

# Australian Capital Territory - Primary Mental Health Care

## 2019/20 - 2023/24

### Activity Summary View



## MH - 1000 - Low Intensity



### Activity Metadata

#### Applicable Schedule \*

Primary Mental Health Care

#### Activity Prefix \*

MH

#### Activity Number \*

1000

#### Activity Title \*

Low Intensity

#### 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 this activity is to increase access to low intensity mental health services to achieve:

- Increased access to services early in illness and episode
- Improved clinical outcomes early in illness and episode
- Reduced wait times for high intensity services/services for moderate to severe presentations

#### Description of Activity \*

As part of the Next Step program, an evidence based low intensity service model is in place, delivered by a service provider commissioned in 2017. The model is targeted at providing services to people with mild to moderate symptoms of depression and anxiety.

Low intensity interventions are cognitive behavioural therapy based, with a strong focus on guided self-help. Structured interventions are delivered through telehealth and face to face by a trained non-clinical workforce, who receive intensive ongoing clinical supervision. The workforce is trained to ensure that services that are delivered are appropriate for Aboriginal and Torres Strait Islander people and Culturally and Linguistically Diverse groups.

## Needs Assessment Priorities \*

### Needs Assessment

ACT PHN Needs Assessment Update 2019/20-2020/21

#### Priorities

Priority	Page reference
Improving access and outcomes for people with mental illness	13
Integrated mental health services	13
Early intervention in life, illness, and episode	13



## Activity Demographics

### Target Population Cohort

People with mild-to-moderate symptoms of depression and anxiety, over the age of 12.

### In Scope AOD Treatment Type \*

#### Indigenous Specific \*

No

#### Indigenous Specific Comments

### Coverage

#### Whole Region

Yes



## Activity Consultation and Collaboration

### Consultation

Extensive consultation was undertaken in the development of the psychological interventions' component of the ACT primary mental health stepped care model, which includes low intensity interventions. Formal consultation was held with consumers, carers, community sector service providers and primary care clinicians through each stage of the commissioning cycle. Ongoing

engagement processes have been established to ensure that consumers, carers and service providers continue to have input and a mechanism to provide feedback in relation to stepped care services.

### Collaboration

As part of the Regional Mental Health and Suicide Prevention Plan, ACT PHN is working collaboratively with the ACT Office for Mental Health and Wellbeing, ACT Health and Canberra Health services and key consumer organisations to develop an integrated joint regional mental health plan for the ACT that includes a focus on early intervention and the integration of service across the stepped care continuum including low intensity services.



## Activity Milestone Details/Duration

### Activity Start Date

### Activity End Date

30/12/2023

### Service Delivery Start Date

### 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: Yes

Direct Engagement: 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 comments**

N/A

**Is this activity in scope for data collection under the Mental Health National Minimum Dataset?**

Yes

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Summary of activity changes for Department

Activity Status

Ready for Submission



## MH - 2000 - headspace Canberra



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH

**Activity Number \***

2000

**Activity Title \***

headspace Canberra

**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 \***

The aim of this activity is to commission headspace services that provide:

- Early intervention support to young people ages 12-25
- Provide integrated mental health services along side AOD, physical health, and educational and vocational supports.

**Description of Activity \***

headspace Canberra provides:

- a range of mental health services including individual and group sessions
- physical health services through a co-located GP
- AOD services in partnership with local AOD providers
- vocational and educational support services.

Additional work will be undertaken to support:

- integration with the new headspace South and other youth mental health services to ensure young people across the ACT are able to access services easily.
- Demand management and wait time reduction in alignment with the funding guidelines for the Wait Time Reduction Funding.

## Needs Assessment Priorities \*

### Needs Assessment

ACT PHN Needs Assessment Update 2019/20-2020/21

#### Priorities

Priority	Page reference
Improving access and outcomes for people with mental illness	13
Integrated mental health services	13
Whole-of-person care	13
Early intervention in life, illness, and episode	13



### Activity Demographics

#### Target Population Cohort

Young people ages 12-25

#### In Scope AOD Treatment Type \*

#### Indigenous Specific \*

No

#### Indigenous Specific Comments

#### Coverage

##### Whole Region

Yes



### Activity Consultation and Collaboration

#### Consultation

Significant consultation was undertaken during the commissioning of a new lead agency in 2018/2019. Ongoing consultation has been conducted around the needs of young people in collaboration with ACT Health under the Regional Mental Health and Suicide Prevention Plan and a local Child and Youth Review that was conducted by the Office of Mental Health and Wellbeing.

#### Collaboration

ACT PHN collaborates closely with partners of the Regional Mental Health and Suicide Prevention Plan to improve access and integration of services. Additionally, ACT PHN has recently collaborated with Youth Coalition ACT to undertake a feasibility study

focusing on the needs of young people and opportunities for better integrating headspace into the larger youth and health sectors.



## Activity Milestone Details/Duration

Activity Start Date

Activity End Date

30/12/2023

Service Delivery Start Date

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: Yes

Direct Engagement: 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?



Co-design or co-commissioning comments

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

Yes



Summary of activity changes for Department

Activity Status

Ready for Submission





## MH - 3000 - headspace South



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH

**Activity Number \***

3000

**Activity Title \***

headspace South

**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 \***

The aim of this activity is to commission headspace services that provide:

- Early intervention support to young people ages 12-25
- Provide integrated mental health services along side AOD, physical health, and educational and vocational supports.

**Description of Activity \***

headspace Canberra provides:

- a range of mental health services including individual and group sessions
- physical health services through a co-located GP
- AOD services in partnership with local AOD providers
- vocational and educational support services.

Additional work will be undertaken to support:

- Integration with the headspace Canberra and other youth mental health services to ensure young people across the ACT are able to access services easily.
- Focusing on engagement with CALD youth.

