



Australian Divisions of General Practice



# MINDMATTERS PLUS GP INITIATIVE

## PHASE 2

### Funding Guidelines for Interested Divisions of General Practice

A Mental Health Program, Australian Divisions of General Practice &  
National Divisions Youth Alliance Collaboration  
July 2004

## CONTENTS

<b>Executive Summary</b>	Page 3
<b>1. Introduction</b>	Page 4
<b>2. Background</b>	Page 4
Guiding Policies	Page 5
What is the MindMatters suite?	Page 5
What is MindMatters and MindMatters Plus?	Page 5
What is MindMatters Plus GP?	Page 6
Why are Divisions of General Practice and ADGP involved?	Page 6
<b>3. Progress to Date</b>	Page 7
<b>4. MindMatters Plus GP Phase 2</b>	Page 7
Definitions underpinning MindMatters Plus GP	Page 7
Approaches underpinning MindMatters Plus GP	Page 8
<b>5. Recruitment of Divisions</b>	Page 10
<b>6. Available Budget</b>	Page 10
Criteria for selection	Page 11
<b>7. Framing Your Submission</b>	Page 11
<b>8. Lodging Your Submission</b>	Page 12
<b>9. Summary of Timeframes</b>	Page 12
<b>10. Evaluation</b>	Page 12
<b>11. For Further Advice</b>	Page 13
<b>12. For Further Information</b>	Page 14

## EXECUTIVE SUMMARY

These guidelines have been developed by the Australian Divisions of General Practice (ADGP) to assist those Divisions of General Practice that are interested in participating in the MindMatters Plus GP initiative to apply for funding.

These guidelines relate to Phase 2 funding, which is available for activities with secondary schools. They are also useful for Australian secondary schools to explain MindMatters Plus GP and the partnership between Divisions of General Practice and schools promoted by the initiative.

The main audience for these guidelines are Divisions that are not currently participating in MindMatters Plus GP but would like to participate and have strong mental and youth health programs, as well as established relationships with secondary schools, health and community agencies. In particular, this phase aims to address areas for specific model development to address needs of young people in remote communities as well as indigenous secondary students and those from culturally and linguistically diverse backgrounds. Other identified specific needs of young people will also be considered in relation to referral pathway and networks of care development.

MindMatters Plus GP is part of the MindMatters suite of initiatives. The full suite is funded under the National Mental Health and Suicide Prevention Strategies.

MindMatters Plus GP brings primary mental health care together for young people by bridging the school and general practice setting – both key settings where young people with high mental health needs receive primary care. The aim of MindMatters Plus GP is to develop and promote sustainable partnerships between schools, their Divisions of General Practice and GPs, for mental health promotion, prevention and early intervention pathways and networks of care for students with high support needs in the area of mental health and well-being.

A contract between the Australian Government Department of Health and Ageing and ADGP for a further phase of activity to December 2005 (Phase 2) has been negotiated. It provides funds to continue to support the existing demonstration Divisions to implement, refine and embed referral pathways and networks of care for young people in their community, as well as extending the Initiative to new Divisions of General Practice.

If you are a Division with an interest in being involved, you are invited to submit an expression of interest (see **Attachment A** for template) in response to these guidelines by **31 August 2004**.

Your EOI must be jointly drafted and signed with a secondary school or schools. Divisions and schools will be shortlisted and funded to participate in a workshop on 21 October based on their EOI.

## 1. INTRODUCTION

These guidelines have been developed by the Australian Divisions of General Practice (ADGP) to assist those Divisions of General Practice that are interested in participating in the MindMatters Plus GP initiative to apply for funding.

These guidelines relate to Phase 2 funding, which is available for activities with secondary schools to December 2005. They are also useful for Australian secondary schools to explain MindMatters Plus GP and the partnership between Divisions of General Practice and schools promoted by the initiative.

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## 2. BACKGROUND

Australian mental health data shows that there is a need to develop partnerships between schools and general practice and the primary health care sector generally. Findings from the National Survey of Mental Health and Wellbeing (2000) indicate that 14 per cent of children and adolescents in Australia have mental health problems, and that only 1 in 4 receive help. However, of those that do seek professional help, family doctors and school-based counsellors are their professionals of choice (Sawyer et al 2000).

