



**Better Outcomes in Mental
Health Care Initiative:
A platform for change
and innovation**

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Overview

- The beginnings of a system
- Capturing and valuing the learnings
- *Better Outcomes* as a platform
- Alcohol and mental health comorbidity
- Adolescent mental health
- Enhanced specialist support for GPs
- Partnerships in prevention – including suicide prevention and COPMI
- Integrating physical and mental health



The beginnings of a system

The beginnings of a *system*

- Education and training for GPs
- 3-step mental health process
- Focused psychological strategies
- Access to allied health services
- Access to psychiatrist support



The beginnings of a system

- Viable primary mental health care capacity
- Not perfect, but beginnings of *system* promoting: quality, access, innovation
- Well-established, working well, widely supported, international good practice
- A unique, existing framework





The right partners, people and ingredients



Capturing what we know

- Facilitating sharing of MH program knowledge, resources, experiences, ideas
- Better Outcomes case studies
- PARC Knowledge Harvesting Program
 - ✓ PARC Update newsletter
 - ✓ PARC Database of Mental Health activities in Divisions



Alcohol and Mental Health Comorbidity Project

- Government-community-GP collaboration
- 15 demonstration sites: Divisional 'clusters'
- Up-skill & build capacity
- Aim – improve prevention & management of alcohol + mental health co-morbidity
- Tiers:
 - information/awareness
 - subsidised and targeted education and training
 - good practice, comprehensive models in demonstration Divisions