## Needs Assessment Priorities \*

### Needs Assessment

ACT PHN Needs Assessment Update 2019/20-2020/21

#### Priorities

Priority	Page reference
Improving access and outcomes for people with mental illness	13
Integrated mental health services	13
Whole-of-person care	13
Early intervention in life, illness, and episode	13



### Activity Demographics

#### Target Population Cohort

Young people ages 12-25

#### In Scope AOD Treatment Type \*

#### Indigenous Specific \*

No

#### Indigenous Specific Comments

#### Coverage

##### Whole Region

Yes



### Activity Consultation and Collaboration

#### Consultation

Significant consultation was undertaken during the commissioning of a new lead agency. ACT PHN partnered with Youth Coalition of the ACT to undertake a feasibility study which included in depth consultation with young people and youth-serving organisations through interviews and focus groups.

#### Collaboration

ACT PHN collaborates closely with partners of the Regional Mental Health and Suicide Prevention Plan to improve access and integration of services. Additionally, ACT PHN has recently collaborated with Youth Coalition ACT to undertake a feasibility study

focusing on the needs of young people and opportunities for better integrating headspace into the larger youth and health sectors.

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## Activity Milestone Details/Duration

**Activity Start Date**

**Activity End Date**

30/12/2023

**Service Delivery Start Date**

**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:** Yes

**Direct Engagement:** 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 comments

N/A

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

Yes

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## Summary of activity changes for Department

### Activity Status

Ready for Submission





## MH - 4000 - Children's mental health services



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH

**Activity Number \***

4000

**Activity Title \***

Children's mental health 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 \***

Commission child and youth services for children under the age of 12 at risk of, or who are experiencing mental illness to:

- Provide early intervention services
- Improve mental health outcomes for children under the age of 12

**Description of Activity \***

As part of the Next Step program, ACT PHN commissions a service provider to deliver evidence based mental health services for children under 12 and their families in a stepped care approach. Interventions are provided in the form of:

- structured group programs, including Cool Kids (7-12 years) and Cool Little Kids (3-6 years) to address anxiety
- individual psychological interventions provide by experienced psychologists.

**Needs Assessment Priorities \*****Needs Assessment**

ACT PHN Needs Assessment Update 2019/20-2020/21



## Priorities

Priority	Page reference
Improving access and outcomes for people with mental illness	13
Integrated mental health services	13
Early intervention in life, illness, and episode	13



## Activity Demographics

### Target Population Cohort

Children, 12 years and younger

### In Scope AOD Treatment Type \*

### Indigenous Specific \*

No

### Indigenous Specific Comments

### Coverage

#### Whole Region

Yes



## Activity Consultation and Collaboration

### Consultation

Extensive consultation was undertaken in the development of the psychological interventions component of the ACT primary mental health stepped care model, which includes child specific interventions. Formal consultation was held with consumers, carers, community sector service providers and primary care clinicians through each stage of the commissioning cycle. Ongoing engagement processes have been established to ensure that consumers, carers and service providers continue to have input and a mechanism to provide feedback in relation to stepped care services.

### Collaboration

As part of the Regional Mental Health and Suicide Prevention Plan, ACT PHN is working collaboratively with the ACT Office for Mental Health and Wellbeing, ACT Health and Canberra Health services and key consumer organisations to develop an integrated joint regional mental health plan for the ACT that includes a focus on early intervention and support across the lifespan.

Additionally, ACT PHN recently partnered with the Office of Mental Health and Wellbeing as part of their Child and Youth Review, undertaking consultation with a range of stakeholders and participating in an ongoing working group.



## Activity Milestone Details/Duration

Activity Start Date

Activity End Date

30/12/2023

Service Delivery Start Date

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: Yes

Direct Engagement: 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 comments

N/A

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

Yes

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Summary of activity changes for Department

Activity Status

Ready for Submission



## MH - 5000 - Psychological services for under-served populations



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH

**Activity Number \***

5000

**Activity Title \***

Psychological services for under-served populations

**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 \***

To ensure underserved and hard to reach groups are receiving timely and appropriate care to mental health services and to address specific identified gaps in services.

**Description of Activity \***

Under this activity, ACT PHN will continue to commission a suite of services tailored for identified groups that have:

- Barriers to access
- Limited community-based treatment options

The 3 services under this activity include

1. Psychological services for older people living in residential aged care facilities: ACT PHN will work with the existing provider of Next Step services to expand services into RACFs and tailor service offerings to residents. Based on RACF populations and mapping of existing services provided into RACFs, staff will identify residents and refer them through to the Next Step Centralised Intake. Intake workers will then liaise with the low intensity coach to schedule assessments. The low intensity service will be available on site at the RACFs on predetermined days and will also be available over the phone. Uptake of the service will be monitored to ascertain demand and increase roll out to reach service capacity. Low intensity services will be the priority for roll out, however, should this service meet demand with remaining capacity, ACT PHN will also work with commissioned service providers and RACFs

to expand Next Step High Intensity Services for this cohort.

2. Services for young people with Borderline Personality Disorder (BPD) or experiencing symptoms of BPD. It has been identified that there is a lack of community-based options for people with Borderline Personality Disorder who would benefit from dialectical behavioural therapy (DBT), in particular tailored services for young people. ACT PHN has commissioned a pilot service that provides dialectical behavioural therapy in group and individual sessions. This pilot will be evaluated to ensure that it is increasing access and supporting improved outcomes for this cohort.

3. ACT PHN has also commissioned a new model of care targeting ACT's vulnerable populations. This model of care focuses on LGBTQI+ people. This new model of care will provide both low intensity and high intensity interventions. In addition, ACT PHN will ensure that these services are well integrated with tertiary and secondary services to ensure that duplication is avoided, and that individuals or groups of people are not missed.

