

Western NSW - Primary Mental Health Care

2019/20 - 2022/23

Activity Summary View



[MH - 1.1 - MH1.1 Low intensity coaching (New Access)]



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

1.1

Activity Title *

MH1.1 Low intensity coaching (New Access)

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 1: Low intensity mental health services

Other Program Key Priority Area Description

Aim of Activity *

Increase access to the range of appropriate low intensity mental health coaching services across the WNSW PHN region.

Description of Activity *

The activity will first build local capability and capacity by engaging and training a pool of local mental health coaches in Low Intensity Cognitive Behavioural Therapy and the New Access model. The service will provide access to the people within WNSW PHN region with access to free face-to-face, telephone or online support lead by trained coaches. The promotion of the new service will be managed across a variety of mediums, including: GPs, community health centres. This program will initially be trialled as an addition to existing Psychological Therapies Program (Priority Area 3) with ongoing monitoring and evaluation undertaken to assess the effectiveness of the service.

Services will be delivered in a culturally safe way to increase accessibility for Aboriginal and Torres Strait Islander People.

Needs Assessment Priorities *

NSW PHN Needs Assessment 2019/20-2021/22

Priorities

Needs Assessment Priority	Page Reference
Access to mental health professionals and services	93
Mental Health services that are culturally safe, locally available and affordable	120
Mental Health workforce	104
Stepped Care Model	101



Activity Demographics

Target Population Cohort *

Consumers with low to medium intensity mental health issues

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments *

Coverage *

Whole Region

Yes

SA3 Name	SA3 Code
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Activity Consultation and Collaboration

Consultation *

Stakeholders and consumers will be engaged during the trial of this activity

Collaboration *

This is provided by the existing Psychological Therapies service provider and involves collaboration with Beyond Blue and General Practitioners.



Activity Milestone Details/Duration

Activity Start Date *

30 Jun 2019

Activity End Date *

29 Jun 2022

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2022

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: *

Not yet known: No

Continuing service provider / contract extension: Yes

Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date: No

Open tender : No

Expression of interest (EOI): No

Other approach (please provide details) : No

Is this activity being co-designed? *

No

Is this activity the result of a previous co-design process? *

Yes

Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? *

No

Has this activity previously been co-commissioned or joint-commissioned? *

No

Decommissioning *

No

Decommissioning Details? *

N/A

Co-design or co-commissioning details *

N/A



[MH - 2.1 - MH2.1 Headspace Services]



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

2.1

Activity Title *

MH2.1 Headspace Services

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 2: Child and youth mental health services

Other Program Key Priority Area Description**Aim of Activity ***

Increase access to a range of appropriate youth mental health services for young people through headspace centres

Description of Activity *

Core headspace activity will be maintained in 2019/20 through the centres at Bathurst, Orange, Dubbo, Broken Hill & Cowra. WNSW PHN will work with the centres to improve sector integration and incorporate headspace services into a stepped care model of youth mental health services for the region. Cowra establishment includes capital works in year 1.

Needs Assessment Priorities *

WNSW PHN Needs Assessment 2019/20-2021/22

Priorities

Needs Assessment Priority	Page Reference
Access to mental health professionals and services	93
Child and Adolescent mental health services	99
Mental Health workforce	104
Stepped Care Model	101



Activity Demographics

Target Population Cohort *

Young people aged 12-25 in those centres and surrounding communities

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments *

Coverage *

Whole Region

No

SA3 Name	SA3 Code
Bathurst	10301
Lachlan Valley	10302
Orange	10304
Broken Hill and Far West	10502
Dubbo	10503



Activity Consultation and Collaboration

Consultation *

Consultation will continue with a range of youth focussed services to ensure that headspace services are integrated with other youth services in the community.

Collaboration *

Key stakeholders will be LHD and NGO provided clinical services, including Child and Adolescent Mental Health Services (CAMHS), Like Minds and community mental health. This collaboration will focus on improving referral pathways and integrated service delivery



Activity Milestone Details/Duration

Activity Start Date *

30 Jun 2019

Activity End Date *

29 Jun 2022

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2022

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: *

Not yet known: No

Continuing service provider / contract extension: Yes

Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date: Yes

Direct engagement (Will engage with directly Marathon Health Ltd as the nearest full centre headspace to Cowra satellite is Bathurst and Orange both of which are run by Marathon Health)

Open tender : No

Expression of interest (EOI): No

Other approach (please provide details) : No

Is this activity being co-designed? *

No

Is this activity the result of a previous co-design process? *

No

Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? *

No

Has this activity previously been co-commissioned or joint-commissioned? *

No

Decommissioning *

No

Decommissioning Details? *

N/A

Co-design or co-commissioning details *

N/A



[MH - 2.2 - MH2.2 Rural Youth Mental Health Strategy]



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

2.2

Activity Title *

MH2.2 Rural Youth Mental Health Strategy

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 2: Child and youth mental health services

Other Program Key Priority Area Description**Aim of Activity ***

Increase access to a range of appropriate youth mental health services for young people through rural youth mental health services

Description of Activity *

WNSW PHN will continue to commission the following three activities:

1. Rural Youth Mental Health Service (RYMHS).

RYMHS will combine clinical services, assertive outreach/engagement and case management. RYMHS will target young people aged 12-25, who are not currently accessing services or experience service access barriers. RYMHS will be targeted at the specific geographic communities of:

- Sub Region 1: Parkes, Forbes, Condobolin, and Cowra
- Sub-Region 2: Coonabarabran, Coonamble, Walgett and Gilgandra
- Sub-Region 3: Cobar, Nyngan and Narromine

2. Psychiatry Consultation and Liaison Service.

The service will provide psychiatry consultation, liaison and assessment to General Practitioners throughout the WNSW PHN region.

3. Grief, Loss and Trauma Interventions for Children and Young People

The service will have 3 components.

- Deliver specialised individual and group counselling for children and young people aged 10-18 years of age.
- Provide training and consultancy to local services working with, or in contact with, the target group. This is a region wide activity.
- Provide education and information sessions to schools. This is a region wide activity.

Services will be delivered in a culturally safe way to increase accessibility for Aboriginal and Torres Strait Islander People.