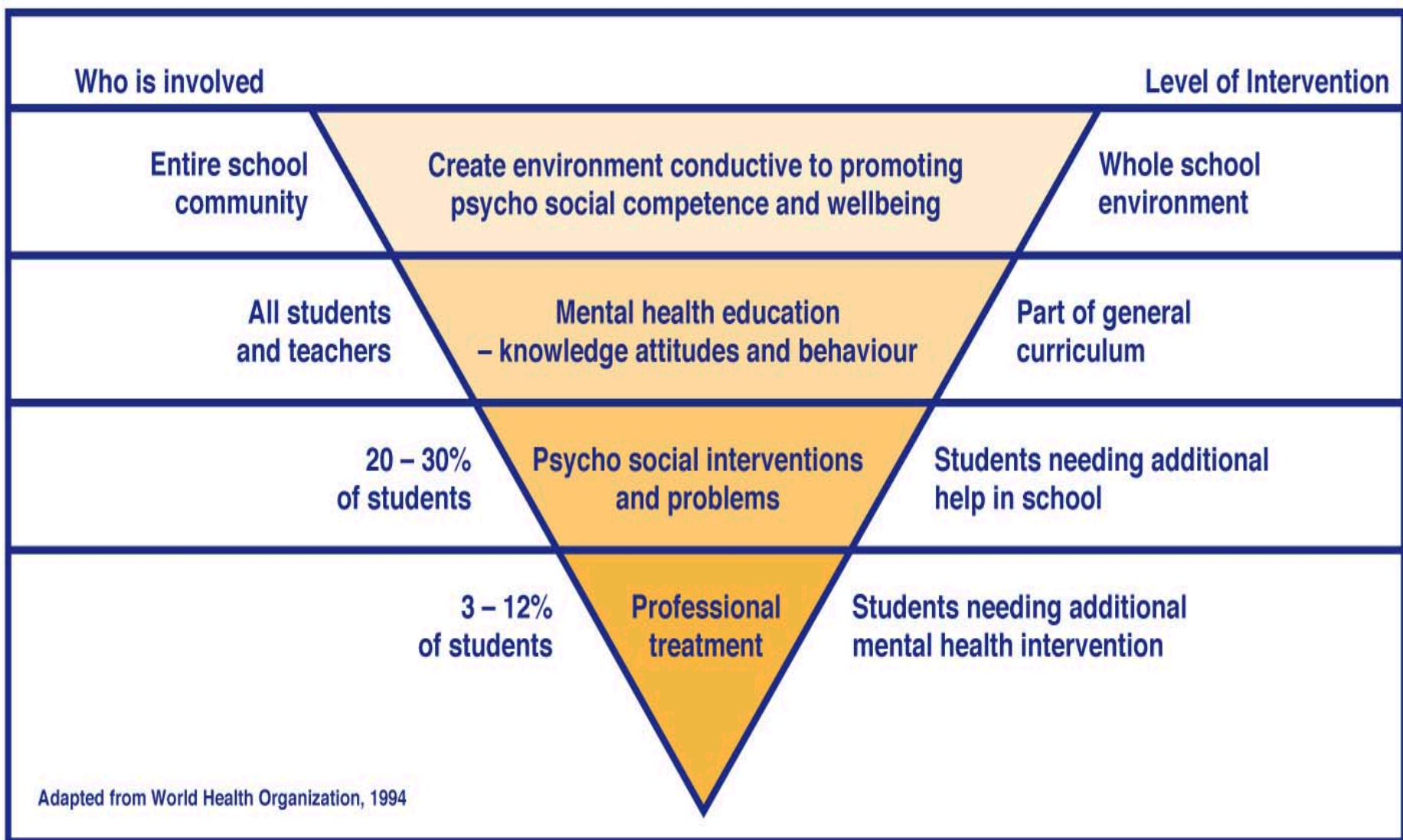


MindMatters + GP

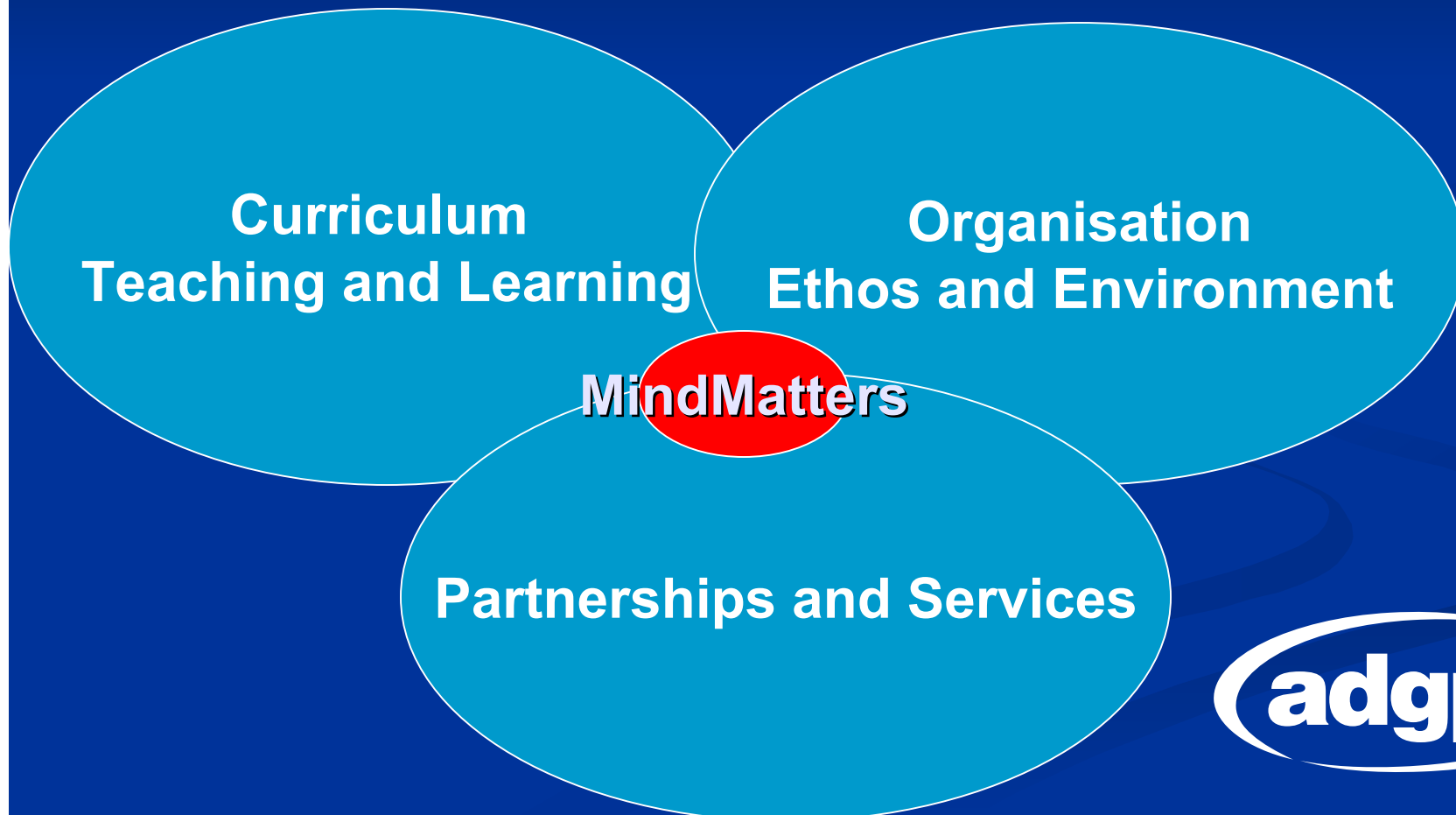
- 17 demonstration schools and Divisions
- Universal and selective interventions for young people at risk – mental health & AOD use
- Establishing and embedding networks of care and referral pathways via the primary care ‘gateway’
 - ✓ Through 3-step process and allied health services
- Schools, general practice, community support and specialist care
- Funding to December 2005 to expand beyond initial demonstrations



