

# Adelaide - Primary Mental Health Care 2022/23 - 2026/27 Activity Summary View



## MH - 9000 - MH9. The Way Back Support Service



### Activity Metadata

#### Applicable Schedule \*

Primary Mental Health Care

#### Activity Prefix \*

MH

#### Activity Number \*

9000

#### Activity Title \*

MH9. The Way Back Support Service

#### Existing, Modified or New Activity \*

Modified



### Activity Priorities and Description

#### Program Key Priority Area \*

Mental Health Priority Area 5: Community based suicide prevention activities

#### Other Program Key Priority Area Description

#### Aim of Activity \*

The aims of The Way Back support service are to:

- Improve access to high-quality aftercare to support at risk individuals to stay safe
- Build the capacity of individuals to self-manage distress and improve mental wellbeing
- Improve links with clinical and community-based services to meet individuals needs and circumstances
- Increase social connectedness and links to supportive networks (families, friends, peers and carers), and
- Improve the capacity and capability of the Way Back workforce to support at risk individuals.

Ultimately, the above aims are intended to contribute to reducing the risk of suicide (re)attempts for individuals experiencing a suicidal crisis or who have made a suicide attempt.

### Description of Activity \*

Beyond Blue is a national, independent, not-for-profit organisation working to increase awareness and understanding of depression, anxiety and suicide prevention in Australia and reduce associated stigma. Beyond Blue has developed a service delivery model, known as The Way Back Support Service, a non-clinical support service focused on providing practical psychosocial support to people experiencing suicidal crisis or who have attempted suicide. Beyond Blue and the PHN have agreed to partner to implement The Way Back Support Service within the Adelaide PHN Region.

The service is delivered through assertive outreach by trained Support Coordinators under the supervision of a mental health clinician for a period of three months. Support Coordinators link clients to existing clinical and community-based services, to ensure they are safe and accessing the community-based support that is available.

A person will be eligible for the program if they meet the primary criteria, or depending on the capacity of the Service, the secondary criteria outlined below:

- Primary Criteria – when a person is referred to The Way Back after presenting to the hospital emergency department following a suicide attempt. Where service capability permits, referrals for the Primary Criteria may also be made by community mental health teams and General Practitioners.
- Secondary Criteria – the secondary criteria are met when a person presents to a hospital emergency department in suicidal crisis, with imminent risk of suicide. A suicidal crisis may or may not result in hospital admission, therefore where service capacity permits, referrals for the Secondary Criteria may also be made by community mental health teams.

Anglicare SA were commissioned to deliver The Way Back support service. Service delivery commenced in December 2020 and is predominately accessed by clients presenting to hospital emergency departments (as outlined in the eligibility criteria). An enhancement to the service commenced in early 2022 with the creation of an Aboriginal and Torres Strait Islander dedicated position to build on the capacity of The Way Back Support Service to provide culturally responsive services. The Cwlth has indicated an intention to extend this program for the 24-25 financial year although we have not received a DoV. It is currently co-commissioned with SA Health and we are awaiting confirmation of their commitment for the 24-25 financial year.

### Needs Assessment Priorities \*

#### Needs Assessment

Needs Assessment 2022/23-2024/25

#### Priorities

Priority	Page reference
Timely, region specific, cross-sectoral suicide prevention services for people who are at risk of suicide and/ or who have recently attempted suicide	76
Aboriginal and Torres Strait Islander people can access timely, culturally safe and appropriate primary mental health care services	75
Enhance service and clinical integration between mental health care providers, and with State services	75



#### Activity Demographics

## Target Population Cohort

Targets individuals following a suicide attempt or those identified as experiencing a suicidal crisis.

