self-harm hospitalisations in 2015-16 were young Canberrans aged 10 to 24 years<sup>3</sup>



Women report significantly poorer emotional health than males in both the 20s and 40s age cohorts<sup>3</sup>



In 2015, the suicide rate for ACT men was more than three times higher than that of women<sup>3</sup>



In 2013-2015 in the ACT, hospitalisation rates for Aboriginal and Torres Strait Islander people with mental health conditions was



**1.9 times higher** and intentional self-harm was **2.2 times higher** than for other Australians<sup>4</sup>.

Across Australia, deaths from suicide are generally **twice as high** for Aboriginal and Torres Strait Islander people as for other Australians<sup>4</sup>.



<sup>3</sup> ACT Health (2018). Healthy Canberra: Australian Capital Territory Chief Health Officer's Report 2018. Canberra: ACT Government.

<sup>4</sup> AIHW (2017), Aboriginal and Torres Strait Islander Health Performance Framework 2017 report: ACT

# Role of the Office for Mental Health and Wellbeing

The ACT Government is committed to a whole of community, integrated approach to mental health and wellbeing, suicide and self-harm prevention.

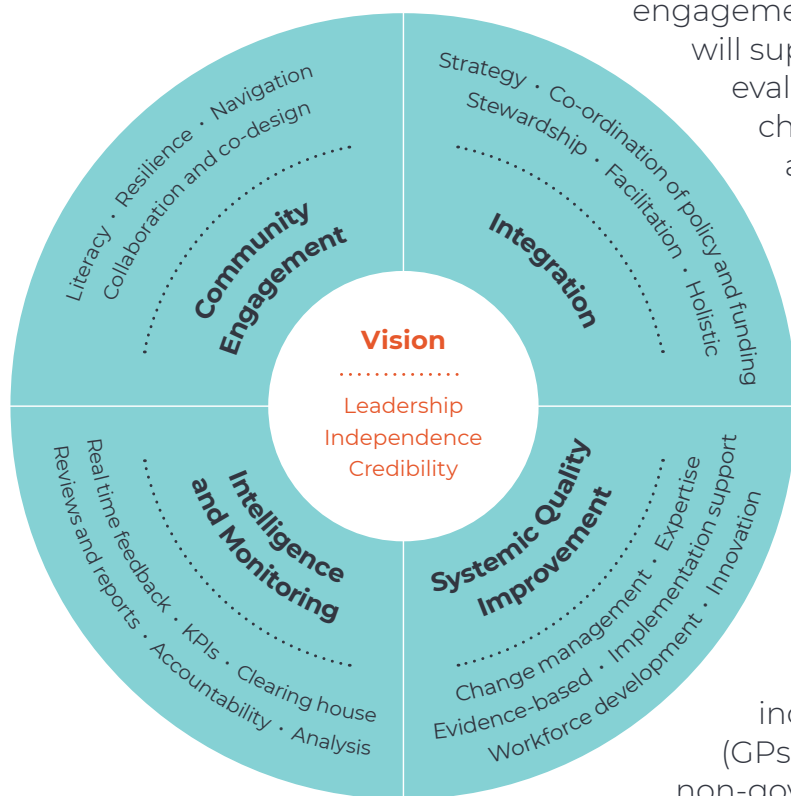
The Office's focus is on issues across the whole of Government and we will collaborate closely with other agencies, including health services, primary care, housing and employment, community services, justice, police, education, and promote social inclusion.

The Office will work with agencies to coordinate services along the entire continuum of mental health and alcohol and other drug issues (from health promotion and prevention strategies through early intervention and support through acute service provision to recovery).

The Office will promote strong community engagement, codesign and innovation, and will support the principles of ongoing evaluation and research to measure change in service system delivery and wellbeing.

The Office will work with other agencies (government and non-government) to collectively implement and evaluate existing plans as they relate to mental health and wellbeing, and to develop new plans (including the ACT Regional Mental Health and Suicide Prevention Plan).

The Office will also work with parties across the health system including General Practitioners (GPs) and other private practitioners, non-government support agencies and public health services.





# How we work

## We work closely with:

### Minister for Mental Health

The Coordinator-General reports directly to the Minister for Mental Health and works closely with his office, providing advice and reporting on progress towards implementing the vision.

### Mental Health Advisory Council

This council is a statutory advisory body established to provide advice to the Minister for Mental Health. Members are appointed by the Minister on the basis of their individual expertise. The Council provides advice on mental health issues, reforms, policy, legislation and other matters in relation to mental health and social and emotional wellbeing as requested by the Minister.

### Peak Mental Health Non-Government Organisation Committee

We meet regularly with four peak mental health non-government organisations to work in partnership on mental health and wellbeing initiative across the ACT to address the key systemic issues and social determinants of mental health. The committee and the Office work jointly on co-design initiatives.

