



Government of Western Australia
Mental Health Commission

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Western Australia.*

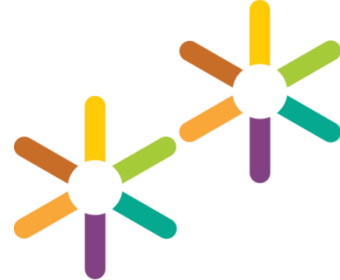
WALGA Local Government and Mental Health
Forum – 11 Nov 2019

**Working together to
optimise mental health
and wellbeing and
prevent and reduce
alcohol and other drug
related harm**

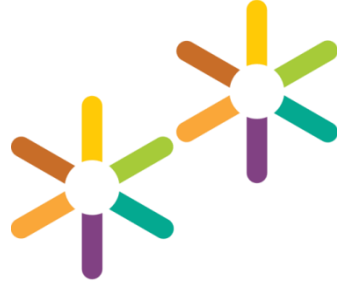




We acknowledge the traditional Custodians of the Land
on which this presentation takes place - Elders past,
present and emerging.



Overview



- Snapshot of MHC prevention and promotion work.
- Development of the new mental health and other drugs policy priorities in the State Public Health Plan.
- Examples of strategies that relate to the priorities, including those that LGs are already doing.
- MHC Community Support and Development Program and activity at the local community level.
- For those that identify other drugs or mental health as priority issues in their community, starting the discussion regarding if/how we can help.



Who is the MHC?

- Government agency - merged with the Drug and Alcohol Office in 2015.
- Our vision is to achieve a Western Australian community that experiences minimal alcohol and other drug-related harms and optimal mental health.
- Provides and partners in the delivery of prevention, promotion and early intervention programs, treatment, services and supports and research, policy and system improvements.





Mental Health Commission Organisational Structure

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Internal Audit and Risk Management

- Monitors the activities of the Commission to ensure compliance with organisational, government, legal and best practice requirements.
- Assist Directorates manage risk mitigation and improve organisational performance reporting on key projects and operational deliverables.

Mental Health Commissioner

Executive Services

- Provides advice, executive and admin support to the Commissioner, liaises with the Minister's Office and external stakeholders on behalf of the Commissioner.

Director Corporate Services

- Responsible for ensuring an effective corporate governance framework and business practices are in place to support the operations of the Commission.

Chief Finance Officer
Finance

Chief Human Resources Officer
People and Development

Chief Information Officer
Information and Technology

Assistant Director
Strategic Communications

Business Manager
Business Services

Assistant Commissioner Alcohol, Other Drug and Prevention Services

Director Prevention Services

- Responsible for prevention campaigns and programs, liquor licensing support, community programs.
- Workforce development and sector training.
- Alcohol, Drug Support Services including Parent and Family Drug Support.
- Suicide Prevention, current/new MH prevention programs and stigma reduction.
- Culturally secure training (including nationally recognised), resources, consultancy and support.

Manager
Public Education and Health Promotion Programs

Manager
Safe and Healthy Settings

Manager
Community Support and Development Programs

Manager
Alcohol and Drug Support Services

Manager
Strong Spirit Strong Mind Aboriginal Programs

Manager
Workforce Development

Director Clinical Services Director of Nursing Inpatient and Outpatient Services Managers Integrated Clinical Service

- Responsible for assessment and treatment services for people experiencing problems associated with their alcohol and drug use and support for their families.
- Inpatient and outpatient services including withdrawal management, opiate and alcohol pharmacotherapy, clinical psychology, case management and counselling.

Manager
Community Clinical Programs

Manager
Clinical Safety and Quality

Manager
Inpatients

Assistant Commissioner Planning, Policy and Strategy

Director Planning, Policy and Strategy

- Leads reform and provides strategic direction including inter- government relations.
- Ongoing implementation and evaluation of the *WA Mental Health Act 2014*.
- Implementation oversight of the WA Mental Health and Alcohol and Other Drug Services Plan and the WA Methamphetamine Action Plan.

Assistant Director
Service Planning

Assistant Director
System Reform

Assistant Commissioner Purchasing, Performance and Service Development

Director Commissioning and Contracting

- Responsible for the coordinated management of the purchasing and contracting of mental health and alcohol and other drug services from both public mental health services and non- government organisations.

Assistant Director
Health Relationship and Purchasing

Assistant Director
NGO Contracts – Metro Country and Division

Assistant Director
Health Liaison

Assistant Director
Strategic Purchasing and Development

Director Performance and Programs

- Focus on performance monitoring, reporting and evaluation, which measures the effectiveness of purchasing activities, thus what should continue to fund.
- Management of data collection systems used for contract acquisition and mandatory national data submissions.