### Guiding Policies

MindMatters Plus GP is part of the MindMatters suite of initiatives. The full suite is funded under the National Mental Health and Suicide Prevention Strategies.

The key policies guiding the work of MindMatters suite of initiatives are the:

- National Mental Health Plan 1998 –2003 and 2003-2008;
- National Suicide Prevention Strategy – Living Is For Everyone 2001; and
- Promotion, Prevention & Early Intervention for Mental Health Plan and Monograph 2000.

To access these documents go to [www.mentalhealth.gov.au](http://www.mentalhealth.gov.au)

## What is the *MindMatters* suite of initiatives?

These guidelines refer to the interrelated initiatives of, MindMatters, MindMatters Plus, FamiliesMatter and MindMatters Plus GP. MindMatters Plus GP is the only component being managed by ADGP.

### MindMatters and MindMatters Plus

*MindMatters* is the Australian Government Department of Health and Ageing's national resource for promoting wellbeing for all Australian schools with secondary enrolments; Government, Catholic and Independent. The Australian Principals Associations Professional Development Council (APAPDC) is managing the initiative. All secondary schools have received a copy of *MindMatters* material and are entitled to participate in the professional development program.

*MindMatters Plus* is a national initiative that aims to develop a range of good practice approaches to improving the capacity of secondary schools to support students with high needs in the area of mental health and wellbeing. *MindMatters Plus* is a demonstration with 17 schools nationally to assist students with high support needs through a combination of approaches.

The demonstration is jointly managed by APAPDC and the Australian Guidance and Counselling Association (AGCA). *MindMatters Plus* originally arose from feedback from schools about the need to increase their capacity to support students with high needs. MindMatters Plus seeks to support students who experience mental health problems as well as those who are vulnerable to developing difficulties at some time. It has been estimated that 20-30 per cent of young people will require additional support by way of a range of promotion, prevention and early intervention strategies (see Figure 1).

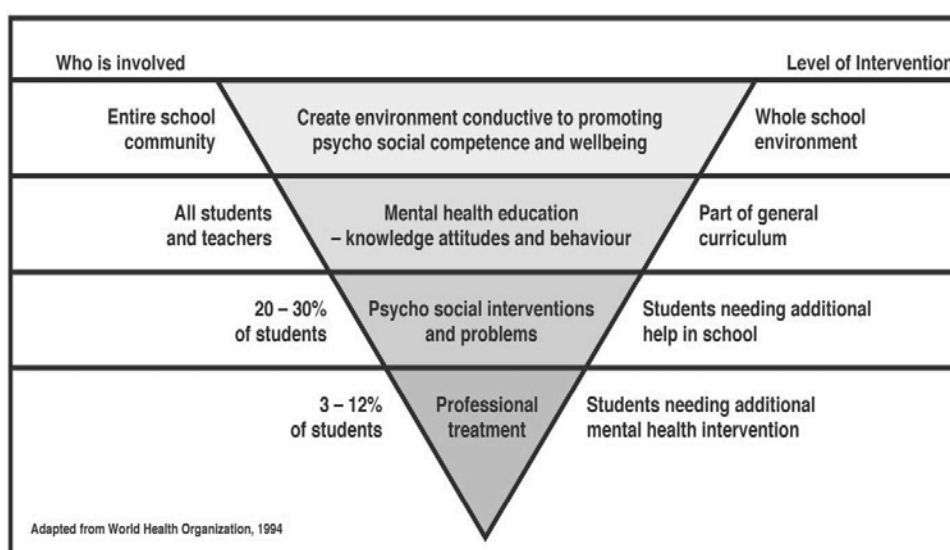


Figure 1: World Health Organisation model for school mental health promotion

## **What is MindMatters Plus GP?**

The MindMatters Plus General Practice Initiative is an integral component of the MindMatters suite. While the school is often the setting where a mental health problem or risk first becomes apparent, the school will often require additional support to cater for students with high needs in the area of mental health and wellbeing. Sometimes the additional help can be delivered in the school setting by counsellors or other professionals or through self-help and mental health literacy tools. However, there is also a need for clear, workable and sustainable clinical referral pathways to professional treatment and support by General Practitioners (GPs) and specialist allied health providers such as psychologists as well as broader networks of care such as community-based youth support services.