### Mental Health and Wellbeing Inter-Directorate Committee

(previously known as the Agency Stewardship Group)

This committee comprises officers from all ACT Government Directorates and drives across government collaboration to identify and prioritise mental health and wellbeing initiatives. The Committee contributes to the identification of systemic gaps and opportunities to address the social determinants of health. The committee will have a key role in delivering and reporting on actions in this work plan.

### Joint Mental Health Commissioners

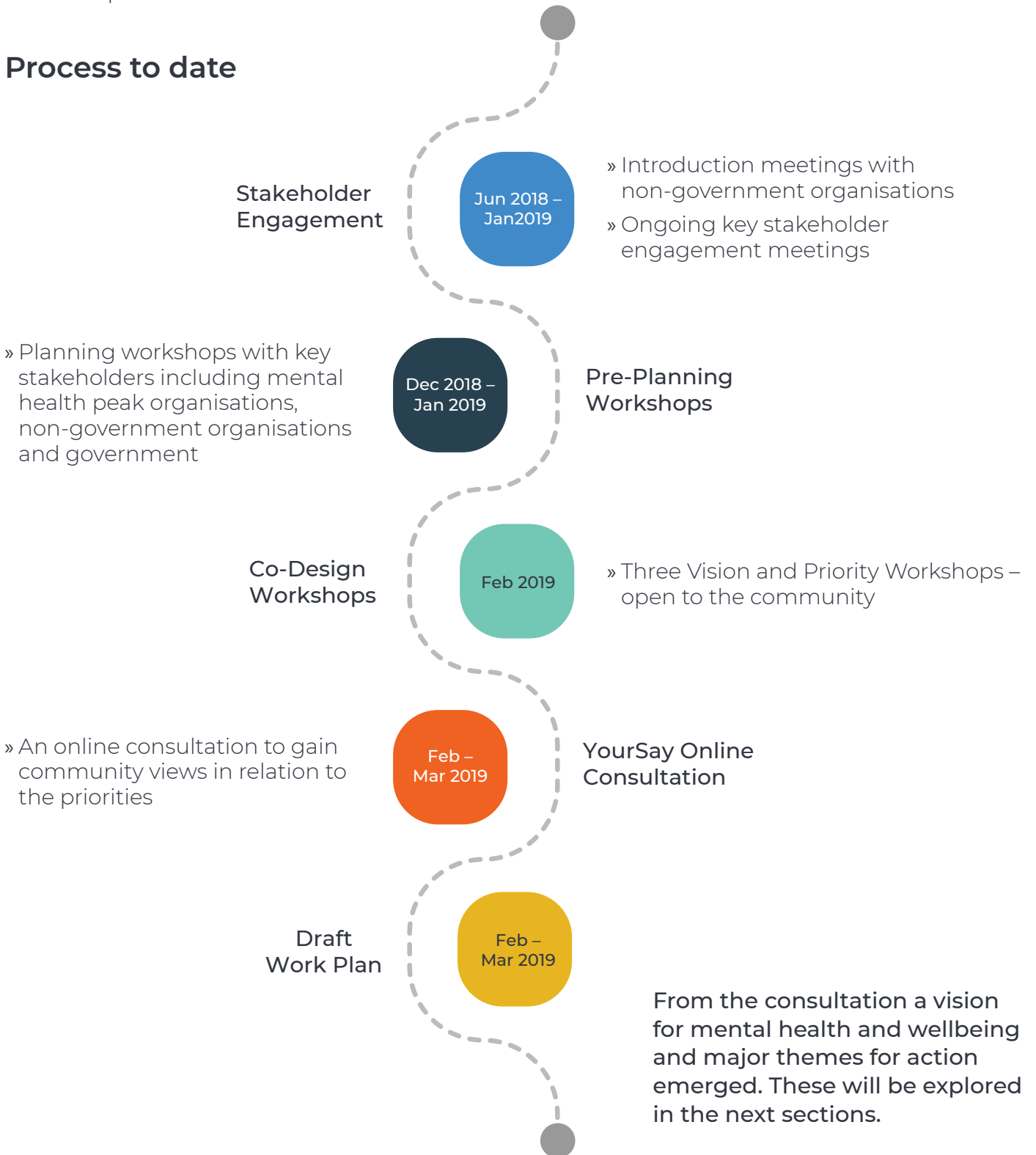
The National Mental Health Commission, State / Territory Commissions and the New Zealand Commissioner meet to consider the progress of mental health reforms and the reform agenda.

We will work collaboratively through other agencies and organisations and community members through a variety of engagement mechanisms.

# Consultation

The consultation and engagement process used to develop the work plan was inclusive, with people with lived experience, carers, non-government organisations and government, contributing to the territory-wide vision for mental health and wellbeing and the priorities in this work plan.

## Process to date



# Territory-wide Vision of Mental Health and Wellbeing

During the workshops, 19 vision statements were presented by participants that articulated their views and hopes for a mental health and wellbeing vision. Workshop participants highlighted the need for a community that supports each other, respects each other, that is safe and empowered, and that is accepting of all. The chosen vision was presented by a group of participants and has encapsulated the essence of all the feedback to date.

