

Fact Sheet

SA Mental Health Services Plan Overview

Purpose of Mental Health Services Plan (MHSP)

The new state-wide Mental Health Services Plan will chart the future direction for SA Health operated and commissioned mental health and wellbeing services. In recent years, gaps and failures in mental health care have led to multiple reviews and consultancies. Selected service changes have then been made in reaction to whatever has been the latest problem identified. Building on the vision and direction provided by the government in the SA Mental Health Strategic Plan 2017-2022, we now need an integrated plan to guide the commissioning and delivery of state government funded mental health and wellbeing services in the state. The plan will benefit service users and enable our skilled and dedicated staff to deliver services of the highest quality, which are safe and have inbuilt protection systems to ensure that the rights of people who use our services are respected and maintained.

The plan will be developed through a combined effort by the Office of the Chief Psychiatrist and the SA Mental Health Commission and will provide a framework to ensure that quality care occurs in consistent and innovative ways across our state.

An Outcomes Based Plan

In the new governance environment of local incorporated Health Boards, decision making about how services are delivered will be made as close as possible to the point of care. Therefore, this MHSP will describe the outcomes users can expect, the range of services to meet population-based needs, and the commitment of the SA Government to meeting those needs. A model of service delivery will be articulated at a high level so as to determine the scope and size of services and associated resource requirements, but specific details of service models and team arrangements will be determined locally. The new mental health services plan will also refer, where possible, to services delivered by other state, federal, local, non-government and private agencies relevant to the mental health and wellbeing of South Australians.

This new state mental health services plan will empower local communities and health providers, by enabling them to decide how outcomes will be achieved.

This plan will be “co-designed and co-produced” with people with lived experience and it will also engage clinicians and providers across sectors in South Australia who either deliver SA government funded mental health and wellbeing services, work with them, or refer to them. It is recognised that improving our services can only occur with sound partnerships. Our commitment to co-design and co-production will ensure that key stakeholders, particularly people with lived experience and those most affected by decisions made, are involved at all stages and levels of development, implementation and evaluation of the new state mental health services plan.

The new state mental health services plan will give emphasis to services across the lifespan and will consider the needs of specific groups that require sub-specialist attention which will be described, across the age range, and community/population groups.

In addition, the mental health services plan will take account of the existing work that is being undertaking within the Local Health Networks.





Population Based

The new state mental health services plan will be population based and data driven, and incorporate evaluation into all elements. It will interface with education and training that will be needed to deliver the workforce required to provide evidence-based care and research that will lead to better interventions into the future.

Services Plans Governance

Interdepartmental Executive Group

To oversee the plan and coordinate the allocation of resources to the plan between SA Health and the SA Mental Health Commission the following leadership will be convened:

Chief Psychiatrist

SA Mental Health Commissioner

Independent Advisor

Project Steering Group

The development of the Mental Health Services Plan is led by a high level Project Steering Group, with membership inclusive of people with extensive experience in the fields of mental health, service planning, design and delivery, and community, carer and consumer representation, including:

- People with a lived experience
- Local Health Networks
- Primary Health Networks
- Independent Advisors
- Medical, Allied Health & Nursing
- Non-Government Organisations
- Aboriginal & Torres Strait Islander leadership & advocacy
- Mental Health Advocacy
- Drug & Alcohol Services
- Culturally & Linguistically Diverse communities

The broad representation on the Project Steering Group will provide invaluable expertise to the governance of the plan and to achieve the outcomes necessary for the improvement of systems and care for people experiencing a mental illness.

Project Work Groups

The development of the Plan will also be supported by a number of expert Project Work Groups which focus on the following key service areas:

- **Access to services** - Population based health need / defining the mix of service required / entry points / data analysis and modelling.
- **Service Excellence** - Defining best practice / innovation / defining consumer centred care / determining quality of service outcomes / accountability / national context.
- **Continuity of service** - Service integration within mental health / partnerships within and outside Government.
- **Recovery and Rehabilitation** - Achieving recovery goals / care for people with complex conditions / interface with justice and other social services.
- **Wellbeing and prevention** - Evidence based early intervention strategies / links with the community / impact on future service needs.
- **Workforce** - Mental Health workforce requirements for the 21st Century / culture and leadership.



Membership of the project work groups incorporates a broad range of perspectives, including:

- People with a lived experience
- Local Health Networks
- Primary Health Networks
- Non-Government Organisations
- Private Sector
- Services for children & young people
- Older persons
- Forensic Mental Health
- Aboriginal and Torres Strait Islander mental health
- Culturally and linguistically diverse communities
- Universities
- Education
- Justice
- Housing
- Drug & Alcohol Services
- Workforce

Specific Population and Service Groups

Specific Population and Service Groups will be engaged in the development of the plan to ensure service categories and critical issues are considered, including:

- Child and Adolescent Services and Young People's Services
- Adult Services – Acute and Rehabilitation
- Services for Older People
- Forensic Mental Health Services
- Aboriginal Mental Health Services
- CALD Services
- LGBTQ Services
- Integration with substance abuse services
- Integration with disability services
- Adult ADHD and other small diagnostic groups
- Veterans Services
- First Responders

The Mental Health Services Plan will build on what we already know, incorporating key themes of feedback and issues previously highlighted through consultation with consumers, carers, staff and other key stakeholders.

Consultation

As a first step in the engagement process, SA Health staff and the community are encouraged to contribute to the development of the plan by providing their input on the following areas:

- Access to mental health services
- Defining best practice in mental health care
- Providing continuity of service through partnerships within and outside Government services
- Inpatient and community-based recovery and rehabilitation services
- Promoting wellbeing, prevention and early intervention
- Workforce – The skills, knowledge, and support needs for staff delivering mental health services

Feedback can be sent via email to the [Office of the Chief Psychiatrist](#) or the SA [Mental Health Commission](#) and will be collated and provided to the Chairs of the relevant Work Groups for consideration.

The next steps will involve a stakeholder engagement process facilitated by the Mental Health Commission in conjunction with the Office of the Chief Psychiatrist.

The services plan will be provided to the Minister for Health and Wellbeing in March 2019.

For more information

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