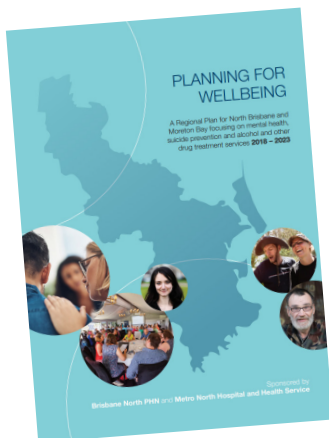


What is Planning for Wellbeing?

A Regional Plan for North Brisbane and Moreton Bay focusing on mental health, suicide prevention and alcohol and other drug treatment services 2018 – 2023



With a commitment to the vision of ‘a fair and inclusive Queensland where all people can achieve positive mental health and wellbeing and live lives with meaning and purpose’, *Planning for Wellbeing*¹ (the Plan) identifies significant opportunities for service and system improvement across three discrete and complementary areas of work – mental health, suicide prevention and alcohol and other drug treatment services.

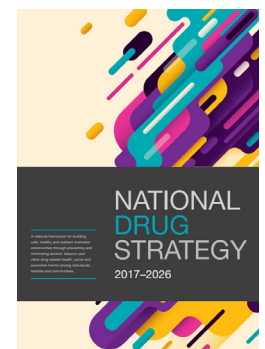
Development of the Plan has been jointly sponsored by Brisbane North PHN (the PHN) and Metro North Hospital and Health Service (MNHHS), but the Plan establishes future directions for the region as a whole – not just the two sponsoring organisations.

The Plan articulates a suite of shared objectives that have been developed in partnership and via significant consultation with stakeholders. The shared objectives reflect the commitment to action of healthcare practitioners and organisations across the region, as well as the contribution that will be made by people with a lived experience, and carers who are engaged in work to shape and improve mental health, suicide prevention and alcohol and other drug treatment services.

Why develop a regional plan?

Over recent years, significant reforms have occurred in the delivery of mental health, suicide prevention and alcohol and other drug treatment services, both nationally and in Queensland. At a national level, 2017 saw the release of two critical guiding documents – *The Fifth National Mental Health and Suicide Prevention Plan*² and the *National Drug Strategy*³. Together, these two documents establish the context for the development of *Planning for Wellbeing*.

- *The Fifth National Mental Health and Suicide Prevention Plan* specifically tasks PHNs and HHSs with ‘developing joint, single regional mental health and suicide prevention plans and commissioning services according to those plans’ (Action 2.5 in *The Fifth National Mental Health and Suicide Prevention Plan – Implementation Plan*⁴).
- The *National Drug Strategy* provides a guide for jurisdictions in developing their individual responses to local alcohol and other drug issues, with the expectation that each jurisdiction will develop their own action plan detailing local priorities and activities to be progressed.



Together, the PHN and MNHHS, as sponsors of the Plan, have worked with an extensive group of stakeholders to develop a single, joint regional plan which covers mental health, suicide prevention and alcohol and other drug services – this is *Planning for Wellbeing*.

How was the plan developed?

A comprehensive consultation process has informed development of the Plan – with over 90 consultation events – ensuring we had the opportunity to understand the perspectives of a range of people across the region. A broad range of consultation methods were used, enabling diverse stakeholders to share their views – this included public symposia, online surveys and a range of targeted and focused conversations allowing specialised input. Most importantly, our consultation invited people who access mental health, suicide prevention and alcohol and other drug treatment services, and those who care for consumers, to have authentic opportunities to share their experiences, perspectives and vision for future services. We estimate that over 50 per cent of attendees at consultation events were people with a lived experience or those who care for them. Consultation with people with a lived experience and those who care for them, was led by the Peer Participation in Mental Health Services (PPIMS) Network, enabling people with a lived experience to contribute their valuable insights to assist us in developing this Plan.

The results of this widespread consultation underpin the entire Plan, however we have endeavoured to keep the Plan succinct and readable and to focus on future directions rather than to provide a detailed report on the results of consultation. A summary of the consultation feedback is included in the Plan (pages 3-5), and an overview of the consultation events is provided at Appendix Two.

Structure of the Plan

The Plan is presented in four parts:

Part A – Our vision

This section includes our vision statement and describes the outcomes we are striving for. It includes principles that have underpinned the Plan’s development and which will guide its implementation and also the frameworks that our work is informed by – stepped care⁵ for mental health services; LifeSpan⁶ for suicide prevention services; and the Qld Alcohol and Other Drug Treatment Service Delivery Framework⁷ for alcohol and other drug treatment services.

