



Psychosocial supports through the lens of the mental health reform agenda

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Welcome & Acknowledgments

Vision 2030

“At the first sign of mental illness or suicidal thought I know where I can go for help.

I know I will be treated with respect and my experience taken seriously because I live in a community that really values mental and social wellbeing.

Lots of agencies work together in my community, including the hospital, primary care, and non-government agencies, to provide a range of treatment and support options.

I know I can quickly access the services I need and that I and my family will have choice in shaping and working collaboratively in the delivery of my care and support.

Whatever I and my family need, the different services will work seamlessly together to support us.

There is no risk that we will fall through cracks in the system.

As I work towards my personal recovery, I will have support to help me to re-engage and move forward in my life with confidence.”

- My positive experience

Who in government bears the responsibility for the mental health and wellbeing of those living in Australia?

Connections2022



- Community conversations – 30 locations = 718
- Stakeholder roundtables – 91 across 35 locations = 682
- Online webinars = 271
- Face to face participants = **1,671**
- Online survey = **1,832** responses

(889 consumers, 318 carers, 459 service providers, 166 members of the public)

3,503 participants

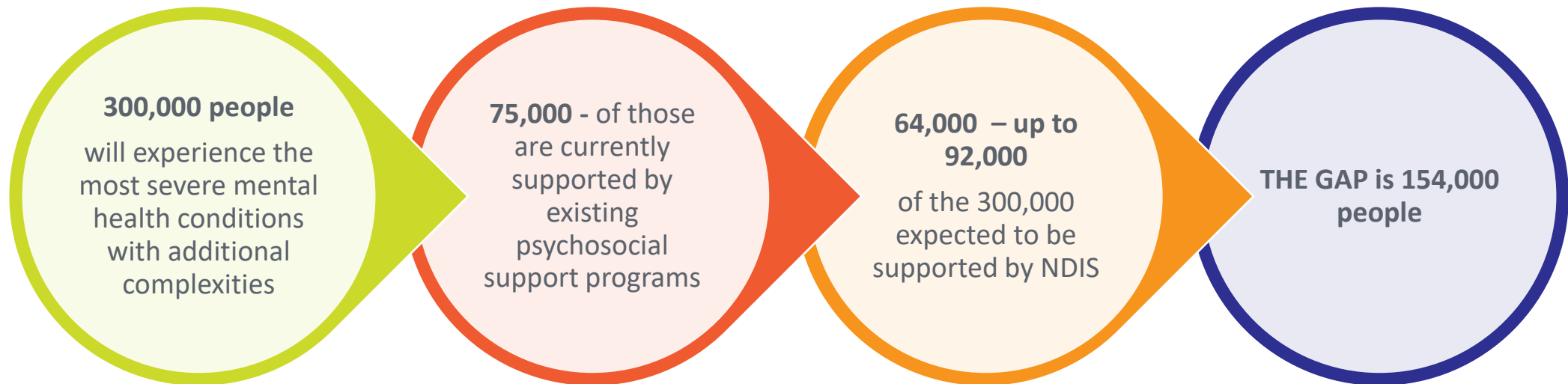
Connections2022 Insights

- Impact of trauma – adverse childhood experiences, compounding trauma through multiple events, complex
- Intersect with the **social determinants** - stable and secure housing, certainty of income, education / employment, physical and emotional safety
- **Workforce shortages and fatigue** and an urgent need to accelerate training, inclusion and supervision of **lived experience and peer workers**
- Expanding the role of **social connection** to reduces distress, reducing and managing wait lists, enabling more effective engagement with clinical services
- Embracing and expanding **social prescribing**
- Intersect of **alcohol and drugs** with mental ill health, suicide, justice, housing, social services
- Restrictive, prescriptive and overly bureaucratic **contract processes**
- **Access to services and the decision-making processes** which determine who is included and who is not
- Increased distress of **young people**
- **Stigma and discrimination**

Social determinants → Psychosocial needs



living with complex mental health conditions requiring psychosocial supports to LIVE WELL and connect as CONTRIBUTING members of their communities



Those who we must support for their psychosocial needs

Achieving Vision 2030



- Fundamental shifts
- Working **with** the person not **on** the person
- Monitoring and measuring
- National Outcomes Framework

