Changing Perceptions about Mental Illness

@FrankGQuinlan

CCA National Conference
October 2015

Mentally healthy people, mentally healthy communities

mhaustralia.org
Today’s discussion

• Talk a little about changing attitudes in mental health

• Examine the various “wheels in motion” that will influence mental health reform

• Reflect on the implications for non-government organisations

• Stimulate some reflection on what this means for Community Colleges
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My mental health promise is to...

try and see the good in everyone and everything. Just for today I choose to be happy.

PROMISE #10526

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1010.org.au

OCTOBER 10 | WORLD MENTAL HEALTH DAY
Mental health begins with me.

My mental health promise is to...

offer the best possible support for my people & families, to encourage people to look out for each other & commit to seeking support asap.

PROMISE #11166

Mental Health Australia

1010.org.au

OCTOBER 10 | WORLD MENTAL HEALTH DAY
Mental health BEGINS with Me

My mental health promise is to...

Be more tolerant of others, don't sweat the small stuff, read often & keep talking about positive mental health :)

PROMISE #11252

Mental Health Australia

1010.org.au

OCTOBER 10 | WORLD MENTAL HEALTH DAY
Mental health begins with me

My mental health promise is to...

make family time a priority each day.

PROMISE #11009

Mental Health Australia

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OCTOBER 10 | WORLD MENTAL HEALTH DAY
Mental health begins with Me

My mental health promise is to...

spend more time at the beach, be mindful, live in the moment! :)

Promise #10802

Mental Health Australia

1010.org.au

October 10 | World Mental Health Day
Mental health begins with Me

My mental health promise is to...

take to the skies more often alone & unassisted & remember for me flying brings both discipline & freedom.

PROMISE #10921

Mental Health Australia

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OCTOBER 10 | WORLD MENTAL HEALTH DAY
Context for a discussion on mental health

- National Mental Health Commission Review of Mental Health Services and Programmes
- Medicare Review
- Primary Health Care Review
Context for a discussion on mental health

- Other major reforms
  - Commission of Audit
  - NDIS
  - Welfare - McClure, Forrest
  - Housing
  - Federation Whitepaper
National Mental Health Commission Review
Key Findings

• The Commonwealth Government’s $9.6 billion in mental health spending is dominated by acute care funding for states and territories and demand driven expenditure like the Disability Support Pension
“If future growth in costs is to be managed, the key focus has to be on these programmes… The risk management strategy which is most likely to be effective in relation to all these programmes is to stop people needing access to them in the first place.”
National Mental Health Commission Review
Key Findings

• Redirect spending to early intervention

• Use PHN’s (PMHNs) to pool funding and drive better integration at the local level

• Building a “stepped care” approach

• Ensure targeted support to specific communities
National Mental Health Commission Review

Key Findings

• Clarify Commonwealth/State & Territory roles and responsibilities

• Manage risks associated with the transition to the NDIS

• Boost mental health workforce and increase NGO sector capacity
National Mental Health Commission Review
Government response

• Rule out reduction in state/territory funding
• Establish ERG
• Invite states and territories to finalise 5th National Mental Health Plan
• By December
What do we need to resolve?

• *If we are going to re-orient “the system” toward early intervention and prevention…*

• Where will the money come from?

• What will we be doing in social and community services, employment services, housing services, and other programs?
What do we need to resolve?

• *If we are going to pool funding and create better integrated programs through PHNs…*

• Which programs will be pooled?

• What will the transition look like, including what relationship will new arrangements have to the NDIS?

• How will PHN governance arrangements change in order to achieve PMHNs?
What do we need to resolve?

- *If we are going to have a new National Mental Health Plan…*

- What targets and indicators will be set and measured?

- How will the agreement be “national”, “coordinated” and “binding”?

- Who will hold governments to account?
What do we need to resolve?

• *If we are going to mitigate the risks associated with the NDIS…*

• Who will reconcile or audit consumers and carers in existing programs and services and match them to new ones?

• How will we ensure transitional arrangements do not create gaps?
What do we need to resolve?

• *If we are going to have better planning, data, evaluation and information systems…*

• How are we going to build NGO capacity?
• Who is going to invest in new IT systems and capacity?
• Who is going to train and develop the future workforce?
What do we need to resolve?

• *If we are going to have better trained front-line staff…*

• Who is going to provide training?

• Who are we going to train and with what priority?

• Who is going to fund the investment?
What does this mean for NGOs?

• Greater emphasis on individual choice and control
• Greater regionalisation of services
• Greater competition from non-traditional providers
• Greater public scrutiny regarding quality
What does this mean for NGOs?

• Greater pressure on infrastructure
• Greater pressure on financial management
• Greater emphasis on measurable performance
What does this mean for Community Colleges?

• What do Community Colleges do?
  » Deliver accredited training
  » Non accredited learning opportunities in lifelong and cultural learning
  » Supporting individuals and the community
What does this mean for Community Colleges?

• What is your fundamental value proposition?

• What is your point of differentiation?

• What can you do faster, or cheaper, or better than other players in marketplace?

• Does anybody know and care?
What does this mean for the future?

- The rate of change is increasing, and will continue to increase.
- The only true measure of success is measured in outcomes for those you serve.
- The only true measure of success is judged by those you serve.
How are we ever going to evolve if you people keep pushing us back into the ocean?
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