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COMMUNITY MENTAL HEALTH IN THE NORTHERN TERRITORY



Time to pause - Acknowledgment



Current environment

- **Mental health reform, PHNs...**
- Limited funding for mental health (Aust & NT)
- NDIS on immediate horizon in the NT (remote?)
- MH Peak bodies, ie. NTMHC important resource

- **International events citing mental health...**
stigma
- NT youth detention – now getting attention,
no mention yet of mental health supports

June 2015 – old slide



Been here before?

Previously:

- four national plans,
- one roadmap,
- two report cards,
- one national action plan,
- two national policies,
- and now a national review



Risks and challenges

- Reports, Inquiries, **Submissions, Evidence...** Action??
- **Obsessive Hope Disorder: Reflections on 30 years of ... (Mendoza, ... 2013)**
 - 32 reports were reviewed from the period July 2006 to December 2012 (CMHR, ANU)
Often no reports implementation, or progress report , following the statutory review.In summary, the key themes to emerge from this systematic review are that:
 - Consumers currently have inadequate access to mental health services across the health care spectrum ranging from prevention to recovery
 - Care is frequently compromised by inadequate interagency cooperation;
 - Quality supported accommodation is inadequate
 - Consumers are not always treated with dignity and respect and in some instances subject to discrimination
 - There are gaps in the training of mental health, health and non-health staff providing services to people with a mental illness
 - There is a need to improve data collection and service monitoring, and groups have particular unmet needs including those in the forensic/justice system, those in rural regions, young people, people of *Indigenous* heritage or from culturally and linguistically diverse (CALD) backgrounds and children at risk.

Road to Maningrida





Mental health in the NT

- NT Government services;
incl. inpatient, community, remote health
- Social and Emotional Wellbeing (AMS)
- Suicide Prevention at all levels ie. DRISPN
- Private providers (including some Gov. \$ outreach)
- **Community Mental Health (NTG \$'s and Cwlth \$'s)**
ie. MHACA, MIFANT, TEAMhealth
- Community driven associations ie. Grow, TEMCHO, Miriam Rose Foundation – Nanyiya Action Group

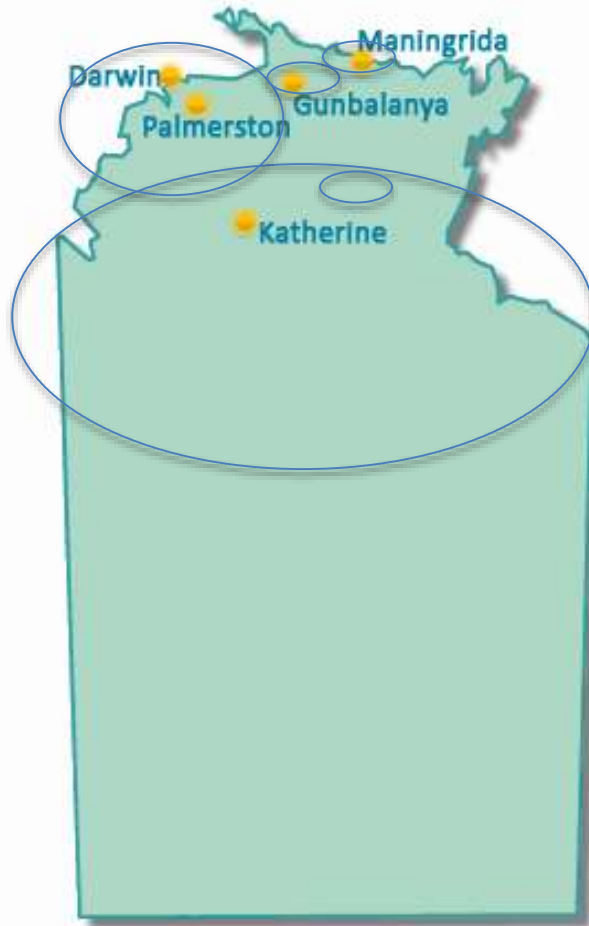
Aust. Gov. funded services

- PHaMS – 10 locations some remote (=> NDIS)
- D2DL – 2 locations (=> NDIS)
- Partners in Recovery – 5 locations (=> NDIS)
- Carer Support – 5 locations (=> NDIS)

- FMHSS – 6 locations, some remote
- Social and Emotional Wellbeing (IAS?)
- **Suicide Prevention (PHNs, IAS...)**
- Medicare and PBS funding
- Disability Support Pension

No COAG Closing the Gap target for mental health

About TEAMhealth



MENTAL HEALTH
ASSISTS ALL
PEOPLE TO LEAD
A FULL AND
VALUED LIFE

TEAMhealth brief data

- 400-500 participants per annum
- 35-40% Aboriginal and Torres Strait Islander
- 45% participants dealing primarily with schizophrenia, 16% with depression, 6% with anxiety
- 65-70 staff across Top End of NT
- Remote programs increasing local staff

64% of TEAMhealth participants who exited our programs have achieved their goals

(internal data, 2014-2015)

TEAMhealth

- Recovery focused
- Individual, person-centred support
- Accredited to NSMHS
- Suicide prevention and education critical, high demand and underfunded
- Staff training is a big, necessary investment
- Staff duration lifting consistently, nearly 3 yrs
- Outcome Star, YES Survey, My Voice, new PIMS

TEAMhealth programs

- New Strategic Plan to be launched Oct 2016
- Current programs
 - PHaMS Maningrida, R&R Darwin, Nauiyu
 - FMHSS Palmerston/Litchfield, Katherine, Wadeye (CCNT)
 - Family and Youth Gunbalanya
 - Day 2 Day Living
 - Recovery Assistance Program
 - Manse Long Term Rehabilitation
 - Papaya sub acute
 - Community Housing
 - Home Care Packages
 - Carer Support – Top End

Residential programs



Community Housing Program



Gunbalanya New Office Opening



Gunbalanya – Andrew McLeod Adelaide Crows for footy activity



MPHaMs Ladies Group Pandanas



Cockle Collection MPHaMs



Naiiyu PHaMS



PHaMs Mental Health Week 2015



Kakadu Training – MHFA + ...



East Alligator River - MPHaMs



Thank you

Helen Egan



TEAMhealth CEO



NTMHC President

