

Central and Eastern Sydney - Primary Mental Health Care 2021/22 - 2024/25 Activity Summary View



MH - 1 - 1.1 Low intensity services for people experiencing mild/moderate mental illness



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

1

Activity Title *

1.1 Low intensity services for people experiencing mild/moderate mental illness

Existing, Modified or New Activity *

Modified



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 1: Low intensity mental health services

Aim of Activity *

Increase access to low intensity mental health services for people experiencing mild forms of mental illness

Description of Activity *

Continue to commission low intensity services in the CESP HN region for people experiencing mild forms of mental illness. Low intensity services will include:

- Coaching - delivered face to face, online and via telephone. Coaches operate from various locations across the region that support community access.
- Mindfulness group program - a 5-week program delivered in community languages with a self-help component via translated guided meditation recording for use between sessions. The program is tailored to Arabic speaking and Bangla speaking community members who are 18 years and older. Groups are divided by gender to ensure cultural appropriateness and acceptability and delivered in suburb locations where population warrants a community language approach.

These activities were enhanced using COVID-19 Emergency Mental Health Support funding. Further activities included commissioning of a perinatal support worker to support CALD women in the perinatal period connect to mental health and community supports, workshops on wellbeing for the Chinese speaking community, psychoeducation and resilience workshops for young women from CALD backgrounds, and care coordination support to enhance a counselling service. The expected outcome is increased access to low intensity services available for people experiencing mild forms of mental illness in the region.

Needs Assessment Priorities *

Needs Assessment

2022-2024 Needs Assessment

Priorities

Priority	Page reference
Regional priority populations	32
Mental health and suicide prevention	37



Activity Demographics

Target Population Cohort

People including the CALD community experiencing mild forms of mental illness in the CESP HN region.

Indigenous Specific *

No

Coverage

Whole Region

No

SA3 Name	SA3 Code
Canterbury	11902
Canada Bay	12001
Leichhardt	12002
Sutherland - Menai - Heathcote	12802
Cronulla - Miranda - Caringbah	12801
Marrickville - Sydenham - Petersham	11702
Strathfield - Burwood - Ashfield	12003
Hurstville	11903
Eastern Suburbs - South	11802
Kogarah - Rockdale	11904
Sydney Inner City	11703
Botany	11701
Eastern Suburbs - North	11801



Activity Consultation and Collaboration

Consultation

Consultation with CALD consumers, GPs, SESLHD and SLHD, academic and research institutions and the CESP HN Mental Health and Suicide Prevention Advisory Committee (MHSPAC) regarding best practice low intensity models.

Collaboration

SESLHD, SLHD, local community organisations and Migrant Resource Centres involved in design and implementation, GPs and health providers in the region to promote access to commissioned services.



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2025



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

No

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

N/A

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

Yes



MH - 2 - 2.1 Mental health services for young people supporting a stepped care approach



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

2

Activity Title *

2.1 Mental health services for young people supporting a stepped care approach

Existing, Modified or New Activity *

Modified



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 2: Child and youth mental health services

Aim of Activity *

Increase access and care pathways for young people experiencing or at risk of mild to moderate mental illness.

Description of Activity *

This activity builds on the established headspace infrastructure. The five headspace Centres in the CESP HN region will continue to operate keeping the hNO Model Integrity Framework as their core model.

These activities were enhanced using COVID-19 Emergency Mental Health Support funding to support the headspace Centres address increases in demand for mental health and wellbeing services.

\$233,482 from F/Y 2017/18 has been allocated to headspace Hurstville (Lead Agency Stride Mental Health) to support relocation fit out costs.

The expected outcome is increased access to youth health services in the region. Young people accessing headspace Centres will receive care within a stepped care approach to support their needs.

Needs Assessment Priorities ***Needs Assessment**

2022-2024 Needs Assessment

Priorities

Priority	Page reference
Mental health and suicide prevention	37



Activity Demographics

Target Population Cohort

Young people aged 12-25 years in the CESP HN region

Indigenous Specific *

No

Coverage

Whole Region

No

SA3 Name	SA3 Code
Canterbury	11902
Canada Bay	12001
Leichhardt	12002
Sutherland - Menai - Heathcote	12802
Cronulla - Miranda - Caringbah	12801
Marrickville - Sydenham - Petersham	11702
Strathfield - Burwood - Ashfield	12003
Hurstville	11903
Eastern Suburbs - South	11802
Kogarah - Rockdale	11904
Sydney Inner City	11703
Botany	11701
Eastern Suburbs - North	11801



Activity Consultation and Collaboration

Consultation

Consultation with headspace National Office, headspace Lead Agencies and headspace teams.

Collaboration

Collaboration with headspace Lead Agencies to ensure implementation of model integrity framework and ongoing performance of headspace centres.



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2025



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

No

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

N/A

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

Yes



MH - 2 - 2.2 Early intervention model services for young people with or at risk of severe mental illness



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

2

Activity Title *

2.2 Early intervention model services for young people with or at risk of severe mental illness

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 2: Child and youth mental health services

Aim of Activity *

Increase access to appropriate services for young people experiencing or at risk of severe mental illness.

Description of Activity *

Continue to commission SLHD and SESLHD to provide access to appropriate early intervention services for young people (12 – 25 years) with or at risk of experiencing severe mental illness in the primary care setting of the headspace centres.

The expected outcome is that young people with or at risk of developing a severe mental illness are assessed, treated, and supported in their recovery within the primary care platform of headspace.

