



Department of Health



Delivering a Healthy WA
WESTERN AUSTRALIA'S MENTAL HEALTH
STRATEGY 2004-2007

MENTAL HEALTH STRATEGY 2004-2007

The mental health reform initiatives outlined in the *Mental Health Strategy 2004-2007* aim to increase the capacity of mental health services to meet the increase in demand.

The focus will be on relieving pressures in the mental health system, especially where this impacts on other parts of the health system such as Emergency Departments, increasing access to appropriate inpatient services and addressing the lack of intermediate care treatment options and community support services.

During the past few years a number of reports have been generated to plan for the delivery of mental health care in Western Australia. These include:

- A Healthy Future for Western Australians – Report of the Health Reform Committee; and
- Enhancing the Capacity of Mental Health Services.

Specifically, the *Mental Health Strategy 2004-2007* addresses five main areas in the health system where targeted interventions have the capacity to immediately and significantly increase access to mental health services and reduce demand on acute hospital beds. The five strategy areas are:

- Mental health emergency services
- Adult inpatient services
- Community mental health services (Adult & Young people)
- Supported community accommodation
- Workforce, standards and safety initiatives

These strategies are aligned with the innovative and longer term plans outlined in the Health Reform Committee's final report, which is being rolled out by the Health Reform Implementation Taskforce.

The development of these individual strategies is the culmination of a significant amount of consultation involving consumers, carers, mental health professionals, government and non-government mental health bodies and peak industry organisations.

To assist with the implementation of major reforms to mental health services in Western Australia, a Mental Health Advisory Group has been established.

The Advisory Group of mental health specialists will oversee implementation of the *Mental Health Strategy 2004-2007* and play an integral role in the development and monitoring of activities.

The Advisory Group will also be involved in engaging consumers, carers, community bodies and other stakeholders in the provision of advice and feedback and assist with communicating information out to the community.

Key Initiative 1 MENTAL HEALTH EMERGENCY SERVICES

Objective

To expand statewide mental health emergency services to meet the demand for services within emergency departments.

Actions

1. Increasing the number of specialist mental health nurses within hospital emergency departments. The service will provide 24-hour coverage for people presenting with mental health problems. An additional 42 (FTE) mental health nurses will be employed to provide specialised mental health triaging and clinical support within emergency departments across the metropolitan area.
2. Increasing the number of on duty psychiatric registrars for after hours cover across the metropolitan area, to provide psychiatric assessment, treatment and support for mental health patients in the emergency department.
3. Establishing 19 new mental health observation beds at Joondalup Health Campus, Fremantle Hospital and Royal Perth Hospital and a four-bed admissions unit at Graylands Hospital. These units will provide a safe and secure environment for both consumers and staff within the emergency departments.

Key Initiative 2 ADULT INPATIENT SERVICES

Objective

To increase access to adult inpatient beds for people with severe mental illness.

Actions

1. Provision of additional beds in the following locations:
 - a. *Graylands Hospital* – construction of a facility to provide 12 new acute secure beds.
 - b. *Armada Hospital* – creation of 8 new beds within the current facility.
 - c. *Mother and Baby Unit* – the mother and baby unit at Graylands Hospital will be transferred to King Edward Memorial Hospital for the establishment of an 8 bed authorised unit.
 - d. *Bunbury Regional Hospital* – expansion of the acute psychiatric unit to provide an additional 18 beds.
 - e. *Intermediate Care* – establishment of 47 new intermediate care beds, 22 beds in the north and 25 beds in the south metropolitan areas, to provide rehabilitation, disability and clinical support services.
2. Provision of additional psychiatrist cover in Albany, Bunbury and Geraldton to ensure inpatient services in these rural areas are maintained.

Key Initiative 3 COMMUNITY MENTAL HEALTH SERVICES

a) ADULTS

Objective

To improve clinical outcomes for people with a mental illness through provision of accessible community services, which in the objective encourage early identification, intervention and recovery.

Actions

1. Expansion of community mental health clinical services, through an assertive case management approach. These services will be undertaken by multidisciplinary community teams.
2. Establishment of day therapy services to individuals with a major mental illness. The services will provide structured individual and group based clinical programs. Therapy services may include intensive rehabilitation and be provided in the person's own home or in a community facility.
3. Extension of the statewide perinatal mental health services for mothers with babies through the statewide expansion of non-government community services, particularly in areas with a high number and projected growth of young families. Research will also be undertaken to inform the development of perinatal mental health services for Aboriginal and Torres Strait Islander people and people from culturally and linguistically diverse backgrounds.

b) YOUNG PEOPLE

Objective

To enhance service coverage and accessibility and provide a whole of service/government approach to ensure that young people with a mental health problem are given the best opportunities for early intervention.

Actions

1. Development of two MultiSystemic Therapy (MST) teams for young people aged 12-16 years at risk of developing mental illness in the south and the north metropolitan areas.
2. Establishment of the Intensive Community Youth Service to provide intensive counselling, access to stable accommodation, education and employment. This service is for homeless youth at risk of mental illness, with little family or guardian support, in the south metropolitan area.
3. Expansion of the Bentley Child and Adolescent Mental Health Service's transition unit for its Day Treatment Program, to support 10 extra children and treat others at home to prevent unnecessary hospital admission.
4. Recruitment of additional clinical staff to expand existing Child and Adolescent Mental Health Services into areas of rapid youth population growth to provide services to young people with severe and complex mental disorders.
5. Establishment of a counselling service in the South Metropolitan region to support *Children Of Parents With A Mental Illness (COPMI)*.

