

Australian Capital Territory - Primary Mental Health Care

2023/24 - 2027/28

Activity Summary View



MH-H2H - 1 - Medicare Mental Health Assessment and Referral Phone Service



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH-H2H

Activity Number *

1

Activity Title *

Medicare Mental Health Assessment and Referral Phone Service

Existing, Modified or New Activity *

Modified



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 7: Stepped care approach

Other Program Key Priority Area Description

Aim of Activity *

The aim of this activity is to support an integrated approach to intake and assessment in the ACT through a dedicated phone service. This includes enabling intake into Medicare Mental Health Centres, and supporting warm referrals and service navigation across all forms of support in the ACT.

Description of Activity *

ACT PHN will continue to support the ACT Medicare Mental Health Phone Service, which will provide a local approach to a national phone service that provides initial intake and assessment. This service will use the IAR Decision Support Tool to support its clinicians to refer people to the most appropriate services to meet their unique needs. This service will be integrated with

existing Head to Health Centres to enable a smooth intake pathway, and will support callers with advice, information, service navigation, intake, assessment and warm referral.

Needs Assessment Priorities *

Needs Assessment

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Priorities

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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

30/06/2022

Activity End Date

29/06/2026

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?

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?

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

No

Decommissioning

No

Decommissioning details?

Co-design or co-commissioning comments



MH - 1 - Low Intensity Mental Health Services



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

1

Activity Title *

Low Intensity Mental Health Services

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 NextStep 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.

Additionally, ACT PHN, through the implementation of the Joint Mental Health and Suicide Prevention Regional Plan, will support system integration and community-based activities to improve access to low intensity mental health services. This includes

integration with Medicare Mental Health and the National Early Intervention Service, prioritising health promotion and prevention of distress at a community level, and upskilling general practitioners and primary care to enable them to facilitate coordinated care for people with low intensity needs.

Needs Assessment Priorities *

Needs Assessment

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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

29/06/2021

Activity End Date

29/06/2026

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?

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

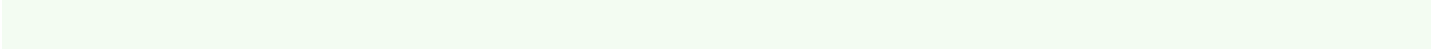
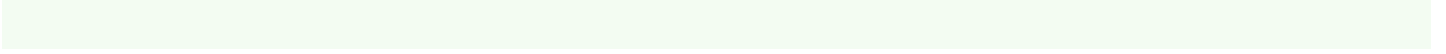
Decommissioning

No

Decommissioning details?

Co-design or co-commissioning comments

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.





MH - 2 - Child and Youth Mental Health Services



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

2

Activity Title *

Child and Youth 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 ***

Provisions of 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

Building system capacity in child and youth mental health service provision, support, and prevention of ill-health
Prioritising early intervention to improve mental health outcomes for children

Description of Activity *

As part of the NextStep program, ACT PHN commissioned a service provider to deliver evidence based mental health services for children under 12 and their families in a stepped care approach with Interventions 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.
- focused psychological strategies to individuals between the ages of 0-12 years with a priority on children aged 8-12 years, inclusion of family members or carers as required, comprehensive assessments and structured treatment plans.

In addition, ACT PHN will continue to deliver the ACT Child and Youth Mental Health Alliance, in partnership with the ACT Office

for Mental Health and Wellbeing and the Youth Coalition of the ACT. The Alliance provides an opportunity for sector and workforce coordination and capacity building and enables system and service improvement and integration. The Alliance will support system integration and community-based activities to strengthen health system responses for children under the age of 12, including prevention of mental ill-health and distress, improving service accessibility and responsiveness, building workforce capacity to recognise the needs of children and provide appropriate care, supporting parents and carers, and delivering early intervention support.

Needs Assessment Priorities *

Needs Assessment

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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

29/06/2021

Activity End Date

30/12/2028

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?

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





MH - 3 - Psychological services for under-served populations



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

3

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.
To ensure the mental health and primary care workforce are capable, informed, and able to identify mental health concerns.
To build a coordinated and integrated community and sector that enables early intervention, prevention, and health promotion for people at risk of poor health outcomes.