*A kind, connected and informed community working together to promote and protect the mental health and wellbeing of all.*



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This tree represents strength through collaboration. A community that builds on input from a diverse range of people, is grounded and grows together. Together, we'll improve the mental health and wellbeing of all Canberrans.



# 1 Theme 1

## Mentally Healthy Communities and Workplaces

# Theme 1 – Mentally Healthy Communities and Workplaces

## Action Areas

- » Increase the focus on social and emotional determinants, prevention and early support
- » Promote mentally healthy workplaces
- » Integrate suicide prevention strategies

A mentally healthy community needs a whole of community response to enable people to thrive. We know that people's social and economic circumstances affect their health and mental health<sup>5</sup>. Good mental health improves a range of outcomes for individuals and communities, including healthier lifestyles, physical health, improved recovery from illness, higher education, employment, social connections and an improved quality of life<sup>6</sup>, and in turn these attributes improve mental health. By addressing these elements with early support, we will work towards improving the wellbeing of our community.

With over 65% of the ACT population employed<sup>7</sup>, it is critical to ensure our workplaces are well equipped to support people to maintain wellbeing, and support people with mental illness. Providing this support will help to reduce absenteeism rates and improve productivity which have both been shown to have a significant impact on the economy due to lower wages, lower economic growth and higher consumer welfare<sup>8</sup>. There are significant benefits to be achieved through mental health focussed programs in work places<sup>9</sup>, as improved mental health and wellbeing can lead to better workplace outcomes creating a more positive and supportive environment.

The Office and ACT Health have committed to implement the LifeSpan Integrated Suicide Prevention Framework in the ACT which aims to build a safety net for the community by connecting and coordinating new and existing interventions and programs and builds the capacity of the community to better support people facing a suicide crisis<sup>10</sup>.

5 Jessica Allen, Reuben Balfour, Ruth Bell & Michael Marmot (2014) Social determinants of mental health, *International Review of Psychiatry*, 26:4, 392-407, DOI: 10.3109/09540261.2014.928270

6 Dr Lynne Friedli, (2009) Mental health, resilience and inequalities, World Health Organisation

7 ABS (2019), Labour Force, Australia, January 2019, 6202.0

8 KPMG, (2018), Investing to Save. The economic benefits for Australia of investment in mental health reform.

9 Safe Work Australia (2019) Work-related psychological health and safety: A systemic approach to meeting your duties at ACT Government Healthier Work, Guide to promoting Health and Wellbeing in the Workplace

10 Black Dog Institute. LifeSpan. <https://www.blackdoginstitute.org.au/research/lifespan>

## What we heard throughout the consultations

- Education and mental health promotion are critical to the success of prevention and early support.
- More work needs to be done with youth, in schools and with older populations.
- The “*barriers due to stigma*” need to be addressed.
- “*Early intervention in life – services for children and young people and support for parenting and families is critical and seems missing*” participant at the Vision and Priority Workshop.
- “*More community workshops for wider health literacy. Often found services train other services, maybe services need to train community groups*” participant at the Vision and Priority Workshop.
- The connection between inter-generational trauma, social isolation or exclusion and mental health is accentuated in Aboriginal and Torres Strait Islander communities.
- “*Carers included in prevention and early intervention*” participant at the Vision and Priority Workshop.

## What we want to achieve collectively

- A welcoming community that is informed, healthy, active, safe, secure, inclusive and respectful.
- Social cohesion that is enhanced through access to a range of meaningful community-based activities.
- The community and workplaces that have higher levels of mental health literacy and resilience and reduced stigma and discrimination.
- Workplaces and educational institutions which value and support diversity and are responsive to individuals.
- A reduction in avoidable trauma across the lifecycle.
- Affordable and appropriate housing is available.
- There are greater opportunities for educational engagement across the lifecycle.
- The rate of suicide and suicide attempts trends down over time.

## What we will do

- Work with the lead agencies to promote evidence-informed community and workplace interventions that enhance mental health and wellbeing.
- Work with whole of government to create an integrated approach for children and young people through the continuum from mental health promotion, prevention to recovery.
- Work with the lead agencies to promote social, community and environmental design and planning that enhances social inclusion and wellbeing in the community.
- Promote positive messages about mental health and recovery.
- Implement the Lifespan Suicide Prevention Framework.







# Support for Individuals, Families and Carers

# Theme 2 – Support for Individuals, Families and Carers

## Action Areas

- » Improve social connection and economic participation and recovery
- » Integrate services and supports that wrap around a person

Mental health and wellbeing are fundamental to our ability to interact with others, work and earn a living, and feel connected to the broader community. To ensure we are supporting individuals, families and carers, it is critical to concentrate our efforts on improving the social and economic participation for all. This will involve working closely with service providers and the community to ensure we are providing information, support and services to allow individuals to lead a fulfilling life and to feel available to engage in the community. This includes support for housing, education, skills development and employment. By focusing on the broader determinants of wellbeing, we will work towards providing holistic outcomes for our community and building positive mental health and wellbeing for all.

