

Outcome 11

## Mental Health

Improved mental health care for all Australians

### OUTCOME SUMMARY – THE YEAR AHEAD

This outcome brings together several health investment initiatives aimed at building the capacity of the mental health system to ensure that Australians with mental illness, and their families and carers, have access to quality health and support services to meet their needs. Strategies supported under this outcome will reduce the prevalence, disability and impacts of mental illness on the lives of people with mental illness, their families and the community.

These strategies include:

- a renewed focus on mental health promotion and illness prevention;
- improving the capacity for early identification and referrals to appropriate services;
- improving the capacity to intervene early in the onset of mental illness particularly for children, adolescents and young people;
- reducing the impact on mental health of substance abuse, including illicit drugs such as cannabis and amphetamine-type substances and alcohol;
- increasing the role of psychologists, psychiatrists, General Practitioners (GPs) and other health professionals in primary care; and
- increasing the health workforce available to help those with a mental illness.

### Key Strategic Directions for 2006-07

During 2006-07, the Department will:

- implement the Portfolio's elements of the Council of Australian Governments (COAG) Mental Health package, as announced on 5 April 2006;
- continue monitoring and reporting progress of mental health reform;
- implement the next phase of the National Suicide Prevention Strategy; and
- improve the quality of, and access to, youth mental health, and drug and alcohol control, services, including through the Youth Mental Health Foundation.

### Major Activities

In 2006-07, The Department will implement a number of new initiatives to address four key strategic directions relating to the Government's contribution to the COAG Mental Health package, as announced on 5 April 2006. These initiatives are directed at improving access to mental health services and reducing the impact of mental illness in the community.

### **1. Promotion, Prevention and Early Identification**

In 2006-07, the Government will fund an information campaign and other activities designed to raise community awareness, including awareness of the connections between mental illness and drug use. Other initiatives will be introduced to develop coping skills of children and young people, and improve capacity for early identification and referrals to appropriate services.

Three initiatives will be implemented in this area:

- alerting the community to the links between illicit drugs and mental illness, including Indigenous communities;
- telephone counselling, self help and support programs. and
- expanding suicide prevention programs through the second phase of the National Suicide Prevention Strategy.

### **2. Improving and Integrating the Care System**

During 2006-07, the Government will fund initiatives to expand the provision of psychology, psychiatry and primary care services through reforms to the Medical Benefits Schedule (MBS) and other measures and promote new teamwork between doctors and psychologists. Other initiatives will enhance services in rural and remote areas through a more flexible approach to service delivery, improve services for people with mental illness and drug and alcohol issues and improve capacity to intervene early in the onset of mental illness.

Four initiatives will be implemented in this area:

- better access to psychiatrists, psychologists and GPs through the MBS;
- new funding for mental health nurses;
- mental health services in rural and remote areas; and
- improved services for people with drug and alcohol problems and mental illness.

### **3. Participation in the Community and Employment, including Accommodation**

The Department will manage funding for initiatives through the non-government sector, education providers and other relevant organisations to improve referral pathways as well as links between clinical, accommodation, personal and vocational support programs. Programs will also support people with mental illness develop daily living skills.

Two initiatives will be implemented in this area:

- Support for day-to-day living in the community; and
- New early intervention services for parents, children and young people.

### **4. Better Workforce Capacity**

The Government will fund initiatives to increase the supply and quality of the mental health workforce by increasing the number of training places for nurses and psychologists, and increasing mental health competencies and clinical training in mental health across the whole health workforce.

Two initiatives will be implemented in this area;

- more education places, scholarships and clinical training in mental health; and

- mental health in tertiary curricula.

These new initiatives will build upon the following continuing mental health programs.

### **Access to Psychological Services**

The Access to Allied Psychological Services (ATAPS) component of the Better Outcomes in Mental Health Care Program provides low-cost, focussed, psychological strategies for patients of registered general practitioners. In 2006-07 ATAPS will be included in the Multi Program Agreement with the Divisions of General Practice. The outcome measure will be the number of contracts with Divisions which include an ATAPS component. The ATAPS program will be supplemented by better access to psychologists under the MBS on referral from a GP.