Needs Assessment Priorities ***Needs Assessment**

2022-2024 Needs Assessment

Priorities

Priority	Page reference
Mental health and suicide prevention	37



Activity Demographics

Target Population Cohort

Young people aged 12-25 years in the CESP HN region

Indigenous Specific *

No

Coverage

Whole Region

No

SA3 Name	SA3 Code
Canterbury	11902
Canada Bay	12001
Leichhardt	12002
Sutherland - Menai - Heathcote	12802
Cronulla - Miranda - Caringbah	12801
Marrickville - Sydenham - Petersham	11702
Strathfield - Burwood - Ashfield	12003
Hurstville	11903
Eastern Suburbs - South	11802
Kogarah - Rockdale	11904
Sydney Inner City	11703
Botany	11701
Eastern Suburbs - North	11801



Activity Consultation and Collaboration

Consultation

SESLHD, SLHD, Orygen Centre of Excellence for Youth Mental Health, headspace Lead Agencies and headspace teams.

Collaboration

Collaboration with SESLHD, SLHD, Orygen and headspace lead agencies and teams to design and implement services for young people which are integrated into existing service structures and to address needs.



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2025



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No
Continuing Service Provider / Contract Extension: Yes
Direct Engagement: No
Open Tender: No
Expression Of Interest (EOI): No
Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

Co-design was undertaken in 2016 with LHDs and headspace centre teams including headspace youth reference groups

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

Yes



MH - 3 - 3.1 Psychological therapies for underserved and/or hard to reach groups



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

3

Activity Title *

3.1 Psychological therapies for underserved and/or hard to reach groups

Existing, Modified or New Activity *

Modified



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 3: Psychological therapies for rural and remote, under-served and / or hard to reach groups

Aim of Activity *

Increase access to a range of applied psychological therapies for people from under serviced or hard to reach populations, and people impacted by recent natural disasters (bushfires and floods).

Description of Activity *

Continue to commission and provide access to a range of applied psychological therapies for people from underserved and or hard to reach populations, including children and young people, people at risk of suicide, and people impacted by natural disasters (bushfires and floods) and people from CALD backgrounds impacted by COVID-19 restrictions. Provisional referral pathways are incorporated.

These activities were enhanced using COVID-19 Emergency Mental Health Support funding. This includes the establishment and delivery of two Head to Health Pop Up Clinics to address the increase in demand for mental health services. Enhancement was also given to AOD services whose target client groups include those with a dual diagnosis of mental health and AOD issues.

The expected outcome is increased access to psychological therapies for underserved or hard to reach population, and people impacted by natural disasters (bushfires and floods) in the CESP HN region.

For activities under Priorities 3 and 4, please also outline how continuity of care will be assured.

CESPHN's Client Information Management system enables the monitoring of the client journey to ensure continuity of care.

Needs Assessment Priorities *

Needs Assessment

2022-2024 Needs Assessment

Priorities

Priority	Page reference
Regional priority populations	32
Mental health and suicide prevention	37



Activity Demographics

Target Population Cohort

CALD communities, underserviced areas, women experiencing perinatal depression, children and young people, people at risk of suicide, LGTBIQA and people impacted by bushfires and floods.

Indigenous Specific *

No

Coverage

Whole Region

No

SA3 Name	SA3 Code
Canterbury	11902
Canada Bay	12001
Leichhardt	12002
Sutherland - Menai - Heathcote	12802
Cronulla - Miranda - Caringbah	12801
Marrickville - Sydenham - Petersham	11702
Strathfield - Burwood - Ashfield	12003
Hurstville	11903
Eastern Suburbs - South	11802
Kogarah - Rockdale	11904
Sydney Inner City	11703
Botany	11701
Eastern Suburbs - North	11801



Activity Consultation and Collaboration

Consultation

Consultation occurred through co-design and ongoing consultation with GPs, Psychologists, MH clinicians, LHDs, CMOs, consumers and carers and relevant advisory groups.

Collaboration

Collaboration with consumers, carers, LHDs and service providers in the design of the service model. Collaboration with CMOs, Primary Care providers and headspace Centres to implement and deliver psychological support services.



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2023



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

Co-design was undertaken in 2016 through a facilitated process of engagement with service providers, people with lived experience, carers and LHD representation.

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

Yes



MH - 3 - 3.2 Psychological services for aged care facility residents



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

3

Activity Title *

3.2 Psychological services for aged care facility residents

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 3: Psychological therapies for rural and remote, under-serviced and / or hard to reach groups

Aim of Activity *

Increase access to a range of applied psychological therapies for residents of RACFs, and support capacity building of RACFs staff to support the emotional wellbeing of their residents.

Description of Activity *

Commission and provide access to a range of applied psychological therapies for residents of aged care facilities, including support for capacity building for RACF staff to better understand mental illness and what is needed to support the emotional wellbeing of their residents.

The expected outcome is increased access to psychological therapies for residents of RACFs and RACF staff are better able to recognise and support emotional wellbeing.

Continuity of care will be monitored by using the Provider's client management system and CESPHN will discuss the progress of this in quarterly contract meetings.

Needs Assessment Priorities ***Needs Assessment**

2022-2024 Needs Assessment

Priorities

Priority	Page reference
Older Australians	30
Mental health and suicide prevention	37



Activity Demographics

Target Population Cohort

Residents of aged care facilities who are experiencing mild to moderate mental illness or who may be at risk of developing a mental health issue if they do not receive a service within the next 12 months.

Indigenous Specific *

No

Coverage

Whole Region

No

SA3 Name	SA3 Code
Canterbury	11902
Canada Bay	12001
Leichhardt	12002
Sutherland - Menai - Heathcote	12802
Cronulla - Miranda - Caringbah	12801
Marrickville - Sydenham - Petersham	11702
Strathfield - Burwood - Ashfield	12003
Hurstville	11903
Eastern Suburbs - South	11802
Kogarah - Rockdale	11904
Sydney Inner City	11703
Botany	11701
Eastern Suburbs - North	11801



Activity Consultation and Collaboration

Consultation

Consultation occurred through co-design and ongoing consultation with GPs, Psychologists, MH clinicians, LHDs, CMOs, RACFS, consumers and carers.