Integrating mental health services will support individuals to receive the treatment and care they require at the right time<sup>11</sup>. By putting consumers and carers at the heart of all planning, we can work towards reducing the difficulties and challenges that people with mental illness and their carers experience. As outlined in the Fifth National Mental Health and Suicide Prevention Plan, integrating services is challenging but a requirement that deserves attention and focus to enhance the outcomes for people with lived experience and carers.

Mental health and wellbeing are fundamental to quality of life, enabling people to experience life as meaningful and to be creative and active citizens. Mental health is an essential component of social cohesion, productivity, and peace and stability in the living environment, contributing to social capital and economic development in societies. (WHO, 2005)

<sup>11</sup> Department of Health (2017) The Fifth National Mental Health and Suicide Prevention Plan, Canberra ACT.

## What we heard throughout the consultations

- Holistic outcomes are needed for all people.
- Wait times and access to mental health and other supports are issues that impact on a person's ability to get the help they require when they need it.
- Privacy concerns are seen as barriers to sharing of information with family, carers and other agencies.
- Accessing and maintaining employment without adequate support can be difficult for people with mental illness.
- *"Need to reorganise holistic outcomes beyond access to services. Housing often our most vulnerable need ongoing support to maintain mental health and wellbeing including cross government resources"* – participant at the Vision and Priority Workshop

## What we want to achieve collectively

- People with mental health support needs are able to access culturally safe services and supports they need at the time they need them.
- People with mental illness experience improved physical wellbeing and longer life expectancy.
- People with mental illness are connected to their community.
- People with mental illness are able to access meaningful activity and/or employment and education
- People with mental illness have safe and stable housing and when needed are supported to remain.
- People with mental illness are appropriately diverted from the criminal justice system.
- Carers feel supported in their caring role.

## What we will do

- Support the lead agencies to develop and implement specific strategies to address populations of unmet need, including people who need complex multisector support arrangements across the lifecourse.
- Explore access options for early support and then engage with the lead agencies in the development of mental health care pathways for children and young people.
- Promote holistic, integrated care planning which is mindful of co-occurring illness and includes appropriate NDIS, housing, education and employment supports.
- Promote mental health diversion at every stage of the criminal justice system.
- Support the lead agency to promote and support the role of carers and carer wellbeing.



# 2 Theme

## System Capacity and Workforce

# Theme 3 – System Capacity and Workforce

## Action Areas

- » Support innovation to improve and integrate system capacity
- » Enhancing the capabilities of the workforce

The ACT is experiencing growing demand for mental health services, which requires a commitment to achieving a more integrated and more effective approach to mental health<sup>12</sup>.

The National Mental Health Commission's review of Mental Health Programmes and Services concluded that services are fragmented and delivered within a complex system involving multiple providers and siloed funding streams<sup>13</sup>. This is a challenge for all advanced health care systems and was a concern raised during our consultations. The Office is committed to working with non-government and government services to support the change required to enable a more integrated and coordinated system. Key stakeholders in this change are General Practice, private and public mental health clinical services and non-government support agencies.

The performance of the system is also highly dependent on the broader workforce and requires a concerted effort to enhance their capabilities through training and skills development, and provide the ongoing support they require to perform well in their role. Focusing on building the confidence, attitude, skills and knowledge of the workforce will promote a system that encourages innovation and ongoing system improvement to better support the mental health and wellbeing needs of individuals<sup>14</sup>. The Office will work with educational and training institutions and professional bodies to progress this.

Innovation and system improvement will be enhanced through the development of stronger connections between the service delivery stream and research and evaluation.

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12 ACT Government Response, (2019) Productivity Commission's inquiry into the social and economic benefits of improving mental health.

13 Department of Health, (2017) The Fifth National Mental Health and Suicide Prevention Plan, Canberra ACT.

14 Andrea Reupert (2018) Enhancing workforce capacity in mental health promotion, prevention and early intervention, *Advances in Mental Health*, 16:1, 1-4, DOI: 10.1080/18387357.2018.1429196

## What we heard throughout the consultations

- The limitation in current resources is a common theme for concern.
- The capacity of the system to address the specialized mental health needs such as for people with Eating Disorders or Intellectual Disability is of concern.
- The lack of connection between GP and acute mental health services and the community support services means the system is complex and difficult to navigate.
- There is a shortage of skilled clinicians. The cost of accessing private practitioners is a barrier for many people.
- *“Merge aligned organisations into localised spaces to access economies for scale”* participant at the Vision and Priority Workshop

## What we want to achieve collectively

- People with mental illness and their carers are engaged in the planning, development and evaluation of initiatives in areas that impact them.
- An integrated high-quality mental health service system that meets the needs of the ACT and works collectively to achieve the best outcomes for individuals.
- A service system that is supported to continuously improve through evidence-informed planning, innovation, uptake of appropriate technology and evaluation.
- Canberra to be the preferred choice for mental health professionals.

