



ACT Budget 2018/19 – MHCC ACT

Summary of Mental Health initiatives

6 June 2018



mental health
community coalition ACT

Peak Body in the ACT for the Community Mental Health Sector

Room 1.06, Level 1, Griffin Centre

20 Genge Street, Canberra City, ACT 2601

t: (02) 6249 7756 **f:** (02) 6249 7801 **e:** admin@mhccact.org.au

w: www.mhccact.org.au **abn:** 22 510 998 138

Overall Comments:

The ACT 2018/19 Budget is a very good budget for mental health and provides a big boost to community based (NGO and government) and delivered mental health services.

More broadly, the budget delivers new initiatives and continuation of existing programs across all age groups and across a range of target groups from children and young people showing first signs of distress, to older persons in need of more intensive support, to those who have attempted suicide, to people with severe and complex mental health needs.

In a budget full of highlights, it is exciting to see investment in a two year Recovery College trial. This innovative approach will use a holistic educational approach to support people living with mental health issues to build skills, capacity and confidence to pursue the life they want to live. Minister Rattenbury should be congratulated for pushing what might be seen as a radical idea when there were other easier choices he could have made.

The investments in this budget should be seen in the context of the imminent establishment on the Office for Mental Health, which will play a key role in setting the strategic direction for mental health investments in future. In addition the long-awaited federal/state matched funding for psychosocial services for people who are not eligible for the NDIS is expected to become available in the coming months. In that context, the new funding initiatives in this Budget will begin to address important gaps in the mental health system.

This budget doesn't deliver a full and comprehensive mental health system, but it is a very good step in the right direction! It increases spending on mental health in the ACT in the 2018/19 financial year by five per cent.

Below we have provided the description of key initiatives from the budget papers, with brief MHCC ACT commentary. We have also listed a few initiatives of interest from other Directorates.

Community sector funding indexation: 2.45%

Key Mental Health Initiatives:

Better healthcare for a growing community – More mental health accommodation

	2018-19	2019-20	2020-21	2021-22	Total
	\$'000	\$'000	\$'000	\$'000	\$'000
Expenses	3,460	3,103	3,617	3,783	13,963
Expenses – Offset	-1,419	-1,249	-636	0	-3,304
Depreciation	0	371	371	371	1,113
Net Expenses	2,041	2,225	3,352	4,154	11,772
Associated Capital	123	6,233	5,560	320	12,236
Offset – Associated Capital – Provision	0	-2,260	0	0	-2,260
Net Capital	123	3,973	5,560	320	9,976

The Government will establish three community-based mental health accommodation facilities to provide long-term supported care for people who need 24-hour support. The Government will also establish a Step-Up-Step-Down facility on the south side of Canberra, to provide short-term residential and clinical treatment for people discharged from hospital, and refurbish the 10-bed Extended Care Unit at the Brian Hennessy Rehabilitation Centre, to help provide a secure facility for people to transition back into the community.

MHCC ACT comments:

This item covers three different initiatives:

24-hour supported accommodation:

This initiative will establish 3 houses for 24-hour supported accommodation for a total of up to 15 individuals with complex, severe and persistent mental illness with significant functional impairment and complex needs. The facilities are expected to be managed by community agencies with significant in-reach care from MHJHADS.

This initiative targets a long-standing gap in the mental health system and is very welcome.

Step-up/Step Down facility:

This initiative provides funding to build a new adult step-up/step-down facility on the south side, allowing more people to potentially avoid hospitalisation and stay closer to their own communities.

Extended Care Unit:

Funding is provided to refurbish the 10-bed Extended Care Unit at the Brian Hennessy Rehabilitation Centre to provide a secure facility for mental health patients to transition to supported accommodation or back into the community. It is expected this unit will take people from Dhulwa Secure Inpatient facility in particular.