Collaboration

Collaboration with consumers, carers, RACFs , LHDs and service providers in the design of the service model. Collaboration with CMOs, Primary Care providers, LHD OPMH Teams and RACFS to implement and deliver psychological support services.



Activity Milestone Details/Duration

Activity Start Date

03/08/2020

Activity End Date

29/06/2023



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

Co-design was undertaken in November/December 2019 through a facilitated process of engagement with service providers, GPs, people with lived experience, carers, RACFs and LHD representation.

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

Yes



MH - 4 - 4.1 Services to address the health needs of people who experience severe and complex mental illness



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

4

Activity Title *

4.1 Services to address the health needs of people who experience severe and complex mental illness

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 4: Mental health services for people with severe and complex mental illness including care packages

Aim of Activity *

Increase access to clinical mental health services including psychiatry, physical health services and links to psychosocial supports for people experiencing severe and complex mental illness in the primary care setting.

Description of Activity *

Continue to commission and expand access options to clinical mental health services, physical health services and links to psychosocial supports for people experiencing severe and complex mental illness in the primary care setting.

The expected outcome is an increase in evidence based primary health care service provision to people experiencing severe and complex mental illness.

CESPHN’s Client Information Management system enables the monitoring of the client journey to ensure continuity of care.

Needs Assessment Priorities *

Needs Assessment

2022-2024 Needs Assessment

Priorities

Priority	Page reference
Mental health and suicide prevention	37



Activity Demographics

Target Population Cohort

People experiencing severe and complex mental illness in the CESPHN region

Indigenous Specific *

No

Coverage

Whole Region

No

SA3 Name	SA3 Code
Canterbury	11902
Canada Bay	12001
Leichhardt	12002
Sutherland - Menai - Heathcote	12802
Cronulla - Miranda - Caringbah	12801
Marrickville - Sydenham - Petersham	11702
Strathfield - Burwood - Ashfield	12003
Hurstville	11903
Eastern Suburbs - South	11802
Kogarah - Rockdale	11904
Sydney Inner City	11703
Botany	11701
Eastern Suburbs - North	11801



Activity Consultation and Collaboration

Consultation

Consultations with consumers, carers, GPs, Allied Health Professionals, ACMHN, LHD's, SHN/s, CMO's, Peaks, research /academic institute and other mental health professionals.

Collaboration

Collaboration with consumers, carers, GPs, Allied Health Professionals, ACMHN, LHDs, SHNs, CMOs, peak bodies and service providers in the design of the service model. Collaboration with CMOs, Mental Health Nurses and Peer Workers to implement and deliver these services.



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2025



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

A co-design process was held in 2017 to re-design the MHNiP program to better support people experiencing severe mental illness. This included mental health nurses, GPs, psychiatrists, people with lived experience and family/carers, LHDs, CMOs, pharmacists and Peak bodies.

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

Yes



MH - 4 - 4.2 GP access to psychiatry support in the management of people experiencing severe mental illness



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

4

Activity Title *

4.2 GP access to psychiatry support in the management of people experiencing severe mental illness

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 4: Mental health services for people with severe and complex mental illness including care packages

Aim of Activity *

Support GPs to access psychiatry support in the management of people experiencing severe mental illness

Description of Activity *

Continue to co-commission a psychiatry support line for GPs to assist in the management of people experiencing severe mental illness.

The expected outcome is increase in access to and support from psychiatrists for GPs which enables better mental health care for people experiencing severe and complex mental illness in the primary care setting.

This is a Psychiatry consultation support for GPs. Continued care and referral for the patient remains the remit of the GP.

Needs Assessment Priorities ***Needs Assessment**

2022-2024 Needs Assessment

Priorities

Priority	Page reference
Primary care workforce	45

Mental health and suicide prevention	37
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Activity Demographics

Target Population Cohort

GPs supporting people experiencing severe and complex mental illness

Indigenous Specific *

No

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

Consultation with GPs and other NSW PHNs.

Collaboration

Collaboration with NSW PHNs in the design and commissioning of this activity and ongoing collaboration via the PHN steering group.



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2025



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No
 Continuing Service Provider / Contract Extension: Yes
 Direct Engagement: No
 Open Tender: No
 Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

Yes

Has this activity previously been co-commissioned or joint-commissioned?

Yes

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

This is a co-commissioned activity across a number of NSW PHNs and involved consultation with GPs and PHN staff to design a model for tender.

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

No



MH - 5 - 5.1 Suicide prevention activities including Indigenous specific initiatives



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

5

Activity Title *

5.1 Suicide prevention activities including Indigenous specific initiatives

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 5: Community based suicide prevention activities

Aim of Activity *

Provide one-on-one care coordination for people who have attempted suicide or experienced a suicidal crisis.

Description of Activity *

Continue to commission a service that provides one-on-one care coordination for people of all ages who have attempted suicide or experienced a suicidal crisis and have been discharged from an emergency department, acute setting or following admission to hospital. This service will be aligned and rebranded to The Way Back Support Service to service the northern sector of the CESP HN region.

This activity includes commissioning an approach to support Indigenous people experiencing suicidality by engaging a range of structures and organisations, individuals and family groups, who all have a supporting role to play. This aspect of the activity also includes support for Aboriginal people impacted by associated COVID-19 factors.