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

ACT PHN has also commissioned a new model of care targeting ACT's vulnerable populations. This model of care focused on LGBTQIA+ people, aged 16 and over and provides both low intensity and high intensity interventions. As a priority psychological interventions include comprehensive assessments and structured treatment plans, and offer a range of evidence based culturally sensitive interventions not just for this who identify themselves as LGBTQIA+ but also for those uncertain of how to identify themselves. 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

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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

30/06/2020

Activity End Date

29/12/2026

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?

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



MH - 4 - Mental health services for people with severe and complex mental illness including care packages



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

4

Activity Title *

Mental health services for people with severe and complex mental illness including care packages

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.

To coordinate services for people with moderate to severe and complex mental illness, to reduce fragmentation and reduce the impacts of the 'missing middle'.

To build capacity of the ACT mental health workforce and primary care workforce in recognising and responding to the needs of people with severe and complex mental illness. "

Description of Activity *

As part of the NextStep program, ACT PHN will continue to commission the Next Step High Intensity service to provide 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 has been expanded.

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. Additionally, ACT PHN, through planning and implementation of the Joint MHSP Regional Plan , will support system integration and community-based activities to strengthen health system responses to people with severe and complex mental illness, including reducing fragmentation between services and building capacity of the workforce.

Needs Assessment Priorities *

Needs Assessment

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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

29/06/2021

Activity End Date

29/06/2026

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?

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





MH - 5 - headspace Canberra



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

5

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 for CHN to commission headspace services that provide:

- Early intervention support to young people ages 12-25
- Provide integrated mental health services alongside AOD, physical health, and educational and vocational support.
- Integration of headspace Canberra (Civic), headspace south (Tuggeranong), and other youth mental health services to ensure young people across the ACT are able to access services easily.

Description of Activity *

ACT PHN has commissioned headspace centres in Canberra. Both headspace centres in Canberra will offer the following services to young people between 12 to 25 years of age:

- Mental Health Counselling- delivered by qualified mental health practitioners offering time-limited, evidence-based counseling services
- Online and phone support - headspace has a range of ways to support young people both online or by phone. Young people can get support for their mental health by simply creating a headspace account.
- GP- support to address physical and sexual health issues as well as mental health consultations by a GP skilled in working with young people
- AOD supports- support to address issues with Alcohol and other drugs delivered on-site by our partner (Directions Health)
- Individual placement and support program (IPS) - provides in-person, one-on-one support for work and study goals. IPS

Vocational Specialists will collaborate with a young person’s mental health worker to ensure the support they receive helps them achieve their goals.

- Peer support – access to a trained peer worker, who uses their own experiences of a mental health issue to provide support and role modeling as well as linking with services and supports both within headspace and the community
- Care Coordination- support to link with the services and supports in the community that can support recovery
- Family Supports- individual and group interventions that can support families and friends to more effectively support their young person’s recovery
- Volunteering- an opportunity for young people to join the Youth Reference Groups and work with other young people to inform service delivery in the centres and deliver community activities
- Community Engagement- a range of community development and education programs delivered in partnership with other agencies across the Canberra region

Needs Assessment Priorities *

Needs Assessment

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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

14/05/2015

Activity End Date

29/06/2026

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?

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



MH - 7 - Early Psychosis Youth Services (EPYS) Program



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

7

Activity Title *

Early Psychosis Youth Services (EPYS) Program

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 ***

ACT PHN will commission an Early Psychosis Youth Service (EPYS) in the ACT, leveraging off local headspace services. The aim of this activity is to reduce the incidence and severity of psychosis within the community through prevention, early detection, reduced risk of transition to full-threshold psychosis, restoration of normal development and functional trajectory, coordinated care delivery, and minimisation of the impact of psychosis.

Description of Activity *

ACT PHN commissioned an EPYS (headspace Early Psychosis) in the ACT, to be integrated with the existing headspace Canberra service and delivered in line with Orygen's EPPIC model.