## In Scope AOD Treatment Type \*

## Indigenous Specific \*

No

## Indigenous Specific Comments

## Coverage

### Whole Region

No

SA3 Name	SA3 Code
Campbelltown (SA)	40104
Norwood - Payneham - St Peters	40105
Prospect - Walkerville	40106
West Torrens	40403
Unley	40107
Burnside	40103
Port Adelaide - West	40402
Charles Sturt	40401
Adelaide City	40101



## Activity Consultation and Collaboration

### Consultation

- The Office of the Chief Psychiatrist (SA Health) was consulted to determine which LHN would be most suitable to engage. Consultation proceeded to broad meetings with the LHNs to understand their capacity and priority to implement The Way Back.
- Adelaide PHN consulted local data on self-harm rates, hospital admissions for self-harm/suicide attempts and crude death rates to establish areas of greatest needs. Nunkuwarrin Yunti in relation to the development, recruitment and ongoing support of a designated Aboriginal and Torres Strait Islander position.

### Collaboration

- SA Health as the co-commissioner and co-funding organisation for The Way Back Service
- Office of the Chief Psychiatrist – were involved in the joint selection of the LHN region where services are located and were also involved in the market approach and selection of the service provider.
- Local Health Network – Central Adelaide LHN(CALHN) were selected to engage in the service with referrals from the emergency departments of the hospital(s) in the CALHN region.
- Community mental health teams – LHN community mental health teams have become involved in the service where capacity and scope permit the service to open to receiving referrals from community mental health
- General practitioners – where service capacity permits, general practitioners may be involved in the referring clients who satisfy the primary criteria\*\*

Monthly Governance meetings provide ongoing opportunities for collaboration with key stakeholders, Office of the Chief Psychiatrist (SA Health), Central Adelaide LHN, Beyond Blue, Anglicare SA and Lived Experience representatives.  
\*\* This will only occur once the service has been established and operational and review deems there is capacity to open additional referral pathways.

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## Activity Milestone Details/Duration

### Activity Start Date

31/12/2019

### Activity End Date

29/06/2023

### Service Delivery Start Date

December 2020

### Service Delivery End Date

June 2023

### Other Relevant Milestones

N/A

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## 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:** Yes

**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?**

Yes

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

No

**Decommissioning**

Yes

**Decommissioning details?**

May potentially need to decommission this service from June 30 as we haven't received a contract or letter of comfort indicating ongoing funding from SA Health or the Dept.

**Co-design or co-commissioning comments**

Co-commissioning arrangement – Office of the Chief Psychiatrist (SA Health) and Adelaide PHN

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

Yes

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## MH - 10000 - MH10. Commission culturally appropriate services for Aboriginal and Torres Strait Islander peoples



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH

**Activity Number \***

10000

**Activity Title \***

MH10. Commission culturally appropriate services for Aboriginal and Torres Strait Islander peoples

**Existing, Modified or New Activity \***

Modified



### Activity Priorities and Description

**Program Key Priority Area \***

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

**Other Program Key Priority Area Description****Aim of Activity \***

The aim is to improve mental health experiences, access and outcomes for Aboriginal and Torres Strait Islander people through the provision of culturally appropriate, sensitive and safe suicide prevention and primary mental health care services through centralised referral pathways and enhanced service and clinical integration between Aboriginal and Torres Strait Islander organisations/mainstream services, including alcohol and drug and social service providers. In addition, to enhance the capacity of the primary mental health care workforce to provide culturally appropriate, sensitive and safe suicide prevention and primary mental health care services, including through supporting Aboriginal and Torres Strait Islander specific workforce engagements

**Description of Activity \***

Deed of Variation for funding for 24-25 is yet to be received but the intention is to extend the activity as is described. Planned expenditure relates to the suicide prevention component of this activity which will continue as describe in 24-25. The rest of the activity will be extended once the schedule is received from the Dept.

The two services commissioned to deliver this activity were reviewed in early 2023 and some minor changes were made for 2023-24 with Adelaide PHN understanding the Commonwealth led evaluation of this activity would inform services beyond 2023-24. In early 2024 the Commonwealth advised that they intend to extend the existing arrangements for 2024-25 therefore the existing services and activities below will continue unchanged for 2024-25.