## Needs Assessment Priorities \*

### Needs Assessment

ACT PHN Needs Assessment Update 2019/20-2020/21

#### Priorities

Priority	Page reference
Improving access and outcomes for people with mental illness	13
Integrated mental health services	13
Early intervention in life, illness, and episode	13
Access to and quality of care for at-risk populations	22
Integrations of services and systems	3



## Activity Demographics

### Target Population Cohort

Underserved/hard to reach groups as identified in the Department of Health guidance. In addition, these services will be targeted at other vulnerable groups identified in the ACT PHN Mental Health Needs Assessment as missing out on services.

### In Scope AOD Treatment Type \*

#### Indigenous Specific \*

No

#### Indigenous Specific Comments

### Coverage

#### Whole Region

Yes



## Activity Consultation and Collaboration

### Consultation

Formal consultation has been held with consumers, carers, community sector service providers and primary care clinicians as part of the needs assessment process. Ongoing engagement processes have been established to ensure that consumers, carers and service providers continue to have input and a mechanism to provide feedback in relation to stepped care services.

### Collaboration

As part of the Regional Mental Health and Suicide Prevention Plan, ACT PHN is working collaboratively with the ACT Office for Mental Health and Wellbeing, ACT Health and Canberra Health services and key consumer organisations to develop an integrated joint regional mental health plan for the ACT that includes a focus on early intervention and the integration of service across the stepped care continuum for under-served populations.

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## Activity Milestone Details/Duration

### Activity Start Date

### Activity End Date

30/12/2023

### Service Delivery Start Date

### Service Delivery End Date

### Other Relevant Milestones

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## 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: Yes

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 comments**

N/A

**Is this activity in scope for data collection under the Mental Health National Minimum Dataset?**

Yes

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**Summary of activity changes for Department**

**Activity Status**

Ready for Submission





## MH - 6000 - Mental Health services for people with severe and complex mental illness



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH

**Activity Number \***

6000

**Activity Title \***

Mental Health Services for People with Severe and Complex Mental Illness

**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 \***

To commission high intensity intervention-based services, including psychological interventions.

To ensure that primary mental health care services for people with severe and complex mental illness are well integrated with secondary and tertiary services and avoid duplication.

**Description of Activity \***

As part of the Next Step program, this service provides high-intensity CBT services to people with severe mental illness. ACT PHN will continue to work with the existing provider to deliver this service.

A portion of this service, specifically for youth will be expanded this year.

Clients with severe and complex mental illness may at times receive treatment services through the hospital system or through Adult Community Mental Health, thus strong integration with primary mental health services needs to occur to avoid duplication of service delivery and ensure the best outcomes for shared clients. As part of the primary mental health stepped care model, clients will be supported to step up to tertiary services or back down to primary care services.

## Needs Assessment Priorities \*

### Needs Assessment

ACT PHN Needs Assessment Update 2019/20-2020/21

#### Priorities

Priority	Page reference
Improving access and outcomes for people with mental illness	13
Integrated mental health services	13
Suicide prevention	13
Improving outcomes for people with complex mental illness and psychosocial disability	14



### Activity Demographics

#### Target Population Cohort

Adults and young 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
Urriarra - Namadgi	80111
Molonglo	80110
Woden Valley	80109
Weston Creek	80108
South Canberra	80106
North Canberra	80105
Gungahlin	80104
Tuggeranong	80107
Canberra East	80103

Belconnen	80101
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## Activity Consultation and Collaboration

### Consultation

Extensive consultation was undertaken in the development of the psychological interventions component of the ACT primary mental health stepped care model. Formal consultation was held with consumers, carers, community sector service providers and primary care clinicians through each stage of the commissioning cycle. Ongoing engagement processes have been established to ensure that consumers, carers and service providers continue to have input and a mechanism to provide feedback in relation to stepped care services.

### Collaboration

As part of the Regional Mental Health and Suicide Prevention Plan, ACT PHN is working collaboratively with the ACT Office for Mental Health and Wellbeing, ACT Health and Canberra Health services and key peak organisations to develop an integrated joint regional mental health plan for the ACT that includes a focus services for people with severe and complex mental illness and service integration.



## Activity Milestone Details/Duration

### Activity Start Date

### Activity End Date

30/12/2023

### Service Delivery Start Date

### 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: Yes

Direct Engagement: 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 comments

N/A

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

Yes

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**Summary of activity changes for Department**

**Activity Status**

Ready for Submission



## MH - 7000 - Integrated community based suicide prevention services



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH

**Activity Number \***

7000

**Activity Title \***

Integrated community based suicide prevention services

**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 commission appropriate, evidence-based community-based suicide prevention services.

**Description of Activity \***

6.A: Integration: ACT PHN works to embed suicide prevention in all activities and throughout the wider community. We do this by:

- Partnering with ACT Health around suicide prevention initiatives
- ACT PHN also embeds suicide prevention in all service provision activities through training of providers and clear process and protocol for assessing and managing suicide risk.

6.B: The Way Back Support Service: ACT PHN will co-commission The Way Back Support Service working in partnership with ACT Health, Beyond Blue and Canberra Health Services.

**Needs Assessment Priorities \*****Needs Assessment**

ACT PHN Needs Assessment Update 2019/20-2020/21

**Priorities**

Priority	Page reference
Improving access and outcomes for people with mental illness	13
Supporting the mental health workforce	13
Suicide prevention	13
Early intervention in life, illness, and episode	13



## Activity Demographics

### Target Population Cohort

The Lifespan model utilises a whole of population approach.

The Step Care model will focus on adults accessing services through General Practice who are experiencing suicidal ideation, symptoms of depression and/or anxiety.

