North Brisbane and Moreton Bay mental health, suicide prevention and alcohol and other drug services magazine

Services commissioned by
Brisbane North PHN 2017–2018
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The North Brisbane and Moreton Bay mental health, suicide prevention and alcohol and other drug services magazine outlines the services commissioned by Brisbane North PHN during 2017-18. Version 1.0 (July 2017) - visit www.brisbanenorthphn.org.au for the latest information about services.

This activity is supported by funding from the Australian Government under the PHN Program.
Introduction

This magazine provides information about PHN-commissioned mental health, suicide prevention and alcohol and other drug treatment services available in the North Brisbane and Moreton Bay region.

Background

PHNs have been given responsibility by the Department of Health for commissioning local mental health, suicide prevention and alcohol and other drug treatment services.

Working with local communities, consumers, carers, health professionals, hospitals and community mental health providers, PHNs design local solutions to meet local needs.

Brisbane North PHN has commissioned mental health, suicide prevention and alcohol and other drug treatment services to meet local needs in the North Brisbane and Moreton Bay region across 2017–18.

Our role in regional planning

Looking ahead, we’re also working with stakeholders to develop a regional plan to improve the quality, coordination and integration of mental health, suicide prevention and alcohol and other drug services. A person-centred approach is a guiding principle to this work. This is where services are organised around the needs of consumers and carers, rather than people needing to organise themselves around the system.

For more information about our regional planning process, email myvoice@brisbanenorthphn.org.au.

Lead site development

Brisbane North PHN is also working with the Department of Health as a ‘lead site’ to develop and implement a number of trials over the next two years. Areas covered will include care coordination for people with severe mental illness, suicide prevention and low intensity psychological services. More information will be provided as these trials develop.

For more information about our lead site development, visit www.brisbanenorthphn.org.au.

Stepped care framework

The stepped care approach in the North Brisbane and Moreton Bay region helps people get the services and supports that are right for them, at the right time and in the right place. And when their needs change, the types of services and supports change with them.

All PHN-commissioned mental health, suicide prevention and alcohol and other drug treatment services are delivered within a stepped care framework.

For more information about the stepped care framework, visit www.brisbanenorthphn.org.au.

How to refer patients to these services

GPs and other referrers can refer patients to the PHN-commissioned local mental health, suicide prevention and alcohol and other drug treatment services.

For GPs

The expanded range of services can be accessed under an expanded Brisbane MIND Plus referral tool in Best Practice and Medical Director medical practice software. For more information about the Brisbane MIND Plus referral tool, contact your Brisbane North PHN Primary Care Liaison Officer.

For other referrers

Some PHN-commissioned services are open to referral by other providers. Please see each service for specific information about how to refer.

How to use this magazine

This magazine provides information about PHN-commissioned mental health, suicide prevention and alcohol and other drug treatment services.

Services arranged by stream

PHN-commissioned services in this guide are organised according to stream:

- low intensity services
- youth mental health services
- Brisbane MIND services
- services for severe and complex mental illness
- psychosocial disability services
- suicide prevention services
- alcohol and other drug treatment services
- Aboriginal and Torres Strait Islander services.

Level of intensity

Mental health and suicide prevention services

While arranged by stream, mental health and suicide prevention services in this magazine are also coded according to the level of intensity:

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<th>High intensity</th>
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<td>Counselling</td>
<td>Pre and post rehab support</td>
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Alcohol and other drug treatment services

Alcohol and other drug treatment services commissioned by Brisbane North PHN have been arranged by service type:

The diagram on page 26 will help you understand at a glance, which PHN-commissioned mental health, suicide prevention and alcohol and other drug treatment services may be right for someone in your care.
Geography

Our Health Needs Assessment and community consultation has identified areas of need within the North Brisbane and Moreton Bay region. Because different areas have different levels of need, the availability of services differs across areas of our region.

Map of PHN sub regions

While arranged by stream, services in this magazine are also coded according to what area of the region they are delivered in. This is represented by the following icon against each service:

More information

There are many other mental health, suicide prevention and alcohol and other drug treatment services available within the region that are not commissioned by Brisbane North PHN. These services are outside the scope of this magazine.

GPs and referrers

To access more information about PHN-commissioned services, visit www.brisbanenorthphin.org.au or speak to your Brisbane North PHN Primary Care Liaison Officer.

Service providers and consumers

For more information about the broad range of PHN-commissioned and non-PHN commissioned services, visit www.mymentalhealth.org.au. My Mental Health is a guide for service providers and consumers about adult mental health services in our region.
List of suburbs

Moreton Bay North sub region
- Banksia Beach
- Beachmere
- Bellara
- Bellmere
- Bongaree
- Booroobin
- Bracalba
- Burpengary
- Burpengary East
- Caboolture
- Caboolture South
- D’Aguilar
- Delaneys Creek
- Elimbah
- Godwin Beach
- Harlin
- Hazeldean
- Kilcoy
- Linville
- Meldale
- Moodlu
- Moorina (Qld)
- Morayfield
- Mount Delaney
- Mount Kilcoy
- Mount Mee
- Narangba
- Neurum
- Nigi
- Rocksberg
- Royston
- Sandstone Point
- Sandy Creek
- Stanmore
- Stony Creek
- Toorbul
- Upper Caboolture
- Villeneuve
- Wamuran
- Welsby
- White Patch
- Woodford
- Woorim

