

Helen Egan:  
TEAMhealth CEO

President, Northern Territory Mental Health Coalition

# 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

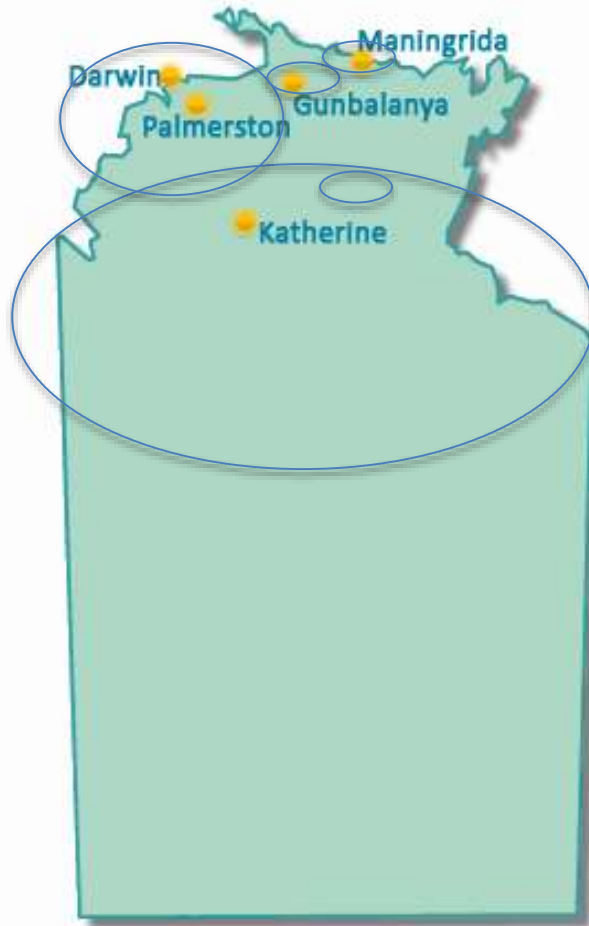


# Aust. Gov. funded services

- 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