### In Scope AOD Treatment Type \*

### Indigenous Specific \*

No

### Indigenous Specific Comments

### Coverage

#### Whole Region

Yes

SA3 Name	SA3 Code
Urriarra - Namadgi	80111
Molonglo	80110
Woden Valley	80109
Weston Creek	80108
South Canberra	80106
North Canberra	80105
Gungahlin	80104
Tuggeranong	80107
Canberra East	80103
Belconnen	80101



## Activity Consultation and Collaboration

### Consultation

As part of broader consultation regarding the ACT PHN needs assessment and psychological interventions service model, consultation has been undertaken regarding the need for suicide prevention services and the types of services needed.

### Collaboration

As part of the Regional Mental Health and Suicide Prevention Plan, ACT PHN is working collaboratively with the ACT Office for Mental Health and Wellbeing, ACT Health and Canberra Health services and key peak organisations to develop an integrated joint regional mental health plan for the ACT that includes a focus on suicide prevention. Additionally, ACT PHN is an active member of the ACT LifeSpan Steering Committee which is the primary mechanism for collaboration in the ACT.



### Activity Milestone Details/Duration

#### Activity Start Date

#### Activity End Date

30/12/2023

#### Service Delivery Start Date

#### 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: Yes

Direct Engagement: 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 comments**

N/A

**Is this activity in scope for data collection under the Mental Health National Minimum Dataset?**

Yes

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## Summary of activity changes for Department

### Activity Status

Ready for Submission



## MH - 8000 - Culturally appropriate mental health services for Aboriginal and Torres Strait Islander People



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH

**Activity Number \***

8000

**Activity Title \***

Culturally appropriate mental health services for Aboriginal and Torres Strait Islander People

**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 \***

Commission culturally appropriate, evidence based, accessible services for Aboriginal and Torres Strait Islander people.

**Description of Activity \***

This year ACT PHN will be working closely with the local ACCHO to expand access to services for Aboriginal and Torres Strait Islander people in the ACT. This will include:

- Continuing to fund the existing service, "Connected" to provide services to Aboriginal and Torres Strait Islander children, young people, and families in a mainstream setting.
- Expand access to psychological services through the ACCHO.

**Needs Assessment Priorities \*****Needs Assessment**

ACT PHN Needs Assessment Update 2019/20-2020/21

## Priorities

Priority	Page reference
Integrated mental health services	13
Inclusive and responsive care	22
Improving health outcomes among Aboriginal and Torres Strait Islander people	6



## Activity Demographics

### Target Population Cohort

The ACT Aboriginal and Torres Strait Islander community.

### In Scope AOD Treatment Type \*

### Indigenous Specific \*

Yes

### Indigenous Specific Comments

ACT PHN is in the process of transitioning all recurring funding to the local ACCHO.

### Coverage

#### Whole Region

Yes

SA3 Name	SA3 Code
Urriarra - Namadgi	80111
Molonglo	80110
Woden Valley	80109
Weston Creek	80108
South Canberra	80106
North Canberra	80105
Gungahlin	80104
Tuggeranong	80107
Canberra East	80103
Belconnen	80101



## Activity Consultation and Collaboration

## Consultation

ACT PHN have undertaken consultation with the ACCHO, the ACT and the Aboriginal and Torres Strait Islander Youth service and the broader mental health sector to identify areas of need and potential service models as part of the annual needs assessment process. Targeted consultation was also undertaken as part of the Regional Mental Health and Suicide Prevention Plan.

## Collaboration

As part of the Regional Mental Health and Suicide Prevention Plan, ACT PHN is working collaboratively with the ACT Office for Mental Health and Wellbeing, ACT Health and Canberra Health services and key consumer organisations to develop an integrated joint regional mental health plan for the ACT that includes a focus on providing culturally appropriate and safe care to the Aboriginal and Torres Strait Islander community.



## Activity Milestone Details/Duration

### Activity Start Date

### Activity End Date

30/12/2023

### Service Delivery Start Date

### 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: Yes

Direct Engagement: Yes

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?

No

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

No

**Decommissioning**

Yes

**Decommissioning details?**

We will be decommissioning the current Connected service at the end of their contract period of 30 June 2021. ACT PHN will undertake a careful and staged decommissioned plan in collaboration with current service provider and local ACCHO. This will include:

- Transition kick-off meeting with current service provider and ACCHO (March 2021)
- Development of a transition plan that ensures all active clients are identified, informed, and supported to transition services (March 2021)
- Development of communications materials and messaging including referral pathways and intake processes for the service provided by the ACCHO.
- Monthly transition status meetings for April, May, June 2020.

**Co-design or co-commissioning comments**

ACT PHN will work with the local ACCHO around co-designing meaningful data collection and reporting processes that are culturally appropriate and representative of a holistic social and emotional wellbeing approach to care.

**Is this activity in scope for data collection under the Mental Health National Minimum Dataset?**

Yes

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**Summary of activity changes for Department**

**Activity Status**

Ready for Submission



## MH - 10000 - Adult integration project



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH

**Activity Number \***

10000

**Activity Title \***

Adult integration project

**Existing, Modified or New Activity \***

Existing



### 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 \***

The aim of this activity is to support system integration and establish a strong foundation for future reform activities.

**Description of Activity \***

This activity is funded by carry forward funding from FY18/19 as approved in June 2020.

This activity was delayed due to carry forward approvals and Adult Mental Health Centre planning. In 2020/21 scoping was carried out to inform integration activities to support the development and implementation of the Adult Mental Health Centre.

It is proposed that in 2021/22 Brain and Mind Centre and the Centre for Mental Health Research at ANU will be engaged to work with the Adult Mental Health Centre Lead site to build capacity, scope innovative models of care and evaluate the implementation and impact of the centre. Work will also be carried out in partnership with ACT Health to explore contract alignment, focusing on outcomes, key performance indicators and data collection.

