

# RECOVERY

Mental health and alcohol and other drugs news from your PHN



## Funding boost for local drug treatment services

Brisbane North PHN has announced an additional \$5 million in Federal funding over three years to significantly increase the capacity of local service providers to meet demand for alcohol and other drug treatment services.

This funding will mean more drug and alcohol treatment services are available in North Brisbane for people who need support to overcome methamphetamine and other forms of substance dependence.

Held at the new Lives Lived Well office in Strathpine, the launch was attended by the local

L-R Lives Lived Well CEO Mitchell Giles, Queensland Network of Alcohol and Other Drug Agencies Chief Executive Rebecca Lang, Member for Dickson Peter Dutton MP, Brisbane North PHN Executive Manager for Commissioned Services Pauline Coffey and the Institute for Urban Indigenous Health Regional Social Health Manager Leshay Maidment.

Federal member of parliament Peter Dutton and representatives from the agencies the PHN has commissioned to deliver the services.

Brisbane North PHN's Executive Manager for Commissioned Services Pauline Coffey said the new funding would help people to regain control of their lives and break the cycle of dependence.

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# Introduction

## Welcome to Brisbane North PHN's mental health, alcohol and other drugs eNewsletter Recovery.

Released bi-monthly, this newsletter will provide information and updates on significant developments in our work, including consultation activities, sector development and reform and announcements of new services.

PHNs have been given responsibility for commissioning local mental health services (including suicide prevention) and alcohol and other drug treatment services.

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

Brisbane North PHN has already commissioned mental health and alcohol and other drug treatment services to meet urgent local needs in the North Brisbane and Moreton Bay region.

We're also working on a plan to reform local mental health services at a regional level. A person-centred approach to mental health reform 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.

We'll provide regular updates about our activity in Recovery so if you did not receive this eNewsletter from us directly, email [MHAOD@brisbanenorthphn.org.au](mailto:MHAOD@brisbanenorthphn.org.au) to subscribe.

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"Treatment service providers and families of those affected have been calling for more help, so I am pleased we can now provide additional resources to support recovery," she said.

The PHN has been working closely with the alcohol and other drug treatment sector to plan the services needed in North Brisbane and has selected three agencies to deliver these services.

"Lives Lived Well has been commissioned to deliver alcohol and other drug treatment services in the Moreton Bay region, where the greatest need was identified," Ms Coffey said.

"The PHN has also commissioned the Institute for Urban Indigenous Health (IUIH) to deliver culturally-appropriate alcohol and other drug treatment services for Aboriginal and Torres Strait Islander people, primarily across the Moreton Bay region," she said.

"Additionally, we have commissioned the Queensland Network of Alcohol and Other Drug Agencies (QNADA) to support development of the alcohol and other drugs workforce.

"While we are careful not to underestimate the scale of the problem we face, I am confident the most capable services providers have been selected to address this challenge and I congratulate them on their successful tender applications," she said.

Mr Dutton said the new services will help families who are impacted by drug dependence get back on track.



Emma who shared her personal story on alcohol and other drugs, speaks with Pauline Coffey and Peter Dutton MP.

## ABOUT THE RECOVERY eNEWSLETTER

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Member for Dickson Peter Dutton MP officially opens the Lives Lived Well Strathpine office.



Brisbane North PHN CEO Abbe Anderson with Member for Dickson Peter Dutton MP at the launch of the expanded drug treatment services.

“This funding of \$5 million through the PHN in North Brisbane will make a difference in people’s lives. We want the message to get out; there is more assistance for families,” Mr Dutton said.

“If you know somebody within your workplace or within your own family that needs assistance please contact these services, because this funding and the counselling that’s provided will have the ability to put people back onto a positive track and to provide support to them that wasn’t possible before,” he said.

Lives Lived Well CEO Mitchell Giles said the launch marks a significant boost to Brisbane north services, with free community-based alcohol and drug support being made available to the region for the first time.

“We expect that about 70 per cent of people seeking support at the new service will be experiencing problems with methamphetamines (ice),” Mr Giles said.

“Our counsellors are trained to support people who have problems with any kind of drug, including alcohol, and can offer flexible, intensive care involving counselling, day programs, group work and case management,” he said.

IUIH Regional Social Health Manager Leshay Maidment was at the launch to represent CEO Adrian Carson, who said the new services would enable the IUIH to expand its existing substance misuse and mental health services to Aboriginal and Torres Strait Islander communities across

one of Australia’s fastest Indigenous growing populations.

