

A snapshot of the Brisbane North and Moreton Bay region

Brisbane North

980,000

Brisbane North is home to over 980,000 people¹ and this is projected to increase to over 1,200,000 people by 2036.²

Pine Rivers, Moreton Bay North and Redcliffe-North Lakes have significantly higher levels of socioeconomic disadvantage, poorer health outcomes and limited access to health services.³



People who were born overseas represent almost 1/4 of Brisbane North's population.⁴

10% of Brisbane North residents speak a first language other than English.⁵



Use of alcohol and other drugs



5% of adults in Brisbane North consume alcohol at levels of high risk.¹⁴



An estimated 16.4% of adults in Brisbane North smoke, with Indigenous adults 2.7 times more likely to smoke compared to non-Indigenous adults.¹⁵



Data from Brisbane North GPs indicates that 54.7% of patients diagnosed with a drug related issue also had a mental health condition.¹⁷

7%
Indigenous

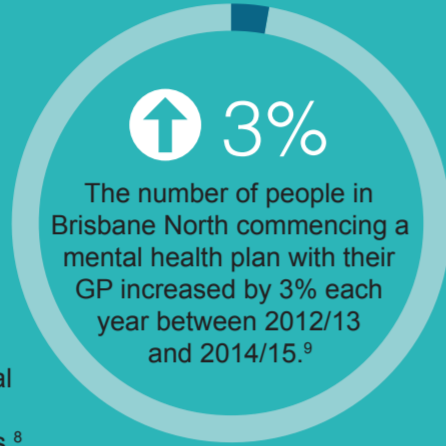
Between 2012/13 and 2015/16, 7% of people in Brisbane North who received treatment for alcohol or other drug use identified as Indigenous.¹⁸

Mental health in Brisbane North

70,513

Between 2011 and 2013, there were an estimated 70,513 adults in Brisbane North with high or very high psychological distress.⁷

The highest rate (11.9%) of adults with high or very high psychological distress live in Moreton Bay North, an area with a shortage of services.⁸



The prevalence of mental health issues in Brisbane North has increased over the last 5 years, particularly among younger people.¹⁰

Indigenous social and emotional wellbeing

The leading contributor to the burden of disease for Indigenous people in Brisbane North is mental disorders, including substance use disorders, constituting 29% of the total burden of disease.¹⁹

3,140 Indigenous >15 yrs

It is estimated that 3,140 Indigenous people over 15 years of age in Brisbane North have high or very high psychological distress, with almost 2 in 5 living in Moreton Bay North.²⁰



5.2%
mental health presentations

5.2% of people presenting at Brisbane North hospital EDs for mental health related conditions in 2013-15 FY identified as Indigenous.²¹

Suicide prevention

25-59 YEARS

The number of suicide deaths in Brisbane North is higher in people aged between 25 and 59 years.¹¹

Life events most commonly suspected as events precipitating suicide were relationship problems, alcohol and/or drug use and mental or physical illness.¹²

The highest numbers of suicides in Brisbane North suburbs were in Caboolture, Deception Bay, New Farm, Morayfield, Redcliffe and Burpengary.¹³



Children and young people

5,000 people 0-17 years

In 2018, an estimated 5,129 children and young people 0-17 years are expected to experience severe mental illness and require treatment.²²