Needs Assessment Priorities *

WNSW PHN Needs Assessment 2019/20-2021/22

Priorities

Needs Assessment Priority	Page Reference
Access to mental health professionals and services	93
Child and Adolescent mental health services	99
Mental Health services that are culturally safe, locally available and affordable	120
Mental Health workforce	104
Stepped Care Model	101



Activity Demographics

Target Population Cohort *

Children and young people (up to 25yo) in remote and hard to reach localities.
Young people in remote communities who require support in relation to grief and trauma

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments *

Coverage *

Whole Region

Yes

SA3 Name	SA3 Code
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Activity Consultation and Collaboration

Consultation *

WNSW PHN will continue to consult and engage with local service providers that focus on youth mental health and grief and trauma service for youth

Collaboration *

Component 1: The model is built around the need for the service to be fully integrated with existing services and supports (e.g., LHDs, headspace centres, psychological services, TAFE, schools) and is underpinned by a focus on strategies that embed integration.

Component 2: The PHN has co-commissioned this service in partnership with at least five other PHN partners in NSW (Hunter New England Central Coast, South Eastern NSW, Central and Eastern Sydney, Sydney North and Murrumbidgee). This service is available to all GPs in WNSW PHN.

Component 3: Service providers will be expected to collaborate closely with local schools to provide education, information and support. WNSW PHN expects these collaborative activities to enhance the capability of mainstream providers and the schooling system



Activity Milestone Details/Duration

Activity Start Date *

30 Jun 2019

Activity End Date *

29 Jun 2022

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2022

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: *

Not yet known: Yes

Continuing service provider / contract extension: Yes

Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date: No

Open tender : No

Expression of interest (EOI): No

Other approach (please provide details) : No

Is this activity being co-designed? *

No

Is this activity the result of a previous co-design process? *

No

Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? *

Yes

Has this activity previously been co-commissioned or joint-commissioned? *

Yes

Decommissioning *

No

Decommissioning Details? *

N/A

Co-design or co-commissioning details *



[MH - 3.1 - MH3.1 Psychological therapy services for under-served groups]



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

3.1

Activity Title *

MH3.1 Psychological therapy services for under-served groups

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 3: Psychological therapies for rural and remote, under-served and / or hard to reach groups

Other Program Key Priority Area Description

Aim of Activity *

Increase access to appropriate psychological therapies for underserved groups

Description of Activity *

This activity will result in the provision of evidence based, short term psychological interventions to people with a diagnosable mild, moderate, or in some cases severe mental illness, or to people who have attempted, or are at risk of, suicide or self-harm where access to other services is not appropriate.

The service will be responsive to the unique challenges and needs of the rural and remote communities within the WNSW PHN region and allow for flexible models of service delivery include but not limited to telephone or video consultation. Services will be delivered in a culturally safe way to increase accessibility for Aboriginal and Torres Strait Islander People. The activity will include monitoring and evaluation of the service delivery.

Needs Assessment Priorities *

WNSW PHN Needs Assessment 2019/20-2021/22

Priorities

Needs Assessment Priority	Page Reference
Access to mental health professionals and services	93

Mental Health services that are culturally safe, locally available and affordable	120
Mental Health workforce	104
Stepped Care Model	101



Activity Demographics

Target Population Cohort *

People in rural and remote communities who require access to psychological and other allied health supports to manage their mental health.

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments *

Coverage *

Whole Region

Yes

SA3 Name	SA3 Code
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Activity Consultation and Collaboration

Consultation *

Consultation will occur through WNSW PHN Community, Clinical and Aboriginal Health Councils, funded service providers and local general practices.

Collaboration *

Western NSW and Far West Local Health Districts, and other rural and remote service organisations will be involved in supporting this activity.



Activity Milestone Details/Duration

Activity Start Date *

30 Jun 2019

Activity End Date *

29 Jun 2022

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2022

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: *

Not yet known: No

Continuing service provider / contract extension: Yes

Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date: No

Open tender : No

Expression of interest (EOI): No

Other approach (please provide details) : No

Is this activity being co-designed? *

No

Is this activity the result of a previous co-design process? *

No

Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? *

No

Has this activity previously been co-commissioned or joint-commissioned? *

No

Decommissioning *

No

Decommissioning Details? *

N/a

Co-design or co-commissioning details *

N/A



[MH - 3.2 - MH3.2 Psychological therapy services for Residential Aged Care]



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

3.2

Activity Title *

MH3.2 Psychological therapy services for Residential Aged Care

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 3: Psychological therapies for rural and remote, under-serviced and / or hard to reach groups

Other Program Key Priority Area Description

Aim of Activity *

Increase access to appropriate psychological therapies for people living in Residential Aged Care Facilities

Description of Activity *

Provision of an evidence based, psychological treatment services targeting the mental health needs of people living in residential aged care facilities (RACFs).

Psychological services for RACF residents will need to be adapted to the needs and environment of this group and provided in a way which complements personal care and accommodation services provided by RACFs, dementia services and broader physical health and social support.

WNSW PHN will implement two activity components to improve access in residential aged care facilities (RACF) to psychological therapies:

Component 1: Work with existing commissioned provider of psychological therapies in WNSW to increase capacity and begin providing services directly to residents in RACFs requiring psychological therapies. This will be delivered in this initial period by 4 RACFs, so that service delivery dynamics can be understood and inform Component 2.

Component 2: Establish a collaborative co-design process to plan and develop ongoing solutions for providing psychological therapies in RACFs.

Needs Assessment Priorities *

Priorities

Needs Assessment Priority	Page Reference
Access to mental health professionals and services	93
Mental Health workforce	104
Stepped Care Model	101

**Activity Demographics****Target Population Cohort ***

Residents of Residential Aged Care Facilities diagnosed with or at high risk of experience mild to moderate Mental Illness requiring psychological therapies.

In Scope AOD Treatment Type ***Indigenous Specific ***

No

Indigenous Specific Comments ***Coverage *****Whole Region**

Yes

SA3 Name	SA3 Code

**Activity Consultation and Collaboration****Consultation ***

Component 1: will be delivered in consultation with the service provider and the identified RACFs included in the initial period.

Component 2: Consultation will occur through a collaborative codesign process with a range of stakeholders, including service providers, GPs, RACFs, consumers and carers.

Collaboration *

Collaboration will occur through a collaborative codesign process with a range of stakeholders, including service providers, GPs, RACFs, consumers and carers, or other relevant support services.

**Activity Milestone Details/Duration**

Activity Start Date *

30 Jun 2019

Activity End Date *

29 Jun 2022

Service Delivery Start Date

March 2020

Service Delivery End Date

June 2022

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: *

Not yet known: Yes

Continuing service provider / contract extension: Yes

Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date: No

Open tender : No

Expression of interest (EOI): No

Other approach (please provide details) : No

Is this activity being co-designed? *

Yes

Is this activity the result of a previous co-design process? *

No

Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? *

Yes

Has this activity previously been co-commissioned or joint-commissioned? *

No

Decommissioning *

No

Decommissioning Details? *

N/A

Co-design or co-commissioning details *

Component 1: Variation to existing contract with commissioned service provider
Component 2: Select tender (agency or consultant) or WNSW PHN recruitment.