“These services will be fully integrated with the comprehensive primary healthcare service already being delivered by the IUIH Members,” Mr Carson said.

QNADA Chief Executive Rebecca Lang said she looked forward to providing additional workforce support to professionals in the alcohol and other drug treatment sector.

“We are very pleased to see the opening of the Strathpine Lives Lived Well service, the first alcohol and other drug specialist service for Strathpine and the region which is great news for the community,” Ms Lang said.

Clients may access treatment services via self-referral, professional referral (e.g. GP, Hospital, Emergency Services) or through an outreach service.

On 6 December 2015, the Prime Minister Malcolm Turnbull announced that the Government would invest \$241.5 million through the 31 Primary Health Networks to boost the alcohol and other drug treatment sector and reduce demand for ice.

Primary Health Networks took on responsibility for planning and funding additional alcohol and other drug treatment services on 1 July 2016.

Following comprehensive needs assessment, Brisbane North PHN identified there was significant need for alcohol and drug treatment services in the Moreton Bay north and Strathpine areas within the PHN region.

People experiencing drug or alcohol problems can call Lives Lived Well on 1300 727 957. Aboriginal or Torres Strait Islander can access culturally specific services by phoning IUIH on 07 3648 9500.

# \$23.5 million of mental health and alcohol and other drug treatment services commissioned in North Brisbane and Moreton Bay region

\$23.5 million over two years will be given to local agencies to deliver mental health and alcohol and other drug treatment services in the North Brisbane and Moreton Bay region.

This funding will support organisations to strengthen their capacity or extend the reach of their services.

Brisbane North PHN's Executive Manager for Commissioned Services Pauline Coffey said services were commissioned based on the findings of the PHN's mental health and alcohol and other drug needs assessments and engagement activities hosted by the PHN in mid to late 2016.

"The PHN has been working closely with local communities, consumers, carers, health professionals, hospitals and community mental health providers to design solutions to meet urgent local needs," Ms Coffey said.

Organisations were invited to submit tenders across seven streams of activity through open and select tender processes.

For more information about services commissioned under mental health and alcohol and other drug treatment services funding, or for more information about our regional planning process, visit [www.brisbanenorthphn.org.au/page/health-reform/mental-health-services-and-alcohol-and-other-drug-treatment-services/](http://www.brisbanenorthphn.org.au/page/health-reform/mental-health-services-and-alcohol-and-other-drug-treatment-services/).

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"This announcement of \$23.5 million of services means more people in the North Brisbane and Moreton Bay region will have access to mental health and alcohol and other drug services in the community."

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Tender assessment panels included a consumer or carer representative, Metro North Hospital and Health Service, a professional body/peak organisation and the PHN.

"We thank providers for their support of our tender process and congratulate successful organisations on being awarded these contracts," she said.

Services have been procured in the following streams of activity:

- low intensity mental health services

- Brisbane MIND
- youth mental health services
- severe and complex mental illness (mental health nursing services)
- suicide prevention
- alcohol and other drug treatment services
- integrated mental healthcare for Aboriginal and Torres Strait Islander people.

The commissioning of these services represents the first step in the PHN's plan to reform local mental health and other drug services at a regional level, including a long-term co-design and commissioning approach.

To ensure continuity of service for consumers, existing service contracts were extended by the PHN to at least until 30 June 2017.

## Mental health and alcohol and other drug treatment services commissioned by Brisbane North PHN

### Low intensity mental health services

Brisbane North PHN has funded five organisations to deliver low intensity psychological services across the North Brisbane and Moreton Bay region. The low intensity services funded by Brisbane North PHN are structured, evidence-based psychological therapies that are time limited and delivered either face-to-face in individual or group sessions, via telephone or Skype or online. Services will work with vulnerable groups and those experiencing significant life events or transitions.

People will be able to access services via self-referral or professional referral (GP or other health provider). The following services have been funded to deliver these services:

- **Mental Illness Fellowship Qld** – delivery of the Beyond Blue New Access Program across the region
- **Neami Ltd** – delivery of the Optimal Health Program across the region
- **MDA** – delivery of the Problem Management Plus Program working with culturally and linguistically diverse communities
- **Change Futures** – delivery of the Caring for Residents of Aged Care program to a number of facilities across the region
- **Hello Sunday Morning** – delivery of the Daybreak program working with people who want to reduce their risky alcohol consumption and address mild to moderate symptoms of mood and anxiety disorders.

