

EMPHN Commissioned Services in the North East

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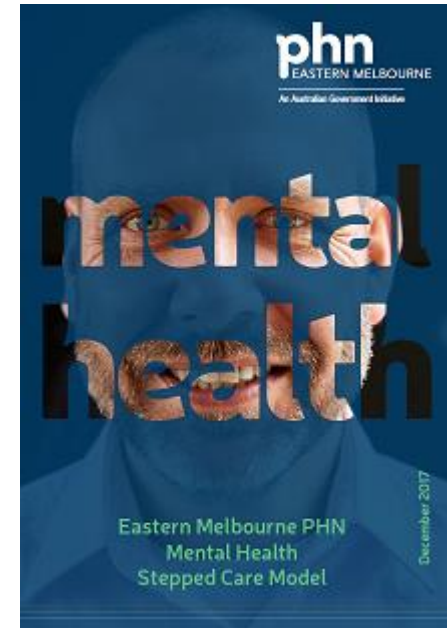
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phn
EASTERN MELBOURNE

An Australian Government Initiative

Summary

1. Role of the PHN
2. Stepped Care
3. North East Youth Services



Role of Eastern Melbourne PHN

- PHNs plan and **commission** a range of primary health services to meet the needs of their population,
- To increase the **efficiency** and **effectiveness** of primary health services to patients,
- Improve **coordination** of care to ensure patients receive the right care in the right place at the right time.

Two key features to achieve this:

1. A **stepped care framework** that provides a range of help and support options of varying intensity to match people's level of presentation, need and complexity.
2. **Integrated Care Pathways** (ICPs) to provide for a seamless journey through the mental health system to deliver an integrated service response

EMPHN currently funds a wide range of MH and AOD services including:

- Mental health stepped care services
- headspace Centre services
- Youth severe services delivering mental health support to young people with complex needs;
- Services providing support around suicide, including early intervention and postvention support;
- AOD services for consumers and their families and significant others
- Psychiatric Secondary Consultation Services
- Access and Referral Team

Mental Health Stepped Care Model

A continuum of primary mental health services

- Utilising a **person-centred stepped care approach**
- Delivering a **range of service types**
- Making the **best use of the available workforce and technology within the local regions**
- To **better match** with individual and local population need
- **Integrated care** – particularly for those people with moderate – severe mental health issues
- Comprehensive assessment with services matched to needs utilising a **clinical staging approach**

North East MH Services

All age

Stepped Care NE: LIFT –Banyule Community Health – sites, Epping, Whittlesea, Heidelberg West, Greensborough, Wallan, Eltham, South Morang

