



Stepped Care Models for Mental Health lessons learned and aspects to consider

Stepped Care Requirements for PHNs

Jackie Crowe, National Mental Health Commissioner



Australian Government
National Mental Health Commission

“Mental illness are among our most critical health problems. They occur more frequently, affect more people, require more prolonged treatment, cause more suffering by the families of the afflicted, waste more of our human resources, and constitute more financial drain upon both the public treasury and the personal finances of the individual families than any other single condition”

.....who said this ?





President John F. Kennedy calls for a “bold new approach” and creates comprehensive community care by signing into law the Community Mental Health Act, which authorizes federal grants for construction of public or nonprofit community mental health centers (CMHCs) to provide inpatient, outpatient, partial hospitalization, emergency care, and consultation/education services.

October 31, 1963



53 YEARS AGO

President John F. Kennedy

October 31, 1963

Signed into law the Community Mental Health Act



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The rhetoric was impressive. The reality was a little more complicated.....

Whenever you pass a piece of legislation, write policy and plans, people would like to think that you've solved the problem

HOWEVERKennedy's vision was never fully realized

- Only half of the proposed centres were ever built;
- None were fully funded;
- The act didn't provide money to operate them long-term;
- Some states saw an opportunity to close expensive state hospitals without spending some of the money on community-based care

Obama: 'assuming implementation doesn't assure implementation'.



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Contributing lives,
thriving communities

Report of the National Review of Mental Health Programmes and Services

Summary

11 November 2014



The Australian Government's response to the National Mental Health Commission recommends that mental health services be based upon a stepped care model.

Stepped care is defined as an evidence-based, staged system comprising a hierarchy of services, from the least to the most intensive, matched to individual's needs.

STEPPED CARE MODELS FOR MENTAL HEALTH LESSONS LEARNED AND ASPECTS TO CONSIDER

What a stepped care approach means for individuals with mental illness

Consumer and carer participation in stepped care



REALITY IS A LITTLE MORE COMPLICATED.....

IMPLEMENTATION

- Implementation is the process of turning policy into practice.
- However, it is common to observe a gap between what was planned and what actually occurred as a result of a policy.



There is on average a 10-year delay between young people experiencing their first symptoms and receiving help.

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REASONS FOR INVESTING IN IMPLEMENTATION



Key challenges

- Build trust and mutual respect
- Ensure a person-centred and family inclusive approach
- Engage/partner/co design/co create with those with lived experience, their families and other support people
- Regional equity – quality and standards
- Go beyond diagnosis to focus on functional impairment
- Measure and demonstrate success
- Expand the research and evidence base to focus on outcomes
- Culture / change management – implementation



A diverse group of smiling people in a collaborative office setting. The background shows a brick wall with colorful sticky notes and a large blue speech bubble graphic. The people are of various ethnicities and ages, all appearing happy and engaged.

MOST IMPORTANTLY....

Work together to enable: CONTRIBUTING LIVES, THRIVING COMMUNITIES



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