

Table of Contents

NAB-UAS-1.0-Universal Aftercare Services	2
NAB-HE-1.0-headspace Enhancements - Ashfield	5
NAB-HE-2.0-headspace Enhancements - Bondi Junction	7
NAB-HE-3.0-headspace Enhancements - Camperdown	9
NAB-HE-4.0-headspace Enhancements - Hurstville.....	11
NAB-HE-5.0-headspace Enhancements - Miranda	13
NAB-H2H-1.0-Head to Health Adult Mental Health Centres and satellites.....	15

NAB-UAS-1.0-Universal Aftercare Services

Funding Schedule

National Mental Health and Suicide Prevention Agreement and Bilateral Schedule

Existing Activity

Program Key Priority Area

Mental Health Priority Area 5: Community based suicide prevention activities

Activity Aim

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

Description of Activity

To commission The Way Back (TWB) NSW across the CESP HN region, providing 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 includes the Northern sector hospitals at Camperdown, Randwick, Darlinghurst, Canterbury and Concord, and the southern sector hospitals at Kogarah and Sutherland. During 2023-24, CESP HN underwent a consultation process to determine potential enhancements to the model, including a possible new site and expanded referral pathways. Subject to receipt of a funding agreement from NSW Health, a clinical component, an expanded peer workforce, and new referral pathways from Safe Havens, SPOT teams and other Towards Zero Suicide initiatives identified by LHD/SHN partners will be implemented. A referral pathway has been opened for the two ACCOs who are supporting Aboriginal people who may be experiencing suicidal distress or who have been impacted by suicide in their communities.

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

Community collaboratives.

To commission a service provider to coordinate up to 4 Suicide Prevention Collaboratives in the CESP HN region. Continue developing the activities of established collaboratives in the Inner West, Eastern Suburbs, Sutherland and St George regions and explore the establishment of a fourth collaborative for the Inner-City region. The collaboratives will focus on community responses and activations when a death from suicide has occurred to limit the risk of further

suicides and the impacts within the broader community and will lead a community action group to plan initiatives which will help promote suicide prevention programs, training opportunities and support services within the local collaborative areas.

Needs Assessment Priorities

Priority	Page reference
Suicide prevention	32

Activity Demographics

Target Population

TWB NSW is for 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 Royal Prince Alfred, St Vincent's, Canterbury, Concord, Prince of Wales, St George and Sutherland hospitals and those referred in from Aboriginal Community Controlled organisations or Safe Havens.

The Collaboratives are for anyone of any age affected by suicide across the CESPHN region, with or without any prior referral for help or support. It will operate in the Eastern Suburbs, St George and Sutherland, Inner West and Inner-City areas.

Activity Consultation and Collaboration

Consultation with CESPHN's Mental Health and Suicide Prevention Advisory Group, Beyond Blue, LHD/LHNs, MoH, NGOs, service providers, Living Works, headspace National, Roses in the Ocean, The Little Big House, lived experience and carers.

Activity Milestone Details/Duration

Activity Start Date	30/06/2023
Activity End Date	30/06/2026
Service Delivery Start Date	
Service Delivery End Date	
Other Relevant Milestones	

Activity Commissioning

Continuing Service Provider / Contract Extension

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	This activity is a continuation of Beyond Blue's The Way Back Support Service model which was designed and developed by Beyond Blue. Further expansion and model changes are being considered after our consultation and co-design processes. These include incorporating a clinical component, increasing the peer workforce and establishing new referral pathways.

NAB-HE-1.0-headspace Enhancements - Ashfield

Funding Schedule

National Mental Health and Suicide Prevention Agreement and Bilateral Schedule

Existing Activity

Program Key Priority Area

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

Activity Aim

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 headspace Enhancement funding is intended to increase access to coordinated, multi-disciplinary care for cohorts of young people, as well as to improve workforce attraction and retention.

The expected outcome is increased capacity for young people to access youth health services in the region through better staff retention and additional staffing. Young people accessing headspace Ashfield will receive care within a stepped care approach to support their needs.

Needs Assessment Priorities

Priority	Page reference
Child and youth mental health services	31

Activity Demographics

Target Population

Young people aged 12-25 years in the CESPHE region

Activity Consultation and Collaboration

Consultation with headspace National Office, headspace Lead Agency (New Horizons), headspace teams and YRG.

Activity Milestone Details/Duration

Activity Start Date	30/06/2023
Activity End Date	30/06/2026
Service Delivery Start Date	
Service Delivery End Date	
Other Relevant Milestones	

Activity Commissioning

Continuing Service Provider / Contract Extension

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	N/A

NAB-HE-2.0-headspace Enhancements - Bondi Junction

Funding Schedule

National Mental Health and Suicide Prevention Agreement and Bilateral Schedule

Existing Activity

Program Key Priority Area

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

Activity Aim

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 headspace Enhancement funding is intended to increase access to coordinated, multi-disciplinary care for cohorts of young people, as well as to improve workforce attraction and retention.

The expected outcome is increased capacity for young people to access youth health services in the region through better staff retention and additional staffing. Young people accessing headspace Bondi Junction will receive care within a stepped care approach to support their needs.

Needs Assessment Priorities

Priority	Page reference
Child and youth mental health services	31

Activity Demographics

Target Population

Young people aged 12-25 years in the CESPHN region

Activity Consultation and Collaboration

Consultation with headspace National Office, headspace Lead Agency, (South Eastern Sydney Local Health District), headspace teams and YRG.