Better healthcare for a growing community – More mental health outreach for young Canberrans

	2018-19	2019-20	2020-21	2021-22	Total
	\$'000	\$'000	\$'000	\$'000	\$'000
Expenses	1,142	1,016	0	0	2,158

The Government will expand our investment in child and adolescent mental health services by establishing a recovery-focused, community-based outreach program for young Canberrans aged 12 to 18 years. The Government will also develop a young adult model of care for people aged 18 to 25 years.

MHCC ACT comments:

This item covers two initiatives:

Youth Assertive Outreach Service:

This new service model has been in development for a couple of years as a key addition to existing Child and Adolescent MH Services (CAMHS). This service will work collaboratively with community service providers to identify and treat adolescents aged 12-18 years with severe, high prevalence mental illness (such as depression and anxiety), and are facing barriers to accessing CAMHS.

Outreach is critical to reaching vulnerable young people who are unlikely to seek a service themselves. This service will be delivered by CAMHS, but will work with agencies who have existing relationships of trust with the young people and provide a flexible service to meet their needs.

Young Adult Model of Care:

This initiative provides funding for a Project Officer to develop a contemporary, evidence-based and recovery-focused model of care for the delivery of integrated mental health services for young adults (18-25 years old).

Better healthcare for a growing community – Expanding counselling services for children and young people

	2018-19	2019-20	2020-21	2021-22	Total
	\$'000	\$'000	\$'000	\$'000	\$'000
Expenses	412	424	437	0	1,273

The Government will continue to deliver on our election commitment by supporting *headspace*, which provides early intervention mental health services for 12 to 25 year olds and delivers educational initiatives promoting wellbeing for young people.

MHCC ACT comments:

This delivers on a commitment in the Labor-Greens Parliamentary Agreement. In contrast to the above-mentioned Assertive Youth Outreach service, this funding will deliver more counselling and support to young people who seek a service. Over the long term the core

headspace funding is a responsibility of Capital Health Network, but this funding boosts headspace capacity over the coming three years.

Note: The Budget also delivers funding for an additional 15 school counsellors. This makes young people with mental health issues a key target group for this budget.

Better healthcare for a growing community – More mental health services for older Canberrans

	2018-19	2019-20	2020-21	2021-22	Total
	\$'000	\$'000	\$'000	\$'000	\$'000
Expenses	744	757	776	795	3,072

The Government will continue our investment in the Older Persons Mental Health Intensive Treatment Service, which was initially funded as a pilot in the 2017 Budget. The service offers assertive case management and community based care for older Canberrans. This initiative will provide additional mental health support in residential aged care facilities and help to keep patients out of hospital.

MHCC ACT comments:

At the other end of the age spectrum this funding continues the pilot program funded in the last budget as an outreach service of the Older Person's MH Service. Supporting people of any age to stay out of hospital is a priority. The Older Persons' inpatient unit faces particular challenges in discharging and moving patients back into the community, and as such this initiative is particularly valuable.

Better healthcare for a growing community – ACT Mental Health Recovery College Trial

	2018-19	2019-20	2020-21	2021-22	Total
	\$'000	\$'000	\$'000	\$'000	\$'000
Expenses	396	443	50	0	889

The Government will provide funding to establish an ACT Recovery College, which will provide non-clinical mental health training courses that support early intervention, helping to facilitate experience-based learning and peer support. The College will provide courses that are both mental health specific, such as navigating the mental health system, and holistic, encompassing broad topics that promote wellbeing.

MHCC ACT Comments:

For MHCC ACT this is a particularly welcome initiative. This builds on the project undertaken by MHCC ACT in 2017 to design a Recovery College for the ACT and offers the opportunity to trial this innovative model.

One of the most exciting things about the project was the buy-in of so many organisations, consumers, carers and community members, who were excited by the potential of this model to empower people to pursue the life they want.

From MHCC ACT's perspective this initiative should be delivered as a genuine partnership between community sector and government agencies, consumers and carers. The focus on lived experience expertise in the development and delivery of courses, in a co-design and co-production framework, offers education based in both theoretical and lived experience. This initiative should also draw on and enhance education and training already delivered by government and community sector agencies.