[MH - 4.1 - MH4.1 MHNIP Services]



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

4.1

Activity Title *

MH4.1 MHNIP Services

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 4: Mental health services for people with severe and complex mental illness including care packages

Other Program Key Priority Area Description

Aim of Activity *

Increase access to appropriate services for severe and complex mental illness, including the provision of mental health nursing services.

Description of Activity *

To provide timely access to MHNIP services across our region. This is achieved through two delivery models:

1. A placed-based model where MHNIP services are provided in general practices in three densely populated towns within the Eastern part of the WNSW PHN region (Orange, Bathurst, Cowra).
2. A rural and remote approach based on the WNSW PHN hub model, with service coverage being provided with a two-hour radius from, Dubbo, Cobar, Broken Hill, Bourke and Walgett.

These services will be provided in a culturally safe way to increase accessibility for Aboriginal and Torres Strait Islander People. A third party independent evaluation of the models will be undertaken. This evaluation will inform any future redesign of the model.

Needs Assessment Priorities *

WNSW PHN Needs Assessment 2019/20-2021/22

Priorities

Needs Assessment Priority	Page Reference
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Access to mental health professionals and services	93
Chronic mental health	100
Mental Health services that are culturally safe, locally available and affordable	120
Mental Health workforce	104
Primary mental health care	98



Activity Demographics

Target Population Cohort *

People with severe and complex mental illness

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments *

Coverage *

Whole Region

Yes

SA3 Name	SA3 Code
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Activity Consultation and Collaboration

Consultation *

Consultation will occur through WNSW PHN Community, Clinical and Aboriginal Health Councils to assess uptake and accessibility of the services

Collaboration *

Delivery and future development of this program will be done in collaboration with current service providers, clinicians and consumers in the region.



Activity Milestone Details/Duration

Activity Start Date *

30 Jun 2019

Activity End Date *

29 Jun 2022

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2022

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: *

Not yet known: Yes

Continuing service provider / contract extension: Yes

Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date: No

Open tender : No

Expression of interest (EOI): No

Other approach (please provide details) : No

Is this activity being co-designed? *

No

Is this activity the result of a previous co-design process? *

No

Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? *

No

Has this activity previously been co-commissioned or joint-commissioned? *

No

Decommissioning *

No

Decommissioning Details? *

N/A

Co-design or co-commissioning details *

N/A



[MH - 5.1 - MH5.1 Eastern, Central & Far West Regions Suicide Prevention]



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

5.1

Activity Title *

MH5.1 Eastern, Central & Far West Regions Suicide Prevention

Existing, Modified or New Activity *

Modified



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 5: Community based suicide prevention activities

Other Program Key Priority Area Description

Aim of Activity *

To provide locally relevant activities for suicide prevention including:

- Research, plan and deliver activities in accordance with a detailed local needs analysis; the Lifespan model; and recommendations of the Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project Report (2016)
- Identify and focus on at risk populations including one or more of the following: Indigenous people, young people; males, particularly those in the mining and agricultural industries.
- Establish and support networks of People with Lived Experience in Western and Far Western LHD regions.

Description of Activity *

The main components of the activity include:

- Undertake detailed analysis and service mapping with community members and service providers.
- Develop and implement Local Government Area (LGA) based Suicide Prevention Plans in accordance with identified needs, the Lifespan Model and ATISPEP Report recommendations. These plans will also inform the wider “Regional Mental Health and Suicide Prevention Plan” (Activity MH: 8.1). Implementation of the LGA based plans may include:
 - o Development and monitoring of clear service agreements and referral pathways between current providers of suicide prevention, crisis care, after care (post hospital discharge) and bereavement services in the Far West LHD
 - o Delivery of a range of workforce training – from programs suitable for first responders to GP’s and specialist clinicians
 - o Community awareness raising and gatekeeper training
 - o Work in schools to promote resilience and help-seeking
 - o Engagement of local media to ensure responsible reporting of mental illness and suicide
 - o Other innovative responses to local needs.

- Collaborate with Roses in the Ocean to engage, train and support networks of people with lived experience across the region

There will be a focus on cultural safety in suicide prevention activities to increase accessibility and appropriateness for Aboriginal and Torres Strait Islander People and communities.

Needs Assessment Priorities *

WNSW PHN Needs Assessment 2019/20-2021/22

Priorities

Needs Assessment Priority	Page Reference
Chronic mental health	100
Intentional self-harm hospitalisations	41
Mental Health services that are culturally safe, locally available and affordable	120
Mental Health workforce	104
Suicide risk factors; suicide and vulnerable groups	40



Activity Demographics

Target Population Cohort *

High risk groups that are identified in local population demographics and needs. It will be expected that Aboriginal people will be one of these groups in many LGAs covered by the project

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments *

Coverage *

Whole Region

Yes

SA3 Name	SA3 Code
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Activity Consultation and Collaboration

Consultation *

Consumers, local service providers, WNSW PHN Community, Clinical and Aboriginal Health Councils

Collaboration *

Collaboration with stakeholders will occur through:

- The identification and development of the LGA based suicide prevention plans
- The development and monitoring of clear referral pathways
- The establishment, training and support of networks of people with lived experience.



Activity Milestone Details/Duration

Activity Start Date *

30 Jun 2019

Activity End Date *

29 Jun 2022

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2022

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: *

Not yet known: No

Continuing service provider / contract extension: Yes

Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date: No

Open tender : No

Expression of interest (EOI): No

Other approach (please provide details) : No

Is this activity being co-designed? *

No

Is this activity the result of a previous co-design process? *

No

Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? *

No

Has this activity previously been co-commissioned or joint-commissioned? *

No

Decommissioning *

No

Decommissioning Details? *

N/A

Co-design or co-commissioning details *

N/A



[MH - 5.2 - MH5.2 Indigenous led suicide prevention networks]



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

5.2

Activity Title *

MH5.2 Indigenous led suicide prevention networks

Existing, Modified or New Activity *

Modified



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 5: Community based suicide prevention activities

Other Program Key Priority Area Description

Aim of Activity *

To establish and continue to develop community led, culturally responsive and appropriate Indigenous specific suicide prevention network across the WNSW PHN region

Description of Activity *

The activity will consolidate and strengthen the knowledge, skills and initiatives of the Indigenous led community suicide prevention networks. This includes not only strengthening each group but also ensuring their involvement in the development and implementation of the WNSW PHN Regional Mental Health and Suicide Prevention Plan.

