

# SA Department for Health and Wellbeing Mental Health Services Plan



## Vision

The SA Department for Health and Wellbeing will commission mental health services of the highest quality, that are effective and safe, uphold human rights, enhance wellbeing and support people to fully participate and thrive in their chosen community.

## Goals

### > PERSONALISED CARE

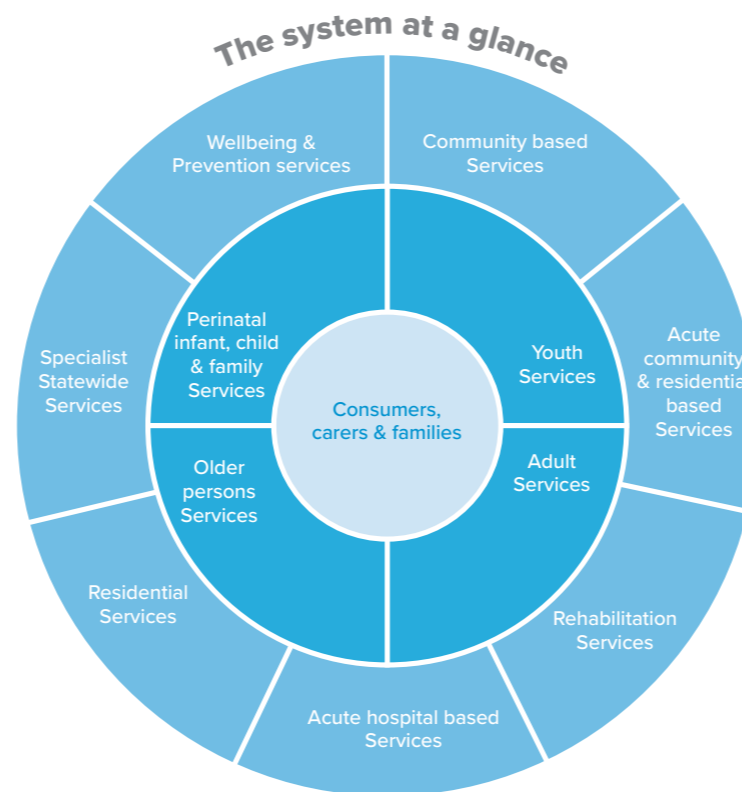
Respectful of the needs and preferences of the individual and affords them dignity and active participation in all support, care and treatment decisions

### > INTEGRATED CARE

Supporting a more holistic service approach that focuses on the whole person, recognising and supporting their mental health, physical health and social needs through improved partnerships, collaborative care planning and continuity of care.

### > SAFE AND HIGH QUALITY CARE

Ensuring that services are planned and delivered to the highest quality, are safe, respectful and protect the rights of all who utilise services.



## The outcomes identified in the Plan

	Outcomes
Personalised Care	1. People receiving services are actively engaged as partners in their care
	2. Perinatal, infants, children and families have improved access to and engagement with mental health services and support
	3. Young people (12-24) have positive mental health and early intervention service access for any emerging mental health issues
	4. Aboriginal and Torres Strait Islander people have access to culturally safe and appropriate initiatives determined by local communities
	5. Older people have access to mental health programs and support that reduce the impacts of mental illness
Integrated Care	6. People obtain timely and effective mental health care and support that promotes wellbeing and respects diversity
	7. Services work together in partnership to provide a coordinated response to meet people's individual needs
	8. People with a mental illness will have better physical health and live longer
Safe and High Quality Care	9. Improving safety and quality in mental health services to reduce harm, uphold human rights and support inclusion
	10. Mental health services promote fairness, inclusion, tolerance and equity in all interactions
	11. The workforce is supported to provide the best care

## ★ Key priorities

**Community alternatives:** timely access to community-based care earlier in the course of illness and early in episode

**Human rights:** ensuring human rights are respected, protected, and fulfilled, with a reduction in coercion

**Peer workforce:** peer workers will be incorporated as an integral component of mental health service delivery

**Effective Suicide Prevention:** commitment to a Towards Zero Suicide initiative within our tertiary mental health services

**Access to therapies:** Providing greater access to a range of evidence based therapies

**Equity of access to services:** ensuring people in South Australia have equitable access to services wherever they live, including people in rural and remote communities

## Key facts (annually)

	<b>690,000</b> CONTACTS IN OUR COMMUNITY MENTAL HEALTH SERVICES
	<b>20,700</b> ED PRESENTATIONS
	<b>9,200</b> ACUTE ADMISSIONS TO HOSPITAL BEDS
	<b>2,600</b> CLINICIANS AND STAFF
	<b>377</b> ACUTE BEDS
	<b>92</b> NON-ACUTE BEDS
	<b>146</b> RESIDENTIAL BEDS
	<b>86</b> METRO TELE-PSYCHIATRY UNITS
	<b>20</b> COUNTRY TELE-PSYCHIATRY UNITS

## Future state

- > Priority expansion of:
  - Child & Adolescent Mental Health Services
  - Forensic Mental Health Services
  - Older Persons Mental Health Services
- > Use of Urgent Mental Health Care Centres
- > New crisis model (telephone, community and residential)
- > New residential based services for youth, adults in crisis, and older people

## Supporting people who are more at risk:

Aboriginal People	Veterans and First Responders	People with a disability
Children, young people & families	In the Correctional or Forensic system	Substance use issues
Older persons	Young people in the justice system	Chronic health conditions
Culturally and linguistically diverse backgrounds	Gender and sexually diverse	People experiencing other forms of social disadvantage
People in isolated rural areas		

## New clinical models to develop during the life of the plan:

SA Aboriginal Mental Health and Wellbeing Centre of Excellence
Urgent Mental Health Care Centre
Embedding mental health services into other settings including child and youth services and emergency services
Towards Zero Suicide initiative
Prison In-reach Mental Health Services and expansion of James Nash House
Dementia Units and Rapid Access Service (into aged care facilities)
Crisis Retreat Centre and Safe Haven Cafe
Re-vamped telephone crisis and support line