## What we will do

- Explore options for mental health service modelling which is specific to the ACT context.
- Promote consumer and carer engagement in policy, service delivery planning and evaluation.
- Work with lead agencies on the development and implementation of the Regional Mental Health and Suicide Prevention Plan.
- Work with agencies and organisations to promote trauma informed principles, policies and practice across the whole service system.
- Support the lead agencies to develop a mental health workforce strategy including developing the peer workforce.
- Work with lead agencies (including educational institutions and professional bodies) to increase mental health competencies across the current and future mental health, health and community sector workforce.
- Work with lead agencies to support the ongoing refinement of NDIS in the ACT.

# Research, Evaluation and Quality Improvement

## Review and evaluation of the Office

By mid-2019, the Office will develop a framework for the review and evaluation of the effectiveness of the work of the Office. A mid-term review will be undertaken 2020.

## Developing a Mental Health Outcomes Framework

A comprehensive Outcomes Framework will provide the structure for reviewing and reporting on the range of reforms and development activities aimed at improving mental health and wellbeing of Canberrans. An Outcomes Framework aims to reflect the interests of the consumer, clinical areas, system and societal perspectives. The development of this framework will be undertaken by the Office in conjunction with key ACT Government Directorates and will be finalised by the end of 2019.

The development of the framework will draw upon the work being undertaken internationally, nationally and interstate to support a consistent approach across Australia while meeting the needs of the ACT. The Outcomes Framework will need to be underpinned by robust data collection systems with good data quality. The Office will work with government and non-government agencies to identify strategies to improve scope, quality and availability of data for the ACT.

## Research and Quality Improvement

The mental health of the community depends on a strong connection between the community, people experiencing mental health concerns and their family and carers, non-government organisations, government and research institutions. Research has a vital role in the ongoing development of effective responses to promote mental health and address mental illness. Research and evaluation underpin continuous improvement, innovation and evidence informed practice across the mental health and broader community sectors.

Currently there is a large body of research on mental health and wellbeing being undertaken by a wide range of organisations and Australian Universities. In the ACT, the Australian National University (ANU) and the University of Canberra have extensive research agendas. The Office will seek further opportunities to partner with researchers to promote evidence informed practice and will promote a two-way flow of information from research to the sector and from real life issues back to research.



# Office for Mental Health and Wellbeing Plan on a Page



## Vision

A kind, connected and informed community working together to promote and protect the mental health and wellbeing of all.



## Mission

To improve our community's wellbeing and enhance our mental health service system through co-design with consumers, carers, clinicians and the community.



## Principles

Collaborative

Person Centred

Evidence Informed

Inclusive

Innovative



## Functions

Community Engagement

Integration

Systematic Quality Improvement

Intelligence and Monitoring



## Themes

Mentally Healthy Communities and Workplaces

Increase focus on social and emotional determinants, prevention and early support

Promote mentally healthy workplaces

Integrate suicide prevention strategies

Support for Individuals, Families and Carers

Improve social connection and economic participation and recovery

Integrate services and supports that wrap around a person

System Capacity and Workforce

Support innovation to improve and integrate system capacity

Enhance the capabilities of the workforce



## Areas of action

Research, evaluation and quality improvement

# Key Deliverables

The actions set out under the themes informed the following key deliverables, which will enhance change processes already underway and identify further priorities areas for the Office.

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**Development of a more comprehensive community engagement strategy** is necessary for ongoing change management. This includes (but is not limited to) a community of practice, which will allow sharing of knowledge, exchange of innovative ideas, assist with wellbeing and mental health promotion and build cross-sectoral collaboration.

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**A review of Children and Young People's Mental Health and Wellbeing** across the continuum will build on the existing collaborative work being progressed through the Human Services cluster (see Attachment A) and identify concrete actions in areas of need.

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The Chief Minister has identified the need for a **Wellbeing Index** and the Office will contribute to its development. The Office will also lead the development of an outcomes framework for mental health, as well as an evaluation framework for the Office.

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The Office will create a **Promotion of Wellbeing and Prevention of Mental Illness and Alcohol and Other Drug Framework** to use a platform for evidence informed practice and evaluation. It will work with across ACT Health to ensure appropriate mental health messaging.

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**Reform of the mental health service system** could be improved by a more sophisticated modelling tool and the Office will scope options for consideration.

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Mental health and wellbeing influences policy development in all areas of government. The Office strongly suggests that **wellbeing and mental health be explicit in all policies across** government and will work towards that goal.

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**Lifespan** is an evidenced based, integrated approach to suicide prevention. It combines 9 strategies into one community led approach. Lifespan aims to build the capacity of the community to better support people facing a suicidal crisis. It is strongly supported by ACT Health and the Office and is being jointly implemented.