The expected outcomes are a reduction in the incidence of suicide and suicide attempts after discharge in the northern sector of the CESP HN region, and improved access to suicide prevention support through primary health care.

Needs Assessment Priorities ***Needs Assessment**

2022-2024 Needs Assessment

Priorities

Priority	Page reference
Mental health and suicide prevention	37



Activity Demographics

Target Population Cohort

People of all ages who have attempted suicide or experienced a suicidal crisis and have been discharged from the emergency departments, acute settings or following admission at St Vincent's, Prince of Wales, Royal Prince Alfred, Canterbury and Concord hospitals, Indigenous people experiencing suicidality.

Indigenous Specific *

No

Coverage

Whole Region

No

SA3 Name	SA3 Code
Leichhardt	12002
Sutherland - Menai - Heathcote	12802
Cronulla - Miranda - Caringbah	12801
Marrickville - Sydenham - Petersham	11702
Hurstville	11903
Eastern Suburbs - South	11802
Kogarah - Rockdale	11904
Sydney Inner City	11703
Botany	11701
Eastern Suburbs - North	11801



Activity Consultation and Collaboration

Consultation

Consultation with CESPHN's Mental Health and Suicide Prevention Advisory Group, Beyond Blue, LHD/Ns and ACCOs.

Collaboration

Collaboration with CESPHN's Mental Health and Suicide Prevention Advisory Group, NGOs, Beyond Blue, LHD/Ns and ACCOs in the design and implementation of this model.



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2025



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

Yes

Is this activity the result of a previous co-design process?

No

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

A component of this activity was co-designed with Aboriginal elders, community members and Aboriginal Community Controlled Organisations.

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

Yes



MH - 5 - 5.2 The Way Back Support Service - Southern Sector



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

5

Activity Title *

5.2 The Way Back Support Service - Southern Sector

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 5: Community based suicide prevention activities

Aim of Activity *

Provide one-on-one care coordination for people who have attempted suicide or experienced a suicidal crisis.

Description of Activity *

Commission The Way Back Support Service in the southern sector of the CESP HN region which will provide one-on-one care coordination for people of all ages who have attempted suicide or experienced a suicidal crisis and have been discharged from an emergency department, acute setting or following admission to hospital.

The expected outcomes are a reduction in the incidence of suicide and suicide attempts after discharge in the southern sector of the CESP HN region, and improved access to suicide prevention support through primary health care.

Needs Assessment Priorities ***Needs Assessment**

2022-2024 Needs Assessment

Priorities

Priority	Page reference
Mental health and suicide prevention	37



Activity Demographics

Target Population Cohort

People of all ages who have attempted suicide or experienced a suicidal crisis and have been discharged from the emergency departments, acute settings or following admission at St George and Sutherland hospitals

Indigenous Specific *

No

Coverage

Whole Region

No

SA3 Name	SA3 Code
Sutherland - Menai - Heathcote	12802
Cronulla - Miranda - Caringbah	12801
Hurstville	11903
Eastern Suburbs - South	11802
Kogarah - Rockdale	11904



Activity Consultation and Collaboration

Consultation

Consultation with CESP HN's Mental Health and Suicide Prevention Advisory Group, Beyond Blue, LHD/Ns

Collaboration

Collaboration with CESP HN's Mental Health and Suicide Prevention Advisory Group, NGOs, Beyond Blue LHD/Ns in the implementation of this model.



Activity Milestone Details/Duration

Activity Start Date

30/09/2020

Activity End Date

29/06/2023



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

No

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

This activity is an implementation of Beyond Blue's The Way back Support Service which was designed and developed by Beyond Blue.

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

Yes



MH - 5 - 5.3 Targeted Regional Suicide Prevention Initiatives



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

5

Activity Title *

5.3 Targeted Regional Suicide Prevention Initiatives

Existing, Modified or New Activity *

New Activity



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 5: Community based suicide prevention activities

Aim of Activity *

To adopt a community-led and systems-based approach to suicide prevention targeting populations identified at risk of suicide or suicidal distress in the CESP HN region.

Description of Activity *

In partnership with regional partners and people with a lived experience commission and/or adapt activities and training packages to meet local needs to:

1. improve care coordination and service pathways for people at risk of or bereaved by suicide.
2. identify and respond early to distress for those at risk in the CESP HN community.
3. provide support via multiple channels to meet community needs.
4. build the capacity and capability of the local workforce to respond to suicide and distress and link people with appropriate supports and services.
5. provide peer support and mentorship programs for people at risk or impacted by suicide.
6. undertake data analytics and research using data in the Suicide and Self Harm Monitoring System and make the analysis available for use by planners and service providers.

To support this work CESP HN will recruit and full-time equivalent Suicide Prevention Regional Response Coordinator who will engage, coordinate and integrate early intervention and suicide prevention activities across the region.

The expected outcomes are an improved understanding and capacity to respond to people in distress, better coordination of care resulting in early access to suicide prevention supports for those at risk of and those bereaved by suicide.

Needs Assessment Priorities *

Needs Assessment

2022-2024 Needs Assessment

Priorities

Priority	Page reference
Mental health and suicide prevention	37



Activity Demographics

Target Population Cohort

People of all ages identified at risk of suicide or suicidal distress, their families, carers and the community and primary care workforce in the CESP HN region.

Indigenous Specific *

No

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

Consultation with CESP HN's Regional Planning partners (Includes LHDs, SHNs, consumer and care peak bodies, lived experience representatives, community managed organisations), NGOs, ACCOs, local councils.

Collaboration

Collaboration with CESP HN's Regional Planning partners (Includes LHDs, SHNs, consumer and care peak bodies, lived experience representatives, community managed organisations), NGOs, ACCOs, local councils for the implementation of initiatives.