This activity will provide services to young people aged 12-25 who are actively experiencing, or are at ultra-high risk of, a first episode of psychosis. The key overarching feature of EPYS is that it will provide easy access to care, an integrated biopsychosocial approach, and a high level of partnerships with service providers.

The headspace Early Psychosis program supports young people in every aspect of their recovery, including best practice treatment, education and employment support and managing relationships. The service will deliver mobile assessment and treatment, continuing care and functional recovery and will be integrated with existing services in the ACT.

ACT PHN commissioned a property consultant to lead consultations with local stakeholders on the requirements for a local EPYS site and to ensure the site is fit for purpose for all stakeholders.

Needs Assessment Priorities *

Needs Assessment

Australian Capital Territory-Needs Assessment 2024/25 - 2026/27_V1

Priorities

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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

30/06/2022

Activity End Date

29/06/2026

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?

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



MH - 8 - 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 *

8

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 ***

Enhance and better integrate Aboriginal and Torres Strait Islander mental health services at a local level by facilitating a joined-up approach with other closely connected services including social and emotional wellbeing, suicide prevention and alcohol and other drug services.

Description of Activity *

Commission local ACCHO to deliver culturally sensitive mental health services for Aboriginal and Torres Strait Islander people aged between 0-25 years and their families.

Needs Assessment Priorities ***Needs Assessment**

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Priorities

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Activity Demographics

Target Population Cohort

In Scope AOD Treatment Type *

Indigenous Specific *

Yes

Indigenous Specific Comments

Commission local ACCHO to deliver culturally sensitive mental health services for Aboriginal and Torres Strait Islander people aged between 0-25 years and their families.

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

Collaboration



Activity Milestone Details/Duration

Activity Start Date

04/08/2021

Activity End Date

29/06/2026

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?

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



MH - 9 - Targeted Regional Initiatives for Suicide Prevention



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

9

Activity Title *

Targeted Regional Initiatives for Suicide Prevention

Existing, Modified or New Activity *

Existing



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 or adapt programs and services to support people at risk of suicide and meet community need, to improve care coordination and service pathways, and to build workforce capability to respond to suicide and distress.

To build a community collaborative to support and inform suicide prevention initiatives, activities, and priorities in the ACT region.

Description of Activity *

ACT PHN will recruit a Program Officer - Mental Health and Suicide Prevention, to support the Mental Health and Suicide Prevention Manager with the coordination, engagement and integration of suicide prevention activities across regional stakeholders.

ACT PHN will partner with local stakeholders to develop and implement a Suicide Response Protocol that informs coordinated action and community support and response following a death by suicide in the region.

ACT PHN will continue to coordinate the ACT & Region Suicide Prevention Community Collaborative, a multi-sector network of individuals and organisations who are committed to supporting community-led and systems-based suicide prevention in the ACT. The Collaborative will be responsible for informing community-based suicide prevention, intervention, and response activities and initiatives for the region, including supporting grants and pitches to ensure a community-led approach to TRISP initiatives.

ACT PHN will provide grants to small initiatives in the ACT region who will take a targeted, systems based approach to enhancing suicide prevention within the community, including for at-risk communities and people who are unable to access support through traditional means.

Needs Assessment Priorities *

Needs Assessment

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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

20/12/2022

Activity End Date

29/06/2026

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?

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





MH - 11 - Initial Assessment and Referral Training and Support Officers



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

11

Activity Title *

Initial Assessment and Referral Training and Support Officers

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 7: Stepped care approach

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

The aim of this activity is to support the training and uptake of the Initial Assessment and Referral tool among GPs and other primary care providers in order to support a stepped care approach to the intake and assessment of people presenting with mental health concerns to ensure they can receive appropriate care, when and where they need it.

Description of Activity *

Through the Training and Support Officer role, ACT PHN:

- Delivered IAR Decision Support Tool training to 70 clinicians and service providers. 40 of whom are GPs. -Supported the administration of the IAR-DST training and support project, including event management, webinar planning, and coordination of remuneration for GPs coordination
- Supported the promotion, engagement and awareness of the IAR-DST in the ACT
- Developed and implemented a localised approach to the delivery of IAR-DST training, including the development of localised resources to support the implementation of this activity
- Provided reporting to DoHAC on a quarterly and annual basis as a progress summary for the training activities and matters associated with the activities. The IAR- position ceased on 30th June 2025. ACT PHN is committed to supporting IAR-DST implementation via communication and awareness raising to the primary care providers and will continue to direct IAR related queries to the e-learning modules, & National Support Project led by Central Eastern Sydney PHN.