**Needs Assessment Priorities \*****Needs Assessment**



### Priorities

Priority	Page reference
Improving access and outcomes for people with mental illness	13
Integrated mental health services	13
Early intervention in life, illness, and episode	13
Improving outcomes for people with complex mental illness and psychosocial disability	14



### Activity Demographics

#### Target Population Cohort

25years+

#### In Scope AOD Treatment Type \*

#### Indigenous Specific \*

No

#### Indigenous Specific Comments

#### Coverage

##### Whole Region

Yes



### Activity Consultation and Collaboration

#### Consultation

The service model will be co-designed with the sector including service providers, consumers, and carers.

#### Collaboration

ACT Health  
The Office of Mental Health and Wellbeing  
Canberra Health Services  
Local peak organisations

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## Activity Milestone Details/Duration

**Activity Start Date**

**Activity End Date**

29/06/2022

**Service Delivery Start Date**

**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:** No

**Open Tender:** Yes

**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?**

No

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

No

**Decommissioning**

No

**Decommissioning details?**

N/A

**Co-design or co-commissioning comments**

This project will be co-designed with service providers and other key stakeholders to ensure integration and applicability.

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

No

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Summary of activity changes for Department

Activity Status

Ready for Submission



## MH - 11000 - Children's Integration Project



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH

**Activity Number \***

11000

**Activity Title \***

Children's Integration Project

**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 \***

Integrate child mental health services to ensure that children are receiving the right care at the right time.

**Description of Activity \***

Building off the initial co-design work that was completed to develop a trauma-informed model of care for children, a trauma-informed model of care was piloted through a community-based provider. Service delivery will continue with projects being undertaken to map patient journey, touchpoints between services and sectors, and identifying options for improving integration. ACT PHN will also engage with ACT Health and the Office for Mental Health and Wellbeing to determine whether they can contribute funding to the program.

This is an activity paid for out of carry-forward funding from FY18/19 approved in June 2020.

**Needs Assessment Priorities \*****Needs Assessment**

ACT PHN Needs Assessment Update 2019/20-2020/21

## Priorities

Priority	Page reference
Improving access and outcomes for people with mental illness	13
Integrated mental health services	13
Early intervention in life, illness, and episode	13



## Activity Demographics

### Target Population Cohort

Children 0-12

### In Scope AOD Treatment Type \*

### Indigenous Specific \*

No

### Indigenous Specific Comments

### Coverage

#### Whole Region

Yes



## Activity Consultation and Collaboration

### Consultation

ACT PHN will undertake a broad consultation process that includes consultation with consumers, carers, and mental health clinicians, primary care providers, and paediatricians.

### Collaboration

ACT PHN will collaborate with key stakeholders in the region including ACT Health, Canberra Health Services, the Office of Mental Health and Wellbeing, and local peak bodies.



## Activity Milestone Details/Duration

### Activity Start Date

**Activity End Date**

29/06/2022

**Service Delivery Start Date**

**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:** Yes

**Direct Engagement:** 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?**

No

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

No

**Decommissioning**

No

**Decommissioning details?**

N/A

**Co-design or co-commissioning comments**

**Is this activity in scope for data collection under the Mental Health National Minimum Dataset?**

No



**Summary of activity changes for Department**

**Activity Status**

Ready for Submission



## MH - 12000 - Integrated physical and mental health pilot



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH

**Activity Number \***

12000

**Activity Title \***

Integrated physical and mental health pilot

**Existing, Modified or New Activity \***

Existing



### 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 \***

The aim of this activity is to pilot a model of care that integrates a physical health practitioner in ACT PHN's primary mental health program to:

- Provide education, advice, and assessment around the physical health needs of people with severe mental illness
- Test an integrated model of care

**Description of Activity \***

This activity is funded from carry forward from FY18/19 as approved in June 2020.

In line with the Equally Well Consensus Statement and the 5th National Mental Health and Suicide Prevention Plan's (and the forthcoming ACT Mental Health and Suicide Prevention Plan) commitment to improving the physical health of people with severe mental illness. This will include the development and evaluation of a service model that:

- Improves access to health assessments and clinical coordination to other health services
- Provide health advice including smoking cessation, physical activity, healthy eating, and advice around improving sleep.

It is proposed this activity will continue into 2021/22 as work around this was delayed due to planning around the Adult Mental Health Centre. This initiative will integrate with the Adult Mental Health Centre to better connect people to GPs.



## Needs Assessment Priorities \*

### Needs Assessment

ACT PHN Needs Assessment Update 2019/20-2020/21

#### Priorities

Priority	Page reference
Improving access and outcomes for people with mental illness	13
Integrated mental health services	13
Early intervention in life, illness, and episode	13
Access to multidisciplinary and team-based care	17



### Activity Demographics

#### Target Population Cohort

People with severe mental illness

#### In Scope AOD Treatment Type \*

#### Indigenous Specific \*

No

#### Indigenous Specific Comments

#### Coverage

##### Whole Region

Yes



### Activity Consultation and Collaboration

#### Consultation

Current service providers will be consulted to ensure appropriate integration, general practice and allied health providers.

#### Collaboration

ACT Health  
The Office of Mental Health and Wellbeing  
Canberra Health Services

Local peak organisations



## Activity Milestone Details/Duration

Activity Start Date

Activity End Date

29/06/2022

Service Delivery Start Date

Service Delivery End Date

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: 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?

No

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

No

Decommissioning

No

Decommissioning details?

N/A

**Co-design or co-commissioning comments**

A co-design process will be undertaken to ensure integration.

**Is this activity in scope for data collection under the Mental Health National Minimum Dataset?**

No

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**Summary of activity changes for Department**

**Activity Status**

Ready for Submission





## MH - 13000 - Community-wide central intake



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH

**Activity Number \***

13000

**Activity Title \***

Community-wide central intake

**Existing, Modified or New Activity \***

Existing



### 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 \***

Improve accesses and integration of services across the stepped care continuum.