Assistant Director
Programs

Assistant Director
Performance



alcohol think again
think
MENTAL HEALTH



Safe and Healthy Settings Program



SUPPORTIVE SETTINGS

HEALTHY PUBLIC POLICY

COLLABORATION, CAPACITY BUILDING, REPORTING

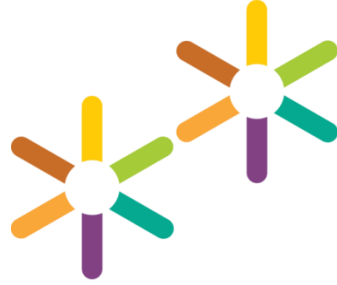
WE OFFER

- Prevention and promotion content advice and support.
- Specialist programs and services on a statewide and local basis:
 - supply, demand and harm reduction measures;
 - optimising mental health in workplaces;
 - alcohol management strategies.

KEY OUTCOME AREAS

- Creating lower risk settings and communities.
- De-normalising and reducing risk factors that contribute to drug use, harmful alcohol use and mental health issues
- Informing and creating healthy public policy.

State Public Health Plan (SPHP) AOD and Mental Health Policy Priorities



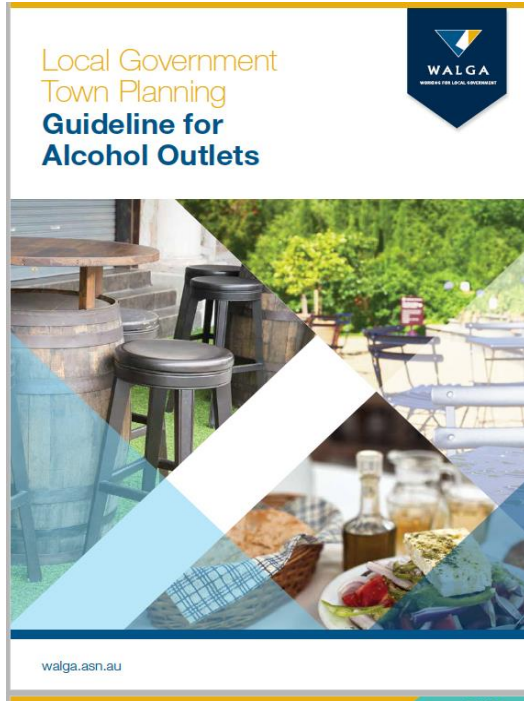
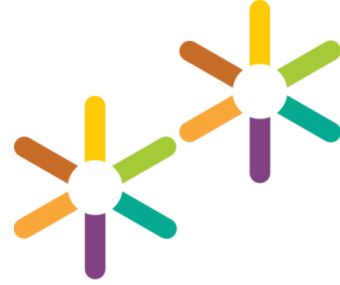
- State Public Health Plan identifies alcohol as a policy priority.

1.5 Reducing harmful alcohol use**

1. Change community attitudes towards alcohol use
2. Influence the supply of alcohol in accordance with the *Liquor Control Act 1998*
3. Reduce demand for alcohol
4. Promote environments that support people not to drink or to drink at low-risk levels



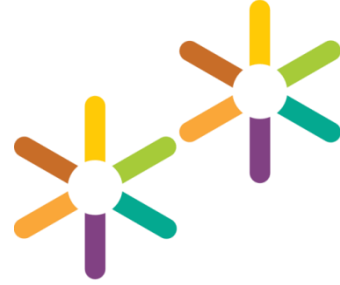
Alcohol-related prevention and health promotion activity benefits mental health and wellbeing



Of all deaths from suicide globally, 22% can be attributed to the use of alcohol.



SPHP- New Mental Health and Other Drug Policy Priorities



- LG Feedback - First Interim Public Health Plan missing other drugs, pharmaceuticals and mental health policy priorities.
- In response, the following policy priorities were included in latest State Public Health Plan:
 - ✓ **Reduce use of illicit drugs, misuse of pharmaceuticals and other drugs of concern.**
 - ✓ **Optimise mental health and wellbeing.**
- To achieve these policy priorities, a number of key activities have been identified and listed within them.