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We will work with agencies (government and nongovernment) to **support the implementation and evaluation of existing plans and agreements** as they relate to mental health and wellbeing, a key example is the Aboriginal and Torres Strait Islander Agreement 2019-2028 and develop new plans such as the ACT Regional Mental Health and Suicide Prevention Plan. These existing plans have had much consultation and the agreed actions do not need to be duplicated by the Office.

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The Office will undertake a **mid-term review**.

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The Office has scheduled a **review of Older Persons Mental Health and Wellbeing** in the workplan similar to the Review of Children and Young People.

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These deliverables will require ongoing refinement. The Office will undertake further scoping with key stakeholders across the relevant sectors and all ACT Government Directorates, in relation to the workplan and deliverables.

# Key Deliverables – Timeframe

| Deliverable  | End date          |                   |                   |                           |                |                |         |
|--|-------------------|-------------------|-------------------|---------------------------|----------------|----------------|---------|
|  | 30 Jun 2019       | 31 Dec 2019       | 30 Jun 2020       | 31 Dec 2020               | 30 Jun 2021    | 31 Dec 2021    | Ongoing |
| Community Engagement Strategy (including the development of a Community of Practice)   | Develop Strategy  |                   |                   | Implement recommendations |                |                |         |
| Children & Young People across the Continuum   | Review            |                   |                   | Implement recommendations |                |                |         |
| Evaluation and outcomes framework for wellbeing and mental health  |                   |                   |                   |                           |                |                |         |
| Wellbeing promotion and prevention of mental illness and alcohol and other drug planning framework   | Develop framework |                   |                   |                           | Implementation |                |         |
| Funding of mental health and modelling options   |                   |                   |                   |                           |                |                |         |
| Wellbeing and mental health explicit in all policies   |                   | Develop framework |                   |                           | Implementation |                |         |
| Suicide prevention strategy (Implementation of Lifespan (including evaluation))  |                   |                   |                   |                           |                |                |         |
| Work with agencies to support the translation into practice of existing plans and their evaluation   |                   |                   | Develop framework |                           |                |                |         |
| Work with agencies to support the planning and implementation of new initiatives (i.e. The ACT Regional Mental Health and Suicide Prevention Plan) |                   |                   |                   |                           |                |                |         |
| Office for Mental Health and Wellbeing mid-term review – revise and plan for next 2 years  |                   |                   |                   |                           |                |                |         |
| Older persons across the continuum   |                   |                   |                   | Review                    |                | Implementation |         |