Redcliffe / North Lakes sub region
- Clontarf
- Dakabin
- Deception Bay
- Griffin
- Kallangur
- Kippa-Ring
- Mango Hill
- Margate
- Murrumba Downs
- Newport
- North Lakes
- Redcliffe
- Rothwell
- Scarborough
- Woody Point

Brisbane North sub region
- Aspley
- Bald Hills
- Banyo
- Boondall
- Bracken Ridge
- Bridgeman Downs
- Brighton
- Carseldine
- Chermside
- Chermside West
- Deagon
- Eagle Farm
- Everton Park
- Fitzgibbon
- Geebung
- Gordon Park
- Kedron
- McDowall
- Northgate
- Nudgee
- Nudgee Beach
- Nundah
- Pinkenba
- Sandgate
- Shorncliffe
- Stafford
- Stafford Heights
- Taigum
- Virginia
- Wavell Heights
- Zillmere

Pine Rivers sub region
- Albany Creek
- Arana Hills
- Armstrong Creek
- Bray Park
- Brendale
- Bunya
- Camp Mountain
- Cashmere
- Cedar Creek
- Clear Mountain
- Closeburn
- Dayboro
- Draper
- Eatons Hill
- Everton Hills
- Ferny Hills
- Highvale
- Joyner
- King Scrub
- Kobble Creek
- Kurwongbah
- Laceys Creek
- Lawnton
- Mount Glorious
- Mount Nebo
- Mount Pleasant
- Mount Samson
- Ocean View
- Petrie
- Samford Valley
- Samford Village
- Samsonvale
- Strathpine
- Warner
- Whiteside
- Wights
- Mountain
- Yugar

Brisbane Inner City sub region
- Albion
- Alderley
- Ascot
- Ashgrove
- Auchenflower
- Bardon
- Bowen Hills
- Brisbane City
- Clayfield
- Fortitude Valley
- Grange
- Hamilton
- Hendra
- Herston
- Kelvin Grove
- Lutwyche
- Milton
- New Farm
- Newmarket
- Newstead (Qld)
- Paddington
- Petrie Terrace
- Red Hill
- Spring Hill
- Teneriffe
- Toowong
- Wilston
- Windsor
- Woolloongabba

Brisbane West sub region
- Anstead
- Bellbowrie
- Brookfield
- Chapel Hill
- Enoggera
- Enoggera Reservoir
- Ferny Grove
- Fig Tree Pocket
- Gaythorne
- Indooroopilly
- Kenmore
- Kenmore Hills
- Keperra
- Mitchelton
- Moggill
- Mount Coot-tha
- Pinjarra Hills
- Pullenvale
- St Lucia
- Taringa
- The Gap
- Upper Brookfield
- Upper Kedron
Low intensity services

Low intensity services are structured, evidence-based psychological therapies that are suitable for people who might be going through difficult life events or experiencing mild depression or anxiety. People don’t need a diagnosis to access low intensity services. Brisbane North PHN has funded five organisations to deliver low intensity psychological services across the North Brisbane and Moreton Bay region.

Services arranged by modality

Services in the low intensity section are also identified according to delivery mode:

- **Phone**
  - Face-to-face individual sessions

- **Group**
  - Phone coaching between group sessions

- **Online**
  - Online (mobile apps and online chatrooms and forums)

Services in this section

- Caring for Residents of Aged Care program – Change Futures
- Daybreak program – Hello Sunday Morning
- NewAccess program – Mental Illness Fellowship Queensland
- Optimal Health program – Neami National
- Problem Management Plus program – Culture in MIND

Youth mental health services

Brisbane North PHN has funded the following youth mental health services:

Services in this section

- Brisbane MIND4KiDS [see Brisbane MIND section]
- headspace
- Asha · Redcliffe Area Youth Space

Brisbane MIND services

Brisbane MIND continues to support people who are disadvantaged to access mental health services. Brisbane MIND services are short-term psychological services for people who have mental health issues and who find it hard to access other services.

Services in this section

- Brisbane MIND
- Brisbane MIND4KiDS

Services for severe and complex mental illness

Brisbane North PHN delivers clinical care coordination for people with severe and complex mental illness via the Mental Health Nursing in Brisbane North program.

Services in this section

- Mental Health Nursing in Brisbane North

Services for psychosocial disability

Brisbane North PHN manages the Partners in Recovery program in the North Brisbane and Moreton Bay region. This program supports adults who have long-term, severe mental illness.

Services in this section

- North Brisbane Partners in Recovery

Suicide prevention services

Brisbane North PHN funds a number of programs to deliver suicide prevention services in the North Brisbane and Moreton Bay region.

Services in this section

- The Way Back Support Service - Mental Illness Fellowship Queensland
- Services for Aboriginal and Torres Strait Islander people - Institute for Urban Indigenous Health [see Aboriginal and Torres Strait Islander people]
- Brisbane MIND Suicide Prevention Service [see Brisbane MIND section]
Alcohol and other drug treatment services

Brisbane North PHN has provided funding to established service providers to meet demand for alcohol and other drug treatment services. These new and additional services will reduce demand on emergency departments and for hospital in-patient alcohol and other drugs services.