### **Funding for beyondblue**

Funding for beyondblue will allow it to expand its core activities to reduce the prevalence and impact of depression, anxiety and related disorders in the Australian community. It will increase the capacity of governments, service providers, business and community sectors to manage these conditions in a collaborative manner. Success will be measured by achievement of outcomes identified in *Strategic Framework for Action: Opening our eyes to depression across Australia 2005-2010*.

### **MindMatters**

The MindMatters Program provides support for mental health promotion, prevention and early intervention initiatives for secondary schools. To complement the ongoing secondary school program, programs targeting pre-school and primary school aged children will be developed and rolled-out to assist parents, pre-schools and primary schools to better identify children at risk of mental illness and offer early referral to appropriate treatment. Success will be measured by the increase in schools taking up professional development to use MindMatters.

### **Monitoring the Progress of Mental Health Reform**

The Department will continue monitoring and reporting of mental health activity through the publication of the National Mental Health Report. This is the authoritative source of information about the resourcing and structure of mental health services, and reports on the progress of mental health reform.

### **National Suicide Prevention Strategy**

Implementation of the next phase of the National Suicide Prevention Strategy will commence, involving a whole of community approach to preventing suicide and promoting mental health across the Australian population. Projects funded under the initiative will include community support for people at risk of suicide, so that an increased proportion of people are identified and appropriately referred to relevant services and will experience services that are confidential and appropriate to their needs. Other projects will offer information to improve knowledge of and attitudes towards help-seeking options in the community, especially for people at heightened risk, and to help build supportive social environments, such as within the workplace. Expansion of the program through the COAG Mental Health package will increase current activities and provide funding for further national research and development to increase the understanding of suicide and how to prevent it.

### Youth Mental Health Foundation

The Department will finalise the establishment of The Youth Mental Health Foundation. Activities funded under the initiative include service enhancement and coordination grants to communities to improve access to, and the quality of, youth mental health and drug and alcohol control services. To complement these activities, access to allied health services to youth will be expanded building on the Better Outcomes in Mental Health Care Program.

### Outcome 11 Resourcing

Table 3.1.11 shows how the 2006-07 Budget appropriations translate to total resourcing for Outcome 11, including administered expenses, revenue from government (appropriation), revenue from other sources, and the total price of outputs.

**Table 3.1.11: Total resources for Outcome 11**

	Estimated actual 2005-06 \$'000	Budget estimate 2006-07 \$'000
<b>Administered appropriations</b>		
<b>Program 11.1: Mental Health</b>		
Appropriation Bill 1	68,839	92,667
<i>Health Care (Appropriation) Act 1998 - Australian Health Care Agreements - Provision of Designated Health Services (p)</i>	29,464	13,701
Total Special Appropriations	29,464	13,701
	<b>98,303</b>	<b>106,368</b>
<b>Total Administered Appropriations</b>	<b>98,303</b>	<b>106,368</b>
<b>Departmental appropriations</b>		
<b>Health and Ageing</b>		
Output Group 1 - Policy Advice	1,814	5,471
Output Group 2 - Program Management	3,224	9,726
<b>Total price from departmental outputs</b> <i>(Total revenue from government and from other sources)</i>	5,038	15,197
Total revenue from government (appropriations) contributing to price of departmental outputs	5,038	15,197
Total revenue from other sources	-	-
<b>Total price from departmental outputs</b> <i>(Total revenue from government and from other sources)</i>	5,038	15,197
<b>Total Price of Outputs for Outcome 11</b> <i>(Total Revenue from Government and from other sources)</i>	5,038	15,197
<b>Total estimated resourcing for Outcome 11</b> <i>(Total price of outputs and administered appropriations)</i>	<b>103,341</b>	<b>121,565</b>
	2005-06	2006-07
<b>Average staffing level (number)</b>		
Department	42	84

### **Measures Affecting Outcome 11**

A summary of measures affecting this outcome is provided at Table 2.2, Section 2. Measure descriptions are published in full in Budget Paper No. 2, *Budget Measures 2006-07*, available on the Australian Government website at <<http://www.budget.gov.au>>.