The activity has two main components:

- Strengthening the individual networks – Develop network specific strategic plans based on local need and priorities aligned to the Fifth National Mental Health and Suicide Prevention Plan. Support the networks with small support grants, localised training and education to develop their ongoing capacity. Monitoring and evaluation to assess the effectiveness of the networks and the activities they undertake. Support to lived experience groups.
- Engagement of the networks to inform the development of the WNSW PHN Mental Health Suicide Prevention Plan – A local annual forum will be held to bring representatives from each network together with other relevant regional stakeholders such as suicide prevention and crisis support workers, LHD's, Police, Ambulance and the Department of Education. The forum will allow the sharing of information on latest research findings, relevant training and resources but most importantly it will be used as a mechanism to share practical local knowledge and experience to assist in co-designing, enhancing and reviewing the development of the WNSW PHN Mental Health and Suicide Prevention Plan.

Needs Assessment Priorities *

Priorities

Needs Assessment Priority	Page Reference
Chronic mental health	100
Intentional self-harm hospitalisations	41
Mental Health services that are culturally safe, locally available and affordable	120
Mental Health workforce	104
Suicide risk factors; suicide and vulnerable groups	40

**Activity Demographics****Target Population Cohort ***

Aboriginal and Torres Strait Islander community members.

In Scope AOD Treatment Type ***Indigenous Specific ***

Yes

Indigenous Specific Comments *

N/A

Coverage ***Whole Region**

Yes

SA3 Name	SA3 Code
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**Activity Consultation and Collaboration****Consultation ***

Consultation will continue to occur with Aboriginal Local Community Working Parties in each area; Consumers; Community; Aboriginal Regional Assemblies; service providers working in the sector

Collaboration *

At the local level, networks have and/or will engage will a range of different community and service sector stakeholders, depending on the foci of their strategic plans.

At the regional level and through their involvement in the proposed Regional Forum, delegates from the networks will also collaborate with a wide range of stakeholders in the design and monitoring of the Regional Suicide Prevention Plan.



Activity Milestone Details/Duration

Activity Start Date *

30 Jun 2019

Activity End Date *

29 Jun 2022

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2022

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: *

Not yet known: No

Continuing service provider / contract extension: Yes

Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date: No

Open tender : No

Expression of interest (EOI): Yes

Other approach (please provide details) : No

Is this activity being co-designed? *

No

Is this activity the result of a previous co-design process? *

Yes

Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? *

No

Has this activity previously been co-commissioned or joint-commissioned? *

No

Decommissioning *

No

Decommissioning Details? *

N/A

Co-design or co-commissioning details *

The activities are based on consultations with network members and the current provider



[MH - 6.1 - MH6.1 Implement a model for Social Emotional Wellbeing (SEWB) to support Aboriginal communities]



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

6.1

Activity Title *

MH6.1 Implement a model for Social Emotional Wellbeing (SEWB) to support Aboriginal communities

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 6: Aboriginal and Torres Strait Islander mental health services

Other Program Key Priority Area Description

Aim of Activity *

This program aims to provide access to culturally responsive Social and Emotional Wellbeing (SEWB) services including activities and SEWB workforce for Aboriginal people living in the WNSW PHN region.

Description of Activity *

This activity funds ACCHOs across the WNSW PHN region to provide comprehensive, evidence-based Social and Emotional Wellbeing (SEWB) services. SEWB Workers will engage in a variety of SEWB activities, as nominated by each contracted ACCHO, to ensure SEWB programs are locally relevant and activities are available for all Aboriginal people, regardless of whether they access primary healthcare services from ACCHOs, AMSs or mainstream general practices.

This activity includes the following elements:

- Workforce:
 - o Social and Emotional Wellbeing Workers (or other suitable qualified persons, as nominated by individual ACCHO/AMS) to deliver SEWB programs and ebbed into AMSs.
 - o The implementation of this project will be commissioned and coordinated ongoing internally through a SEWB Enhancement Project Officer.
- Workforce Training and Support provided by a Lead Agency:
 - o SEWB Worker training (Certificate IV Social and Emotional Wellbeing), provided where local workforce requires training
 - o SEWB Workforce support – Individual and Group Supervision to members of the SEWB Network.
- Establishment of Western NSW SEWB Network:
 - o Establishment of SEWB Network comprising all SEWB workers across the region, regardless of position funding source, including:

- ? SEWB workers funded by Department Prime Minister and Cabinet
- ? SEWB workers funded by WNSW PHN
- ? SEWB workers funded by other sources
- SEWB Program Funding:
 - o Allocation of funding to deliver a range of SEWB programs (as nominated by the locally commissioned ACCHOs) across all LGAs in the Western NSW PHN region.

Needs Assessment Priorities *

WNSW PHN Needs Assessment 2019/20-2021/22

Priorities

Needs Assessment Priority	Page Reference
Access to mental health professionals and services	93
Mental Health services that are culturally safe, locally available and affordable	120
Trauma	65



Activity Demographics

Target Population Cohort *

Aboriginal communities in the WNSW PHN region

In Scope AOD Treatment Type *

Indigenous Specific *

Yes

Indigenous Specific Comments *

These services are provided by Aboriginal people for Aboriginal people. Contracted service providers are from ACCHO/AMS Sector and are encouraged to identify local Aboriginal people with local knowledge and connection to community to employ as SEWB workers. Contracted organisations will identify their own local community preferences for the SEWB programs funded by this Activity.

Coverage *

Whole Region

Yes

SA3 Name	SA3 Code
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Activity Consultation and Collaboration

Consultation *

WNSW PHN Aboriginal Health Council, AMSs and ACCHOs.

Collaboration *

Both the design process and the implementation of the program has been undertaken collaboratively with the following groups:

- ACCHO and AMSs
- WNSW PHN Aboriginal Health Council
- Department of Prime Minister and Cabinet (PM&C)

PM&C are also funding some SEWB workers in the WNSW PHN region (not via WNSW PHN). These SEWB workers will be supported by WNSW PHN to participate in the Western NSW SEWB Network. WNSW PHN is only funding SEWB workers in LGAs where positions are not currently funded by PM&C



Activity Milestone Details/Duration

Activity Start Date *

30 Jun 2019

Activity End Date *

29 Jun 2022

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2022

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: *

Not yet known: No

Continuing service provider / contract extension: Yes

Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date: No

Open tender : No

Expression of interest (EOI): No

Other approach (please provide details) : No

Is this activity being co-designed? *

No

Is this activity the result of a previous co-design process? *

Yes

Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? *

Yes

Has this activity previously been co-commissioned or joint-commissioned? *

Yes

Decommissioning *

No

Decommissioning Details? *

N/A

Co-design or co-commissioning details *



[MH - 7.1 - MH7.1 Stepped Care Implementation in General Practice Project]



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

7.1

Activity Title *

MH7.1 Stepped Care Implementation in General Practice Project

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 7: Stepped care approach

Other Program Key Priority Area Description**Aim of Activity ***

To increase support and resources for GPs to screen, assess and assist patients requiring mental health support.