MindMatters Plus GP brings primary mental health care together for young people by bridging the school and general practice setting – both key settings where young people with high mental health needs receive primary care. The aim of MindMatters Plus GP is to develop and promote sustainable partnerships between schools, their Divisions of General Practice, GPs and allied health professionals, for mental health promotion, prevention and early intervention pathways and networks of care for students with high support needs in the area of mental health and well-being.

## **Why are Divisions of General Practice and ADGP involved?**

Divisions of General Practice are a key part of local health infrastructure and act as a conduit between general practice and other services in the community such as allied health providers. They are well placed to participate in strategies that promote mental health and prevent mental health problems. GPs, who are supported by Divisions, are also well placed to participate in initiatives that focus on promoting resilience and attending to risk factors. They see a high proportion of the population and are well linked to the families of young people, services supporting young people, and young people themselves who seek help from GPs as their health professional of choice for mental health problems.

Over the last five years mental health capacity has been progressively built up across the Divisions Network. The *National Primary Mental Health Care* and *Better Outcomes in Mental Health Care* Initiatives, funded by the Australian Government, have delivered additional support to general practice to deliver quality primary mental health care. In addition, initiatives such as Enhanced Primary Care support multidisciplinary care and case conferencing across service providers. Together these initiatives provide additional support for quality primary mental health care that schools can link with.

ADGP is the national peak body of the Divisions of General Practice Network. ADGP's involvement ensures the implementation of MindMatters Plus GP within a national framework, particularly the promotion of linkages with primary mental health care developments such as the National Primary Mental Health Care and Better Outcomes in Mental Health Care Initiatives and the activities of the National Divisions Youth Alliance.

### **3. PROGRESS TO DATE**

ADGP received an initial 6 months of funding from the Australian Government Department of Health and Ageing for the establishment phase of MindMatters Plus GP. This involved engaging and supporting the 17 Divisions with MindMatters Plus schools in their catchments to work in partnership with their school to begin to develop referral pathways and networks of care for students with high mental health support needs.

Phase 1 achievements include:

- An established partnership with key MindMatters project partners, APAPDC and AGCA.
- The establishment of a project advisory committee.
- A one-day national orientation workshop for Divisions and schools.
- Uptake by over 85% of Divisions in the demonstration.
- Promotion of the initiative through newsletters, national and international conferences and factsheets.
- Development of a preliminary resource kit for Divisions and schools.

### **4. MINDMATTERS PLUS GP PHASE 2**

A contract between the Australian Government Department of Health and Ageing and ADGP for a further phase of activity to December 2005 (Phase 2) has been negotiated. It provides funds to continue to support the existing demonstration Divisions to implement, refine and embed referral pathways and networks of care for young people in their community, as well as extending the Initiative to other Divisions of General Practice.

Phase 2 aims to extend MindMatters Plus GP to increase the number of Divisions of General Practice and schools to develop and promote sustainable partnerships between schools, their Divisions, GPs and allied health professionals for mental health promotion, prevention and early intervention pathways for students with high support needs in the area of mental health. In particular, this phase aims to address areas for specific model development to address needs of young people in remote communities as well as indigenous secondary students and those from culturally and linguistically diverse backgrounds.

#### **Definitions underpinning MindMatters Plus GP**

Central components of Phase 2 and in building mental health promotion, prevention and early intervention pathways for students with high support needs in the area of mental health are:

- the promotion of mental health literacy, as it relates to seeking help from GPs and allied health professionals;
- the development of effective and sustainable clinical referral pathways; and
- networks of care.

## Mental health literacy

Mental health literacy refers to:

‘The ability to recognise specific disorders; knowing how to seek mental health information; knowledge of risk factors and causes, of self-treatments and of professional help available, and attitudes that promote recognition and appropriate help-seeking’ (Jorm et al, 1997, p.182).

## Referral Pathways

A referral pathway is a series of steps, including clinical interventions, to be taken by schools and local health providers in response to young people with high mental health support needs.

A referral pathway is a process as much as a product or tool. Ideally it is developed via a comprehensive and inclusive approach between the school and relevant health agencies to establish relationships and a shared understanding that result in agreed ways of working together to better address the mental health needs of young people.