Services in this section

• Life Back and Life on Track programs – Lives Lived Well
• Services for Aboriginal and Torres Strait Islander people – Institute for Urban Indigenous Health [see Aboriginal and Torres Strait Islander people]

Aboriginal and Torres Strait Islander people

Brisbane North PHN has commissioned the Institute for Urban Indigenous Health (IUIH) to provide mental health, suicide prevention and alcohol and other drugs services to Aboriginal and Torres Strait Islander people across the region.

This additional capacity will support IUIH to expand their existing service delivery for Aboriginal and Torres Strait Islander people primarily across the Moreton Bay region.

Services in this section

• Services for Aboriginal and Torres Strait Islander people – Institute for Urban Indigenous Health.
Caring for Residents of Aged Care program
Change Futures

Introduction to the service provider
Change Futures works with people of all ages to help find positive solutions to their emotional and psychological issues. Staffed by psychologists and counsellors, Change Futures works across the life span and cross culturally including with Aboriginal and Torres Strait Islander children and adults.

Introduction to the service
The Caring for Residents of Aged Care Program examines the impacts of grievances and other life events on quality of life and reframes these experiences to improve functioning and wellbeing for people living in aged care. Supportive counselling or structured intervention is delivered by provisional psychologists and focuses on resolving the past and improving quality of life.

Delivery mode
- Group
- Face-to-face individual sessions

Eligibility criteria
This service supports residents of St Vincent’s Aged Care (Mitchelton and Bardon) and Regis Aged Care (The Gap).
The service will be available in additional facilities in the future.

Referral information
Self-referral or professional referral (GP or other health provider).

Service access
The Caring for Residents of Aged Care program is commissioned by Brisbane North PHN and there is no cost to the client.
Daybreak program
Hello Sunday Morning

Introduction to the service provider
Hello Sunday Morning has a mission to change Australia’s relationship with alcohol.

Introduction to the service
The Daybreak program supports individuals to reduce their alcohol consumption and create healthier habits.

Daybreak is a 16-week program, accessible via a mobile app, which provides peer support, daily messages and activities, and access to trained health coaches and referral as needed. Complex cases can also be escalated to clinical psychologists.

Delivery mode
Online (mobile apps and online chatrooms and forums)

Eligibility criteria
This service supports adults in the North Brisbane and Moreton Bay region who are experiencing minimal to mild symptoms of distress and harmful alcohol consumption.

Referral information
Self-referral or professional referral (GP or other health provider).

Service access
Daybreak is commissioned by Brisbane North PHN and there is no cost to the client.

The Daybreak app can be downloaded from the Apple and Android app stores.
NewAccess program
Mental Illness Fellowship Queensland

Introduction to the service provider
Mental Illness Fellowship Queensland (MIFQ) provides specialised programs and services for people living with mental illness and their families and carers.

Introduction to the service
NewAccess is a program developed by beyondblue that provides free and confidential support to people to help them tackle day-to-day pressures. A NewAccess coach, specially trained and experienced, supports people in setting practical goals that help get them back on track.

The program includes six free sessions with a NewAccess coach. The sessions include one assessment session, four 30 minute sessions and one final session.

Delivery mode

- Phone
- Face-to-face individual sessions

Eligibility criteria
This service supports adults in the North Brisbane and Moreton Bay region who are experiencing mild to moderate symptoms of anxiety and/or depression.

Referral information
Self-referral or professional referral (GP or other health provider).

Service access
NewAccess program is commissioned by Brisbane North PHN and there is no cost to the client.

Coaches are available across the region to support people close to their home.

CONTACT INFORMATION
Mental Illness Fellowship Queensland (MIFQ)
298 Gilchrist Ave, Herston QLD 4006

Phone: 07 3358 4424
Email: newaccess@mifq.org.au
Website: www.mifq.org.au
Optimal Health program  
Neami National

Introduction to the service provider
Neami National is a community mental health service supporting people living with mental health issues to improve their health, live independently and pursue a life based on their own strengths, values and goals.

Introduction to the service
The Optimal Health program is an eight-week group face-to-face self-development program designed to build self-efficacy. The program supports people to achieve key principles of personal recovery, acknowledging that optimal health is self-defined and self-directed. The program helps participants understand stress, vulnerability, strengths and strategies, identify collaborative partners and support networks and the tools to manage effective change.

Delivery mode

- **Group**
- **Phone coaching between group sessions**

Eligibility criteria
This service supports adults in the North Brisbane and Moreton Bay region who are experiencing minimal to moderate symptoms of distress.

Referral information
Self-referral or professional referral (GP or other health provider).

Service access
The Optimal Health program is commissioned by Brisbane North PHN and there is no cost to the client.

Groups are available across the region in community settings during the day and evening.
Problem Management Plus program
MDA Ltd

Introduction to the service provider
MDA Ltd works in partnership with our clients, other service providers, government agencies and the private sector, to achieve quality service delivery through advocacy, client service delivery, community development and multicultural sector development.

Introduction to the service
Problem Management Plus (PM+) is a structured, low intensity, brief therapeutic intervention for adults from culturally and linguistically diverse backgrounds who are experiencing mood or anxiety disorders, stress and a range of psychological stressors, particularly in situations of adversity.

