

# OzHelp - A Partnership Model for Innovative Targeted Early Intervention

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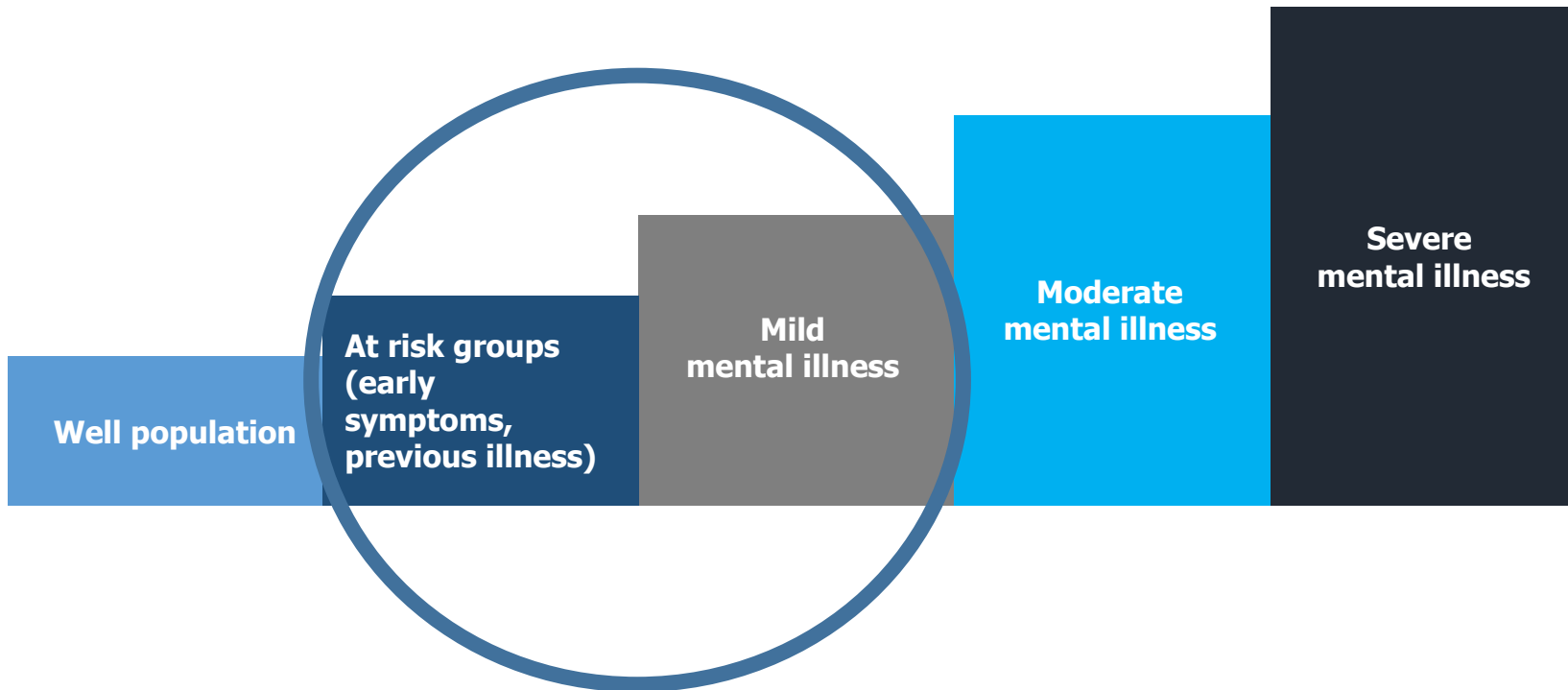


# How OzHelp fits within a stepped care approach

Our services are not a “one-size fits all”. We tailor according to the needs of the individual, locations and organisations

- Low intensity early intervention services
- Services for hard to reach groups – particularly men and those in rural and remote areas
- Community based suicide prevention activities, meshing well with well organised primary mental health care solutions
- Strong partnerships delivering regionalised community centric solutions





# History

- This organisation grew out of the experience of a family who lost their son to suicide. With the support of Employer and Employee groups and Government, OzHelp was developed to target hard to reach groups at risk of suicide in the community.
- We have since expanded to a broad range of industries and locations. From off shore platforms, schools, building sites to capital city legal firms, OzHelp has adapted its award winning programs to ensure relevance.
- We now operate across four states and territories including NSW, ACT, WA and NT, delivering services to over 33,000 people a year.
- Providing award winning services for 14 years funded from Federal and State Governments, as well as philanthropic and business contributions.



# Model, approach and evidence base

National suicide statistics show 75% of all suicides are male, and of these 88% are men of working age.

We engage proactively with people in workplaces and regional community settings through health checks and early intervention mental health training and support programs. As a result we can then identify those at risk of crisis and refer into primary and specialist services.

**Feedback from clients indicate the majority of these men would not readily connect with other health services.**

We have formal partnerships with Australian National University and the University of Wollongong School of Medicine who are evaluating and establishing evidence base platforms.