Activity Milestone Details/Duration

Activity Start Date

31/12/2022

Activity End Date

29/06/2024



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: Yes
Continuing Service Provider / Contract Extension: No
Direct Engagement: No
Open Tender: No
Expression Of Interest (EOI): No
Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

No

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

It is unknown yet whether any services commissioned will be co-designed or co-commissioned.

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

Yes



MH - 6 - 6.1 Health and emotional wellbeing of Aboriginal young people and their families/carers



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

6

Activity Title *

6.1 Health and emotional wellbeing of Aboriginal young people and their families/carers

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 6: Aboriginal and Torres Strait Islander mental health services.

Aim of Activity *

Increase awareness of health and wellbeing and access to culturally appropriate support services, including headspace, for Aboriginal and/or Torres Strait Islander young people.

Description of Activity *

Continue to commission Aboriginal Community Controlled Organisations and CMOs to address the health and emotional wellbeing of Aboriginal and/or Torres Strait Islander young people and their families/carers.

This activity includes support for Aboriginal young people impacted by associated COVID-19 factors.

The expected outcome is that services address the health and wellbeing needs of the Aboriginal and/or Torres Strait Islander young peoples and their families/carers.

Needs Assessment Priorities ***Needs Assessment**

2022-2024 Needs Assessment

Priorities

Priority	Page reference
Mental health and suicide prevention	37
Aboriginal and Torres Strait Islander health	29



Activity Demographics

Target Population Cohort

Aboriginal and/or Torres Strait Islander young peoples within the underserved area covered by La Perouse Local Aboriginal Land Council and the Metropolitan Local Aboriginal Land Council (Inner City).

Indigenous Specific *

Yes

Indigenous Specific Comments

Aboriginal Community Controlled Organisations have been contracted under this activity. This activity includes Aboriginal identified positions.

Coverage

Whole Region

No

SA3 Name	SA3 Code
Marrickville - Sydenham - Petersham	11702
Strathfield - Burwood - Ashfield	12003
Eastern Suburbs - South	11802
Sydney Inner City	11703



Activity Consultation and Collaboration

Consultation

Consultations held with stakeholders, community and Aboriginal young people and their families/carers.

Collaboration

Collaboration around the design and service approach with AMS Redfern, La Perouse Local Aboriginal Land Council, La Perouse Youth Haven, South Eastern Sydney LHD, Department of Education, Tribal Warrior, local community youth, WEAVE, Babana Aboriginal, 3Bridges Community and headspace Ashfield, Bondi Junction and Camperdown. La Perouse Local Aboriginal Land Council involved in the implementation and delivery of this program.



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2024

**Activity Commissioning**

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No**Continuing Service Provider / Contract Extension:** Yes**Direct Engagement:** No**Open Tender:** No**Expression Of Interest (EOI):** No**Other Approach (please provide details):** No**Is this activity being co-designed?**

No

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

This activity was designed with the Aboriginal communities including elders, community member and young people to develop a model of care to meet the needs of Aboriginal young people and their families and carers. Participants included AMS Redfern, La Perouse Local Aboriginal Land Council, La Perouse Youth Haven, South Eastern Sydney LHD, Department of Education, Tribal Warrior, local community youth, WEAVE, Babana Aboriginal, 3Bridges Community and headspace Ashfield and Bondi Junction.

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

No



MH - 6 - 6.2 Aboriginal and Torres Strait Mental Health Services - psychological therapies



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

6

Activity Title *

6.2 Aboriginal and Torres Strait Mental Health Services - psychological therapies

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 6: Aboriginal and Torres Strait Islander mental health services

Aim of Activity *

Increase access for Aboriginal and/or Torres Strait Islander peoples to culturally appropriate Applied Psychological Therapies.

Description of Activity *

Continue to commission and provide culturally appropriate psychological therapy services to Aboriginal and Torres Strait Islander people. Provisional referral pathways are incorporated.

The expected outcome is to increase access to psychosocial therapies for Aboriginal and/or Torres Strait Islander people in the CESP HN region.

Needs Assessment Priorities ***Needs Assessment**

2022-2024 Needs Assessment

Priorities

Priority	Page reference
Mental health and suicide prevention	37
Aboriginal and Torres Strait Islander health	29



Activity Demographics

Target Population Cohort

Aboriginal and/or Torres Strait Islander peoples in the CESPHN region.

Indigenous Specific *

Yes

Indigenous Specific Comments

Targeted service provision across the region and in outreach locations where it has been identified there is a distinct shortage of culturally appropriate psychological support services available and accessible to the Aboriginal and Torres strait Islander people and where there is an increased need for psychological service provision.

Coverage

Whole Region

No

SA3 Name	SA3 Code
Canterbury	11902
Canada Bay	12001
Leichhardt	12002
Sutherland - Menai - Heathcote	12802
Cronulla - Miranda - Caringbah	12801
Marrickville - Sydenham - Petersham	11702
Strathfield - Burwood - Ashfield	12003
Hurstville	11903
Eastern Suburbs - South	11802
Kogarah - Rockdale	11904
Sydney Inner City	11703
Botany	11701
Eastern Suburbs - North	11801



Activity Consultation and Collaboration

Consultation

Co-design held in 2016-2017 with stakeholders, community and Aboriginal people. A series of Aboriginal specific community consultations for co-design were held in July 2018.

Collaboration

Collaboration with culturally trained and proficient primary and allied health providers, ACCOs, local Aboriginal Elders and community in the implementation of this service.



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2024



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

Co-design was undertaken in 2016 through a facilitated process of engagement with service providers, people with lived experience, carers and LHD representation. A separate session was held with Aboriginal elders and community members facilitated by an Aboriginal consultant.