This activity aims to commission culturally appropriate, flexible, evidence based mental health services for Aboriginal and Torres Strait Islander people. Commissioned providers will ensure primary mental health services are culturally safe, sensitive and

appropriate to meet the needs of people seeking treatment and/or support for their mental health conditions. The Adelaide PHN commissions services that are flexible in their delivery and tailored to the individual needs of Aboriginal and Torres Strait Islander people.

Services provided include; Psychological therapies (individual, group, family); narrative therapies; brief solution focused therapy and counselling; and clinical care coordination; clinical suicide prevention; and referral services to support seamless transition of care that is responsive to change in individual need. Service linkages, networks and formal service delivery partnerships are facilitated to support holistic, integrated treatment and management of health and related health needs across the care continuum. In addition aboriginal people with moderate suicide risk concerns are able to access a service within a 24-72 hour timeframe which provides clinical interventions, assessment and risk management in a culturally appropriate way.

The target population include Aboriginal and Torres Strait Islander children, young people and adults, and their families/carers: (i) at risk of, or experiencing mild, moderate to severe mental health conditions and presenting in the Adelaide metropolitan region. The activity has a key focus on improving mental health wellbeing experiences, improve care coordination and integration of mental health care services.

Adelaide PHN commissions the local Aboriginal Community Controlled Health Organisation – Nunkwarrin Yunti, and another respected specialist provider The ACT Centre to deliver these activities.

## Needs Assessment Priorities \*

### Needs Assessment

Adelaide PHN Needs Assessment 2022/23 - 2024/25: 2023 Update

#### Priorities

Priority	Page reference
People experiencing mental health conditions are supported by a workforce with the skill mix that meets a diverse range of needs	128
Aboriginal and Torres Strait Islander people can access timely, culturally safe and appropriate primary mental health care services	84



## Activity Demographics

### Target Population Cohort

Aboriginal and Torres Strait Islander people

### In Scope AOD Treatment Type \*

### Indigenous Specific \*

Yes

### Indigenous Specific Comments

This activity was codesigned with and will continue to be delivered predominately by the ACCHO.

The APHN will also continue to work with SAMHRI's Aboriginal Research Unit (Wardliparingga), the LHN Aboriginal directorates, AHCSA and Aboriginal-led education providers on the implementation of programs and initiatives for culturally appropriate best practice management. This includes incorporating the implementation of the six Aboriginal Health Actions within the National Safety Quality Health Standards (NSQHS) and how providers will align with the User Guide for Aboriginal and Torres Strait Islander Health. Specifically, the ACCHO is able to deliver APHN commissioned services alongside broader Aboriginal specific primary care services which are tailored to the needs of the community and individual.

## Coverage

### Whole Region

Yes



## Activity Consultation and Collaboration

### Consultation

In 2022-23 Adelaide PHN conducted a review of its Aboriginal and Torres Strait Islander services. The focus was on what was working well and what could be improved. Existing services were provided with questions and then met with to discuss. The Aboriginal Community Connect program was given an opportunity to respond to questions. Given the concurrent Commonwealth review into this funding stream (and others) Adelaide PHN decided to continue with both existing providers with some minor changes.

- The Adelaide PHN will continue to consult with established Aboriginal and Torres Strait Islander specific services, including AOD services, to more effectively connect individuals and families seeking assistance with treatment and support. The Adelaide PHN will continue to work with State-funded mental health and other providers to support integration of commissioned Aboriginal and Torres Strait Islander specific mental health services within the broader system. This activity interconnects with Priority Area 5 activities: Community based suicide prevention, regarding the formalised arrangement of follow-up and care for people who have self-harmed and/or attempted suicide.
- Consultation occurs specifically with Aboriginal and Torres Strait Islander communities, including through the Aboriginal Community Advisory Council, Aboriginal Community Controlled Health Organisations (ACCHO), specific reference groups and other key Aboriginal and Torres Strait Islander people and organisations, to support the provision of culturally, sensitive and safe services. Adelaide PHN will continue to consult with a range of Aboriginal Torres Strait Islander people and organisations to ensure a diversity of community voices heard. These consultations provide strategic input into the activity planning process, forming an important collaborative role with the Adelaide PHN.
- The Adelaide PHN continues to work with Aboriginal and Torres Strait Islander people on effective methods for ongoing engagement and communication, ensuring there are a range of ways for individuals to understand and contribute the provision of high quality, culturally responsive services.
- The Adelaide PHN consulted with community members and commissioned service providers on the development of PREMS for clients who are Aboriginal or Torres Strait Islander. Workshops were held to ensure a measure was developed that was culturally appropriate. This has been implemented and will be reviewed for quality improvement purposes.