\*As at 7 March 2019

## Attachment A: Key ACT Government and Community Initiatives

| Initiative   | Website link/address  |
|--|---|
| Aboriginal and Torres Strait Islander Agreement 2019 – 2028                                    | <a href="https://www.communityservices.act.gov.au/atsia/agreement-2019-2028">https://www.communityservices.act.gov.au/atsia/agreement-2019-2028</a>   |
| ACT Carers Strategy  | <a href="https://www.carersact.org.au/event/act-carers-strategy-2018-2028-first-three-year-action-plan">https://www.carersact.org.au/event/act-carers-strategy-2018-2028-first-three-year-action-plan</a>   |
| ACT Community Services Industry Strategy 2016-2026   | <a href="https://www.communityservices.act.gov.au/hcs/community-sector-reform">https://www.communityservices.act.gov.au/hcs/community-sector-reform</a>   |
| ACT Community Services Industry Workforce Plan 2017-2020                                       | <a href="https://www.communityservices.act.gov.au/hcs/community-sector-reform">https://www.communityservices.act.gov.au/hcs/community-sector-reform</a>   |
| ACT Drug Strategy Action Plan 2018-2021  | <a href="https://s3.ap-southeast-2.amazonaws.com/hdp.au.prod.app.act-yoursay.files/6815/4527/8063/ACT_Drug_Strategy_Action_Plan_2018-21.pdf">https://s3.ap-southeast-2.amazonaws.com/hdp.au.prod.app.act-yoursay.files/6815/4527/8063/ACT_Drug_Strategy_Action_Plan_2018-21.pdf</a> |
| ACT Government Reconciliation Action Plans   | <a href="https://www.strongfamilies.act.gov.au/reconciliation-action-plans">https://www.strongfamilies.act.gov.au/reconciliation-action-plans</a>   |
| ACT Government Response to Royal Commission into Institutional responses to Child Sexual Abuse | <a href="https://www.act.gov.au/childabuseroyalcommission">https://www.act.gov.au/childabuseroyalcommission</a>   |
| ACT Housing Strategy   | <a href="https://www.act.gov.au/homes-housing/act-housing-strategy">https://www.act.gov.au/homes-housing/act-housing-strategy</a>   |
| ACT Multicultural Framework 2015 – 2020  | <a href="https://www.communityservices.act.gov.au/multicultural/act-multicultural-framework-2015-2020">https://www.communityservices.act.gov.au/multicultural/act-multicultural-framework-2015-2020</a>   |
| ACT Volunteering Statement Action Plan 2018-2021   | <a href="https://www.parliament.act.gov.au/_data/assets/pdf_file/0012/1211205/ACT-Volunteering-Statement-Action-Plan-2018-2021.pdf">https://www.parliament.act.gov.au/_data/assets/pdf_file/0012/1211205/ACT-Volunteering-Statement-Action-Plan-2018-2021.pdf</a>                   |
| ACT Women's Plan 2016-26   | <a href="https://www.communityservices.act.gov.au/women/womens-plan-2016-26">https://www.communityservices.act.gov.au/women/womens-plan-2016-26</a>   |
| Active 2020  | <a href="https://www.sport.act.gov.au/about-us/active-2020">https://www.sport.act.gov.au/about-us/active-2020</a>   |
| Active Travel  | <a href="https://www.transport.act.gov.au/about-us/active-travel">https://www.transport.act.gov.au/about-us/active-travel</a>   |
| Age-Friendly Canberra  | <a href="https://www.communityservices.act.gov.au/wac/seniors/age-friendly-canberra-a-vision-for-our-city">https://www.communityservices.act.gov.au/wac/seniors/age-friendly-canberra-a-vision-for-our-city</a>   |
| Better Suburbs   | <a href="https://www.yoursay.act.gov.au/BetterSuburbs">https://www.yoursay.act.gov.au/BetterSuburbs</a>   |
| Blueprint for Youth Justice in the ACT 2012-22.  | <a href="https://www.communityservices.act.gov.au/youth/the_blueprint_for_youth_justice_in_the_act">https://www.communityservices.act.gov.au/youth/the_blueprint_for_youth_justice_in_the_act</a>   |
| Child and Family Centres   | <a href="https://www.communityservices.act.gov.au/ocyfs/children/childandfamilycentres">https://www.communityservices.act.gov.au/ocyfs/children/childandfamilycentres</a>   |
| City and Gateway Urban Design Framework  | <a href="https://www.planning.act.gov.au/topics/current_projects/studies/city-and-gateway-urban-design-framework">https://www.planning.act.gov.au/topics/current_projects/studies/city-and-gateway-urban-design-framework</a>   |
| Community Arts and Cultural Development  | <a href="https://www.arts.act.gov.au/community-participation/cacd">https://www.arts.act.gov.au/community-participation/cacd</a>   |

| Initiative   | Website link/address  |
|--|---|
| Connect and Participate Expo   | <a href="https://www.communityservices.act.gov.au/wac/community/connect-and-participate-expo">https://www.communityservices.act.gov.au/wac/community/connect-and-participate-expo</a>   |
| Disability Justice Strategy  | <a href="https://www.communityservices.act.gov.au/disability_act/disability-justice-strategy">https://www.communityservices.act.gov.au/disability_act/disability-justice-strategy</a>   |
| Early Childhood Strategy   | <a href="https://www.education.act.gov.au/early-childhood/early-childhood-strategy">https://www.education.act.gov.au/early-childhood/early-childhood-strategy</a>   |
| Family Safety Hub  | <a href="https://www.communityservices.act.gov.au/safer-families/family-safety-hub">https://www.communityservices.act.gov.au/safer-families/family-safety-hub</a>   |
| Future of Education Strategy: An ACT Education Strategy for the Next Ten Years | <a href="https://www.education.act.gov.au/the-future-of-education/home/resources/The-Future-of-Education-An-ACT-Education-Strategy-for-the-Next-Ten-Years">https://www.education.act.gov.au/the-future-of-education/home/resources/The-Future-of-Education-An-ACT-Education-Strategy-for-the-Next-Ten-Years</a> |
| Healthier Work   | <a href="http://www.healthierwork.act.gov.au/healthier-news">http://www.healthierwork.act.gov.au/healthier-news</a>   |
| Integrated Services Response Program   | <a href="https://www.communityservices.act.gov.au/disability_act/integrated-service-response-program">https://www.communityservices.act.gov.au/disability_act/integrated-service-response-program</a>   |
| Justice Reinvestment Strategy  | <a href="http://justice.act.gov.au/page/view/3829/title/justice-reinvestment-strategy">http://justice.act.gov.au/page/view/3829/title/justice-reinvestment-strategy</a>   |
| LGBTIQ Strategy  | <a href="https://www.yoursay.act.gov.au/lgbtiq-strategy">https://www.yoursay.act.gov.au/lgbtiq-strategy</a>   |
| Lifespan   | <a href="https://www.health.act.gov.au/about-our-health-systemoffice-mental-health-and-wellbeing/lifespan-integrated-suicide-prevention">https://www.health.act.gov.au/about-our-health-systemoffice-mental-health-and-wellbeing/lifespan-integrated-suicide-prevention</a>                                     |
| Local Drug Action Team projects  | <a href="https://community.adf.org.au/join-program/local-drug-action-team-program-overview">https://community.adf.org.au/join-program/local-drug-action-team-program-overview</a>   |
| Mental Health accommodation  | <a href="https://www.health.act.gov.au/services-and-programs/mental-health/accommodation">https://www.health.act.gov.au/services-and-programs/mental-health/accommodation</a>   |
| Mental Health Month  | <a href="https://mhccact.org.au/mental-health-week/">https://mhccact.org.au/mental-health-week/</a>   |
| My Rights My Decisions   | <a href="https://www.actmhcn.org.au/wp-content/uploads/2018/06/Form-Kit-My-Rights-My-Decisions.pdf">https://www.actmhcn.org.au/wp-content/uploads/2018/06/Form-Kit-My-Rights-My-Decisions.pdf</a>   |
| Nature Play Canberra   | <a href="https://www.natureplaycbr.org.au">https://www.natureplaycbr.org.au</a>   |
| New Integrated Transport Network   | <a href="https://www.transport.act.gov.au/getting-around/new-network">https://www.transport.act.gov.au/getting-around/new-network</a>   |
| Our Booris our way review  | <a href="https://www.strongfamilies.act.gov.au/our-booris,-our-way">https://www.strongfamilies.act.gov.au/our-booris,-our-way</a>   |
| Public Housing Renewal Taskforce   | <a href="https://www.planning.act.gov.au/topics/public-housing-renewal/home">https://www.planning.act.gov.au/topics/public-housing-renewal/home</a>   |
| Recovery College   | <a href="https://www.recoverycollegeact.org">https://www.recoverycollegeact.org</a>   |
| Reimagine  | <a href="http://reimagine.today">http://reimagine.today</a>   |