Description of Activity *

The activity will build on the success of the Black Dog Institute (BDI) Stepped Care Model that previously trialled successfully by WNSW PHN.

The project will engage local general practices and help General Practitioners to understand and implement stepped care in the primary health context. This will be underpinned by the use of an innovative Decision Support Tool that is integrated into practice software that will enhance their ability to assess their patient's mental health needs in a stepped care framework. This is not a direct service delivery activity.

Needs Assessment Priorities *

WNSW PHN Needs Assessment 2019/20-2021/22

Priorities

Needs Assessment Priority	Page Reference
Care integration and coordination	84
Chronic mental health	100
Stepped Care Model	101



Activity Demographics

Target Population Cohort *

Mental health consumers engaging general practice (this is not a direct service delivery activity).

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments *

Coverage *

Whole Region

Yes

SA3 Name	SA3 Code
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Activity Consultation and Collaboration

Consultation *

This has been developed with the support of BDI and General Practices in the region

Collaboration *

WNSW PHN will continue to collaborate with the above agencies to develop and implement the Stepped Care model



Activity Milestone Details/Duration

Activity Start Date *

30 Jun 2019

Activity End Date *

29 Jun 2022

Service Delivery Start Date

July 2019

Service Delivery End Date

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: *

Not yet known: No

Continuing service provider / contract extension: No

Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date: Yes

Black Dog Institute will be engaged to provide their stepcare platform. In 2017/18 a trial of the Black Dog platform was successfully implemented. The feedback from GPs was favourable and the implementation of the platform across WNSW PHN requires using Black Dog's proprietary system / tool.

Open tender : No

Expression of interest (EOI): No

Other approach (please provide details) : Yes

The implementation of this project will be commissioned internally through a General Practice Stepped Care Implementation Project Officer

Is this activity being co-designed? *

No

Is this activity the result of a previous co-design process? *

No

Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? *

No

Has this activity previously been co-commissioned or joint-commissioned? *

No

Decommissioning *

No

Decommissioning Details? *

N/A

Co-design or co-commissioning details *

N/A



[MH - 8.1 - MH8.1 Regional Mental Health and Suicide Prevention Planning]



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

8.1

Activity Title *

MH8.1 Regional Mental Health and Suicide Prevention Planning

Existing, Modified or New Activity *

Modified



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 8: Regional mental health and suicide prevention plan

Other Program Key Priority Area Description

Aim of Activity *

Joint planning and delivery of a Regional Mental Health and Suicide Prevention plan.

Description of Activity *

WNSW PHN will lead the development of a Regional Mental Health and Suicide Prevention Plan in partnership with Western NSW and Far West Local Health Districts. The plan will:

- Be developed in partnership with consumers and key stakeholders;
- Centred around a Stepped Care Framework;
- Aligned to the 5th National Mental Health and Suicide Prevention Plan;
- Underpinned by evidence-based planning tools.

The plan will be developed in two stages:

Stage 1: Foundational Plan

The Foundational Plan will define role and responsibilities across the PHN and LHDs, identify key priorities and commit resources to the development of a comprehensive plan. It will provide directions to ensure that all relevant stakeholders are involved in the process.

Stage 2: Comprehensive Plan

The comprehensive plan is the service delivery plan. The plan will build upon and be informed by some of the work undertaken in Activities MH5 (5.1) and MH5 (5.2). It will outline the delivery of integrated, evidence based mental health and suicide prevention activities for the region and commits both the PHN and LHDs to delivering those services. It is based on a shared understanding of the sector, consumer and carer needs, workforce dynamics and the region itself.

Collaborative Pairs Program – Consumer Engagement for Mental Health System Improvement

In 2018/19 WNSW PHN, in collaboration with three other PHNs, Consumer's Health Forum and the Kings Fund (UK) established a new, innovative Consumer Engagement initiative through the Collaborative Pairs program. In WNSW PHN this initiative focused on mental health services, to increase the effective input of both consumers and clinicians in co-design processes and develop local health system improvements, aligned with a stepped care model. This initiative supports place-based solutions and strengthens a consumer voice within the development of the Regional Mental Health and Suicide Prevention Plan. Base on the success of the 2018/19 program, WNSW PHN plans to work with Consumer Health Forum to continue this initiative through 2019/20. An evaluation of the Collaborative Pairs Australian Trial Program is currently underway.

Needs Assessment Priorities *

WNSW PHN Needs Assessment 2019/20-2021/22

Priorities

Needs Assessment Priority	Page Reference
Care integration and coordination	84
Primary mental health care	98
Suicide	100



Activity Demographics

Target Population Cohort *

The development of the plan will ensure the delivery of appropriate evidence-based services to all consumers of mental health services across the PHN region.

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments *

Coverage *

Whole Region

Yes

SA3 Name	SA3 Code
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Activity Consultation and Collaboration

Consultation *

Consultations will continue to occur with Western NSW and Far West Local Health District, consumers, local service providers and Government agencies that provide related services across the PHN region.

Extensive consultation will be undertaken with the Suicide Prevention networks that have been established as part of Activity MH5 (5.2).

Collaboration *

Western NSW and Far Wester NSW LHDs



Activity Milestone Details/Duration

Activity Start Date *

30 Jun 2018

Activity End Date *

29 Jun 2022

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2022

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: *

Not yet known: No

Continuing service provider / contract extension: No

Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date: Yes

N/A

Open tender : No

Expression of interest (EOI): No

Other approach (please provide details) : Yes

The implementation of the Foundational Plan and work towards the development of a comprehensive plan will lead by PHN staff.