1.6 Reduce use of illicit drugs, misuse of pharmaceuticals and other drugs of concern

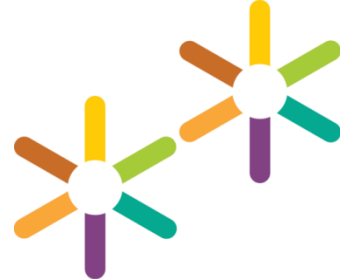


1.6 Reduce use of illicit drugs, misuse of pharmaceuticals and other drugs of concern**

1. Increase helpseeking behaviour and reduce stigma around illicit drugs and emerging drugs of concern
2. Support state-wide evidence-based strategies to prevent and reduce illicit drug use and related harms
3. Increase awareness of the harms associated with illicit drug use, while not being stigmatising
4. Continue to mobilise communities and other stakeholders to work in partnership on evidence-based prevention activities addressing drug use and related harm
5. Develop personal skills, targeted public awareness and engagement regarding misuse of pharmaceuticals and other drugs of concern



1.7 Optimise mental health and wellbeing



Policy priorities	Priority activities
1.7 Optimise mental health and wellbeing**	<ol style="list-style-type: none">1. Increase public awareness about mental health and wellbeing, and suicide prevention2. Build community capacity to reduce stigma, increase awareness of where to go for help, and promote strategies to optimise mental health and wellbeing3. Create and maintain supportive environments that increase social connectedness and inclusion, community participation and network



Suicide prevention?

- Suicide Prevention is a complex issue with a range of recommended strategies to be implemented.
- In WA, preventing suicide, suicide attempts and self-harm is addressed in its own strategy – *Suicide Prevention 2020: Together we can save lives.*
- MHC working on the next strategy, the *Suicide Prevention Action Plan 2021-2025.*



The SPHP acknowledges suicide prevention in activity 1, under **1.7 Optimise Mental Health and Wellbeing**, *Increase public awareness about mental health and wellbeing, and suicide prevention.*

Other Drug and Mental Health Policy Priorities

Informed by:

- ✓ Literature reviews.
- ✓ Key state strategic documents and their consultation processes.

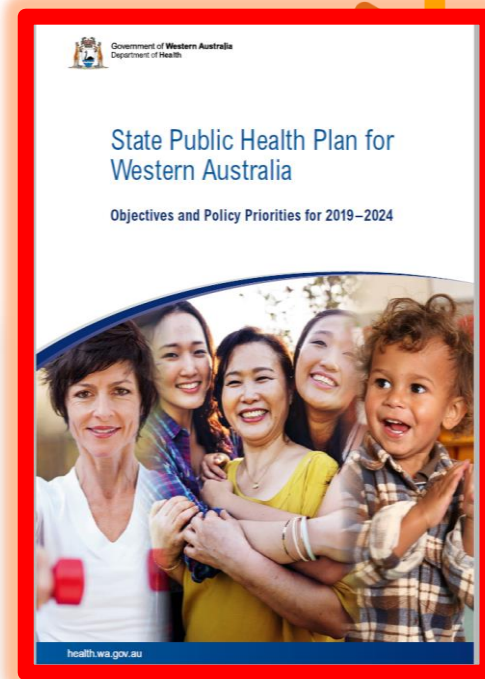
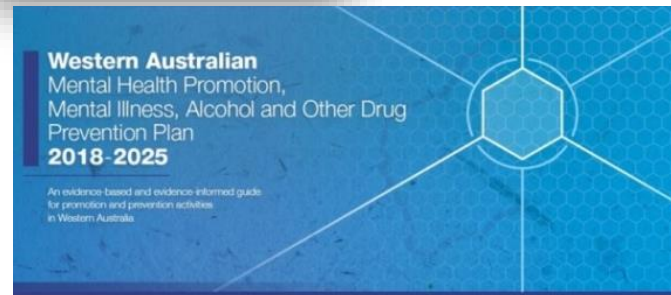
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Western Australian Mental Health,
Alcohol and Other Drug Services
Plan 2015-2025
Plan Update 2018