PM+ helps people develop coping strategies for managing stress, managing problems, how to get going and keep doing, strengthen social supports and staying well.

Delivery mode

Eligibility criteria
This service supports adults who identify as culturally and linguistically diverse in the Brisbane North region who are experiencing minimal to mild symptoms of distress. For more information on suburbs within the Brisbane North sub region, see page 5.

Target population groups
This service targets people who meet the eligibility criteria and who are experiencing mood or anxiety disorders, stress and a range of psychological stressors, particularly in situations of adversity.

Referral information
Self-referral or professional referral (GP or other health provider).

Service access
The Problem Management Plus program is commissioned by Brisbane North PHN and there is no cost to the client.

Following a PM+ assessment, services are delivered by peer support workers with clinical supervision over five sessions in outreach locations in Nundah, Bracken Ridge or Sandgate, or in peoples’ homes. A review is conducted on completion on the program to assess the client’s wellbeing and program outcomes.

CONTACT INFORMATION
MDA Ltd (Culture in Mind)
8-9/416 Logan Road, Stones Corner QLD 4102
07 3333 2100
support@cultureinmind.org.au
www.cultureinmind.org.au
headspace
National Youth Mental Health Foundation

Introduction to the service provider
headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds, along with assistance in promoting young peoples' wellbeing. This covers mental health, physical health, work and study support and alcohol and other drug services.

Introduction to the service
Young people aged 12-25 with mild to moderate mental illness can access mental health services via four headspace centres at Caboolture, Nundah, Redcliffe and Taringa. These centres provide a range of support services including one-to-one counselling, supportive family psycho-education and support groups for young people.

Support services and information is also available for young people, their families and friends, as well as health professionals via the main headspace website www.headspace.org.au or from the online counselling service at eheadspace www.eheadspace.org.au.

Eligibility criteria
• young people aged 12-25 with mild to moderate mental illness.

Referral information
Young people can access health services from their closest headspace centre via self or parent-referral or via professional referral (e.g. GP, hospital, emergency services).

Service access
This service is commissioned by Brisbane North PHN and there is no cost to the client.

After hours services are available, contact the local service agency for further information.

A mental health care plan is required for access to ongoing allied health professionals.

CONTACT INFORMATION

headspace Caboolture
07 5428 1599
Suite 38, The Lakes Centre, 8-24 King Street, Caboolture QLD 4510

headspace Nundah
07 3370 3900
1264 Sandgate Road, Nundah QLD 4012

headspace Redcliffe
07 3897 1897
457 Oxley Avenue, Redcliffe QLD 4020

headspace Taringa
07 3157 1555
5 Moorak Street, Taringa QLD 4068

For further information refer to the main headspace websites:
www.headspace.org.au
www.eheadspace.org.au
Asha
Redcliffe Area Youth Space

Introduction to the service provider
Asha is a youth mental health program managed by lead agency Redcliffe Area Youth Space (RAYS). It is a partnership project that also has service hubs in Deception Bay (managed by Deception Bay Community Youth Programs, DBCYP), and in Caboolture (managed by Intercept Youth and Family Service).

Introduction to the service
Asha is a youth mental health service, which provides mobile outreach support to the region’s most vulnerable young people (aged 12–18), in the Moreton Bay North and Redcliffe/North Lakes sub regions. This is a targeted service that supports vulnerable young people who either have, or are at risk of developing a severe mental illness.

Asha applies a youth-appropriate holistic approach in working with young people. It focuses on engagement and relationship building as a means of achieving clinical outcomes, and places equal value on social inclusion, psychosocial and clinical outcomes. The multidisciplinary team employs allied health professionals as well as youth and family workers. Staff provide individualised case management and therapeutic interventions for eligible young people.

Eligibility criteria
The following criteria applies:

• 12-18 years of age
• live in the Moreton Bay North or Redcliffe/North Lakes sub regions (for more information on suburbs within the Moreton Bay North or Redcliffe/North Lakes sub regions, see page 5)
• informed consent has been provided
• specific mental health concerns are resulting in a decline in function across life domains
• have a current or provisional diagnosis relating to mental health, which is severe and either episodic or persistent in nature
• OR significant evidence exists (this may be provided verbally or through collateral information) to suggest a severe mental illness is present or likely to be developed.

CONTACT INFORMATION
Referrals or enquiries should be directed to:
Redcliffe Area Youth Space (RAYS)
Corner of Anzac and Oxley Avenues,
Redcliffe QLD 4020
t 07 3283 8769
e ash@redcliffeyouthspace.org
w www.redcliffeyouthspace.org

Low intensity | Moderate intensity | High intensity | Suicide prevention

| Moreton Bay North | Redcliffe/North Lakes | Brisbane North | Pine Rivers | Brisbane Inner City | Brisbane West |
**Target population groups**

The target population groups for this service are very specific, as per the eligibility criteria outlined on page 14. The service is accessible only to young people in the Moreton Bay North and Redcliffe/North Lakes sub regions.

Services in Caboolture, Deception Bay and Redcliffe will all operate on an outreach basis to provide maximum coverage to the whole region.