Part B – Better health in Brisbane North

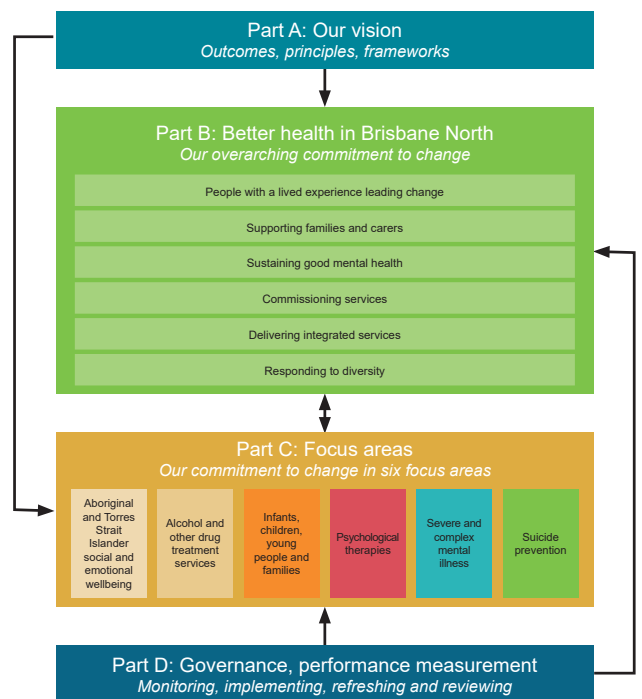
This section establishes our commitment to change in six broad areas: people with a lived experience leading change; supporting families and carers; sustaining good mental health; commissioning services; delivering integrated services; and responding to diversity. For each area, we include an overview of what was heard from the consultation, then outline the shared objectives and agreed actions to improve quality, coordination and integration.

Part C – Focus areas

This section establishes our commitment to change in six focus areas, relating either to specific population groups or particular types of service delivery. These include: Aboriginal and Torres Strait Islander social and emotional wellbeing; alcohol and other drug treatment services; infants, children, young people and families; psychological therapies; severe and complex mental illness; and suicide prevention. For each focus area, we include an overview of what was heard from the consultation, and set out the shared objectives and agreed actions to improve quality, coordination and integration.

Part D – Governance and performance management

This section outlines our commitment to robust governance and performance management.



Implementation of the Plan

Within Part B (chapters 1-6) and Part C (chapters 7-12) of the Plan, each chapter includes a table detailing the shared objectives and agreed actions over the five-year life of the Plan (2018-2023). As described above, considerable consultation with a broad range of stakeholders – including funders, service providers, peak bodies, people with a lived experience and carers – occurred to generate these agreed actions. The agreed actions represent the collective view of the stakeholders consulted, and should be considered a key driver for current and future activity in the region.

Each chapter of the Plan has an associated implementation plan which incorporates the shared objectives and actions detailed in each chapter. It provides further detail of the tasks, responsibilities and timeframes associated with each action.

Implementation Mechanisms

Implementation of each chapter is being lead by a different group or organisation, who are responsible for reporting progress through to the Strategic Coordination Group (see Governance Mechanisms).

- A range of Partnership Advisory Groups (or equivalent) were established to provide guidance on development of relevant shared objectives and associated actions and upon launch of the Plan, changed focus to provide oversight and guidance on implementation. Implementation of the focus areas in chapters 7-12 is the responsibility of the respective Partnership Advisory Group.
- The PHN has recently engaged five additional organisations to bring together stakeholders to support implementation of the shared objectives and actions in chapters 2, 3 and 6.

Details of who is leading implementation during 2019/2020 is included below.

Chapter	Partnership Group/organisation supporting implementation
1. People with a lived experience leading change	Peer Participation in Mental Health Services (PPIMS) Network
2. Supporting families and carers	Carers Qld
3. Sustaining good mental health	Qld Alliance for Mental Health
4. Commissioning services	Strategic Coordination Group
5. Delivering integrated services	Strategic Coordination Group
6. Responding to diversity	
a) Culturally and Linguistically Diverse communities	Ethnic Communities Council of Qld
b) LGBTIQ communities	Qld AIDS Council
c) Older people	Council on the Ageing Qld
7. Aboriginal and Torres Strait Islander social and emotional wellbeing	Aboriginal and Torres Strait Islander Engagement Steering Group
8. Alcohol and other drug treatment services	AOD Partnership Advisory Group
9. Infants, children, young people and families	ICYP MH Partnership Advisory Group
10. Psychological therapies	Psychological Therapies Partnership Advisory Group
11. Severe and complex mental illness	Collaboration in Mind
12. Suicide prevention	Suicide Prevention Partnership Advisory Group