World Health Organisation model for school health promotion



Health Promoting Schools Framework



A settings based approach

“The main task of developing adolescent and youth health....lies in the development of successful programs in the social settings where young people live and work (schools, families, communities) and in the health care settings where most young people are likely to be seen (primary care)”

Professor George Patton, Centre for Adolescent Health, The Scope for Youth Health Development, Briefing Paper for the National Public Health Partnership, 1999

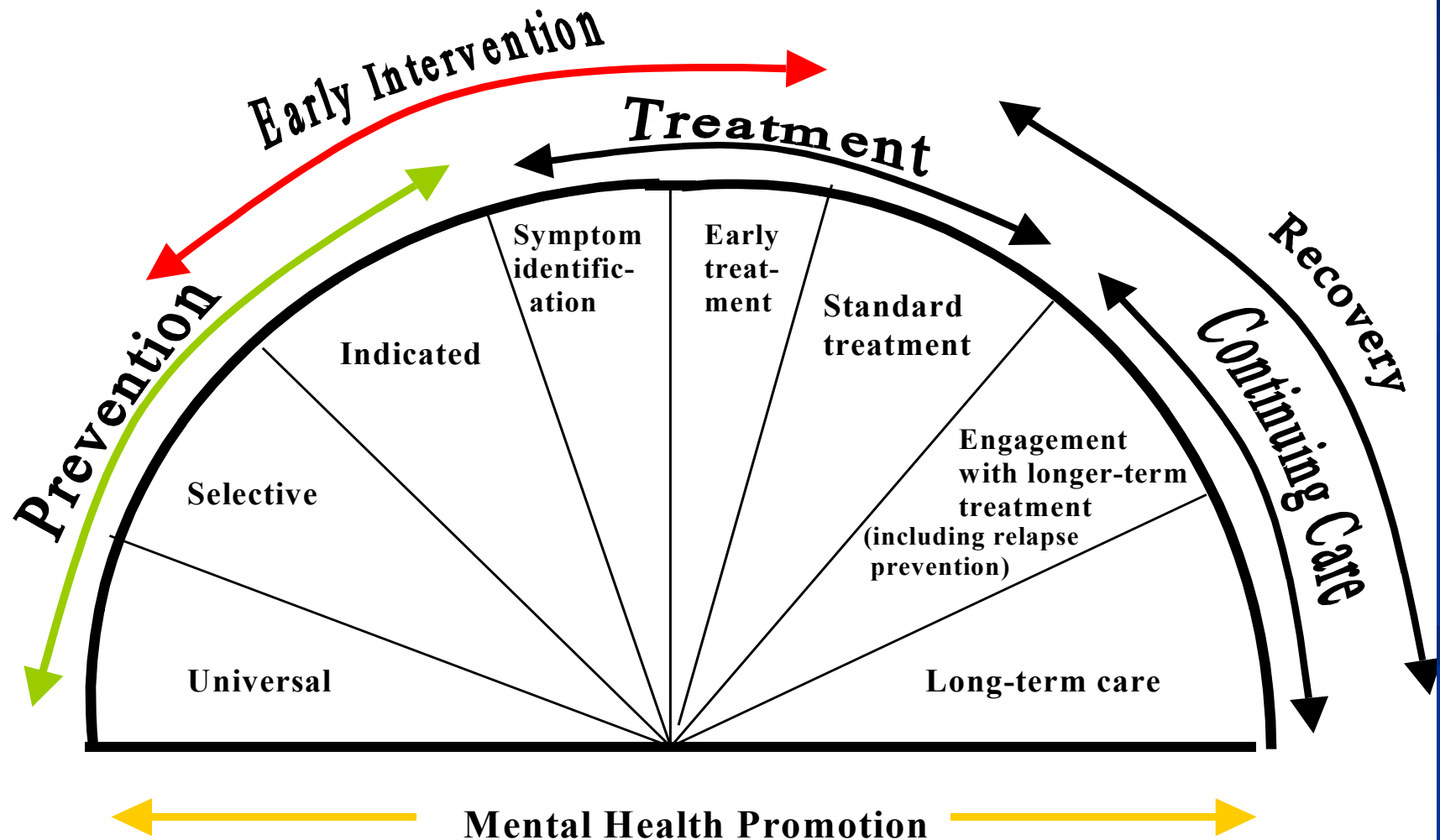


Enhanced specialist support for general practice

- Psychiatry support relatively underdeveloped
- Joint workshop with RANZCP and mental health stakeholders Jan 04
- New MBS item numbers proposed
- Guidelines and referral tools for GPs and psychiatrists
- Psychiatry directory
- Capacity for Divisions: joint training, liaison, clinical attachments



Mental health spectrum of interventions



ADGP and Auseinet: Partners in Prevention

- Scoping study of mental health PPEI in general practice
- Interest among primary care team and Network but support required
- 3 recommendations:
 - ✓ Evidence based information and resources
 - ✓ Education and training of workforce
 - ✓ Partnerships and referral pathways
- National Suicide Prevention Advisory Board priority setting



Integrating physical and mental health management

- Complete Primary Care (CPC)
- Integrates recent innovations into an effective clinical and business process eg. EPC, HMR, SIPs
- Not a new program, but a new approach
- Active electronic templates through Medibank Private GP Resource Centre



Integrating physical and mental health management

- Physical health of people with mental illness significantly poorer than the general population
(Duty to Care, Lawrence, Holman & Jablensky, 2001)
- Systemic changes needed to better meet general health needs of people with mental illness
- Central role of general practice
- Support for consumers to maintain relationship with a GP & MBS item for physical health checks integrated with Better Outcomes

(HealthRight, 2004)



The Opportunities, The Ways Forward

- Community need is great
- Some early inroads
- Policy climate is right
- Supporting infrastructure and agents for change available
- Systems of care taking shape
- Opportunities for comprehensive co-ordinated primary care response





Commitment to primary care mental health