The target population groups for this service include young people that are difficult to engage, hard to reach, vulnerable and socially disadvantaged including:

- homeless young people or those at risk of homelessness
- young people transitioning from long-term out of home care or those involved with child safety
- young people of diverse genders and sexualities (LGBTIQAP+)
- young people who are involved with the youth justice system
- young people who are disengaged from school
- Aboriginal and Torres Strait Islander young people
- young people who are culturally and linguistically diverse including refugees.

**Referral information**

Referral pathways have been established with key referral agencies including GPs in the Moreton Bay North and Redcliffe/North Lakes regions.

**Service access**

Asha is commissioned by Brisbane North PHN and there is no cost to the client.

It is available after hours and weekends on an as-needs basis.

Services are delivered via a flexible outreach model in agreed locations.
Brisbane MIND

Introduction to the service provider

Brisbane North PHN delivers Brisbane MIND in the North Brisbane and Moreton Bay region.

Introduction to the service

Brisbane MIND provides short-term psychological services for people experiencing mental health issues who have difficulty accessing other services.

Funding for Brisbane MIND includes the Brisbane MIND Suicide Prevention Program. Funding is capped each financial year and the focus is on patients with the highest needs.

Eligibility criteria

Individuals must:

• be 12 years of age or older
• live in the North Brisbane and Moreton Bay region
• be experiencing genuine financial hardship
• be experiencing symptoms of a diagnosable mental illness
• be expected to benefit from structured psychological therapy
• have therapeutic needs that cannot be met through Better Access.

Suicide Prevention Program

As per general Brisbane MIND eligibility criteria, and:

• be considered at risk of suicide

In determining suicide risk, the referrer should be guided by appropriate clinical guidelines.

Target population groups

Brisbane MIND targets the following priority groups:

• Aboriginal and Torres Strait Islander people
• people who are experiencing or are at risk of homelessness
• people from culturally and linguistically diverse backgrounds
• people at risk of suicide
• people who have experienced trauma and abuse
• people who have had contact with the criminal justice system
• people who reside in the Morton Bay North region
• lesbian, gay, bisexual, transgender or intersex people (LGBTI)

CONTACT INFORMATION

Brisbane MIND

t 07 3630 7339
f 07 3630 7839
e brisbanemind@brisbanenorthphn.org.au
w www.brisbanenorthphn.org.au

Referral information

Referral to Brisbane MIND is primarily through a GP. Psychiatrists or paediatricians may refer. Where relevant, the PHN may approve other organisations who are connected with the target groups to refer individuals to Brisbane MIND.

Brisbane MIND is delivered by a range of contracted local allied health professionals.

A current directory of approved providers can be accessed at www.brisbanenorthphn.org.au

Service access

Brisbane MIND is commissioned by Brisbane North PHN and there is no cost to the client.
Brisbane MIND4KiDS

Introduction to the service provider
Brisbane North PHN delivers Brisbane MIND4KiDS in the North Brisbane and Moreton Bay region.

Introduction to the service
Brisbane MIND4KiDS supports families and children who are considered to be vulnerable and disadvantaged and who otherwise would not have access to psychological support.

Children under the age of 12 who have, or are at risk of developing emotional, behavioural or mental health conditions can access Brisbane MIND4KiDS services, which are delivered across our region by three providers. Brisbane MIND4KiDS can also provide referral to specialists in childhood trauma.

Eligibility criteria
Individuals must:
• be aged 0–11 years
• live in the North Brisbane and Moreton Bay region
• have parents or carers who are experiencing genuine financial hardship
• be experiencing, or at risk of developing mild to moderate mental health issues
• be expected to benefit from structured psychological therapy
• have therapeutic needs that cannot be met through Better Access.

Please note: Brisbane MIND4KiDS cannot provide formal diagnostic assessment services. Children with developmental disorders, learning disorders, or disability are not eligible for referral for the treatment of these conditions.

Target population groups
• Children aged 0-11 years from vulnerable and disadvantaged populations who have difficulty accessing other services.
• Children aged 0-11 who have, or are at risk of developing an emotional, behavioural or mental health condition and would benefit from short-term psychological services.

CONTACT INFORMATION
Brisbane MIND4KiDS providers:
Anita Trendle Psychology
t 07 5432 4118
(Caboolture, Bribie Island, Woodford)

Young Minds
t 07 3857 0074
(Stafford, Redcliffe, The Gap, North Lakes, Deception Bay)

All about Kids
t 07 3262 6009
(Wooloowin, Strathpine)

Specialist providers:
Bravehearts
t 07 5552 3000
(Strathpine)

Child Aware
t 1300 914 318
(Strathpine)

Referral information
Referral to Brisbane MIND4KiDS is primarily through a GP. Psychiatrists or paediatricians may refer. Where relevant, the PHN may approve other organisations who are connected with the target groups to refer individuals to Brisbane MIND4KiDS. Brisbane MIND4KiDS is delivered by a range of contracted local allied health professionals. A current directory of approved providers can be accessed at www.brisbanenorthphn.org.au.

Service access
Brisbane MIND4KiDS is commissioned by Brisbane North PHN and there is no cost to the client.

Services are delivered during business hours, with some after hours and weekend services available. Contact each service for details.
Introduction to the service provider

Morayfield Psychology Centre, Toowong Private Hospital and Footprints deliver the Mental Health Nursing in Brisbane North (MHNiB) program.