6. Development of a service to assess and treat people with an eating disorder, particularly young adults. The service will have strong links with regional and rural services.

Key Initiative 4 SUPPORTED COMMUNITY ACCOMMODATION

Objective

To expand community supported accommodation services for people with severe mental illness.

Actions

1. Creation of additional community beds statewide through the following programs:
 - a. **Supported Community Residential Units** – provision of 200 beds in cluster accommodation for up to 25 people with 24 hour on-site staff support in locations including the metropolitan area, Albany, Bunbury, Busselton and Geraldton.
 - b. **Licensed Psychiatric Hostels** – increase in the personal care subsidy to improve service quality to hostel residents.
 - c. **Community Options 100** – transition of 30 people with long-term support needs from Graylands Hospital to community living with associated support services in the metropolitan area.
 - d. **Psychosocial Support Services** – expansion of statewide non-clinical psychosocial/disability support services to assist people to live in their own homes. This includes the construction of 120 housing units for the Independent Living Program.
 - e. **Supported Accommodation** – establishment of non-government services in Perth inner city and Fremantle to support 50 homeless people with a mental illness. The services will provide 24 hour support, 'drop in' services and community outreach.

Key Initiative 5 WORKFORCE, STANDARDS AND SAFETY INITIATIVES

Objective

To ensure services are adequately staffed with the appropriate skills and discipline mix and that Mental Health Services are safe places where innovative clinical practice is fostered.

Actions

1. Recruitment and retention of 425 staff through the following:
 - a. Major marketing and recruitment drives in Australia and overseas. Mental health staff including psychiatrists, nurses, social workers and occupational therapists will be recruited.
 - b. Consideration of future workforce requirements and skill mix. Development of new vocational positions if appropriate.
 - c. Promotion of workforce re-entry processes for staff that have left the workforce. Innovative education and training models will equip the workforce with the skills, knowledge and attitudes to competently do their work.
 - d. Enhanced mental health nurse graduate programs
 - e. Improvement of workplace safety. A safety working group will address issues such as the use and availability of duress alarms, communication (including mobile phones), the safe transportation of patients and safe, flexible working environments. Mental health staff will be provided with improved education and training in key areas of practice such as assessment, risk assessment and dealing with aggression.
 - f. Expansion of the electronic mental health clinical information system PSOLIS to provide immediate information to all clinicians to assist them with day to day clinical decision making.
 - g. Implementation of national standards for non government providers of mental health services.

MENTAL HEALTH STRATEGY 2004-2007

Foreword from the Minister for Health

Implementing the initiatives outlined in the *Mental Health Strategy 2004-2007* represent major reform for Western Australia's mental health services.

Our State's mental health system has been under significant pressure for many years, and improving mental health services for patients and staff is now a top priority for this Government.

The State Government has allocated \$173.4 million in additional funding over the next three years to enable the implementation of the comprehensive mental health reform initiatives identified in the *Mental Health Strategy 2004-2007*.

Next year total annual funding from the State Government for mental health will be more than \$300 million, or 9 per cent of the total health budget, making Western Australia the first state to achieve this level of funding.

It will also mean that total spending on mental health will increase by 50 per cent from the \$208 million annual expenditure when the Gallop Government came to office in 2001.

This strong commitment to funding a range of new initiatives and the expansion of existing mental health services will have significant benefits to many individuals, carers and families in Western Australia who need support.

The *Mental Health Strategy 2004-2007* outlines key reforms needed to address the most pressing areas of need within our current mental health system. The aim is to meet demand for services, improve access to appropriate inpatient services, increase intermediate care options, provide more community support services and improve safety for our patients and staff. These key strategies form part of the first phase of the innovative longer term plans for public health system reform outlined in the Health Reform Committee's final report.

The Mental Health Strategy 2004-2007 is the culmination of an extensive consultation process and reflects the significant consideration the mental health sector has given to developing better services for mental health consumers.

Dr Neale Fong, Executive Chairman of the Health Reform Implementation Taskforce, will lead the major implementation process of the *Mental Health Strategy 2004-2007*, in partnership with the Office of Mental Health.

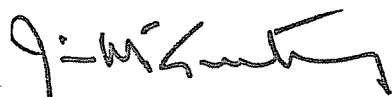
The implementation of the mental health reform and the provision of significant funding for initiatives in the *Mental Health Strategy 2004-2007* provide a comprehensive approach by this Government to better meet community need for mental health services in Western Australia.

OUR MISSION

To be a national leader of integrated high quality mental health programs for the State that are developed in partnership, to effectively and efficiently:

- *Promote mental health and well being and reduce the incidence of mental disorders;*
- *Ensure safe, reliable and timely mental health services; and*
- *Enable optimal recovery and minimise the impact of disability and disadvantage.*

The outcome will be a mental health program that is valued by the people of Western Australia.



Jim McGinty
Minister for Health MLA
14 October 2004

For additional copies of this document or information please contact the Office of Mental Health on 9222 4099 or visit the website www.mental.health.wa.gov.au or the Health Reform Implementation Taskforce website at www.health.wa.gov.au/HRIT

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