**Description of Activity \***

Work around this activity was delayed in 20/21 due to carry forward approvals and the Adult Mental Health Centre. Scoping and consultation was conducted for this activity and it is proposed that implementation of the activity will occur in 2021/22.

ACT PHN has partnered with ACT Health to co-commission a Safe Haven Café and Adult Mental Health Centre. The Safe Haven Café will be a service that provides a safe space for people to access psychosocial support and service navigation services. It is proposed that the Safe Haven Café is utilised as an entry point for the Adult Mental Health Centre. Specifically, this funding will be utilised to extend the Safe Haven Café service to open for additional hours and to deliver IAR based assessment and triage services in the Safe Haven Café.

This will be funded from carry forward from FY18/19 as approved in June 2020.

**Needs Assessment Priorities \***

## Needs Assessment

ACT PHN Needs Assessment Update 2019/20-2020/21

### Priorities

Priority	Page reference
Integrations of services and systems	3



## Activity Demographics

### Target Population Cohort

People with mental illness

### In Scope AOD Treatment Type \*

### Indigenous Specific \*

No

### Indigenous Specific Comments

### Coverage

#### Whole Region

Yes



## Activity Consultation and Collaboration

### Consultation

The service model will be co-designed with the sector including service providers, consumers, and carers.

### Collaboration

ACT Health  
The Office of Mental Health and Wellbeing  
Canberra Health Services  
Local peak organisations



## Activity Milestone Details/Duration

### Activity Start Date

**Activity End Date**

29/06/2022

**Service Delivery Start Date**

**Service Delivery End Date**

**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:** 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 comments**

This will be co-design with ACT Health, the Office of Mental Health and Wellbeing, and community sector providers. After the co-design and pilot phase, ACT PHN will work with ACT to jointly commission the service moving forward.

**Is this activity in scope for data collection under the Mental Health National Minimum Dataset?**

No




### Summary of activity changes for Department

**Activity Status**

Ready for Submission





## MH - 14000 - ACT Regional Mental Health and Suicide Prevention Plan implementation



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH

**Activity Number \***

14000

**Activity Title \***

ACT Regional Mental Health and Suicide Prevention Plan implementation

**Existing, Modified or New Activity \***

Existing



### 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 \***

The aim of this activity is to enable the implementation of the regional mental health and suicide prevention plan.

**Description of Activity \***

This activity will support the implementation of the ACT Regional Mental Health and Suicide Prevention plan including

- Ongoing coordination of the local steering committee that includes key partners including ACT Health, the Office of Mental Health and Wellbeing, Canberra Health Services, Mental Health Community Coalition of the ACT, Carers ACT, Mental Health Consumer Network.
- Delivery of events, resources, and information about the Plan and associated activities.
- Distribution of information and resources
- Overall delivery of actions against the implementation plan.

**Needs Assessment Priorities \*****Needs Assessment**

ACT PHN Needs Assessment Update 2019/20-2020/21

## Priorities

Priority	Page reference
Improving access and outcomes for people with mental illness	13
Integrated mental health services	13
Supporting the mental health workforce	13
Suicide prevention	13
Early intervention in life, illness, and episode	13



## Activity Demographics

### Target Population Cohort

All ACT

### In Scope AOD Treatment Type \*

### Indigenous Specific \*

No

### Indigenous Specific Comments

### Coverage

#### Whole Region

Yes



## Activity Consultation and Collaboration

### Consultation

Ongoing consultation will be undertaken with community sector mental health providers, health professionals, consumers, and carers.

### Collaboration

Members of the ACT Regional Mental Health and Suicide Prevention Plan including:

ACT Health

Canberra Health Services

The Office of Mental Health and Wellbeing

Mental Health Consumer Network

Mental Health Community Coalition of the ACT

Carers ACT



## Activity Milestone Details/Duration

Activity Start Date

Activity End Date

30/12/2023

Service Delivery Start Date

Service Delivery End Date

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: 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 comments

The ACT Regional Mental Health and Suicide Prevention Plan has been co-designed with key stakeholders and ongoing delivery against the implementation plan will be informed by project-specific co-design.

**Is this activity in scope for data collection under the Mental Health National Minimum Dataset?**

No

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**Summary of activity changes for Department**

**Activity Status**

Ready for Submission



## MH-Op - 15000 - Operational component



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH-Op

**Activity Number \***

15000

**Activity Title \***

Operational component

**Existing, Modified or New Activity \***

Existing



### Activity Priorities and Description

**Program Key Priority Area \*****Other Program Key Priority Area Description****Aim of Activity \*****Description of Activity \*****Needs Assessment Priorities \*****Needs Assessment****Priorities**



## Activity Demographics

Target Population Cohort

In Scope AOD Treatment Type \*

Indigenous Specific \*

Indigenous Specific Comments

Coverage

Whole Region



## Activity Consultation and Collaboration

Consultation

Collaboration



## Activity Milestone Details/Duration

Activity Start Date

Activity End Date

Service Delivery Start Date

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: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

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

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

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

Decommissioning

Decommissioning details?

Co-design or co-commissioning comments



**Summary of activity changes for Department**

**Activity Status**

Ready for Submission





## MH-CV19 - 1600 - COVID - CALD Mental Health



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH-CV19

**Activity Number \***

1600

**Activity Title \***

COVID - CALD Mental Health

**Existing, Modified or New Activity \***

New Activity



### Activity Priorities and Description

**Program Key Priority Area \***

Mental Health

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

As part of the Australian Government's response to the COVID-19 pandemic, from July 2020 Capital Health Network has been contracted to assist in a range of supporting activities.

The broad aim of this activity is to provide mental health support to young people from CALD backgrounds via headspace Canberra and headspace Tuggeranong.