Morayfield Psychology Centre is an allied health practice offering mental health assessments and interventions for people of all ages and therapy for individuals, couples and families.

Toowong Private Hospital is a mental healthcare facility offering individually focused inpatient, day patient, and community-based mental health treatments delivered by expert mental health practitioners and clinical staff.

Footprints is a not-for-profit organisation offering individual and therapeutic group interventions for people with disabilities, older people, their carers and families, people with mental health issues, people who are experiencing social and financial disadvantage and those at risk of homelessness or homeless persons.

Introduction to the service

The MHNiB program delivers clinical care coordination and treatment services for people with severe mental illness and complex health issues being managed by a GP or psychiatrist in primary care. Services are delivered by mental health nurses across the region via three mental health nursing hubs at Morayfield Psychology Centre, Footprints and Toowong Private Hospital.

The mental health nurses can assist the person to connect with other health professionals and service providers, liaise with the professionals involved in the person's care, actively maintain contact with the person to monitor their wellbeing and progress, provide the person with information on and assist them to manage their physical and mental health issues and to manage their medication.

Due to the high needs of this patient group, each mental health nurse has an annual caseload of 35 patients.

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Eligibility criteria

To be eligible for MHNiB the patient must be 18 years of age or and meet all of the following criteria:

- the person has a diagnosed/provisionally diagnosed mental disorder which is severe in nature and related complex health needs, and
- the mental disorder significantly impacts at least two areas of social, personal and/or occupational functioning, and
- the person has, or is at risk of developing, a physical health problem, and
- the mental disorder has resulted in hospital treatment in the previous two years or there is a risk of hospitalisation within the next 12 months if clinical care by a mental health nurse is not provided, and
- the patient is expected to need ongoing treatment and management of their mental disorder over the next two years, and
- a primary care based GP or psychiatrist is the main person responsible for the person’s clinical mental health care and has initiated/completed an initial mental health treatment plan.

If the patient has psychosocial disability please refer them to other appropriate services e.g. Partners in Recovery or the National Disability Insurance Scheme when it becomes available in your region.

Referral information

Referrals to MHNiB can come from any GP or community-based psychiatrist who is managing a person with severe mental illness and complex health needs in primary care.

Please refer your patient to the MHNiB provider in the region in which the patient resides.

Service access

MHNiB is commissioned by Brisbane North PHN and there is no cost to the client. MHNiB services are currently operating Monday to Friday from 9:00 am – 5:00 pm.

Which provider do I refer to?

If your patient resides in the Moreton Bay North sub region (see map on page 4) or one of the following additional suburbs, please fax to Morayfield Psychology Centre on 1300 933 033.

- Clontarf
- Deception Bay
- Kippa-Ring
- Margate
- Newport
- Redcliffe
- Rothwell
- Scarborough
- Woody Point

If your patient resides in the Pine Rivers or Brisbane North sub regions (see map on page 4) or one of the following additional suburbs, please fax to Footprints on 1300 027 319.

- Dakabin
- Griffin
- Kallangur
- Mango Hill
- Murrumba Downs
- North Lakes

If your patient resides in the Brisbane West or Brisbane Inner City sub regions, please fax to Toowong Private Hospital on 1300 103 458.
North Brisbane Partners in Recovery
Brisbane North PHN

Introduction to the service provider
Led by Brisbane North PHN, the North Brisbane Partners in Recovery (PiR) Consortium has engaged a number of PiR Coordinators who support the implementation of the program within the North Brisbane region. These PiR Coordinators are located within eight community service organisations across the region. These agencies are:

- Aftercare
- Communify
- Footprints
- Institute for Urban Indigenous Health
- Mental Illness Fellowship Queensland
- Neami National
- Openminds
- Richmond Fellowship Queensland.

Introduction to the service
North Brisbane Partners in Recovery works with adults who have severe and persistent mental illness. PiR Coordinators provide a care coordination role to link the participant in with appropriate services (e.g. psychiatrist, peer groups, sports clubs, housing and financial planning). The PiR Coordinator works with the participant to identify their needs and work with them to meet those needs.

Eligibility criteria
- have a mental illness that is severe and persistent
- have complex needs that require support from more than one service
- require assistance to get the help they need from these support services
- have no coordination of support services in place (or these coordination arrangements are not working)
- want to work with us to make things better
- live in the North Brisbane, Moreton Bay and Somerset area.

CONTACT INFORMATION
North Brisbane Partners in Recovery
t 1800 752 235
f 1800 633 683
e partnersinrecovery@brisbanenorthphn.org.au
w www.northbrisbane.pirinitiative.com.au

North Brisbane Partners in Recovery is an initiative of the Australian Government.
Referral information

Referrals to North Brisbane PiR can be made by anyone, including the individual themselves (self-referral) or by health practitioners, support services, family, carers or the wider community.

Consideration must be given to the eligibility criteria listed before making a referral. With regards to a diagnosed mental illness that is severe in degree and persistent in duration, a formal diagnosis is not necessary for a referral, but must be confirmed during the assessment process in order for the person to be accepted into the PiR program.

To make a referral, or to enquire about eligibility, call 1800 752 235 between 8.30 am – 4.30 pm Monday to Friday.