### Collaboration

- The activities will continue to be jointly implemented with commissioned providers for the provision of culturally appropriate, sensitive and safe services for Aboriginal and Torres Strait Islander people. The Adelaide PHN will continue to collaborate with Country SA PHN to ensure cross-boundary coverage for similar commissioned activities in South Australia.
- AHCSA and our ACCHO and continues to work closely with APHN and all commissioned mental health service providers to support culturally appropriate services and choice for Aboriginal and Torres Strait Islander people.
- As part of the Adelaide metropolitan mental health and suicide prevention plan Local Health Networks (LHNs), the SA mental health commission, SA Health and the PHN have agreed to work together to develop an Aboriginal and Torres Strait Islander specific mental health plan by June 2022.
- The Adelaide PHN collaborates with providers and representative bodies for the Aboriginal and Torres Strait Islander population across the region for strategic input and guidance regarding workforce development and capacity building. Specifically, the Adelaide PHN will utilise existing advisory functions and reference groups across the region, where appropriate, in collaboration with State Government structures and ACCHOs.
- One of the commissioned agencies is partnered and co-located with an Aboriginal specific program funded through Uniting Communities. Organisations work in partnership with Adelaide PHN in collaboration with Aboriginal State peak bodies, consolidate



and extend collaborative working relationships with Aboriginal Community Controlled Health Organisations, primary health and acute services, as well as primary and state-based health and support agencies.

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## Activity Milestone Details/Duration

### Activity Start Date

30/06/2019

### Activity End Date

29/06/2025

### Service Delivery Start Date

July 2019

### Service Delivery End Date

June 2025

### Other Relevant Milestones

N/A

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## 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?**

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?**

na

**Co-design or co-commissioning comments**

This activity was codesigned with and will continue to be predominately delivered by the ACCHO.

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

Yes

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## MH - 12000 - MH12: Contribute to the implementation of the integrated suicide prevention service delivery and pat



### Activity Metadata

#### Applicable Schedule \*

Primary Mental Health Care

#### Activity Prefix \*

MH

#### Activity Number \*

12000

#### Activity Title \*

MH12: Contribute to the implementation of the integrated suicide prevention service delivery and pat

#### Existing, Modified or New Activity \*

Modified



### Activity Priorities and Description

#### Program Key Priority Area \*

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

#### Other Program Key Priority Area Description

#### Aim of Activity \*

This activity aims to implement activities from the Adelaide Metropolitan Mental Health and Suicide Prevention Integration Plan 2020 - 2025 in collaboration with LHNs to develop solutions to ensure a more integrated and effective person-centred care and mental health system in metropolitan Adelaide. While working toward facilitating timely follow-up care for people who have attempted suicide or at risk of suicide, and safe and quality services to reduce the risk of suicide.

#### Description of Activity \*

The Adelaide Metropolitan Mental Health and Suicide Prevention Integration Plan (AMMHIP) 2020-2025 addresses a need for improvement in the way South Australia's mental health system is planned and integrated to more adequately meet the needs of people and their carers. The Plan has provided an opportunity to build on the sector's strengths and find opportunities to establish new connections and pathways between services to foster a more person-centred approach to care.

The AMMHIP identifies six priority areas, associated objectives and actions to be undertaken, and the roles and responsibilities of all partners to ensure the implementation of the plan within the defined timeframe.