Is this activity being co-designed? *

Yes

Is this activity the result of a previous co-design process? *

No

Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? *

Yes

Has this activity previously been co-commissioned or joint-commissioned? *

No

Decommissioning *

No

Decommissioning Details? *

N/A

Co-design or co-commissioning details *

N/A



[MH - 9.1 - MH9.1 Empowering our communities – New low intensity mental health service with a focus on r/ship]



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

9.1

Activity Title *

MH9.1 Empowering our communities – New low intensity mental health service with a focus on r/ship

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 1: Low intensity mental health services

Other Program Key Priority Area Description

Aim of Activity *

Provision of low intensity support services network supporting individuals and families currently being affected by the drought

Description of Activity *

WNSW PHN will work with stakeholders to co-design and commission a new, drought specific, low intensity, support service for individuals and families. The service will be able to offer general support but will have an additional focus of providing assistance for those experiencing relationship/family problems; it will be evidenced based and integrated within a stepped care model to more intense clinical services if warranted.

Local services will be engaged in a co-design process to devise a program in which:

- A suitable evidence based training program in providing low intensity family/relationship support will be identified/developed.
- Existing staff within drought relief and financial counselling roles will be upskilled to provide low intensity support to individuals and their families experiencing relationship/family problems;
- Support and supervision will be provided to those workers by clinicians with specialist knowledge in relationship and family counselling.

The new service will be promoted through the networks of participating organisations, GPs, local governments, Local Health Districts Mental Health Services, crisis support lines and WNSW PHN's existing funded mental health services

Through a co-design process with key stakeholders, a lead agency will be nominated to:

- a) Identify and/or develop an evidence based training program for non-clinical staff to provide low intensity support with a focus on individuals/families facing relationship problems

b) Deliver training to drought relief and financial counselling workers based in communities most severely affected by drought

c) Provide regular supervision and support to the non-clinical workers by staff with specialist qualifications in relationship counselling. This will include identification of cases which would most appropriately be referred to more intensive support.

WNSW PHN will target workers and communities based on the most recent assessments by the Department of Primary Industries of Local Government areas most intensely affected by drought. Four clusters have been identified:

- a) Forbes, Parkes, Lachlan
- b) Bourke, Cobar, Central Darling
- c) Broken Hill and Unincorporated Far West
- d) Walgett and Warrumbungle

Needs Assessment Priorities *

WNSW PHN Needs Assessment 2019/20-2021/22

Priorities

Needs Assessment Priority	Page Reference
Access to mental health professionals and services	104
Prevention	104
Suicide- vulnerable groups	39



Activity Demographics

Target Population Cohort *

Individuals and families in the most severely affected local government areas (as classified by the NSW Department of Primary Industry) and with the highest proportion of residents employed in Agriculture.

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments *

Coverage *

Whole Region

Yes

SA3 Name	SA3 Code
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Activity Consultation and Collaboration

Consultation *

A co-design process will be a key component in the implementation of this activity. The PHN will work with all relevant stakeholders across the region to ensure that appropriate services are delivered where needed.

Collaboration *

WNSW PHN will collaborate with existing state and non-government services who work across our region such as:

- NSW Department of Primary Industry Rural Resilience Program
- NSW LHD Rural Adversity in Mental Health Program and Farm-gate drought peer support workers
- Rural Financial Counselling Service
- Centacare
- Relationships Australia

**Activity Milestone Details/Duration****Activity Start Date ***

30 Jun 2019

Activity End Date *

29 Jun 2021

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2021

Other Relevant Milestones**Activity Commissioning**

Please identify your intended procurement approach for commissioning services under this activity: *

Not yet known: Yes

Continuing service provider / contract extension: No

Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date: No

Open tender : No

Expression of interest (EOI): No

Other approach (please provide details) : No

Is this activity being co-designed? *

Yes

Is this activity the result of a previous co-design process? *

Yes

Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? *

No

Has this activity previously been co-commissioned or joint-commissioned? *

No

Decommissioning *

No

Decommissioning Details? *

N/A

Co-design or co-commissioning details *

N/A



[MH - 9.2 - MH9.2 Empowering our communities – Grants to support community led wellbeing initiatives]



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

9.2

Activity Title *

MH9.2 Empowering our communities – Grants to support community led wellbeing initiatives

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 1: Low intensity mental health services

Other Program Key Priority Area Description

Aim of Activity *

The aim of the activity is to facilitate the delivery of community focused and led wellbeing initiatives that aim to help improve mental health and build community resilience during the drought. This will be achieved through the provision of community wellbeing grants

Description of Activity *

WNSW PHN has prepared guidelines for applicants and established internal procedures for quick assessment of applications, payment of funds and user-friendly acquittal/reporting methods. Funding amounts will range from \$5,000 - \$50,000 (to be assessed by a panel of 3 stakeholders).

Eligibility criteria emphasise the provision of funding for initiatives that:

- Health and well being initiatives that engage isolated and/or 'at risk' members of the community.
- Promote collaboration between (drought) service provider and community stakeholders.
- Community education sessions to develop Sustainability in natural disasters by increasing mental health literacy and reduce stigma associated with help-seeking.
- Build the capacity of the local workforce.

WNSW PHN will implement a media and communications strategy to promote the availability of the grants and this will include social and print media, radio, drought-specific and general service provider inter-agencies, and direct communications to relevant organisations such as local government, sporting associations and church groups.

Priority will be given to applications from organisations in the most severely affected local government areas (as classified by the NSW Department of Primary Industry) and with the highest proportion of residents employed in farming. All grants will be assessed in accordance with:

- The strength of their alignment to purposes of the grants and the 'Empowering our Communities' program guidelines
- The extent to which proposed activities address gaps (rather than duplicate) existing services and supports.

Needs Assessment Priorities *

WNSW PHN Needs Assessment 2019/20-2021/22

Priorities

Needs Assessment Priority	Page Reference
Access to mental health professionals and services	104
Prevention	104
Suicide- vulnerable groups	39



Activity Demographics

Target Population Cohort *

Drought affected Local Government areas.

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments *

Coverage *

Whole Region

Yes

SA3 Name	SA3 Code
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Activity Consultation and Collaboration

Consultation *

WNSW PHN has undertaken preliminary consultations with key stakeholder organisations and community/service provider networks. A common theme through these has been communities feeling that:

- they are not being sufficiently consulted about their needs and the type of drought relief being offered
- that there appears to be a presumption that that individuals and families are experiencing psychological distress and need counselling. This does not adequately acknowledge that although the drought is causing people additional stress, rural and remote communities are resilient and have capacities to look out for and support each other. However, support to strengthen and build on these capacities would be very welcomed.

- Initiatives are likely to be more engaging for the community when they are included as part of general events such as field days or sporting competitions.

Collaboration *

WNSW PHN will continue to work with local stakeholders to ensure that activities are complementing a whole sector approach.