# Our Services relevant to PHN's

## Early identification of at-risk individuals

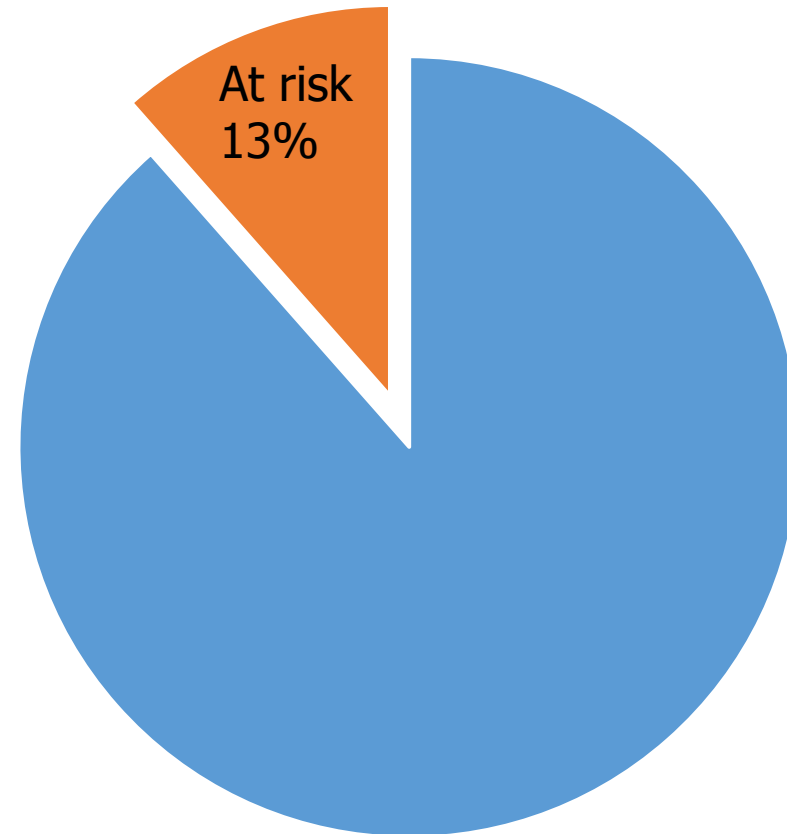
- **Tune-Up health checks** are a low intensity face to face or face to screen service delivered at work to employees.
- **ALERT** a workshop for early identification of people at risk of suicide.
- **Support/case management and counselling** for at risk individuals.



# Reach and impact of **Tune-Up health checks**

OzHelp provides **Tune-Up health checks** to approximately 4,000 Australians every year.

For every 1,000 people participating in a health check, 130 will be referred on to tier 2,3,4 or 5 services.



## Additional health care outcomes – three month review

- 46% visited a GP
- 5% quit smoking
- 11% decreased alcohol consumption
- 18% decreased their fat intake
- 21-27% increased exercise and/or fruit and vegetable consumption
- 97% indicated they enjoyed the tune-up



**Meeting the needs of the whole person**

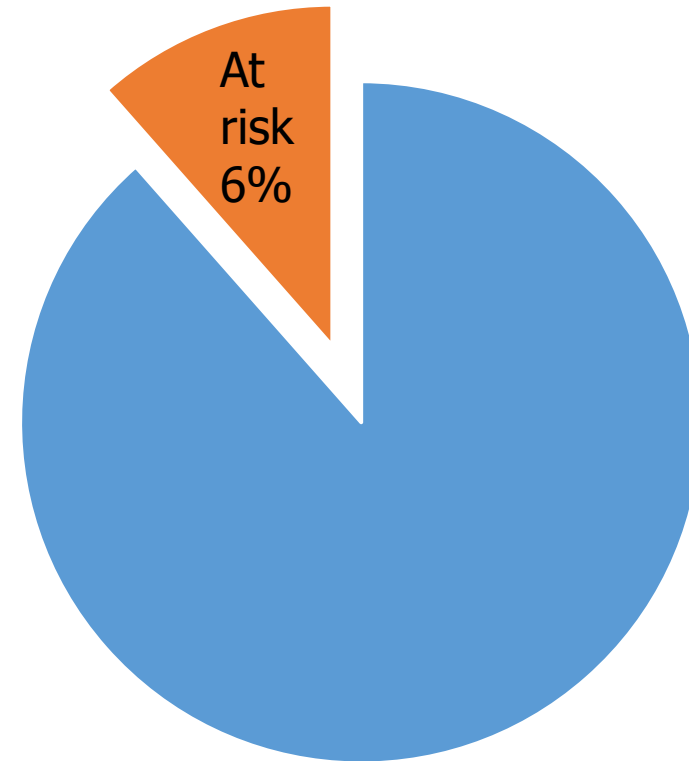


# Reach and impact of

## **ALERT**

**ALERT** is delivered to more than 7,000 participants each year.

For every 1,000 people participating in an **ALERT** workshop, 60 will be referred onto tier 2,3,4 or 5 services.



# Partnership and Innovation – A call to action

## OzHelp Partnership with your PHN

- Successful pilot of remote health checks
- Telephone and screen based support/case management and counselling
- Web-based tune-up health checks which will include subsequent intervention, support/case management and counselling
- Flexible costing options ensure access to any environment in Australia



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