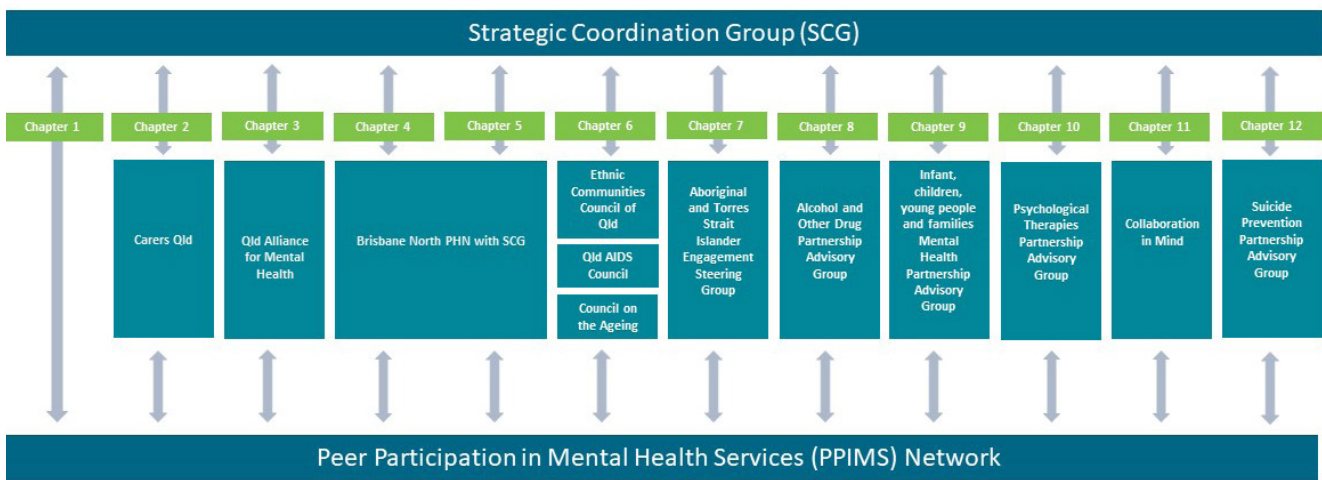
Governance Mechanisms

Governance of *Planning for Wellbeing* is depicted below.

The overarching governance mechanism is the Strategic Coordination Group, comprised of people with a lived experience, as well as senior representatives from the PHN, the HHS, Qld Government Department of Health, Qld Network of Alcohol and other Drug Agencies, Queensland Alliance for Mental Health and the Institute for Urban Indigenous Health. This group provides oversight and guidance across the whole plan, including implementation, monitoring, review and evaluation.

A number of Partnership Advisory Groups (or equivalent), as well as key organisations, are providing guidance and oversight on their respective chapter. In addition to people with lived experience, these groups are comprised of chapter-relevant stakeholders who can support implementation via their respective sectors.

Underpinning and informing all implementation activity is the voice of lived experience. Relevant lived experience stakeholders are drawn from the broader PPIMS Network, and are supported to actively engage and contribute at each level of governance activity. The PPIMS Network itself is driving forward the first chapter of *Planning for Wellbeing* – people with a lived experience leading change.



Sponsoring organisations

For more information about Brisbane North PHN, please visit: www.brisbanenorthphn.org.au

For more information about Metro North HHS, please visit: www.metronorth.health.qld.gov.au

To access the full *Planning for wellbeing* document, please visit www.mymentalhealth.org.au/page/resources/regional-plan.

¹www.mymentalhealth.org.au/page/resources/regional-plan

²www.coaghealthcouncil.gov.au/Portals/0/Fifth%20National%20Mental%20Health%20and%20Suicide%20Prevention%20Plan.pdf

³www.health.gov.au/resources/collections/national-drug-strategy

⁴www.coaghealthcouncil.gov.au/Portals/0/Fifth%20National%20Mental%20Health%20and%20Suicide%20Prevention%20Plan_Implementation%20Plan.pdf

⁵www.brisbanenorthphn.org.au/page/health-professionals/mental-health-services/our-approach-to-stepped-care

⁶www.blackdoginstitute.org.au/research/lifespan

⁷<https://insight.qld.edu.au/file/235/download>