| Initiative   | Website link/address  |
|--|---|
| Restorative Justice                                | <a href="http://www.justice.act.gov.au/criminal_and_civil_justice/restorative_justice">http://www.justice.act.gov.au/criminal_and_civil_justice/restorative_justice</a>   |
| Review of Mental Health Act 2015                   | <a href="https://www.health.act.gov.au/about-our-health-system/consumer-involvement/community-consultation/acts-mental-health-act-2015">https://www.health.act.gov.au/about-our-health-system/consumer-involvement/community-consultation/acts-mental-health-act-2015</a>                               |
| Review of Official Visitor Scheme                  | <a href="https://www.ptg.act.gov.au/visitor-scheme">https://www.ptg.act.gov.au/visitor-scheme</a>   |
| School community initiatives                       | <a href="https://www.education.act.gov.au/inclusion-and-wellbeing/school-and-community/school-initiatives">https://www.education.act.gov.au/inclusion-and-wellbeing/school-and-community/school-initiatives</a>   |
| School Youth Health Nurses                         | <a href="https://health.act.gov.au/services-and-programswomen-youth-and-childrenchildren-and-youth/school-health">https://health.act.gov.au/services-and-programswomen-youth-and-childrenchildren-and-youth/school-health</a>   |
| Schools for All Project                            | <a href="https://www.education.act.gov.au/support-for-our-students/students-with-complex-needs-and-challenging-behaviours/Schools-for-All-Project#new">https://www.education.act.gov.au/support-for-our-students/students-with-complex-needs-and-challenging-behaviours/Schools-for-All-Project#new</a> |
| Self-Advocacy and Consumer Representation Training | <a href="https://www.actmhc.org.au/community-education-program/">https://www.actmhc.org.au/community-education-program/</a>   |
| Social Inclusion in the Arts 2017 Plan             | <a href="https://www.arts.act.gov.au/policy/social-inclusion-in-the-arts-2017-plan">https://www.arts.act.gov.au/policy/social-inclusion-in-the-arts-2017-plan</a>   |

## Attachment B: Participation in Consultation

### Mental Health Advisory Council

The Office presented at **two meetings** of Mental Health Advisory Council to provide information and seek feedback and recommendations from the members.

### Peak mental health non-government organisation meetings

**Four meetings** were held with the peak mental health non-government organisations from December to March 2017.

- Mental Health Consumers Network
- Mental Health Community Coalition
- Carers ACT
- ATODA

### Three Vision and Priority Workshops

**117 people** attended co-design stakeholder workshops. This included

- 22 people with lived experience of mental illness
- 18 carers of people with lived experience of mental illness
- 37 people from non-government organisations
- 42 people from government agencies and broader community

### Online consultations

**213 respondents** provided feedback online. This included **175** responses from the YourSay online consultation.

### Individual consultation meetings

Meetings were held with more than **70** individuals, non-government and government agencies.

### Inter-Directorate Committee for Community Wellbeing

**Two meetings** of the Inter-Directorate Committee for Community Wellbeing were convened in January and February. All ACT Government Directorates are represented on the Committee.



Office for Mental Health  
and Wellbeing