Activity Milestone Details/Duration

Activity Start Date *

30 Jun 2019

Activity End Date *

29 Jun 2021

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2021

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: *

Not yet known: No

Continuing service provider / contract extension: No

Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date: No

Open tender : No

Expression of interest (EOI): Yes

Other approach (please provide details) : No

Is this activity being co-designed? *

No

Is this activity the result of a previous co-design process? *

No

Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? *

No

Has this activity previously been co-commissioned or joint-commissioned? *

No

Decommissioning *

No

Decommissioning Details? *

N/A

Co-design or co-commissioning details *

N/A



[MH - 9.3 - MH9.3 Empowering our communities – Support to drought affected Aboriginal communities]



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

9.3

Activity Title *

MH9.3 Empowering our communities – Support to drought affected Aboriginal communities

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 1: Low intensity mental health services

Other Program Key Priority Area Description

Aim of Activity *

The activity will aim to provide support to drought affected Aboriginal Communities.

Description of Activity *

In accordance with relevant protocols for working with Aboriginal communities in our region, the activity is composed of three main stages:

- Consulting with the WNSW PHN, Aboriginal Regional Assemblies and obtaining their advice on which communities are most impacted by the drought.
- Engaging with Community Working Parties and/or Elders groups in those areas and scoping:
 - o The nature of the impact of the drought on local people
 - o The most useful type of support which could be provided
- In consultation with local communities, preparing a work plan and budget for activities and commissioning Aboriginal Community Controlled Organisations to deliver services accordingly.
- Market building activities to enable, support and upskill small Aboriginal Community Controlled Organisations and Community Working Parties and/or Elders groups to be able to respond to grant opportunities.

Needs Assessment Priorities *

WNSW PHN Needs Assessment 2019/20-2021/22

Priorities

Needs Assessment Priority	Page Reference
Mental health services	120
Prevention programs	66
Trauma	65



Activity Demographics

Target Population Cohort *

The target cohort is most likely to be Aboriginal communities living alongside major rivers in our region and/or communities who have spiritual and cultural connections to flowing river water

In Scope AOD Treatment Type *

Indigenous Specific *

Yes

Indigenous Specific Comments *

WNSW will consult with the two Aboriginal Regional Assemblies and obtaining their advice on which communities are most impacted by the drought and will engaging with Community Working Parties and/or Elders groups in those areas

Coverage *

Whole Region

Yes

SA3 Name	SA3 Code
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Activity Consultation and Collaboration

Consultation *

As described above, WNSW PHN will follow protocols for engaging and consulting with Aboriginal Communities, including engagement through the WNSW PHN Aboriginal Health Council. That is, seek permissions and advice from the Regional Assemblies and then local community working parties or Elders groups.

WNSW PHN has already established working relationships with the Centre for Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention and will seek guidance from this and any other relevant national or state organisations (such as the Aboriginal Health and Medical Research Council in NSW). We will also continue to collaborate with the regional staff in Department of Premier and Cabinet and the Aboriginal Health Unit in the NSW Ministry of Health.

We will also continue to collaborate and share information with other Drought affected PHNs with high percentages of Aboriginal and Torres Strait Islander residents.

Collaboration *

WNSW PHN will work closely with local Aboriginal Regional Assemblies and Aboriginal Communities.



Activity Milestone Details/Duration

Activity Start Date *

30 Jun 2019

Activity End Date *

29 Jun 2021

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2021

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: *

Not yet known: Yes

Continuing service provider / contract extension: No

Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date: No

Open tender : No

Expression of interest (EOI): No

Other approach (please provide details) : No

Is this activity being co-designed? *

Yes

Is this activity the result of a previous co-design process? *

Yes

Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? *

No

Has this activity previously been co-commissioned or joint-commissioned? *

No

Decommissioning *

No

Decommissioning Details? *

N/A

Co-design or co-commissioning details *

N/A



[MH - 9.4 - MH9.4 Empowering our communities –Primary Care & Drought workforce upskilling and Trusted Advocates]



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

9.4

Activity Title *

MH9.4 Empowering our communities –Primary Care & Drought workforce upskilling and Trusted Advocates

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 1: Low intensity mental health services

Other Program Key Priority Area Description

Aim of Activity *

The activity will aim to upskill the local primary care and drought workforce with mental health and suicide prevention skills

Description of Activity *

Primary Care and Drought Workforce Upskilling and Support

WNSW PHN will prepare and deliver a Primary Care and Drought Workforce support training strategy that includes:

- Upskilling of GPs and Allied Health professionals in the provision of mental health and suicide prevention support.
- Upskilling general human service and drought support workforce in providing brief interventions and referring individuals to specialist services when required.
- Upskilling voluntary drought relief workforces by providing introductory training in providing mental health support.

Prior consultations indicate that these training programs are most relevant:

- a) GP Training
 - i) Black Dog Institute: Suicide Prevention Intervention and Youth Mental Health
 - ii) RACGP Level 2 Focused Psychological Strategies Training
 - iii) AOD GP training
- b) General human service and drought support workforce
 - i) Black Dog Institute: Black Dog Institute: Suicide Prevention Intervention, Youth Mental Health and Brief Psychological Interventions
 - ii) Mental Health First Aid,
 - c) Voluntary drought relief workforce

- i) ASIST, INSIST, Accidental Counsellor
- ii) Mental Health First Aid.

Trusted Advocates Network Trial

WNSW PHN will identify up to ten people within the community of Coonabarabran to establish a local network of trusted people. These trusted Advocates will support, and provide advice on available online, face to face and self-help mental health and emotional well being supports within the community, to local community members.

These advocates will be provided mental health first aid training and or 'accidental counsellor training to assist them in their role. WNSW PHN will provide mentoring and clinical support arrangements as required to the Trusted Advocates

Needs Assessment Priorities *

WNSW PHN Needs Assessment 2019/20-2021/22

Priorities

Needs Assessment Priority	Page Reference
Mental health services	120
Prevention	104
Suicide- vulnerable groups	39



Activity Demographics

Target Population Cohort *

Primary Care and drought workforces in drought affected Local Government areas

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments *

Coverage *

Whole Region

Yes

SA3 Name	SA3 Code
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Activity Consultation and Collaboration

Consultation *

WNSW PHN has already established strong links with General Practices through our Practice Support team and ongoing program of training and professional development. It has already commenced participating in local drought-related and service provider networks and sought advice about the types of training programs which would be useful/suitable for broader

paid and unpaid workforces. We have also identified which services/workers are already providing training and where possible, we will devise joined-up approaches. Trusted Advocates Networks Trial will consult with Coonabarabran community organisations, local general practitioners, schools and the Local Government