Better healthcare for a growing community – Stronger support for suicide prevention

	2018-19	2019-20	2020-21	2021-22	Total
	\$'000	\$'000	\$'000	\$'000	\$'000
Expenses	350	0	0	0	350

The Government will continue to invest in attempted suicide after care services, by extending the trial of the Way Back Support Service. The service will provide proactive after care support for people who have attempted suicide during a period of high risk and vulnerability.

MHCC ACT comments:

While extension of funding for just one-year is initially disappointing, the context is that evaluations of the Way Back service in Hunter region and Canberra are due this year and will inform the decision on whether to provide permanent funding for Way Back in Canberra. MHCC ACT sees Way Back as a very valuable service, which has demonstrated the need for more support in the suicide prevention and post-vention area.

The ACT Government has also committed to implementing the Black Dog Institute's Lifespan model of suicide pre- & post-vention and it is important to plan for the role of the Way Back service within the context of the larger service system.

Better healthcare for a growing community – Supporting mental health for people leaving prison

	2018-19	2019-20	2020-21	2021-22	Total
	\$'000	\$'000	\$'000	\$'000	\$'000
Expenses	200	206	0	0	406

The Government will extend our investment in the Mental Health Detention Exit Community Outreach program for another two years. The service provides treatment and support services to assist people leaving detention and re-establishing themselves in the community. The program will assist people to find employment, housing and education opportunities. A review of the program will be undertaken in 2019-20, to help inform options for ongoing service activity.

MHCC ACT Comments:

MHCC ACT questioned the decision in the previous budget to only fund Way Back and DECO for one year. Short extensions of funding undermine the capacity of organisations to strategically develop key services for vulnerable populations, and we continue to have

concerns about the short extensions of funding contained in this Budget. However, an additional two years of funding for DECO will allow more time for evaluation and collecting the evidence that the program is delivering positive outcomes and value for money.

We note that DECO and Way Back need a decision on longer-term funding well in advance of the new funding deadlines in order to sustainably plan for the future.

Other health initiatives with relevance for mental health

Better healthcare for a growing community – Better facilities for Calvary Public Hospital

	2018-19	2019-20	2020-21	2021-22	Total
	\$'000	\$'000	\$'000	\$'000	\$'000
Expenses	0	0	0	0	0

The Government will provide a \$15 million grant in 2017-18 for Calvary Public Hospital to undertake significant upgrades including expanding the Emergency Department, refurbishing mental health inpatient facilities and replacing critical diagnostic equipment.

Better healthcare for a growing community – Strengthening health services at the Alexander Maconochie Centre

	2018-19	2019-20	2020-21	2021-22	Total
	\$'000	\$'000	\$'000	\$'000	\$'000
Expenses	1,530	1,561	1,593	1,625	6,309

The Government will expand frontline health services at the Alexander Maconochie Centre, with additional funding for dental, mental health and general practice services.

MHCC ACT comments:

MHCC ACT understands that this will fund an additional FTE in the Forensic Mental Health Team to support detainees with mental health conditions.

Community sector agencies working in the Corrections area have expressed on-going concerns about the delivery of health services in the AMC. This initiative increases the capacity of the Hume Health Centre and may go some way towards addressing concerns.

The bigger question is whether this enables the Justice Health Services to meet the commitment to providing an equivalent standard of care to that available in the general community, which is implicit in a Human Rights commitment?

Initiatives of interest from other Directorates:

Education:

More schools, better schools – More school psychologists

	2018-19	2019-20	2020-21	2021-22	Total
	\$'000	\$'000	\$'000	\$'000	\$'000
Expenses	726	1,913	2,306	2,374	7,319

The Government will employ an additional fifteen full-time psychologists by the 2020 school year. These staff will support student wellbeing and mental health outcomes for students, parents and carers within schools and the community. This initiative builds on the initial five school psychologists recruited through the 2017 Budget, fully delivering on the Government's election commitment.

MHCC ACT comments:

This funding was expected, but is welcome as a complementary measure to the other new mental health initiatives for children and young people.