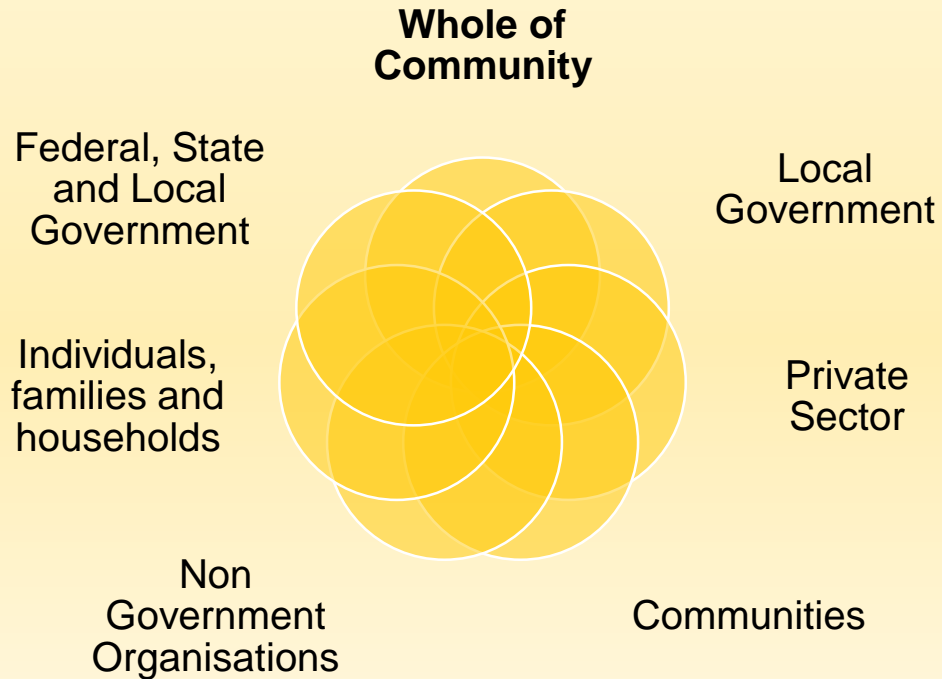
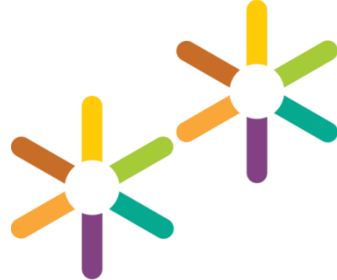


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THE WESTERN AUSTRALIAN
ALCOHOL AND DRUG INTERAGENCY STRATEGY
2018-2022

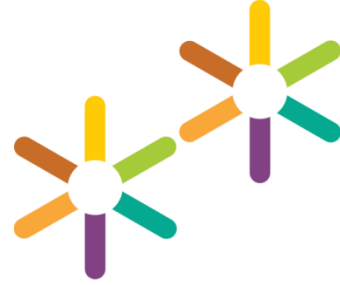


New priorities...what do we do with them?



We hear you

- LGs play an integral role and make a big difference to their community with regard to health and wellbeing.
- Every LG is different and has different needs, resources and capacity.
- LGs are feeling concerned in terms of:
 - Costs/capacity to respond.
 - Time.
 - Effort/skills required.
 - Service provision expectation.

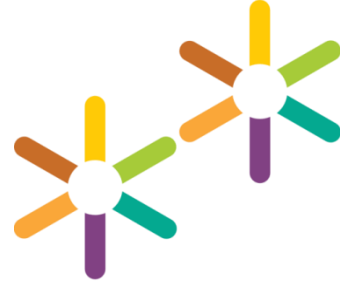


Examples of activities that match the strategic priorities of the SPHP

Includes activities some LGs are already doing.
Other examples
More to come...



Bridgetown Leisure Centre,
Shire of Bridgetown



Example activities - Optimise Mental Health and Wellbeing



- Providing supportive environments (e.g. supportive workplaces, safe local spaces).
- Social inclusion activities - Improve existing environments, facilities and programs for the community to participate in activities.
- Promoting local community networks and activities.
- Promoting public awareness and where to go for help.

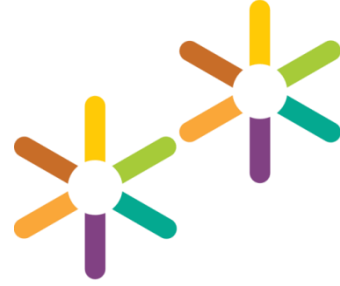


Image: Seniors Recreation Council of WA Inc



Example activities: Optimise Mental Health and Wellbeing

- Support the [Think Mental Health Campaign](#) through local implementation of the campaign messages.
- [Thrive at Work](#) program.
- [Healthy Active by Design.](#)
- [Act Belong Commit.](#)
- Strengthen existing and develop new partnerships with key stakeholders (e.g. AOD Prevention Officers and SP Coordinators)



Where to start?

- Is mental health and wellbeing a priority for your LG?
- Is use of illicit drugs and/or misuse of pharmaceuticals a priority for your LG?
- Upskill on what are the protective factors and risk factors for these issues.
- Identify what you're currently doing (ie library, public open space, recreation centres) and how they are working.
- Identify what is lacking – the gaps (ie youth friendly activities, education/promotional material, policy development, partnerships).