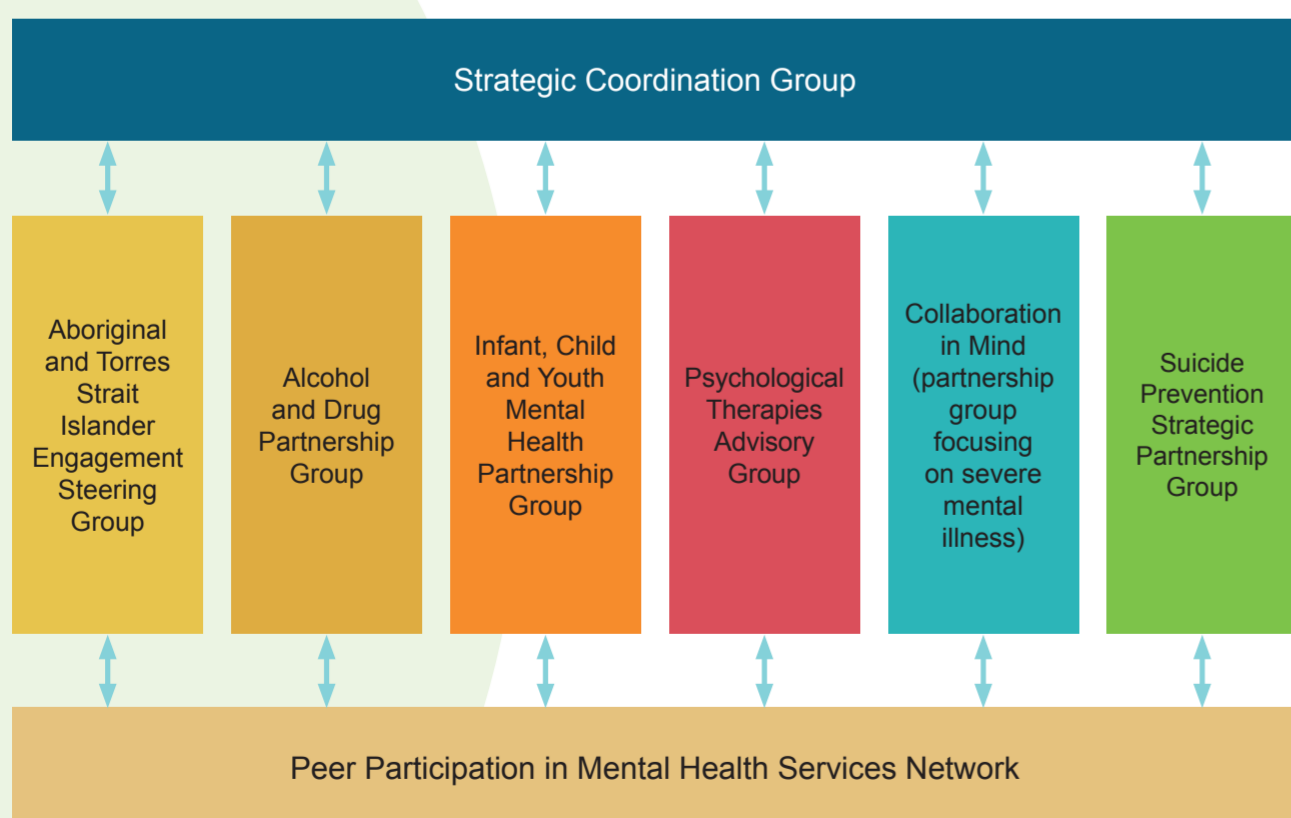


Part D: Governance, implementation and performance measurement

Brisbane North PHN and Metro North Hospital and Health Service have sponsored the development of this plan, but it is a plan for and by stakeholders across the region. The plan reflects both the results of broad-based consultation and stakeholders' commitment to shared objectives and to actions to be undertaken over the next five years.

Improving service quality, coordination and integration is the focus of this first regional plan, developed in the context of the *Fifth National Mental Health and Suicide Prevention Plan*, the Queensland Mental Health Commission's *Improving Mental Health and Wellbeing* and Queensland Health's *Connecting Care to Recovery*.

Implementation of the plan will be overseen by a Strategic Coordination Group and detailed implementation plans will be developed by our partnership groups. All activity will include and be informed by people with a lived experience. Impact and outcome measures will be developed and a mid-term review of the plan will be conducted.



More information, updates on and the full version of *Planning for Wellbeing* is available from www.mymentalhealth.org.au

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phn
BRISBANE NORTH
An Australian Government Initiative

Queensland Government
Metro North
Hospital and Health Service

Summary
Full version at www.mymentalhealth.org.au

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**



Sponsored by
Brisbane North PHN and Metro North Hospital and Health Service