Needs Assessment Priorities *

Needs Assessment

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Priorities

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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

27/02/2022

Activity End Date

29/06/2025

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?

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



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 for CHN to commission headspace services that provide:

- Early intervention support to young people ages 12-25
- Provide integrated mental health services alongside AOD, physical health, and educational and vocational support.
- Integration of headspace Canberra (Civic), headspace south (Tuggeranong), and other youth mental health services to ensure young people across the ACT are able to access services easily."

Description of Activity *

"ACT PHN has commissioned headspace centres in Canberra. Both headspace centres in Canberra will offer the following services to young people between 12 to 25 years of age:

- Mental Health Counselling- delivered by qualified mental health practitioners offering time-limited, evidence-based counseling services
- Online and phone support - headspace has a range of ways to support young people both online or by phone. Young people can get support for their mental health by simply creating a headspace account.
- GP- support to address physical and sexual health issues as well as mental health consultations by a GP skilled in working with young people
- AOD supports- support to address issues with Alcohol and other drugs delivered on-site by our partner (Directions Health)
- Individual placement and support program (IPS) - provides in-person, one-on-one support for work and study goals. IPS

Vocational Specialists will collaborate with a young person’s mental health worker to ensure the support they receive helps them achieve their goals.

- Peer support – access to a trained peer worker, who uses their own experiences of a mental health issue to provide support and role modeling as well as linking with services and supports both within headspace and the community
- Care Coordination- support to link with the services and supports in the community that can support recovery
- Family Supports- individual and group interventions that can support families and friends to more effectively support their young person’s recovery
- Volunteering- an opportunity for young people to join the Youth Reference Groups and work with other young people to inform service delivery in the centres and deliver community activities
- Community Engagement- a range of community development and education programs delivered in partnership with other agencies across the Canberra region"

Needs Assessment Priorities *

Needs Assessment

Australian Capital Territory-Needs Assessment 2024/25 - 2026/27_V1

Priorities

Priority	Page reference
Mental health	53



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

14/05/2025

Activity End Date

29/06/2026

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



MH-Op - 1 - MHSP - Operational



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH-Op

Activity Number *

1

Activity Title *

MHSP - Operational

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



MH-AMHCT - 2 - Medicare Mental Health Centres (formerly Head to Health Satellite)



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH-AMHCT

Activity Number *

2

Activity Title *

Medicare Mental Health Centres (formerly Head to Health Satellite)

Existing, Modified or New Activity *

Modified



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 7: Stepped care approach

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

ACT PHN will support the establishment and operation of a Medicare Mental Health adult mental health centre in Tuggeranong. The aim of this activity is 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) decision support tool, to match people to the services they need; and
- 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 *

ACT PHN has commissioned a second Medicare Mental Health Centre in Tuggeranong. The Tuggeranong Medicare Mental Health Centre will integrate with the Canberra Medicare Mental Health Centre, the Medicare Mental Health Phone Service, other key primary care services, hospitals, general practices, residential aged care homes, Aboriginal Community Controlled Health Services and non-Government and community organisations.

The Tuggeranong Medicare Mental Health Centre offers a welcoming, low-stigma entry point to accessing advice, consultation, information, initial assessment, and service navigation. The centre is staffed by a multidisciplinary team including psychologists,

mental health assistants, and social workers.

The Tuggeranong Medicare Mental Health Centre will also engage with the community and stakeholders to increase awareness of supports, promote help-seeking, improve understanding of mental health and social & emotional wellbeing, reduce stigma, and enable referral pathways and system integration.

Needs Assessment Priorities *

Needs Assessment

Australian Capital Territory-Needs Assessment 2024/25 - 2026/27_V1

Priorities

Priority	Page reference
Mental health	53



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

26/03/2023

Activity End Date

29/06/2026

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?

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