## Networks of Care

Networks of care refer to broader systems of support in the community for young people with high mental health support needs such as community-based youth support services, mental health services and families and carers.

## **Approaches underpinning MindMatters Plus GP**

### Promotion, Prevention and Early Intervention

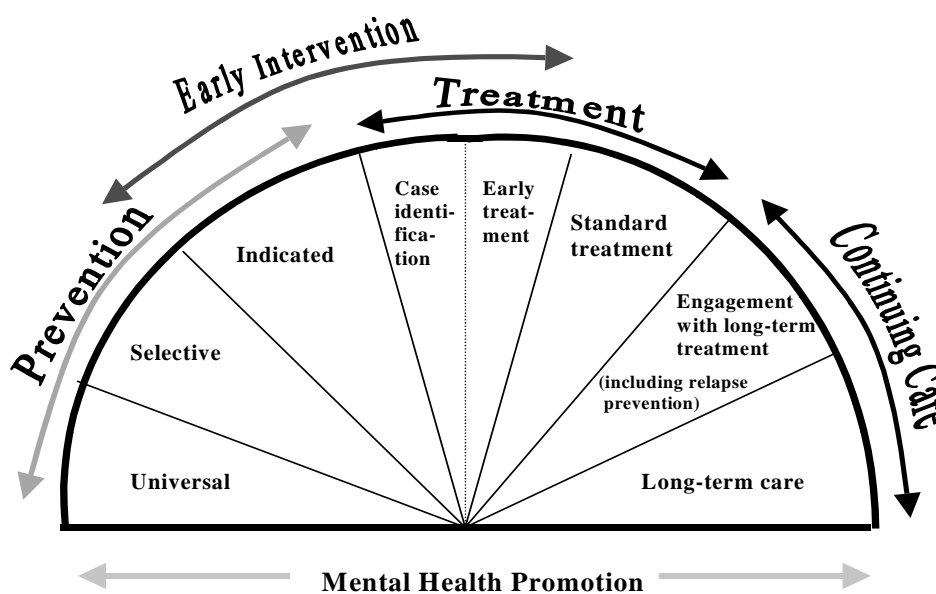
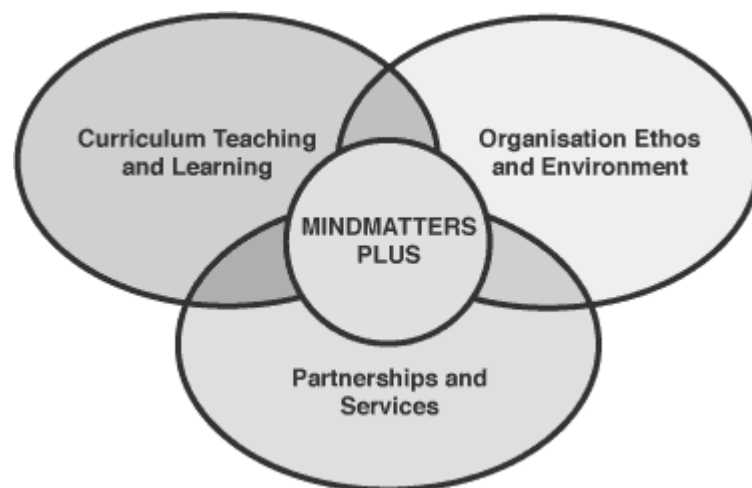


Figure 2: The spectrum of interventions for mental health (adapted from Mrazek & Haggerty, 1994)

Prevention and Early Intervention (PPEI) for mental health mostly covers the early sections of the continuum of care as shown in Figure 2. However, it should be noted that mental health promotion is seen as applying to the entire spectrum, such that health promoting activities can occur equally with people showing no signs of illness and those with a long standing illness.

### Health Promoting Schools

MindMatters Plus GP is an integral part of the *MindMatters* suite, which is founded on the Health Promoting Schools Framework. *MindMatters* adopts a whole-school approach as outlined in Figure 3. MindMatters Plus GP is concerned with the 'partnerships and services' dimension of the health promoting schools model.