## **Brisbane MIND and Brisbane MIND4KiDS**

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 mild to moderate mental health issues and who find it hard to access other services.

Services include general referral for adults and young people, the Brisbane MIND Suicide Prevention Service and Brisbane MIND4KiDS (children under 12 years of age).

Access to Brisbane MIND and Brisbane MIND4KiDS services is via professional referral (GP or other approved provisional referrers). Brisbane North PHN has increased the number of providers GPs can refer their patients to under Brisbane MIND. The new Brisbane MIND provider network includes a diverse range of providers to meet specific needs of the Brisbane MIND target population groups.

Children under the age of 12 who have, or are at risk of developing an 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 and psychological services for Aboriginal and Torres Strait Islander children and their families.

## **Youth mental health services**

Young people aged 12-25 with mild to moderate mental illness can continue to access mental health services via the four headspace centres within the North Brisbane and Moreton Bay region at Caboolture, Nundah, Redcliffe and Taringa.

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).

Brisbane North PHN has funded a mobile youth outreach service to support the region's most vulnerable young people in the Moreton Bay North region. The outreach service will identify and support vulnerable young people who have or who are at risk of developing a severe mental illness.

This outreach service will be led by Redcliffe Area Youth Space in partnership with service hubs in Deception Bay and Caboolture.

## **Severe and complex mental illness (mental health nursing services)**

Existing Mental Health Nurse Incentive Program (MHNIP) providers will continue to deliver services in our region until 30 June 2017.

From 1 July 2017, mental health nursing services will be delivered across the region via three mental health nursing hubs. Each hub will employ three full time equivalent mental health nurses who will receive referrals from any GP or community-based psychiatrist who is supporting a person with severe and complex mental illness in primary care.

Each mental health nurse will provide clinical care coordination and treatment services for approximately 35 people per year on an outreach basis to general practices and client homes.

Morayfield Psychology Centre will commence service delivery within 2016/17 to meet the need for services in the northern part of the region and Footprints and Toowong Private Hospital will commence as mental health nursing hubs from 1 July 2017.

## **Suicide prevention**

Mental Illness Fellowship Qld (MIFQ) has been appointed as the community partner to develop and deliver the trial suicide prevention, community based follow-up service in the Redcliffe region.

MIFQ will work in collaboration with Brisbane North PHN and Redcliffe Hospital to further design and develop the trial service.

The purpose is to provide a short term transitional service, which provides follow-up support (within 24hrs, 3 days and 7 days), short term counselling, and case coordination for people who have recently attempted suicide, or who are at a high risk of suicide.

It is hoped that the new trial service will improve the immediacy of follow-up response for individuals at a high risk of suicide, or who have recently attempted suicide; provide wrap around support; reduce demand in the Redcliffe emergency department; and support people to link back into the community via a person centered, stepped care approach. It is likely that access to the service will initially be via direct referral from Redcliffe Hospital. However the view is to broaden referrals to emergency services, GPs and other service providers in the Redcliffe region.

## **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.

Brisbane North PHN has commissioned Lives Lived Well to deliver alcohol and other drug treatment services in areas of our region where need is highest including Caboolture, Deception Bay, Redcliffe and Strathpine

People may access services via self-referral, professional referral (e.g. GP, hospital, emergency services) or through an outreach service.

Brisbane North PHN has commissioned Qld Network of Alcohol and Other Drug Agencies Ltd (QNADA) to support development of the alcohol and other drugs workforce.



## **Integrated mental healthcare for 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 support 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.

Clients can access these services via self or professional referral (e.g. GP or community service provider).

# Meet the team

In upcoming editions of Recovery, we will introduce you to the team leading work in the area of mental health and alcohol and other drugs treatment services at Brisbane North PHN.



**Stephen Giles** *Coordinator | Primary mental health care*

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Stephen Giles has coordinated the Brisbane MIND program over the past six months. Steve is responsible for data management, stakeholder engagement, group therapy programs and operational aspects of the Brisbane MIND program.

A registered nurse with qualifications in psychology and with previous experience in the aged care setting, Steve has previously coordinated Access to Allied Psychological Services (ATAPS) and Partners in Recovery programs with a Medicare Local. Prior to working in mental health, Steve had a 20-year career in the Australian Defence Force working in the area of technical maintenance.

Making a difference for people living with mental illness is very rewarding for Steve and he really enjoys working within an organisation that delivers quality mental health services to those less fortunate and disadvantaged.