Service access

North Brisbane Partners in Recovery is commissioned by Brisbane North PHN and there is no cost to the client. There is no limit to the amount of time a participant can stay with PiR, but most participants are with PiR for around 7-8 months.

Services are delivered by PiR Coordinators who are based in eight community service organisations across the North Brisbane and Moreton Bay region. While referrals are allocated to agencies based on where the participant lives, participants are free to choose their own provider.

PiR is transitioning to the National Disability Insurance Scheme (NDIS) until June 2019. As well as providing care coordination, PiR Coordinators will support participants to access services under the NDIS. This includes supporting them to make their application. For more information about the transition to the NDIS, visit www.ndis.gov.au.
Introduction to the service provider

Mental Illness Fellowship Queensland (MIFQ) provides recovery-orientated support that promotes personal growth and encourages people to connect with their inner strengths and community supports.

Introduction to the service

Mental Illness Fellowship Queensland (MIFQ) is working with Brisbane North PHN, beyondblue and Redcliffe Hospital to develop and deliver a trial follow-up community-based suicide prevention service in the Redcliffe region. MIFQ is working in partnership with beyondblue to implement The Way Back Support Service, a beyondblue initiative providing non-clinical follow-up care and support. Clinical support will also be available at this site to meet an identified gap in the Redcliffe community.

This new trial service integrates, complements and works collaboratively with the Redcliffe Hospital to improve the immediacy of follow-up response for individuals who have recently attempted suicide. Services focus on the delivery of a wrap-around support service.

CONTACT INFORMATION

t 07 3358 4424

e thewayback@mifq.org.au

* Currently Redcliffe and Redcliffe Peninsula only (Clontarf, Deception Bay, Kippa-Ring, Margate, Newport, Redcliffe, Rothwell, Scarborough and Woody Point).

The Way Back Support Service
Mental Illness Fellowship Queensland and beyondblue

Suicide prevention services

Low intensity    Moderate intensity    High intensity    Suicide prevention

| Moreton Bay North | Redcliffe/North Lakes* | Brisbane North | Pine Rivers | Brisbane Inner City | Brisbane West |

Moreton Bay North, Redcliffe/North Lakes* and Brisbane North are currently available. The Way Back Support Service is available in Redcliffe and Redcliffe Peninsula (Clontarf, Deception Bay, Kippa-Ring, Margate, Newport, Redcliffe, Rothwell, Scarborough and Woody Point). Other regions are not currently accessible.

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Eligibility criteria

This service targets people who are 15 years of age or older and who are referred by the Redcliffe Hospital following a recent suicide attempt.

People are eligible for this service:

- who have presented to Redcliffe Hospital following a suicide attempt and have been referred by the Redcliffe-Caboolture Acute Care Team (RCACT) or the Child and Youth Mental Health Service (CYMHS)
- who have been admitted to Redcliffe Hospital as an inpatient following a suicide attempt and are scheduled to be discharged from Redcliffe Hospital. Referral will be via the Consultant Psychiatrist Liaison Team (CL Team).

Referral information

Given this is a trial service, referral pathways into The Way Back will initially be via Redcliffe Hospital (see eligibility criteria) for people who have attempted suicide. It is envisaged that as the trial progresses and depending on demand, the service may extend referrals more broadly across the Redcliffe and Redcliffe Peninsula region, to other service providers (e.g. GPs, community mental health clinics, ambulance, etc.) where people may present following a suicide attempt.

Service access

The Way Back Support Service is commissioned by Brisbane North PHN and there is no cost to the client.

It operates seven days a week including after hours and on weekends. Support can be provided for up to three months and is provided by MIFQ based at Encircle Redcliffe Neighbourhood Centre, and throughout the Redcliffe region.
Introduction to the service provider

Lives Lived Well is a leading Queensland-based, not-for-profit support organisation for people who have problems with alcohol and drugs; and associated mental health issues. Lives Lived Well works with people that are affected directly and those that are touched indirectly – like friends and family.

Introduction to the service

Lives Lived Well delivers alcohol and other drug treatment services via the Life Back and Life on Track group programs, and counselling services in areas of our region where need is highest.

Life Back and Life on Track are client-focused, community-based non-residential day treatment programs for adults and young people who are wanting to address their substance use and concerns.

Eligibility criteria

People are eligible for this service who:

- are 12 years of age or older
- have co-occurring alcohol and other drug and mental health issues.

Referral information

Self-referral or professional referral (GP or other services).

Service access

The Life Back and Life on Track programs are funded by Brisbane North PHN and there is no cost to the client.

Services are delivered during business hours 8.00 am – 5.00 pm, Monday to Friday from service hubs in Caboolture, Deception Bay, Redcliffe and Strathpine. Limited extended hours services are available.

CONTACT INFORMATION

Lives Lived Well

1300 727 957
info@liveslivedwell.org.au
www.liveslivedwell.org.au

Caboolture
L1, 19 Haskings Street, Caboolture QLD 4510

Deception Bay
L1, 420 Deception Bay Road, Deception Bay QLD 4508

Redcliffe
L1, 3 Violet Street, Redcliffe QLD 4020

Strathpine
6B, 424 Gympie Road, Strathpine QLD 4500
IUIH partners with other Aboriginal and Islander Community Controlled Health Services (AICCHS) in the Brisbane Inner City and Brisbane West sub regions to provide social health services.

