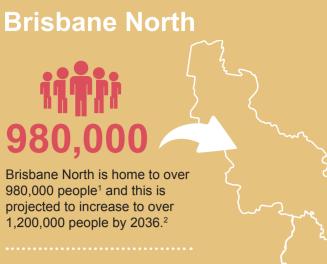
A snapshot of the Brisbane North and Moreton Bay region



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



The prevalence of mental

health issues in Brisbane

North has increased over

among younger people.¹⁰

the last 5 years, particularly

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



Brisbane North commencing a mental health plan with their GP increased by 3% each year between 2012/13 and 2014/15.9

Suicide prevention

25-59 YEARS

The number of suicide deaths in Brisbane North is higher in people aged between 25 and 59 years.1

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



22.6% of people living in Brisbane North's inner city had recently used an illicit drug.16 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

that 54.7% of patients diagnosed with a drug related issue also had a mental health condition.17

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

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

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

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

Children and young people

people **0-17 years**

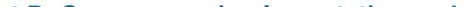
In 2018, an estimated 5,129 children and young people 0-17 years are expected to experience severe mental illness and require treatment.²²



of all children and young people aged between 0 and 17 years in Brisbane North are estimated to have a mental health condition.²³

26%





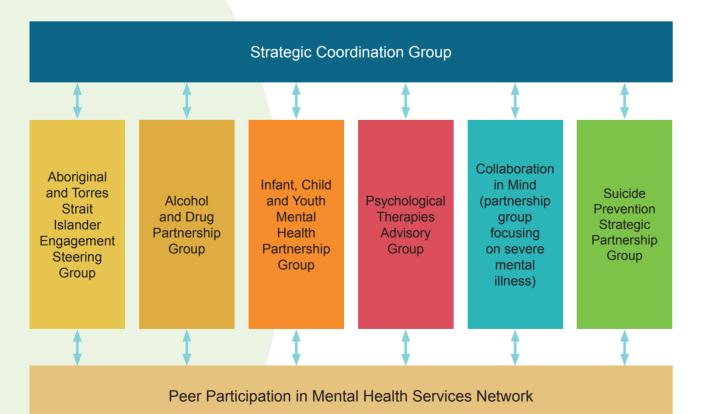


Part D: Governance, implementation and performance measurement

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 broadbased 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







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

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

Part A: Our vision, outcomes and frameworks

The vision of *Planning* for wellbeing is:

A fair and inclusive Queensland where all people can achieve positive mental health and wellbeing and live lives with meaning and purpose.

Outcomes for people:

- healthy, meaningful lives
- free from stigma and discrimination
- in charge of own recovery
- achieve desired outcomes
- connect to the right services
- seamlessly access different services
- address social determinants
- lived experience involvement at all levels
- innovation and quality improvement
- resourced and skilled workforce

Planning for Wellbeing recognises three discrete and complementary areas of work.



Part B: Better health in North Brisbane and Moreton Bay – our overarching commitment to change

People with a lived experience leading change:

- strengthen the collective voice
- training and capacity building
- participation in services
- region-wide approach
- expanded lived experience workforce.

Supporting families and carers:

- information, resources and skills
- better care for families and carers
- listened to and involved
- services more responsive.

Sustaining good mental health:

build resilience

Commissioning services:

- align approaches between funders
- improve commissioning approaches.

Delivering integrated services:

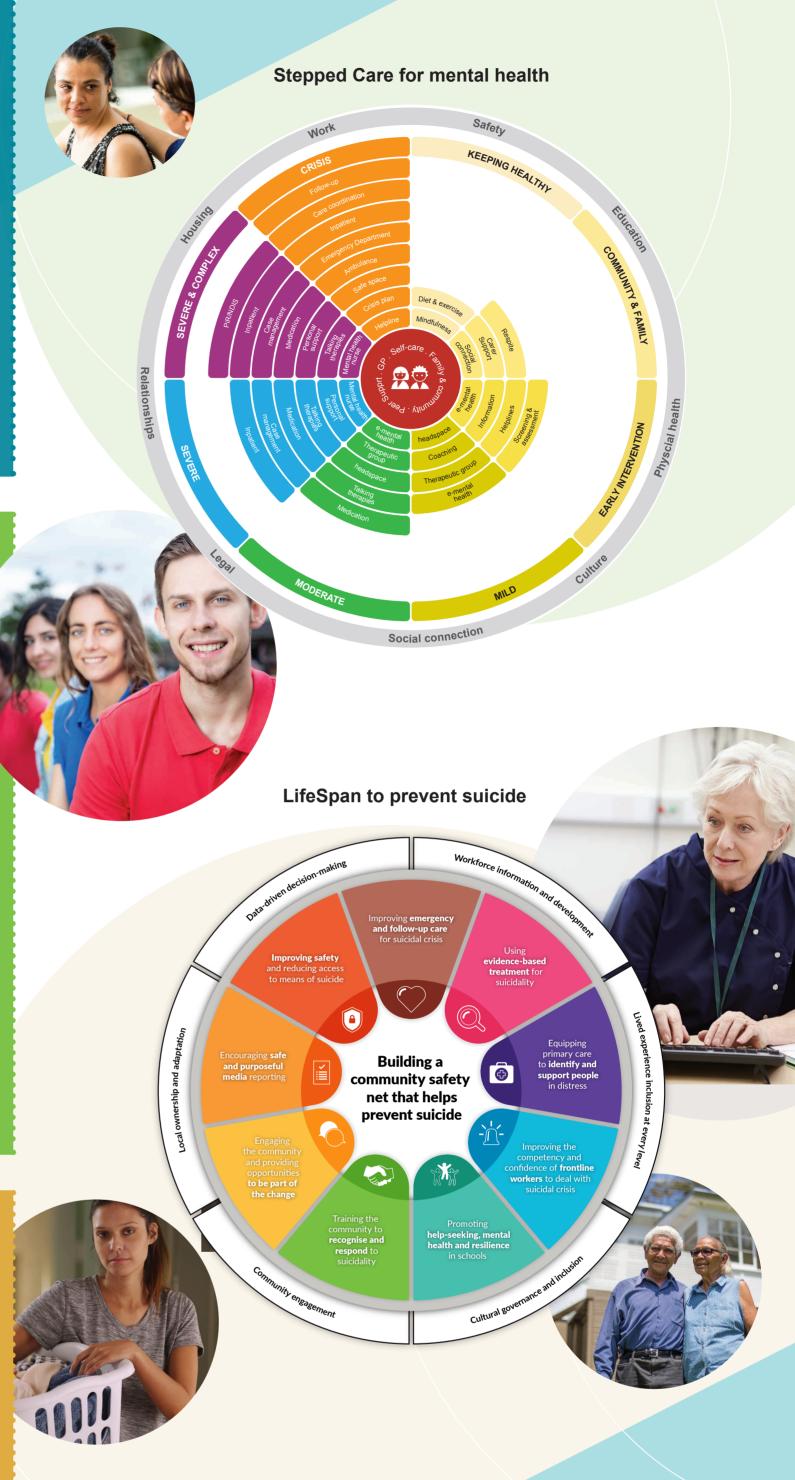
- expand and diversify targeted services
- improve service delivery
- align and integrate services
- skill and diversify workforce.

Responding to diversity:

- access for people from culturally and linguistically diverse backgrounds
- inclusive of lesbian, gay, bisexual, transgender, intersex and/or questioning people

FRAMEWORKS

See the full version of *Planning for wellbeing* for detailed versions of these frameworks.



- prevent stigma
- promote mental health.

expand services for older people.

Part C: Focus areas – our commitment to change in six focus areas:

Aboriginal and Torres Strait Islander social and emotional wellbeing:

- foster Indigenous leadership
- increase cultural responsiveness
- improve access to services
- strengthen service integration
- support reconciliation
- recognise racism
- respond to service gaps
- invest in an evidence base.

Alcohol and other drug treatment services:

- improve collaboration
- challenge stigma and discrimination
- skill up workforce
- support effective service responses
- improve services for at risk groups.

Infants, children, young people and families:

- better infant and perinatal support
- more effective services
- improved outcomes for vulnerable young people
- more school-based services

Psychological therapies:

- align services with consumer preferences
- improve integratio
- increase services in high need areas
- improve evidence base

Severe and complex mental illness:

- improve physical health
- safe, secure and affordable housing
- successful transition to the NDIS
- foster community connections
- alternatives to emergency department
- improve transitions between hospital and community
- improve services for people experiencing borderline personality disorder.

Suicide prevention:

- improve and integrate responses
- improve post-hospital discharge care
- establish new models
- increase care for vulnerable populations
- increase community knowledge
- better equip GPs and others
- deliver school based programs.