**Description of Activity \***

Capital Health Network's 19/20 Needs Assessment update highlighted the impact COVID-19 has had on the mental health of the ACT community, particularly young people and people who are at risk of poor health outcomes. Providing funding to the service provider commissioned to deliver headspace Canberra and headspace Tuggeranong, there will be increased capacity across the ACT to enhance and target mental health services for young people from a CALD background utilising a consistent approach that can be tailored, where need be, to suit the needs of the local young people.

Funding paid to provide for service delivery in remainder of FY-20-21 and into FY21-22

## Needs Assessment Priorities \*

### Needs Assessment

ACT PHN Needs Assessment Update 2019/20-2020/21

#### Priorities

Priority	Page reference
Address emerging needs from COVID-19	3-26



### Activity Demographics

#### Target Population Cohort

#### In Scope AOD Treatment Type \*

#### Indigenous Specific \*

No

#### Indigenous Specific Comments

#### Coverage

#### Whole Region

Yes



### Activity Consultation and Collaboration

#### Consultation

#### Collaboration



### Activity Milestone Details/Duration

#### Activity Start Date

**Activity End Date**

29/06/2022

**Service Delivery Start Date**

**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:** No

**Open Tender:** No

**Expression Of Interest (EOI):** No

**Other Approach (please provide details):** No

**Is this activity being co-designed?**

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

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

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

**Decommissioning**

**Decommissioning details?**

**Co-design or co-commissioning comments**



**Summary of activity changes for Department**

**Activity Status**

Ready for Submission



## MH-CV19 - 1700 - COVID - Indigenous Mental Health



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH-CV19

**Activity Number \***

1700

**Activity Title \***

COVID - Indigenous Mental Health

**Existing, Modified or New Activity \***

New Activity



### Activity Priorities and Description

**Program Key Priority Area \***

Mental Health

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

As part of the Australian Government's response to the COVID-19 pandemic, from July 2020 Capital Health Network has been contracted to assist in a range of supporting activities. The broad aim of this activity is to provide mental health support to the local Aboriginal and Torres Strait Islander community through the provision of mental health specific supplementary budget via the Integrated Team Care program.

**Description of Activity \***

Capital Health Network's 19/20 Needs Assessment update highlighted the impact COVID-19 has had on the mental health of the ACT community – particularly within the local First Nations community. By increasing capacity of the existing ITC service provider to assist eligible Aboriginal and Torres Strait Islander clients to access appropriate mental health support, steps can be made towards reducing the impact of COVID-19 on the mental health in this community.

Funding paid to provide for service delivery in remainder of FY20-21 and into FY21-22

**Needs Assessment Priorities \*****Needs Assessment**

#### Priorities

Priority	Page reference
Address emerging needs from COVID-19	3-26



#### Activity Demographics

##### Target Population Cohort

##### In Scope AOD Treatment Type \*

##### Indigenous Specific \*

Yes

##### Indigenous Specific Comments

ACT PHN works with a mainstream, consumer-led organisation to deliver this service. The commissioned provider has strong relationships with the Aboriginal and Torres Strait Islander community and community-controlled organisations

##### Coverage

##### Whole Region

Yes



#### Activity Consultation and Collaboration

##### Consultation

##### Collaboration



#### Activity Milestone Details/Duration

##### Activity Start Date

##### Activity End Date

29/06/2022

**Service Delivery Start Date**

**Service Delivery End Date**

**Other Relevant Milestones**

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## 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:** No

**Open Tender:** No

**Expression Of Interest (EOI):** No

**Other Approach (please provide details):** No

**Is this activity being co-designed?**

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

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

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

**Decommissioning**

**Decommissioning details?**

**Co-design or co-commissioning comments**



**Summary of activity changes for Department**

**Activity Status**

Ready for Submission





## MH-CV19 - 1800 - COVID - Older Person's Mental Health



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH-CV19

**Activity Number \***

1800

**Activity Title \***

COVID - Older Person's Mental Health

**Existing, Modified or New Activity \***

New Activity



### Activity Priorities and Description

**Program Key Priority Area \***

Mental Health

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

As part of the Australian Government's response to the COVID-19 pandemic, from July 2020 Capital Health Network has been contracted to assist in a range of supporting activities. The broad aims of this activity is to provide mental health support to older people in the ACT utilising a multidisciplinary approach.

**Description of Activity \***

This activity will add capacity to "CF - 4000 - Older Person's Health", where ACT PHN will undertake a deep-dive needs assessment focusing on the health of older people and partner with local stakeholders to co-design community-based, interdisciplinary models of care to address identified needs that may include:

- Shared care: Developing and delivering a shared model of care between primary care providers and specialists (i.e. Geriatricians)
- In-reach primary care and allied health services
- Integrated mental and physical health services

**Needs Assessment Priorities \*****Needs Assessment**

ACT PHN Needs Assessment Update 2019/20-2020/21

## Priorities

Priority	Page reference
Address emerging needs from COVID-19	3-26



## Activity Demographics

### Target Population Cohort

### In Scope AOD Treatment Type \*

### Indigenous Specific \*

No

### Indigenous Specific Comments

### Coverage

### Whole Region

Yes



## Activity Consultation and Collaboration

### Consultation

### Collaboration



## Activity Milestone Details/Duration

### Activity Start Date

### Activity End Date

29/06/2022

### Service Delivery Start Date

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: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

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

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

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

Decommissioning

Decommissioning details?

Co-design or co-commissioning comments



**Summary of activity changes for Department**

**Activity Status**

Ready for Submission



## MH-AMHCT - 15000 - Adult Mental Health Centre Trial



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH-AMHCT

**Activity Number \***

15000

**Activity Title \***

Adult Mental Health Centre Trial

**Existing, Modified or New Activity \***

New Activity



### Activity Priorities and Description

**Program Key Priority Area \***

Mental Health

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

The aim of this activity is to develop and implement one of the Adult Mental Health Centre Trial sites to:

- Respond to people experiencing crisis or in significant distress;
- Provide a central point to connect people to other services in the region;
- Provide in-house assessment using the Initial Assessment and Referral (IAR) decisional support tool, to match people to the services they need;
- Provide evidence-based and evidence-informed immediate, and short to medium episodes of care in line with a best practice stepped care approach.