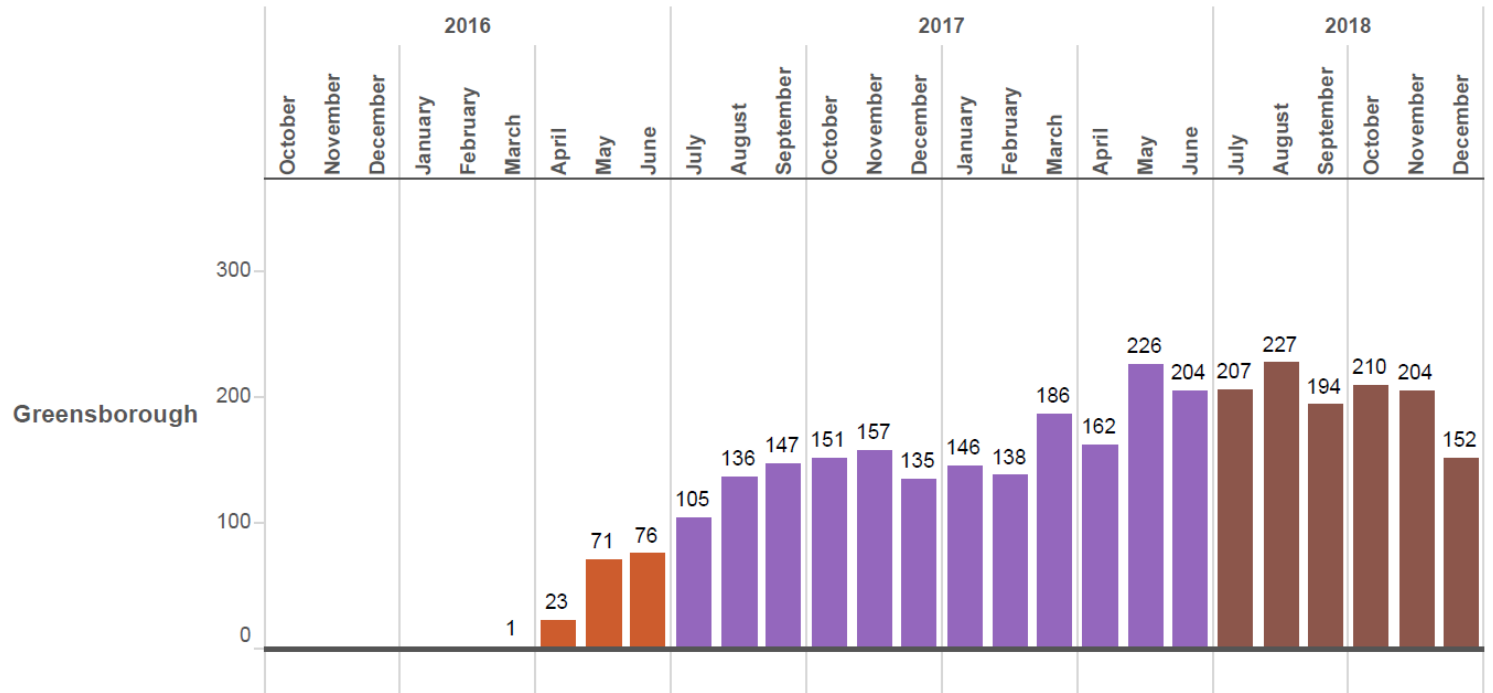
Pilot programs – Steps to Wellbeing, Neami National & EACH Psychological Strategies – Low intensity mental health support services

Youth

Headspace Centre: MIND Australia - Greensborough
- Early intervention mental health services for young people

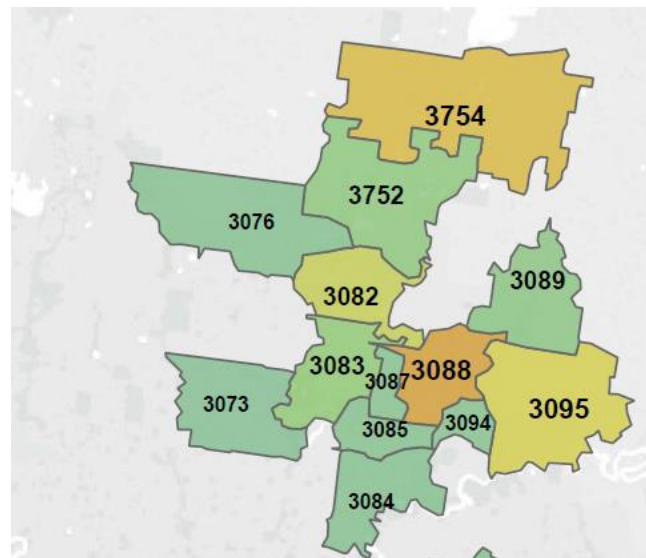
Youth Severe: YFlex – Neami National - South Morang
Mental health assessment, intervention and outreach services for young people with more complex needs

Number of Young People that received a service at **Eastern Melbourne PHN headspace centres** each month



Young people by Postcode

- 3088 – Greensborough 15%
- 3754 - Doreen, Mernda 11%**
- 3095 – Eltham 10%
- 3082 - Mill Park 10%**
- 3083 – Bundoora 8%
- 3752 - South Morang 6%**
- 3076 – Epping 3%



North East AOD Services

All age

AOD@GP – Caraniche

GP clinics in Epping, South Morang -

Brief Early intervention and secondary consultation

Daybreak – Hello Sunday Morning

Online alcohol support via an App,

Youth

Youth Northern Outreach Team (YNOT2) -

Youth Projects (new)

Early intervention and treatment for alcohol and substance misuse.