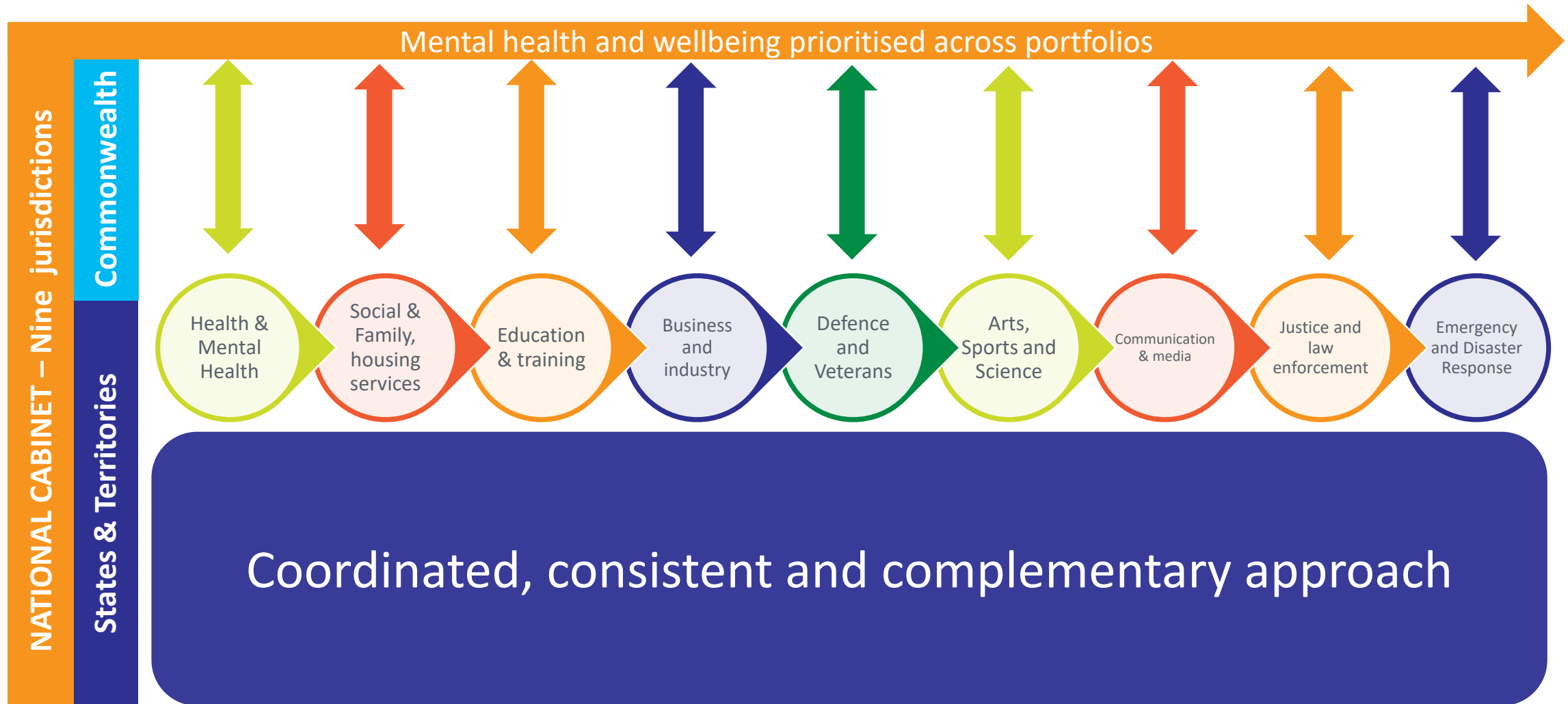
Rather than:

Should we do whole of governments

Lets focus on:

How to do whole of governments

Living reform – Whole of Governments



Who bears responsibility?



Evaluation of system shifts and measurement of impact

Psychosocial reality

- To meet the psychosocial needs of people with mental health conditions we must focus the conversation on the impact of the social determinants – prevention, early intervention, tertiary prevention, sustainable recovery not just clinical
- How to = all relevant portfolios of all relevant governments participating in policy and funding
- The trojan horse for the way to deliver well being for all

Questions



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National Mental Health Commission



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