**Description of Activity \***

The Adult Mental Health Centre (the Centre) will provide short to medium term intervention, integrated intake and assessment, crisis support and information to adults aged 18 and above in the ACT PHN region with mental ill-health or who are requiring information and support. The evidence-based short to medium term multidisciplinary care will be delivered by a mental health clinician and aimed at improving psychological wellbeing for people with moderate to severe mental health issues whose needs are not being met through other services.

The Centre will seek to build on existing services for people with or at risk of mental illness in the community and promote integration of services, supports and pathways. The Centre will also be an avenue for implementing actions arising from the ACT

Joint Regional Mental Health and Suicide Prevention Plan.

In the ACT, there is an identified need for services for people experiencing moderate to severe mental illness who cannot be adequately managed by primary care but do not meet the threshold for tertiary mental health services. The Centre will aim to address this gap between primary care and tertiary care for people with moderate to severe illness. The Centre will also provide integrated intake and assessment and clear service navigation processes to address fragmented pathways between services and ensure people are easily referred to the right service for their needs.

## Needs Assessment Priorities \*

### Needs Assessment

ACT PHN Needs Assessment Update 2019/20-2020/21

#### Priorities

Priority	Page reference
Improving access and outcomes for people with mental illness	13
Integrated mental health services	13
Whole-of-person care	13



## Activity Demographics

### Target Population Cohort

Adults aged 18 years and over

### In Scope AOD Treatment Type \*

### Indigenous Specific \*

No

### Indigenous Specific Comments

### Coverage

#### Whole Region

Yes



## Activity Consultation and Collaboration

### Consultation

Ongoing consultation will continue to be undertaken with community sector mental health providers, health professionals, consumers, and carers to ensure the AMHC model is appropriately localised, without duplicating or replacing existing services within the system.

#### **Collaboration**

A sub-group of the ACT Regional Mental Health and Suicide Prevention Plan working group has been formed including:

ACT Health

Canberra Health Services

The Office of Mental Health and Wellbeing

Mental Health Consumer Network

Mental Health Community Coalition of the ACT

Carers ACT



#### **Activity Milestone Details/Duration**

**Activity Start Date**

**Activity End Date**

30/12/2023

**Service Delivery Start Date**

**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:** No

**Open Tender:** No

**Expression Of Interest (EOI):** No

**Other Approach (please provide details):** No

**Is this activity being co-designed?**

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

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

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

Decommissioning

Decommissioning details?

Co-design or co-commissioning comments



Summary of activity changes for Department

Activity Status

Ready for Submission





## CHHP - 16 - headspace Demand Management and Wait Time Reduction



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

CHHP

**Activity Number \***

16

**Activity Title \***

headspace Demand Management and Wait Time Reduction

**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 \***

The aim of this activity is to address wait-times to access mental health services through headspace Canberra.

**Description of Activity \***

headspace Canberra will deliver a set of initiatives aimed at reducing wait-time and managing demand including

- Deliver a brief intervention low-intensity stream, increasing availability of services through increased appointments and walk-in options
- leverages students and MH Interns and relationships are established with local universities to drive this.
- Provide administrative incentive payments to improve private practitioner retention

**Needs Assessment Priorities \*****Needs Assessment**

ACT PHN Needs Assessment Update 2019/20-2020/21

**Priorities**

Priority	Page reference
Improving access and outcomes for people with mental illness	13
Integrated mental health services	13
Integrations of services and systems	3



## Activity Demographics

### Target Population Cohort

Young people 12-25

### In Scope AOD Treatment Type \*

### Indigenous Specific \*

No

### Indigenous Specific Comments

### Coverage

#### Whole Region

Yes



## Activity Consultation and Collaboration

### Consultation

Consultation was undertaken with the current lead agency and other stakeholder to understand issues around demand and wait times and identify suitable solutions. Another round of consultation will take place prior to funding the newly identified lead agency.

### Collaboration

ACTPHN regularly collaborates with key stakeholders around youth mental health including ACT Health, The ACT Office of Mental Health and Wellbeing, Canberra Health Services, and local peak bodies.



## Activity Milestone Details/Duration

### Activity Start Date

**Activity End Date**

30/12/2023

**Service Delivery Start Date**

**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:** No

**Open Tender:** No

**Expression Of Interest (EOI):** No

**Other Approach (please provide details):** Yes

**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 comments**

N/A



**Summary of activity changes for Department**

**Activity Status**

Ready for Submission



## CHHP-Op - 17 - Operational component headspace Demand Management and Wait List Reduction



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

CHHP-Op

**Activity Number \***

17

**Activity Title \***

Operational component headspace Demand Management and Wait List Reduction

**Existing, Modified or New Activity \***

New Activity



### Activity Priorities and Description

**Program Key Priority Area \*****Other Program Key Priority Area Description****Aim of Activity \*****Description of Activity \*****Needs Assessment Priorities \*****Needs Assessment****Priorities**



## Activity Demographics

Target Population Cohort

In Scope AOD Treatment Type \*

Indigenous Specific \*

Indigenous Specific Comments

Coverage

Whole Region



## Activity Consultation and Collaboration

Consultation

Collaboration



## Activity Milestone Details/Duration

Activity Start Date

Activity End Date

Service Delivery Start Date

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: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

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

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

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

Decommissioning

Decommissioning details?

Co-design or co-commissioning comments



**Summary of activity changes for Department**

**Activity Status**

Ready for Submission



