Building an Interagency Mental Health Service System to meet the needs of young people with mental health difficulties:

A collaborative approach

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Redesigning Child & Youth Mental Health Services

- Establishing Partnerships
- Developing an Interagency Model
- Mental Health Service Reconfiguration
- Workforce Development
• Spans 48,000 sq km
• Eleven local government areas
• Population of approximately 216,626 residents
• The region has approximately 62,935 children & young people aged 0-24 years
The Grampians Region CYMHS demonstration project aims to achieve systemic change across a number of sectors.

Supported by 16 Consortium member agencies:
- Area Mental Health Service
- PDRSS
- 3 Division of GPs
- 3 Primary Care Partnerships
- 2 Community Health Centres
- 3 Aboriginal Cooperatives
- Uniting Care
- DEECD and Catholic Education

Along with a growing network of partners across the clinical and non-clinical sectors including:
- DHS (Child Protection, Youth Justice, Disability Services)
- Housing
- Family Services
- 11 Local Government Areas
- Public & Private Health Services
- LLEN
- Police
LEVEL 1: Service Delivery
- Young person & their family’s needs are identified & appropriate intervention/ support in place.

LEVEL 2: Underpinning Procedures
- Interagency Coordinated Referral Process
- Interagency Collaborative Care Planning
- Interagency staff induction & education strategy
- Process of ongoing evaluation and review

LEVEL 3: Principles to Establish Interagency Culture
- Valuing and respect for infants, children, young people and their families and keeping them at the centre of our thoughts, conversations and decisions.
- Mutual respect for individuals and the agencies they represent.
- Regular, open and honest communication with in privacy and confidentiality guidelines.
- Acknowledgement of the skills and strengths of each other.
- Collaborative decision making that is non-hierarchical.
Interagency Model

- Client centered
- Family inclusive
- Collaborative approach

EDUCATION
Primary Issue: School refusal
Agency: DEECD

MENTAL HEALTH
Primary Issue: Anxiety Disorder
Agency: Infant & Child MHS
MH is main issue & family well connect – chosen as lead agency

FAMILY VIOLENCE
Primary Issue: Past exposure to domestic violence
Agency: GCH family violence counsellor

YOUNG PERSON

FAMILY/CARER
Key challenge for interagency collaboration

In keeping with the principles “to place the child, young person and their family at the centre”, the best approach to sharing information is to gain consent.

With appropriate consent obtained, the information can be shared and workers are in keeping with relevant legislation.

However, in instances where a person’s immediate safety is at risk there is provision for information to be shared to ensure that person’s safety.
Two new teams
- Infant & Child Mental Health Service 0-14 years
- Youth Mental Health Service 15-25 years

Timely access to mental health services
- Secondary consultation
- Single session
- Brief intervention (6 weeks)
- Ongoing treatment

Early intervention
- Infant Mental Health
- Kinder & School Programs
- ‘At risk’ Mental State

Flexible & collaborative service delivery
Develop a well informed, trained and supported inter-sectoral workforce across various sectors

Promotion of greater understanding of mental health/mental illness literacy and how to access appropriate services

Devise and deliver training programs to support the implementation of interagency service delivery (including collaborative care planning, case conferencing and secondary consultation)
“There is nothing more difficult to accomplish, nor more dubious in its outcome, no more perilous in its execution, than to take the initiative introducing change”.

Machiavelli
There is a commitment through this redesign project to form robust interagency collaborative partnerships that will create a mental health system that ensures timely access to the right service, or set of services, for infants, children, youth and their families.
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