



South Australian Government

Response to the South Australian Mental Health Services Plan 2020-2025

September 2019

Introduction

This document provides the *South Australian Government Response to the Mental Health Services Plan 2020-2025* collaboratively developed by the Office of the Chief Psychiatrist and the South Australian Mental Health Commission.

The *Mental Health Services Plan 2020-2025* (the Plan) has been developed in partnership with many individuals and organisations that are committed to improving mental health service provision in South Australia.

The South Australian Government would like to acknowledge the valuable contributions made towards the Plan by those with lived experience including carers, as well as peak bodies and interest groups, staff and senior clinicians from non-government organisations, Local Health Networks (LHNs), Primary Health Networks, service agency partners and other service providers, amongst many others.

The Plan sets out the proposed future direction for Department for Health and Wellbeing commissioned mental health services. The aim is to rebalance the system towards community alternatives focussed on early intervention and prevention, reduced reliance upon emergency services, and improved service accessibility, integration and continuity across the continuum of care, whilst at the same time seeking to partner with, and empower consumers in their health care.

Mental Health Services Plan

Mental health services in South Australia are fragmented. People can wait excessive times to be seen, experience gaps in services and follow up, and be impacted by the system when it applies coercion that may have been avoidable. Equity of access is hindered with accessibility and the types of services available dependent upon where people live. This is particularly problematic for those in regional and remote South Australia.

At the 2018 State election, the Government committed to the development of the South Australian Mental Health Services Plan within 12 months of forming Government. This provided an opportunity for significant planning and re-shaping of the mental health sector.

The Plan builds upon the *South Australian Mental Health Strategic Plan 2017-2022*, and specifically addresses core strategy two: *services and care which provide quality and seamless support aligned with need*.

The development of the Plan involved examining current efficiencies against national benchmarks and examples of best practice and service innovation both nationally and internationally to substantiate the proposal for investment in new initiatives, as well as the redesign of existing services to achieve a more integrated and sustainable mental health system.

The Plan is underpinned by three overarching and interdependent goals:

- > **personalised care and support**; *respectful of the needs and preferences of the individual and affords them dignity and active participation in all support, care and treatment decisions;*
- > **integrated care**; *supporting a more holistic service approach that focuses on the whole person, recognising and supporting their mental health, physical health and social needs through improved partnerships, collaborative care planning and continuity of care; and*
- > **safe and high quality care**; *ensuring that services are planned and delivered to the highest quality, are safe, respectful and protect the rights of all who utilise services.*



The desired outcome of the Plan is to position South Australia at or above the national average for outcomes, however the aspiration is to be a leader that promotes patient focussed, outcome driven services that result in improved mental health and wellbeing for all South Australians.

All South Australians need, expect and deserve seamless health care provision. To provide seamless, high quality mental health care, South Australian Government services need to work in collaboration with other service delivery partners.

A state-wide approach will be required in order for South Australia to become a leading provider of integrated mental health services that deliver better outcomes for its consumers. The Commonwealth and primary care sector are identified as important service partners in this respect.

The revised role of the Department and LHNs in the newly devolved governance arrangements is recognised within the Plan. It is noted that successful implementation is highly dependent upon LHN Governing Boards and Executives, who hold responsibility for local service delivery and decision making aligned to the needs of their local communities.

An aligned commitment will be required of LHNs, the Department for Health and Wellbeing, and the two new 'pillar' agencies; the Commission on Excellence and Innovation in Health and Wellbeing SA, supported by service agency partners, non-government organisations and all other service providers.

South Australian Government Response

The Government is supportive of the vision set out in the Plan, focussed on reshaping existing service provision and innovative ways of delivering more integrated and efficient mental health services across community, residential and inpatient care settings, in order to improve outcomes for consumers, carers, families and staff.

The State and Commonwealth Government's commitment to improving access to, and the delivery of mental health services, is illustrated by its combined approximate \$100 million investment towards new initiatives and services for South Australia.

The new initiatives and the associated funding allocation are detailed below:

- > Statewide Borderline Personality Disorder Service (2018-19 State Budget: \$10 million over four years from 2018-19)
- > Statewide Paediatric Eating Disorders Service (2018-19 State Budget: \$3.345 million over four years from 2018-19)
- > "Tier 7" Dementia Unit for Older Persons based at the Repatriation Health Precinct (\$35.756 million over four years from 2019-20)
- > Rapid Access Older Persons Team for in-reach to Residential Aged Care Facilities (\$6.229 million over four years from 2019-20)
- > Expanded forensic mental health beds (2019-20 State Budget: \$20.350 million over four years from 2019-20)
- > Expanded forensic capacity (fixated persons) (\$3.098 million over four years from 2019-20)
- > Forensic Court Diversion Service (\$0.804 million for 2019-20)
- > Urgent Mental Health Care Centre (estimated at \$14.8 million over four years from 2019-20)
- > Eating Disorders Centre based at the Repatriation Health Precinct (\$5 million operating grant to the Mental Health Breakthrough Foundation)



- > Commencement of the Way Back suicide prevention initiative (DHW reallocation from 2019-20: \$1.046 million over three years); and
- > Towards Zero Suicide Strategy (DHW reallocation from 2019-20: \$0.918 million over three years).

Safety and Quality activities that will commence within existing budgets include:

- > Trauma Informed Care
- > Expansion of evidence based therapies

Additional Commonwealth National investment of \$736.6 million into primary and secondary level care has been committed to assist a variety of mental health priority areas such as youth mental health including Headspace, community health walk-in services, perinatal services, eating disorder, suicide prevention and additional mental health services and support for people affected by recent natural disasters.

The Government supports, in principle, the proposed key initiatives outlined in the Plan that would enable commissioned mental health services in South Australia to achieve the following outcomes:

- > in the short term, the critical problems of demand on emergency departments and wait times for people seeking mental health care will be addressed and people will be able to access alternative community based services;
- > in the medium term, appropriate community based services will mitigate mental illness acuity and South Australia's performance in relation to service improvements and outcomes will be at, or above the national average; and
- > longer term, by the completion of the five year plan, South Australian mental health services will generally reflect outcomes above the national average with some areas of international best practice and people in South Australia will have greatly improved mental health and wellbeing.

The progression of initiatives identified in addition to existing State and Commonwealth commitments will be considered by the Government following further analysis and the preparation of robust business cases. Proceeding with these initiatives will be dependent upon future State budget considerations, priorities and timing. This will be clearly communicated to manage community and provider expectations.