**Figure 3: Health Promoting Schools Framework and MindMatters Plus**

### Capacity Building

Capacity building principles are relevant to MindMatters Plus GP as they recognise the diversity across Divisions and schools and the different “stage of readiness” of each partnership formed.

The following points, adapted from Community Builders (see [www.communitybuilders.nsw.gov.au](http://www.communitybuilders.nsw.gov.au)), are useful to consider in developing and assessing the outcomes of your project. Will the project assist:

- an increased and better level of communication, understanding, trust and enterprise between those involved?;
- more engagement and participation in the process and in achieving common goals?;
- increased use of, and satisfaction with, services and institutions within the community?;
- increased levels of and mixture of skills across the community?;
- the ability to join together to tackle a common issue?; and
- sustained shared commitment, networks and outcomes?

## 5. RECRUITMENT OF DIVISIONS

Final selection will be based on the discussion of a submission by a panel comprised of a sub-group of the MindMatters Plus GP Advisory Committee.

### If you are a Division with an interest in being involved:

- a. You are invited to submit an expression of interest (EOI) in participating in MindMatters Plus GP in response to these guidelines by **31 August 2004**.
- b. Your EOI **must** be jointly drafted and signed with a secondary school or schools in your catchment area who are implementing or wish to implement MindMatters. You may have an existing relationship with a school or schools in your community and plan to work with them on MindMatters Plus GP. If you need assistance in identifying a school in your area who is also interested in becoming involved in MindMatters Plus GP, contact Ms Tracy Zilm (National Coordinator, School Community Development, MindMatters, ph: 08 8245 9811 email: pdofficer@ozemail.com.au)
- c. The template at **Attachment A** is to be used to submit your EOI.
- d. Those seven Divisions selected to participate in the initiative based on their evidence of local needs as they relate to the identified criteria (see page 11), mental health capacity, established relationships with a secondary school, Division and school commitment and early project plans will be invited to participate in a workshop on 21 October *along with their school/schools*. The workshop will provide a full orientation to the project and its national objectives, an overview of the support available to both Divisions and schools during the development phase, and the opportunity to intensively workshop with your school and develop your local project to fully costed submission stage.
- e. Divisions and schools interested in continuing beyond this point will be invited to submit a full project proposal and budget by **5 November 2004**.
- f. Proposals will be considered by a panel. To ensure timely decision making about your proposal, you may be invited to teleconference with the panel to discuss your proposal.
- g. Service agreements for activity to late 2005 will be in place by late 2004.

## 6. AVAILABLE BUDGET

Funding of up to \$20,000 (excl. GST) per Division to December 2005 is available a total of seven Divisions for local projects. These guidelines are for those Divisions interested in participating in this initiative and are willing to apply for funding within a competitive framework.

The emphasis of MindMatters Plus GP is on the development of best practice, robust, and sustainable mental health promotion, prevention and early intervention pathways, including clinical referral pathways and networks of care.

ADGP anticipates participation by Divisions who have placed priority on youth mental health in their current business plans.

### **Criteria for selection**

The key criteria for selecting new Divisions to work with schools to implement a MindMatters Plus GP model that focuses on students with high support needs in the area of mental health and well-being are:

- those that address specific referral issues for **indigenous** students and aim to develop appropriate pathways and networks of care for these students; or
- those that address specific referral issues for students from **culturally and linguistically diverse backgrounds** and aim to develop appropriate pathways and networks of care for these students; or
- those that address specific referral issues for students in **remote locations** and aim to develop appropriate pathways and networks of care for these students; or
- those that can demonstrate strong existing capacity, commitment and competence in youth mental health and have identified a specific need of students in their area, in relation to referral pathways and networks of care.

The funds are intended to support the planning, development and implementation of models that introduce effective referral pathway systems and supporting strategies for those secondary students with high support needs. In particular, the funding supports:

- The planning steps that need to be taken to bring schools, students, Division staff, GPs, service providers and other relevant advisers together to establish partnerships eg. a local committee, local consultation.
- The mapping and/or review of existing pathways and supports available to students within the school and in the community.
- Activities to build or improve referral pathways and networks of care.
- Planning and defining the tools and supports that need to be in place to support uptake and sustainability of referral pathways.
- Development of tools and other supports eg. referral protocols, policies and procedures, skills and/or orientation training etc required to introduce and support referral pathways.
- Local introduction of the referral pathway system and supporting strategies.