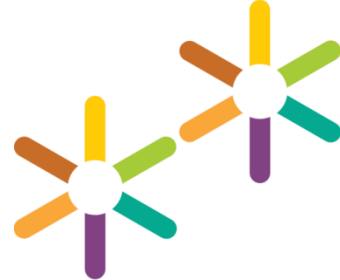


Image from: Shire of Wyndham East Kimberley





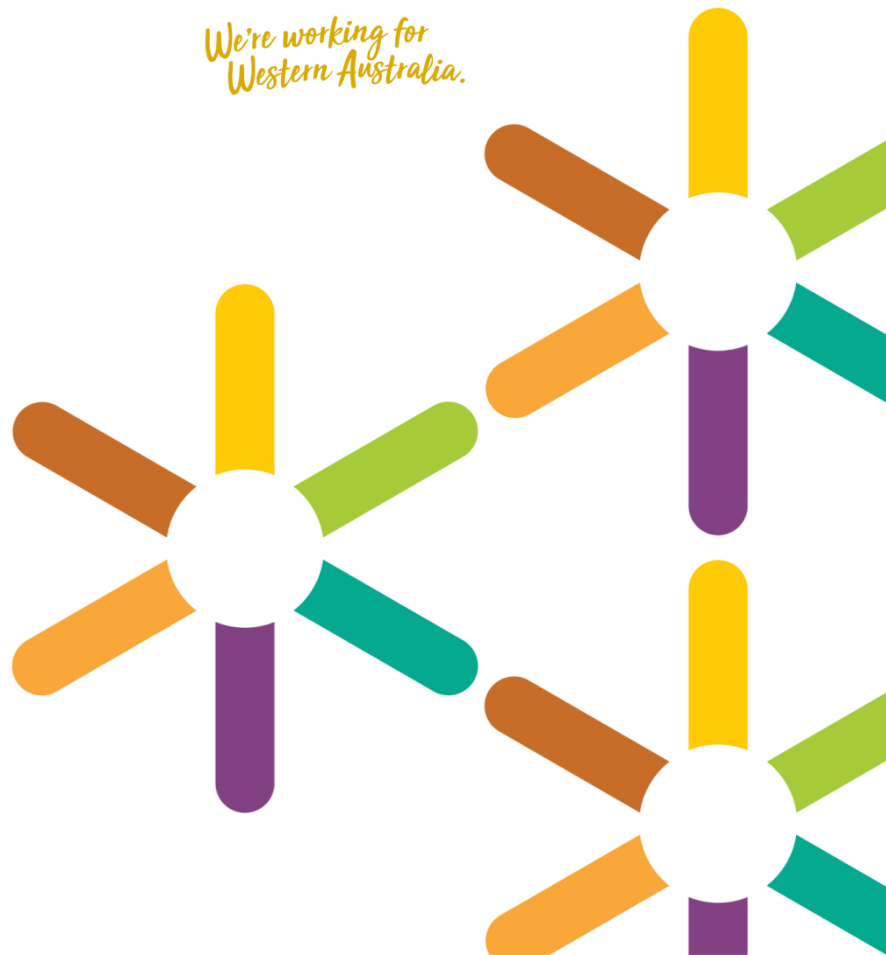
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Jo Burnett, Prevention Officer

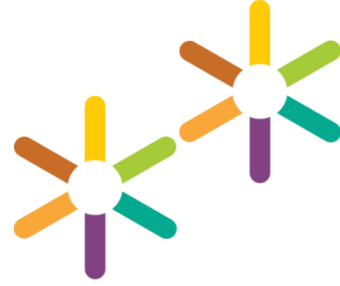
Community Support and Development Programs Team

Community Support and Development Team

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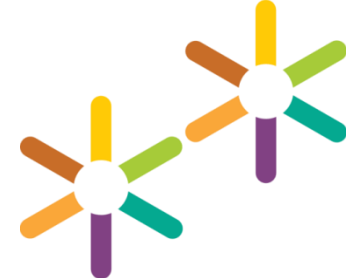
How can MHC support LG?



- Co-design and work together
- Evidence-based information
- Resources and campaign support material to support locally based programs and initiatives
- Partnerships and collaboration
- Case study examples



Contact Us – Community Support and Development



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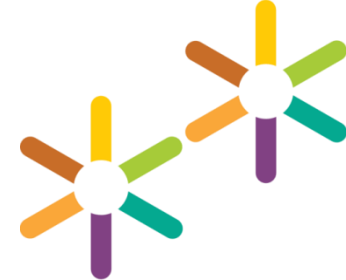
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Additional key performance indicators may be developed over the life of the Strategy as needed that focus on priority groups, drugs of concern and emerging issues.