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

Yes



MH - 7 - 7.1 Stepped care approach to health and wellbeing



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

7

Activity Title *

7.1 Stepped care approach to health and wellbeing

Existing, Modified or New Activity *

Modified



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 7: Stepped care approach

Aim of Activity *

Promote a stepped care approach and support the CESP HN primary care workforce to meet the needs of the community

Description of Activity *

This activity promotes and supports a stepped care approach to the CESP HN community and provides access to training and development initiatives for the primary care and mental health workforce including:

- Co-occurring mental health and substance use
- CALD cultural awareness
- Aboriginal cultural awareness
- Children and young people
- Personality disorders
- E-mental health interventions
- Initial assessment and referral decision support tool (IAR DST) for mental healthcare.

This activity will also include training for General Practitioners (GPs) and clinicians in the primary care setting, using the stepped care model to select the least intensive level of care, for a person presenting for mental health assistance by using the Initial Assessment and Referral (IAR) Decision Support Tool (DST), as well as promotion of the IAR DST with key stakeholders including hospital networks and districts, and commissioned services providers.

The expected outcomes are:

- clear and accessible pathways to care for people with mental health concerns at all levels of intensity/acuity
- skilled workforce to provide services to meet the needs of communities

- GPs and clinicians will be trained to use the IAR-DST to determine the service needs of their patients/clients
- Ensuring a stepped care approach via matching client need to service intensity.

Needs Assessment Priorities *

Needs Assessment

2022-2024 Needs Assessment

Priorities

Priority	Page reference
Primary care workforce	45
Mental health and suicide prevention	37



Activity Demographics

Target Population Cohort

Mental health primary care workforce, service providers, GPs and general practices in the CESP HN region

Indigenous Specific *

No

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

Consultation with GPs, CMOs, service providers, LHDs, SHNs, Black Dog Institute, Clinical Research Unit for Anxiety & Depression at St Vincent's Hospital Network, University of Melbourne, consumers and carers.

Collaboration

Collaboration with GPs, CMOs, service providers, LHDs, SHNs, Black Dog Institute, Clinical Research Unit for Anxiety & Depression at St Vincent's Hospital Network, University of Melbourne, headspace Centres, sector Peaks and drug and alcohol services.



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: No

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): Yes

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

No

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

N/A

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

No



MH - 7 - 7.2 Central intake for PHN commissioned mental health services to ensure a stepped care approach



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

7

Activity Title *

7.2 Central intake for PHN commissioned mental health services to ensure a stepped care approach

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 7: Stepped care approach

Aim of Activity *

Provide a central intake service for mental health services commissioned by the PHN to ensure people with mental illness are receiving the right service within a stepped care approach.

Description of Activity *

Continue to provide a central intake service for mental health services commissioned by the PHN, in particular PSS, PICs, The Way Back Support Service, NPS to ensure a stepped care approach.

The expected outcomes are:

- Referrals to Central Intake are triaged and allocated to the appropriate commissioned services
- Ensure stepped care approach via matching client need to service intensity
- Implementation of Initial Assessment and Referral (IAR) Processes.

Needs Assessment Priorities ***Needs Assessment**

2022-2024 Needs Assessment

Priorities

Priority	Page reference
Mental health and suicide prevention	37



Activity Demographics

Target Population Cohort

GPs, LHDs, SHNs, and community referrers to CESPHN commissioned mental health services. Mental health service providers and GPs and practices in the CESPHN region.

Indigenous Specific *

No

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

Consultation occurred through co-design and ongoing consultation with GPs, psychologists, MH clinicians, LHD/Ns, CMOs, University of Melbourne, consumers and carers.

Collaboration

Collaboration with consumers, carers, RACFs, LHDs, CMOs and service providers in the design of the service model. Collaboration with GPs, other PHNs, The Redbourne Group and service providers to implement a central intake function including Initial Assessment and Referral (IAR) processes.



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2025



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: No

Direct Engagement: No
Open Tender: No
Expression Of Interest (EOI): No
Other Approach (please provide details): Yes

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

Co-design was undertaken in 2016 through a facilitated process of engagement with service providers, people with lived experience, carers and LHD representation.

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

No



MH-H2H - 7 - 7.3 Head to Health National Intake and Assessment Phone Service



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH-H2H

Activity Number *

7

Activity Title *

7.3 Head to Health National Intake and Assessment Phone Service

Existing, Modified or New Activity *

New Activity



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 7: Stepped care approach

Aim of Activity *

To undertake local service mapping activities to ensure an in-depth understanding of the local service landscape to support establishment and ongoing delivery of the state-wide intake and assessment phone service.

Description of Activity *

This activity will map the mental health service landscape, including service intensity, to assist in the understanding of referral pathways to support referrals from the National Intake and Assessment Phone Service.

Needs Assessment Priorities *

Needs Assessment

2022-2024 Needs Assessment

Priorities

Priority	Page reference
Mental health and suicide prevention	37



Activity Demographics

Target Population Cohort

N/A

Indigenous Specific *

No

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

Consultation will occur with our Regional Planning partners who include SLHD, SESLHD, SVHN, SCHN, Mental Health Coordinating Council, NSW Mental Health Carers and Being.

Collaboration

Collaboration will occur with our Regional Planning partners who include SLHD, SESLHD, SVHN, SCHN, Mental Health Coordinating Council, NSW Mental Health Carers and Being.