**Gai Lemon** *Program Development Officer | Mental health and alcohol and other drugs*

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Gai Lemon is a Program Development Officer and leads the PHN's work in the area of alcohol and other drug treatment services. She has been with Brisbane North PHN since October 2016. Previously as a consultant, Gai published numerous training manuals related to rehabilitation and substance use in Aboriginal and Torres Strait Islander populations and working with young drug users at risk of detention.

Gai has previously worked as the statewide trainer for frontline staff of the Queensland Needle and Syringe Program, and supported the development of a brief intervention process used at point of contact with injecting drug users accessing needle and syringe programs.

Gai holds a Bachelor of Education, a Master of Arts in Women's Studies and has worked extensively in the tertiary sector as a lecturer and tutor. Her most recent employ was as the Director of the Healthy Communities Programs of the Queensland AIDS Council. A passionate advocate for marginalised populations, Gai's work is dedicated to lessening stigma and discrimination and bringing genuine equity to bear in service delivery.



**Michelle Costello** *Program Development Officer | Mental health and alcohol and other drugs*

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Michelle Costello is a Program Development Officer working across Aboriginal and Torres Strait Islander health and wellbeing services and low intensity psychological services. Michelle has been in the role since August 2016.

Prior to joining the PHN she worked for 10 years in Aboriginal and Torres Strait Islander health at the regional, state and national level in the Divisions of General Practice Network and Medicare Care Local Alliance. More recently Michelle has worked with the University of the Sunshine Coast as an Academic in the public health and health promotion field. She has lead and co-lead several research projects that focus on health system reorientation toward a health promotion focus. Michelle is committed to the development of a fair and equitable health and wellbeing system for all Australians.



## Consumer and carer participation central to commissioning approach

**Brisbane North PHN has a strong commitment to fostering collaborative partnerships with consumers and carers at each stage of commissioning for mental health and alcohol and other drug treatment services.**

Monthly peer participation meetings are central to involving people with a lived experience in the development, implementation and evaluation of mental health and alcohol and other drug treatment services. For example, the network has been actively involved in initial consultations for low intensity services and suicide prevention initiatives, among other activities.

Consumers and carers are represented on PHN tender assessment panels and recruitment panels. They are also employed as consumer evaluators and have presented at conferences on evaluation activities undertaken with North Brisbane Partners in Recovery. They will also be represented on various governance groups across the spectrum on PHN commissioned mental health and alcohol and other drug treatment services.

The monthly network meetings between February – June 2017 will provide an opportunity for consumer and carer input into the regional planning process for mental health and alcohol and other drug treatment services.

A person-centred approach to mental health reform is a guiding principle to the regional plan. This is where services are organised around the needs of consumers and carers, rather than people needing to organise themselves around the system.

The PHN will be actively working with providers in the region to build their capacity to involve consumers and carers in policy development, strategic planning, procurement of services and monitoring and evaluation activities.

For further information about the PHN's mental health and alcohol and other drug treatment services consumer and carer participation, contact Paula Arro on 07 3490 3437 or email [Paula.Arro@brisbanenorthphn.org.au](mailto:Paula.Arro@brisbanenorthphn.org.au).

# Upcoming mental health events



## Big thinking; local planning

**Brisbane North PHN is hosting the 'Big thinking; Local planning' symposia series to help shape the future of mental health, suicide prevention and alcohol and other drug treatment services in our region.**

## *symposia*

The Federal Government has entrusted PHNs to develop regional plans that will guide the future of mental health, suicide prevention and alcohol and other drug services in their regions. In Brisbane North, we are developing our plan as a joint initiative with Metro North Hospital and Health Service.

**This plan will outline the blueprint for a better experience of services and supports in our region.**

We are inviting senior representatives from both mental health, suicide prevention and alcohol and other drugs treatment services, decision makers, influencers and those who play a role in service planning and delivery to join us for a symposia series.

### The two part series will explore:

1. What does an integrated mental health, suicide prevention and alcohol and other drugs services system look like for consumers
2. How should the PHN and other service providers, funders and commissioning organisations identify and prioritise commissioning of services to achieve an integrated system?

In addition to these symposia, there will be a variety of engagement activities focusing on particular streams of activity (e.g. children and young people, people with severe mental illness) over the coming months. These will be open to all and will feed into symposium two in June 2017.

**For more information about the symposia and the engagement for the PHN's mental health, suicide prevention and alcohol and other drug treatment services, email [myvoice@brisbanenorthphn.org.au](mailto:myvoice@brisbanenorthphn.org.au).**

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