More schools, better schools – Needs-based funding for students with disability

	2018-19	2019-20	2020-21	2021-22	Total
	\$'000	\$'000	\$'000	\$'000	\$'000
Expenses	5,549	5,716	5,887	6,064	23,216
Education Directorate – Offset – Expenses	-600	-618	-637	-656	-2,511
Health Directorate – Offset – Health Funding Envelope	-600	-618	-637	-656	-2,511
Net Expenses	4,349	4,480	4,613	4,752	18,194

The Government will continue to support students with disability and complex health needs in ACT public schools through needs-based funding. The initiative responds to growth in enrolments and the needs of students with disability.

MHCC ACT comments:

While this initiative does not specifically address mental health, there is potential to lobby for this funding to also be available to support students with mental health conditions under the banner of complex health needs. This could help deliver better educational and life outcomes for those students and minimise long term psychosocial disability.

Housing:

More support for families and inclusion – Supported accommodation for people with mental illness

	2018-19	2019-20	2020-21	2021-22	Total
	\$'000	\$'000	\$'000	\$'000	\$'000
Expenses	200	0	0	0	200

The Government will undertake early planning work to inform the future design of long-term accommodation options for people with enduring mental health issues.

MHCC ACT comments:

This continues work underway to inform a more strategic long-term approach to accommodation for people with enduring mental health issues.

JACS:

More support for families and inclusion – Drug and Alcohol Court

	2018-19	2019-20	2020-21	2021-22	Total
	\$'000	\$'000	\$'000	\$'000	\$'000
Justice and Community Safety	426	0	0	0	426
Directorate – Expenses					
Housing ACT – Expenses	37	0	0	0	37
Health Directorate – Expenses	125	0	0	0	125
Legal Aid Commission – Expenses	37	0	0	0	37
Health Directorate – Offset –	-125	0	0	0	-125
Health Funding Envelope					
Net Expenses	500	0	0	0	500

The Government will continue the work to establish an ACT Drug and Alcohol Court by developing options for a holistic model that considers the complex interactions between health and restorative justice.

CSD:

More support for families and inclusion – NDIS Transition Integrated Service Response

	2018-19	2019-20	2020-21	2021-22	Total
	\$'000	\$'000	\$'000	\$'000	\$'000
Expenses	1,598	200	0	0	1,798

The Government will establish an Integrated Service Response program to provide emergency funding for people with disability with high and complex support needs not met by the National

Disability Insurance Scheme (NDIS), and will provide additional funding for individual advocacy services. The potential requirement for additional funding in 2019-20 and future years will be informed by the outcomes of negotiations with the Commonwealth on full scheme arrangements for the NDIS, which will take effect from 1 July 2019.

MHCC ACT Comments:

It is not clear at this stage to what degree this funding will be available to support people with psychosocial disability with complex support needs. However, there is no doubt that an additional service response and additional advocacy support will be very welcome, and will have flow-on effects for people with psychosocial disability.

More support for families and inclusion – Disability Justice Strategy

	2018-19 \$'000	2019-20 \$'000	2020-21 \$'000	2021-22 \$'000	Total \$'000
Community Services Directorate – Expenses	152	0	0	0	152
Justice and Community Safety Directorate – Expenses	238	60	65	65	428
Total Expenses	390	60	65	65	580

The Government will continue to develop a Disability Justice Strategy to recognise and respond to the disadvantage that people with disability face when dealing with the justice system, and will provide ongoing support for Canberra Community Law's Socio-Legal Practice Clinic.

More support for families and inclusion – Growing the Disability Inclusion

Grants Program

	2018-19 \$'000	2019-20 \$'000	2020-21 \$'000	2021-22 \$'000	Total \$'000
Expenses	50	50	50	50	200

The Government will expand the Disability Inclusion Grants program over the next four years to support community groups, organisations and small businesses to become more inclusive and accessible for people with disabilities. This will see the available grants increase to \$100,000 each year.