Activity Milestone Details/Duration

Activity Start Date

29/04/2022

Activity End Date

29/06/2023



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: No

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

No

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

N/A



MH - 8 - 8.1 Develop and implement a regional mental health and suicide prevention plan



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

8

Activity Title *

8.1 Develop and implement a regional mental health and suicide prevention plan

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 8: Regional mental health and suicide prevention plan

Aim of Activity *

Develop and implement an evidence based Regional Mental Health and Suicide Prevention Plan, in collaboration with LHDs, LHNs and other stakeholders

Description of Activity *

The Regional plan will support the integrated delivery of mental health and suicide prevention services within the community by identifying needs and gaps, and aiming to reduce duplication, remove inefficiencies, and encouraging innovation.

The expected outcome is an evidence based Regional Mental Health and Suicide Prevention Plan that can be used to support the integrated delivery of mental health and suicide prevention services.

Needs Assessment Priorities *

Needs Assessment

2022-2024 Needs Assessment

Priorities

Priority	Page reference
Mental health and suicide prevention	37



Activity Demographics

Target Population Cohort

CESPHN region

Indigenous Specific *

No

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

Consultation with the Mental Health and Suicide Prevention Advisory Committee including LHDs, SHNs, CMOs, ACHOs, Consumers, Carers, community members and Peak sector organisations and with CESPHN's Clinical and Community Councils and Member Chairs.

Collaboration

Collaboration with SESLHD, SLHD, SVHS, SCHN, Being, NSW MHCC, NSW Mental Health & Carers, CESPHN Mental Health & Suicide Prevention Advisory Committee and CESPHN Primary Care Partnerships Committee in the development of the regional plan. Partnership with these stakeholders will support the implementation of the plan.



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2023



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: No

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): Yes

Is this activity being co-designed?

Yes

Is this activity the result of a previous co-design process?

No

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

Co-design has been undertaken through a facilitated process of engagement with LHD/Ns, and peak body representatives, consumers and carers.

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

No



MH - 9 - 9.1 Support the health and wellbeing of the Norfolk Island community



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

9

Activity Title *

9.1 Support the health and wellbeing of the Norfolk Island community

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Other (please provide details)

Other Program Key Priority Area Description

Norfolk Island

Aim of Activity *

Increase health literacy, awareness and access to activities and services to support the health and wellbeing of the Norfolk Island community.

Description of Activity *

Commission roles to:

- implement a whole of community approach to health and wellbeing. The role assists all stakeholders to build community resilience through increasing health literacy, coordinating health promotion activities relevant to the Norfolk Island population as identified in collaboration with the GP Practice on island. This includes, but will not be limited to, chronic disease, mental health, impacts of drug and alcohol misuse, aged care, immunisation, My Health Record.
- deliver appropriate mental health psychological therapies and/or counselling services for children, young people and their families.

CESPHN will continue supporting health promotion activities until 30 Sept 2022 at which time Brisbane North PHN (BNPHN) will assume responsibility. BNPHN, will explore the clinical model as there is currently a vacancy.

Needs Assessment Priorities *

Needs Assessment

Priorities

Priority	Page reference
Mental health and suicide prevention	37



Activity Demographics

Target Population Cohort

Norfolk Island Community

Indigenous Specific *

No

Coverage

Whole Region

No

SA3 Name	SA3 Code
Norfolk Island	90104



Activity Consultation and Collaboration

Consultation

NIHRACS, SESLHD, Norfolk Island Community and Consultative Committee, Mental Health Awareness Group (on Island), Women’s Advocacy Group of Norfolk Island (WAGNI), Care Norfolk, community groups.

Collaboration

NIHRACS, SESLHD, Norfolk Island Community and Consultative Committee, Mental Health Awareness Group (on Island), Women’s Advocacy Group of Norfolk Island (WAGNI), Care Norfolk, community groups in the implementation of this service.



Activity Milestone Details/Duration

Activity Start Date

31/03/2019

Activity End Date

29/09/2022



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No
Continuing Service Provider / Contract Extension: Yes
Direct Engagement: No
Open Tender: No
Expression Of Interest (EOI): No
Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

No

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

N/A

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

No



MH-CV19 - 1 - 1 Support for people living in the community impacted by COVID-19 restrictions



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH-CV19

Activity Number *

1

Activity Title *

1 Support for people living in the community impacted by COVID-19 restrictions

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Other (please provide details)

Other Program Key Priority Area Description

COVID-19

Aim of Activity *

To reduce the disproportionate impact of physical distancing measures associated with COVID-19 on the mental health and wellbeing of people from hard-to-reach groups including older people, people from CALD backgrounds and Aboriginal and Torres Strait Islander peoples living in the community.

Description of Activity *

Commission and provide in-reach services to support people over 65 years and Indigenous people over 55 years by offering client centred casework support, low/medium intensity psychological and psychosocial support.

Enhance access to psychological therapies for CALD clients impacted by COVID-19 restrictions through activities commissioned under Priority 3.1.

Enhance access to mental health nurse clinical and psychological support for older people impacted by COVID-19 restrictions through activities commissioned under Priority 3.1.

Support Aboriginal and Torres Strait Islander people experiencing suicidality as an impact of COVID-19 restrictions through activities commissioned under Priority 5.1

Support Aboriginal and Torres Strait Islander young people experiencing psychosocial distress as an impact of the COVID-19

restrictions through activities commissioned under Priority 6.1.

The expected outcomes for older people are to reduce social isolation and loneliness by increasing connections and supporting emotional wellbeing. CALD clients will have increased access to in language psychological therapies.

Needs Assessment Priorities *

Needs Assessment

2022-2024 Needs Assessment

Priorities

Priority	Page reference
Regional priority populations	32
Older Australians	30
Mental health and suicide prevention	37
Aboriginal and Torres Strait Islander health	29



Activity Demographics

Target Population Cohort

People over 65 years, Aboriginal and Torres Strait Islander peoples and people from CALD backgrounds who have been impacted by the COVID-19 restrictions.