## **7. FRAMING YOUR SUBMISSION**

If you are interested in introducing MindMatters Plus GP to your Division and school/s use the template at **Attachment A** to submit your EOI.

## 8. LODGING YOUR SUBMISSION

Submissions should be forwarded to:

Ms Audrey Graviou  
Senior Project Officer  
MindMatters Plus GP Initiative  
ADGP  
PO Box 4308  
MANUKA ACT 2603

With an electronic copy to  
Email: agraviou@adgp.com.au

## 9. SUMMARY OF TIMEFRAMES

Due Date	Action
31 August 2004	Expressions of interest due with ADGP
17 September 2004	Divisions notified whether they have been shortlisted
21 October 2004	Orientation workshop for new Divisions and schools with participation by colleagues from existing MindMatters Plus GP sites
5 November 2004	A fully developed and costed MindMatters Plus GP proposal due with ADGP
19 November 2004	Successful Divisions receive service agreements for signature
Late November/Early December 2004	Commencement of project activity

## 10. EVALUATION

MindMatters Plus GP will be independently evaluated as a component of the MindMatters suite. Participating Divisions will be expected to contribute to data collection by answering surveys and potentially participating in telephone surveys or focus groups. More information on evaluation will be provided at the 21 October workshop.

## 11. FOR FURTHER ADVICE

### From ADGP:

If you require further information or assistance in developing your proposal you can contact:

Ms Audrey Graviou  
Senior Project Officer  
MindMatters Plus GP Initiative  
Australian Divisions of General Practice  
Phone: 02 6228 0844  
Email: [agraviou@adgp.com.au](mailto:agraviou@adgp.com.au)

Audrey can assist with advice on proposal development as well as information about the support available through ADGP for the project.

### From APAPDC:

If you require further information about MindMatters and schools in your area you can contact:

Ms Tracy Zilm  
National Coordinator  
School Community Development  
MindMatters  
APAPDC  
Phone: 08 8245 9811  
Email: [pdofficer@ozemail.com.au](mailto:pdofficer@ozemail.com.au)

**Audrey and MindMatters Plus project partners are also available to visit Divisions and schools to facilitate project planning and development. Divisions and schools must jointly develop the proposal for their community and are strongly encouraged to take up this option.**

### From State Based Organisations of General Practice:

There are Primary Mental Health Care Development and Liaison Officers currently located in most States and Territories. You may wish to consult them in the development of your proposal.

Lesley McBride  
**GP Divisions Northern Territory**  
Phone: 08 8952 3881

Anne Diamond  
**GP Divisions Victoria**  
Phone: 03 9341 5213

Jane Westley  
**SA Divisions of General Practice Inc**  
Phone: 08 8271 8988

Irene Matthews  
**Tasmanian GP Divisions**  
Phone: 03 6224 1114

Nick Hillman  
**ACT State Based Organisation**  
Phone: 02 6287 8504

Elvessa Marshall  
**Alliance of NSW Divisions**  
Phone: 02 9239 2900

Lynne Fergusson  
**Queensland Divisions of General Practice**  
Phone: 07 3552 5426

Anna Roberts  
**Western Australia**  
Phone: 08 9330 4422

## 12. FOR FURTHER INFORMATION

The following websites are useful sources of additional information:

- For National Mental Health and Suicide Prevention Strategy documents: [www.mentalhealth.gov.au](http://www.mentalhealth.gov.au)
- Australian Divisions of General Practice: [www.adgp.com.au](http://www.adgp.com.au)
- National Divisions Youth Alliance: <http://ndya.adgp.com.au>
- For information about the MindMatters suite of initiatives: [www.curriculum.edu.au/mindmatters](http://www.curriculum.edu.au/mindmatters)
- For information about mental health promotion, prevention and early intervention: the Australian Network for Promotion, Prevention and Early Intervention (Auseinet) <http://auseinet.flinders.edu.au>
- For information about primary mental health care: Primary Mental Health Care Australian Resource Centre (PARC) <http://som.flinders.edu.au/FUSA/PARC/>