Activity Milestone Details/Duration

Activity Start Date	30/06/2023
Activity End Date	30/06/2026
Service Delivery Start Date	
Service Delivery End Date	
Other Relevant Milestones	

Activity Commissioning

Continuing Service Provider / Contract Extension

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	N/A

NAB-HE-3.0-headspace Enhancements - Camperdown

Funding Schedule

National Mental Health and Suicide Prevention Agreement and Bilateral Schedule

Existing Activity

Program Key Priority Area

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

Activity Aim

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 headspace Enhancement funding is intended to increase access to coordinated, multi-disciplinary care for cohorts of young people, as well as to improve workforce attraction and retention.

The expected outcome is increased capacity for young people to access youth health services in the region through better staff retention and additional staffing. Young people accessing headspace Camperdown will receive care within a stepped care approach to support their needs.

Needs Assessment Priorities

Priority	Page reference
Child and youth mental health services	31

Activity Demographics

Target Population

Young people aged 12-25 years in the CESPHN region

Activity Consultation and Collaboration

Consultation with headspace National Office, headspace Lead Agency (Sydney University), headspace teams and YRG.

Activity Milestone Details/Duration

Activity Start Date	30/06/2023
Activity End Date	30/06/2026
Service Delivery Start Date	
Service Delivery End Date	
Other Relevant Milestones	

Activity Commissioning

Continuing Service Provider / Contract Extension

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	N/A

NAB-HE-4.0-headspace Enhancements - Hurstville

Funding Schedule

National Mental Health and Suicide Prevention Agreement and Bilateral Schedule

Existing Activity

Program Key Priority Area

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

Activity Aim

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 headspace Enhancement funding is intended to increase access to coordinated, multi-disciplinary care for cohorts of young people, as well as to improve workforce attraction and retention.

The expected outcome is increased capacity for young people to access youth health services in the region through better staff retention and additional staffing. Young people accessing headspace Hurstville will receive care within a stepped care approach to support their needs.

Needs Assessment Priorities

Priority	Page reference
Child and youth mental health services	31

Activity Demographics

Target Population

Young people aged 12-25 years in the CESPHN region

Activity Consultation and Collaboration

Consultation with headspace National Office, headspace Lead Agency (Stride Mental Health), headspace teams and YRG.

Activity Milestone Details/Duration

Activity Start Date	30/06/2023
Activity End Date	30/06/2026
Service Delivery Start Date	
Service Delivery End Date	
Other Relevant Milestones	

Activity Commissioning

Continuing Service Provider / Contract Extension

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	N/A

NAB-HE-5.0-headspace Enhancements - Miranda

Funding Schedule

National Mental Health and Suicide Prevention Agreement and Bilateral Schedule

Existing Activity

Program Key Priority Area

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

Activity Aim

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 headspace Enhancement funding is intended to increase access to coordinated, multi-disciplinary care for cohorts of young people, as well as to improve workforce attraction and retention.

The expected outcome is increased capacity for young people to access youth health services in the region through better staff retention and additional staffing. Young people accessing headspace Miranda will receive care within a stepped care approach to support their needs.

Needs Assessment Priorities

Priority	Page reference
Child and youth mental health services	31

Activity Demographics

Target Population

Young people aged 12-25 years in the CESPHN region

Activity Consultation and Collaboration

Consultation with headspace National Office, headspace Lead Agency (Stride Mental Health), headspace teams and YRG.

Activity Milestone Details/Duration

Activity Start Date	30/06/2023
Activity End Date	30/06/2026
Service Delivery Start Date	
Service Delivery End Date	
Other Relevant Milestones	

Activity Commissioning

Continuing Service Provider / Contract Extension

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	N/A

NAB-H2H-1.0-Head to Health Adult Mental Health Centres and satellites

Funding Schedule

National Mental Health and Suicide Prevention Agreement and Bilateral Schedule

Existing Activity

Program Key Priority Area

Other

Head to Health Adult centres

Activity Aim

Continue to commission the Canterbury Head to Health Adult Mental Health service based on the service model for Adult Mental Health centres.

Description of Activity

The Canterbury Medicare Mental Health service has been established to provide high-quality, evidence-based treatment, information and support to adults who may be experiencing distress or mental ill health. The service is located on Canterbury Road, a main road, providing a highly visible and accessible entry point to services for people experiencing psychological distress where all people feel safe and welcomed. The Provider has engaged with other service providers to deliver multidisciplinary care to better address client needs.

The service will be upgraded in 2025/26 to a full centre and will relocate to larger premises to enable this expansion.

Needs Assessment Priorities

Priority	Page reference
Stepped care	30

Activity Demographics

Target Population

Adults within the northwestern part of the CESPHN region

Activity Consultation and Collaboration

Consultation occurred 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.

Activity Milestone Details/Duration

Activity Start Date	30/04/2022
Activity End Date	30/06/2026
Service Delivery Start Date	30/01/2023
Service Delivery End Date	30/06/2026
Other Relevant Milestones	

Activity Commissioning

Direct Engagement

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	No
Co-design or co-commissioning comments	CESPHN undertook a co-design process with stakeholders including LHDs, service providers, people with lived experience and carers to determine their ideal service journey and understand what was both helpful and unhelpful in previous experiences with mental health services. This informed the development of an integrated, place-based service model that is welcoming and provides support to meet local community needs. This feedback supported the Head to Health model of care and further consultation was sought when the satellite service opened its doors to enhance the look and feel of the service to be welcoming.