Indigenous Specific *

No

Coverage

Whole Region

No

SA3 Name	SA3 Code
Canterbury	11902
Canada Bay	12001
Leichhardt	12002
Sutherland - Menai - Heathcote	12802
Cronulla - Miranda - Caringbah	12801
Marrickville - Sydenham - Petersham	11702
Strathfield - Burwood - Ashfield	12003
Hurstville	11903
Eastern Suburbs - South	11802
Kogarah - Rockdale	11904
Sydney Inner City	11703
Botany	11701



Activity Consultation and Collaboration

Consultation

Consultation occurred through co-design and ongoing consultation with GPs, Psychologists, MH clinicians, LHDs, CMOs, consumers and carers, and relevant advisory groups.

Collaboration

Collaboration with consumers, carers, LHDs and service providers in the design of the service model. Collaboration with CMOs, Primary Care providers and headspace Centres to implement and deliver psychological support services.



Activity Milestone Details/Duration

Activity Start Date

17/12/2020

Activity End Date

30/12/2021



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: Yes

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

Services under activities 3.1, 5.2 and 6.1 were enhanced to support CALD, Aboriginal and Torres Strait Islander peoples and older people impacted by COVID-19 restrictions. A direct commissioning approach was taken to engage a Provider to deliver psychosocial support and low intensity mental health services to older people impacted by COVID living in the community



MH-AMHCT - 1 - 1.1 Head to Health Adult Mental Health Centres and satellites



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH-AMHCT

Activity Number *

1

Activity Title *

1.1 Head to Health Adult Mental Health Centres and satellites

Existing, Modified or New Activity *

New Activity



Activity Priorities and Description

Program Key Priority Area *

Other (please provide details)

Other Program Key Priority Area Description

Head to Health Adult Centres

Aim of Activity *

To establish a Head to Health Adult Mental Health Satellite in the SA3 of Canterbury based on the service model for Adult Mental Health Centres. To transition any existing clients from the Head to Health Pop up Clinics to the new service to complete their episodes of care.

Description of Activity *

A Head-to-Head satellite will be established in the Canterbury SA3 to provide high quality, evidence-based treatment, information and support to adults who may be experiencing distress or mental ill health. The satellite will provide a highly visible and accessible entry point to services for people experiencing psychological distress where all feel safe and welcomed.

Needs Assessment Priorities *

Needs Assessment

2022-2024 Needs Assessment

Priorities

Priority	Page reference
Mental health and suicide prevention	37



Activity Demographics

Target Population Cohort

Adults within the north western part of the CESPHE region

Indigenous Specific *

No

Coverage

Whole Region

No

SA3 Name	SA3 Code
Canterbury	11902
Canada Bay	12001
Leichhardt	12002
Marrickville - Sydenham - Petersham	11702
Strathfield - Burwood - Ashfield	12003
Hurstville	11903
Sydney Inner City	11703



Activity Consultation and Collaboration

Consultation

Consultation will occur with Local Health Districts, Community Managed Organisations, people with lived experience of mental health and carers to ensure the model of care meets the needs of the community and ensures culturally safe responses to needs.

Collaboration

Collaboration will occur with Local Health Districts, Community Managed Organisations, people with lived experience of mental health and carers to establish and implement the model of care.



Activity Milestone Details/Duration

Activity Start Date

30/04/2022

Activity End Date

29/06/2025



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: Yes

Continuing Service Provider / Contract Extension: No

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

No

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

N/A



CHHP - 1 - headspace demand management



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

CHHP

Activity Number *

1

Activity Title *

headspace demand management

Existing, Modified or New Activity *

Modified



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 2: Child and youth mental health services

Aim of Activity *

Increase access to and reduce wait times for young people at headspace Centres.

Description of Activity *

Commission the Lead Agencies of Bondi Junction, Camperdown, Hurstville and Miranda headspace Centres to address demand management at these Centres to provide much needed reduction in wait list times and enhancement of future services through quality improvement and evaluation.

headspace Hurstville's Lead Agency, Stride Mental Health, have capital works funds and are relocating the Centre to expand service delivery.

The gains achieved are expected to be maintained beyond the funding period through the establishment of activities such as group programs and a better understanding of throughput.

Needs Assessment Priorities ***Needs Assessment**

2022-2024 Needs Assessment

Priorities

Priority	Page reference
Mental health and suicide prevention	37



Activity Demographics

Target Population Cohort

Young people aged 12-25 years in the region of the identified headspace Centres

Indigenous Specific *

No

Coverage

Whole Region

No

SA3 Name	SA3 Code
Canterbury	11902
Canada Bay	12001
Leichhardt	12002
Sutherland - Menai - Heathcote	12802
Cronulla - Miranda - Caringbah	12801
Marrickville - Sydenham - Petersham	11702
Strathfield - Burwood - Ashfield	12003
Hurstville	11903
Eastern Suburbs - South	11802
Kogarah - Rockdale	11904
Sydney Inner City	11703
Botany	11701
Eastern Suburbs - North	11801



Activity Consultation and Collaboration

Consultation

headspace Lead Agencies, (Sydney University, SESLHD, and Stride) headspace teams and Youth Reference Groups.

Collaboration

Collaboration with SESLHD, Sydney University, Stride, the headspace teams and youth reference groups to design and implement

strategies relevant to each Centre to address demand and reduce wait lists.



Activity Milestone Details/Duration

Activity Start Date

30/07/2020

Activity End Date

30/12/2023



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

Co-design was undertaken with headspace centre teams including headspace youth reference groups for demand management applications in 2020. CESPHN submitted the application on behalf of the centres as required by the Department of Health.