After Hours Support

- After Hours Mental Health support for Young People and Parents – delivered by headspace (information sessions & referral)
- After Hours Mental Health delivered through Northern Hospital - build carer/family capacity to deal with non-urgent "crises"
- After Hours AOD Delivered through Northern Hospital ED, brief interventions, information and referral

New Youth Hub to be established

A new youth hub is to be established **to provide improved access to mental health and alcohol and other drug (AOD) support services for young people in the City of Whittlesea experiencing problems with mental health or substance misuse.**

The 12-month pilot program, funded by Eastern Melbourne Primary Health Network (EMPHN), will deliver additional mental health and AOD services to young people aged 12-25.

Youth Projects and **headspace** Greensborough are funded to provide additional services through the hub at 'The Edge' Whittlesea Youth Services at Westfield Plenty Valley, Mill Park.

Neami's Yflex program will continue to provide mental health services from the Hub along with outreach to young people with more complex needs.

New funded services for 2018-19

Headspace Outpost:

Greensborough headspace have received additional funding to establish an outpost 3 days a week at 'The Edge', Westfield Plenty Valley to improve access for young people living in the City of Whittlesea

Youth AOD service:

Youth Projects have been successful in being funded to deliver Youth Northern Outreach Team into Whittlesea (YNOT 2.0).

This new service will provide assessment, treatment, outreach and referral options for local young people with challenges related to substance use



Doctors in Schools - Program Overview

100 secondary schools in areas across Victoria

Goals

- Make primary health care more accessible to students;
- Provide assistance to young people to identify and address any health problems early
- Aim to reduce the pressure on working parents and community based GPs

Rationale

- Healthy young people learn better
- Young people currently experience barriers to accessing healthcare

Program Overview – continued

- 12 Schools in the EMPHN catchment

| | | |
|------------------------|-------------------------------|---------------------------------|
| Upper Yarra Secondary | Melba College | Whittlesea Secondary |
| Healesville Secondary | Yarra Hills Secondary College | Lalor North Secondary |
| Boronia K-12 Secondary | Bayswater Secondary | Wallan Secondary |
| Scoresby Secondary | Croydon Community School | Charles Latrobe Pavilion Campus |

- GP – four hours / week and practice nurse one day /week to provide health support, advice and treatment
- Schools program lead 0.2 / week - leading teacher to coordinate the program with EMPHN and the general practice
- Demountable or purpose built GP consultation facilities on schools grounds

Program Overview – continued

Who are we serving?

- Students in Years 7-12 in 100 schools across Victoria

What does it look like?

- Access to a GP and nurse for students on school grounds
- Adolescent friendly health care
- Free-of-charge health support for students
- Clinical pathways – referrals as required

Enhance mental health funding

- To provide enhanced mental health services via **headspace** to young people in Victorian school communities in 2018, and to build capacity to support students with mental health issues.
- Is intended to compliment Doctors in Secondary Schools by providing school communities, with enhanced access to mental health counselling services.
- compliments the bbNEI as it delivers components of mental health service delivery outside of the scope of bbNEI, most notably counselling services
- This funding is a short-term allocation of funding to headspace centres to provide additional services to students within government secondary schools in their local communities.

Allocated schools in the northeast

Headspace Greensborough has received funding to provide support to the following schools for 2018

Schools will be able to directly refer young people for support

| Greensborough headspace Schools | Catchment enrolments |
|-----------------------------------|----------------------|
| Charles La Trobe P-12 College | 527 |
| Diamond Valley College | 675 |
| Eltham High School | 1,357 |
| Greensborough Secondary College | 645 |
| Hazel Glen College | 813 |
| Lalor North Secondary College | 421 |
| Lalor Secondary College | 1,045 |
| Macleod College | 397 |
| Mernda Central P-12 College | 96 |
| Mill Park Secondary College | 1,516 |
| Montmorency Secondary College | 883 |
| St Helena Secondary College | 1,591 |
| The Lakes South Morang P-9 School | 288 |
| Viewbank College | 1,283 |
| Warrandyte High School | 451 |
| Whittlesea Secondary College | 838 |
| Grand Total | 12,824 |

FOR MORE INFORMATION

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