### **Contribution of Administered Programs to Outcome 11**

#### **Program 11.1: Mental Health**

The aim of this program is to improve the capacity of the health system to ensure that Australians with mental illness, and their families and carers, have access to quality health and support services to meet their needs. A number of key mental health and wellbeing and suicide prevention initiatives are with this program, including beyondblue – the National Depression initiative, Better Outcomes in Mental Health Care, the National Suicide Prevention Strategy and the Youth Mental Health Initiative. In addition, a number of new initiatives under the Government's contribution to the COAG Mental Health package, as announced on 5 April 2006, will also be included in this program.

### **Contribution of Departmental Outputs to Outcome 11**

The Department describes its core activities in terms of three output groups: policy advice, program management and agency-specific service delivery. Outcome 11 reports on policy advice and program management. Refer to Section 3.1 for more information on output groups.

**Performance Information for Outcome 11**

Performance information for administered items, individual outputs and output groups relating to Outcome 11 are summarised in Table 3.2.

**Table 3.2.11: Key Performance Information for Outcome 11**

**Performance Information for Administered Items**

Indicator	Measured by	Reference Point or Target
<b>Administered Funding – Mental Health Programs</b>		
Awareness, reduced stigma and improved access to services for people with depression, anxiety and related disorders.	Progress against outcomes identified in <i>Strategic Framework for Action: Opening our eyes to depression across Australia 2005-2010</i> .	Expanded scope of beyondblue programs for depression and anxiety through a range of strategies e.g. training, public awareness and research.
Mental health literacy in schools. Strengthened resources for schools within a whole school promotion of mental health.	Number of schools taking up professional development to use MindMatters.	Greater than 86% of secondary schools participating in MindMatters.
People accessing information on mental health and crisis counselling.	Number of calls answered by phone counselling services.  Information available to the community.	20% increase in number of calls answered by phone counselling services.  Increased availability of mental health information.
People accessing clinical psychology services through the MBS.  Integration of Divisions of General Practice Better Outcomes in Mental Health Care ATAPS contracts with new arrangements for supporting primary mental health care.	Use of new psychologists MBS item.  Number of Divisions' workplans reflecting alignment.	Increased number of people accessing psychology services through the MBS.  70% of Divisions promoting understanding of new primary mental health care programs, and their alignment to ATAPS.

Section 3 – Department Outcomes – 11 Mental Health

Indicator	Measured by	Reference Point or Target
<b>Administered Funding – Mental Health Programs (cont)</b>		
Participation of people with severe mental illness in living skills programs.	Number of grants provided to increase number of places available in living skills programs.	Establishment of grants program that will provide over 7,000 places for people with severe mental illness participating in living skills programs.
Number of places for mental health nurses and psychologists offered by tertiary institutions.	Number of places offered by tertiary institutions.	200 new psychology places and 400 mental health nursing places offered for by tertiary institutions nationally.
Community capacity to support people at risk of suicide	Number and evaluation of national and community-based projects funded under National Suicide Prevention Strategy.	70% of community projects evaluated with positive outcomes.
<b>Cost: \$106.368m</b>		

**Performance Information for Departmental Outputs**

Indicator	Measured by	Reference Point or Target
<b>Output Group 1 – Policy Advice</b>		
Quality, relevant and timely advice for Australian Government decision-making.	Ministerial satisfaction	Maintain or increase from previous year
Relevant and timely evidence-based policy research.	Production of relevant and timely evidence-based policy research.	Relevant evidence-based policy research produced in a timely manner.
<b>Price: \$5.471m</b>		

Budget Statements – Department of Health and Ageing

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Indicator	Measured by	Reference Point or Target
<b>Output Group 2 – Program Management</b>		
Administered budget predictions are met and actual expenses vary less than 0.5% from budgeted expenses.	Percentage that actual expenses vary from budgeted expenses.	0.5% variance from budgeted expenses.
Stakeholders to participate in program development.	Opportunities for stakeholder participation through a range of avenues, such as surveys, conferences and meetings.	Stakeholders participated in program development through (eg. surveys, conferences and meetings).
<b>Price: \$9.726m</b>		

**Evaluations**

There are no evaluations planned to be undertaken in 2006-07.

**Major Reviews**

There are no major reviews planned to be undertaken in 2006-07.

**Performance Improvement Initiatives**

Performance improvement initiatives planned to be undertaken in 2006-07 include the development, in cooperation with States and Territories, of agreed performance measures to monitor the implementation and outcomes of the COAG Mental Health package.