Collaboration *

Local organisations already working with drought affected communities (i.e. RAHMP, Local Health Districts and Local Government)



Activity Milestone Details/Duration

Activity Start Date *

31 Mar 2019

Activity End Date *

29 Jun 2021

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2021

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: *

Not yet known: Yes

Continuing service provider / contract extension: No

Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date: No

Open tender : No

Expression of interest (EOI): No

Other approach (please provide details) : No

Is this activity being co-designed? *

No

Is this activity the result of a previous co-design process? *

No

Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? *

No

Has this activity previously been co-commissioned or joint-commissioned? *

No

Decommissioning *

No

Decommissioning Details? *

N/A

Co-design or co-commissioning details *

N/A



[CHHP - 2.3 - CH2.3 Wait List Reduction]



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

CHHP

Activity Number *

2.3

Activity Title *

CH2.3 Wait List Reduction

Existing, Modified or New Activity *

New Activity



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 2: Child and youth mental health services

Other Program Key Priority Area Description**Aim of Activity ***

Increase access to a range of appropriate youth mental health services for young people through headspace centres

Description of Activity *

Additional funding for headspace activity will be used to reduce client wait times for young people with the highest needs at the centres in Bathurst, Orange and Dubbo where wait times have been higher. WNSW PHN will work with the centres and headspace National Youth Mental Health Foundation to undertake analysis, plan, codesign and implement strategies that aim to reduce wait times. Potential activities include increasing workforce, capital works improvements, providing additional group or drop in sessions or implementing improved prioritisation and wait time reduction procedures. This will improve access and occasions of service for headspace services in a best practice stepped care model of youth mental health services for the region that is compliant with the headspace Model Integrity Framework and Trade Licence Mark Deed.

Needs Assessment Priorities *

WNSW PHN Needs Assessment 2019/20-2021/22

Priorities

Needs Assessment Priority	Page Reference
Access to mental health professionals and services	93
Child and Adolescent mental health services	99
Mental Health workforce	104



Activity Demographics

Target Population Cohort *

Young people aged 12-25 in those centres and surrounding communities.

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments *

Coverage *

Whole Region

No

SA3 Name	SA3 Code
Bathurst	10301
Orange	10304
Broken Hill and Far West	10502
Dubbo	10503



Activity Consultation and Collaboration

Consultation *

Consultation will continue with a range of youth focussed services to ensure that headspace services are integrated with other youth services in the community.

Collaboration *

Key stakeholders will be headspace National Youth Mental Health Foundation, LHD and NGO provided clinical services, including Child and Adolescent Mental Health Services (CAMHS), Like Minds and community mental health. This collaboration will focus on improving referral pathways and integrated service delivery.



Activity Milestone Details/Duration

Activity Start Date *

30 Jun 2019

Activity End Date *

29 Jun 2022

Service Delivery Start Date

January 2020

Service Delivery End Date

June 2022

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: *

Not yet known: No

Continuing service provider / contract extension: Yes

Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date: No

Open tender : No

Expression of interest (EOI): No

Other approach (please provide details) : No

Is this activity being co-designed? *

No

Is this activity the result of a previous co-design process? *

No

Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? *

No

Has this activity previously been co-commissioned or joint-commissioned? *

No

Decommissioning *

No

Decommissioning Details? *

N/A

Co-design or co-commissioning details *

N/A



[MH - 5.3 - MH5.3 Post suicide attempt follow-up and support (Wayback Support Service)]



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

5.3

Activity Title *

MH5.3 Post suicide attempt follow-up and support (Wayback Support Service)

Existing, Modified or New Activity *

New Activity



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 5: Community based suicide prevention activities

Other Program Key Priority Area Description

Aim of Activity *

To establish and implement a Wayback Support Service across the Far West Local Health District in WNSW PHN region.

Description of Activity *

The activity will involve three main phases:

a) Consultation and commissioning (6 -9 months)

There are 4 main stakeholders to be consulted in the process of refining the model for a regional/remote setting and identify provisions to be included in commissioning and contracting documentation: beyondblue; the Far West Local Health District; non-government service sector members; Aboriginal and non-Aboriginal community representatives with lived experience. Consultations will be undertaken with each of these stakeholders and where possible, relevant agreements and documents prepared (at a minimum, signed licence agreement with beyondblue; contract with the LHD; and contract awarded to a provider following an open tender process) This activity will include a project officer to consult Aboriginal working parties.

b) Service establishment (3-4 months)

The contracted provider is engaged, premises are found, staff are recruited, administrative and referral systems are established, promotional material developed, and service launched.

c) Service commencement

It is estimated that the service will be operational within approximately 12 months of funding being received by WNSWPHN.

Needs Assessment Priorities *

WNSW PHN Needs Assessment 2019/20-2021/22

Priorities

Needs Assessment Priority	Page Reference
Chronic mental health	100
Intentional self-harm hospitalisations	41
Mental Health services that are culturally safe, locally available and affordable	120
Mental Health workforce	104
Suicide risk factors; suicide and vulnerable groups	40



Activity Demographics

Target Population Cohort *

People who have attempted suicide and their immediate friends and family

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments *

Coverage *

Whole Region

No

SA3 Name	SA3 Code
Broken Hill and Far West	10502



Activity Consultation and Collaboration

Consultation *

Consultations will occur intensely over the first 6-9 months with all major stakeholders as described above. These will identify what mechanisms will be put in place to ensure ongoing consultations in the establishment and commencement phases.

Collaboration *

Way back support activity is a service based on a Beyondblue template. Changes to the design is not contemplated. We will collaborate with Beyondblue and the Far West Local Health District.



Activity Milestone Details/Duration

Activity Start Date *

30 Apr 2020

Activity End Date *

29 Jun 2022

Service Delivery Start Date

July 2020

Service Delivery End Date

June 2022

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity: *

Not yet known: No

Continuing service provider / contract extension: No

Direct engagement. Please provide justification for direct engagement, and if applicable, the length of time the commissioned provider has provided this service, and their performance to date: No

Open tender : Yes

Expression of interest (EOI): No

Other approach (please provide details) : Yes

The consultation process with Aboriginal community will be led by a WNSW PHN funded Project Officer.

Is this activity being co-designed? *

Yes

Is this activity the result of a previous co-design process? *

No

Do you plan to implement this activity using co-commissioning or joint-commissioning arrangements? *

No

Has this activity previously been co-commissioned or joint-commissioned? *

No

Decommissioning *

No

Decommissioning Details? *

None

Co-design or co-commissioning details *

Co-design within the context of negotiable aspects of beyondblue's licence agreement/service model.