# Institute for Urban Indigenous Health

**Introduction to the service provider**

The Institute for Urban Indigenous Health (IUIH) leads the planning, development and delivery of comprehensive primary health care services to the Indigenous population of South East Queensland.

**Introduction to the service**

IUIH provides an integrated social health model, including primary mental health services, alcohol and other drug treatment services and suicide prevention services. These are delivered within a broader comprehensive primary healthcare model.

**Eligibility criteria**

This is a specialised service for Aboriginal and Torres Strait Islander people of all ages.

**Referral information**

Self-referral or professional referral (GP or other health provider).

**Service access**

These services are commissioned by Brisbane North PHN and there is no cost to the client.

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### CONTACT INFORMATION

For information or referral, contact IUIH Connect on 1800 254 354. Service locations are as follows:

- **Caboolture Clinic**  
  t 07 5428 5855  
  James Street, Caboolture QLD 4510

- **Morayfield Clinic**  
  t 07 5429 1000  
  10-20 Walkers Road, Morayfield QLD 4506

- **Strathpine Clinic**  
  t 07 3897 0500  
  6/199 Gympie Road, Strathpine QLD 4500

- **Deception Bay Clinic**  
  t 07 3049 2299  
  675 Deception Bay Road, Deception Bay QLD 4508

- **Northgate Clinic**  
  t 07 3240 8903  
  313 Melton Road, Northgate QLD 4013
Quick reference guide

Mental health services
Mental health services in the North Brisbane and Moreton Bay region are changing so that people get the care they need at the right time and in the right place.

When a person’s needs change, the types of services and supports change with them. This diagram will help you understand at a glance, which PHN-commissioned primary mental health service(s) may be right for someone in your care.

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<td>Institute for Urban Indigenous Health – Social Health Team (Moreton Bay) (page 25)</td>
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Alcohol and other drug treatment services
The following diagram shows the PHN-commissioned alcohol and other drug treatments services across four stages:

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<th>Alcohol and other drug treatment services</th>
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Brisbane North PHN has also taken on the contracts for additional community alcohol and other drug treatment services. These services are delivered by:

- Brisbane Youth Service
- Institute for Urban Indigenous Health
- Queensland Aboriginal and Torres Strait Islander Corporation for Alcohol and Drug Dependence Services
- Queensland Injectors Health Network
Key contacts

This page provides contact details for PHN-commissioned mental health, suicide prevention and alcohol and other drug treatment services organised according to stream:

Low intensity services

Caring for residents of aged care program - Change Futures
- 07 3857 0847
- info@changefutures.org.au
- www.changefutures.org.au

Daybreak program - Hello Sunday Morning
- Jamie Moore
- jamie@hellosundaymorning.org
- www.hellosundaymorning.org
- www.daybreakapp.io

NewAccess program – Mental Illness Fellowship Queensland
- 07 3358 4424
- newaccess@mifq.org.au
- www.mifq.org.au

Optimal health program - Neami National
- 07 3205 6622
- strathpine@neaminational.org.au
- www.neaminational.org.au

Problem Management Plus program – MDA Ltd
- 07 3333 2100
- support@cultureinmind.org.au
- www.cultureinmind.org.au

Youth mental health services

headspace
- 07 5428 1599
- 07 3370 3900
- 07 3897 1897
- 07 3157 1555
- www.headspace.org.au
- www.eheadspace.org.au

Asha - Redcliffe Area Youth Space
- Corner of Anzac and Oxley Avenues, Redcliffe QLD 4020
- 07 3283 8769
- asha@redcliffeyJouthspace.org
- www.redcliffeyJouthspace.org

Brisbane MIND services

Brisbane MIND and Brisbane MIND4KIDS
- 07 3630 7339
- 07 3630 7839
- brisanemind@brisanenorthphn.org.au
- www.brisnanorthphn.org.au

Psychosocial disability

North Brisbane Partners in Recovery
- 1800 752 235
- 1800 633 683
- pir@brisnanorthphn.org.au
- www.northbrisbane.pirinitiative.com.au

Services for severe and complex mental illness

Mental Health Nursing in Brisbane North
- 1300 522 822

Morayfield Psychology Centre
- 1300 933 033

Footprints
- 1300 027 319

Toowong Private Hospital
- 1300 103 458

Suicide prevention services

The Way Back Support Service
- 07 3358 4424 (MIFQ), please call to be connected to The Way Back referral line
- thewayback@mifq.org.au

Alcohol and other drug services

Life Back and Life on Track Programs - Lives Lived Well
- 1300 727 957
- info@liveslivedwell.org.au
- www.liveslivedwell.org.au

Aboriginal and Torres Strait Islander services

Institute for Urban Indigenous Health
- 1800 254 354
- www.iasn.org.au

Service locations in Caboolture, Morayfield, Strathpine, Deception Bay, Northgate
The North Brisbane and Moreton Bay mental health, suicide prevention and alcohol and other drug services magazine outlines the services commissioned by Brisbane North PHN during 2017-18. Version 1.0 (July 2017) – visit www.brisbanenorthphn.org.au for the latest information about services.

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