In 2023 after three years of implementing the AMMHIP actions, it was considered timely to review the progress of the Plan in achieving shared priorities and objectives and aligning it to the National Mental Health and Suicide Prevention Agreement and Bilateral Schedule on Mental Health and Suicide Prevention (South Australia). The AMMHIP enhancements highlights a growth in the collaborative actions undertaken and expected to be undertaken between Adelaide PHN, Local Health Networks (LHNs) and stakeholders during the life of the plan.

A review of the Governance structure was also conducted in 2023 with a move to reduced Regional Planning meetings and an increased focus on Place Based collaboration and Activity Specific groups feeding into the AMMHIP Steering Committee to oversee and coordinate the implementation of the AMMHIP.

The outcome is the AMMHIP Review and Enhancements 2023 -2025 and shared commitment of agencies to achieve the objectives of the plan are outlined below:

- Improve care provided to people and their carers across LHNs and APHN commissioned service providers through the implementation of Towards Zero Suicide approach to service delivery.
- The Adelaide PHN and State to co-fund an extension of The Way Back Service Liaison Position due to the effectiveness of the role. Ongoing commitment to this being negotiated
- Collaboration between Northern Adelaide LHN and Adelaide PHN to fund peer run alternatives to Emergency Department (ED) suicide prevention services. The Safe Haven café was opened in 2022 to provide an alternative to ED in the after-hours period and offers a non-clinical peer driven service for people experiencing distress, crisis, loneliness, personal difficulties or seeking social connection. The Adelaide PHN is continuing to work in partnership with NALHN to continue the co-commissioning of this program.
- Co-funding Alt2 Sui (Alternatives to Suicide) service pilot. The service provides a safe and friendly environment where non-clinical peer based mutual support self-help groups are operated for people at risk of and/ or experiencing suicidal distress, thoughts and actions. Programs is now being evaluated.
- Build step-up and step-down pathways between LHN emergency departments, hospitals and community teams and APHN commissioned youth services, headspace and Integrated Practice Units.
- Coordinate treatments and supports for adults 18-65 with chronic and complex mental health conditions including physical health aligned to the Equally Well Framework- SA health to develop Equally Well Quality Standards which will inform LHN and Adelaide PHN service provision and Adelaide PHN and other stakeholders to participate in an Equally Well Community of Practice once established.
- Establishment of the Northern Adelaide Head to Health Centre in Partnership with Northern Adelaide and other key stakeholders. The Centre will open at anhas opened at an interim location in Mid-April 2024.Collaboration in relation to a permanent co-located site for the Head to Health Centre and State funded Crisis Stabilisation Centre to open in approximately two years.
- Completion of a State based Aboriginal and Torres Strait Islander Mental Health Suicide Prevention Plan through a State and Commonwealth interagency approach to guide service delivery and integration 2023 -2026.
- Commenced collaboration in relation to establishing an Aboriginal and Torres Strait Islander Health and Wellbeing Centre jointly funded with the Commonwealth and State.
- State and Adelaide PHN to scope a data collection project to ensure service quality and safety is appropriately measured.
- Improve access and integration of services for older people (65 and older) experiencing mental health conditions. A State Older Mental Health Plan to commence development in 2023/2024.

The enhanced version of this plan aligned with our bilateral initiatives and the National Agreement was resubmitted to the department in Feb 2024.

## Needs Assessment Priorities \*

### Needs Assessment

Adelaide PHN Needs Assessment 2022/23 - 2024/25: 2023 Update

#### Priorities

Priority	Page reference
People experiencing severe mental health conditions have access to appropriate supports, services and coordinated care	128
Timely, region specific, cross-sectoral suicide prevention services for people who are at risk of suicide and/ or who have recently attempted suicide	128
Enhance service and clinical integration between mental health care providers, and with State services	128

Ensure visibility of Adelaide PHN commissioned services and eligibility criteria to GPs, state, community services and to underserved groups to enhance access	128
Children at risk of, or experiencing mild to moderate mental health conditions and their families/carers have access to appropriate primary mental health services	127
People from underserved and hard to reach populations experiencing mental health conditions have access to timely, appropriate and integrated primary mental health services	127
Aboriginal and Torres Strait Islander people can access timely, culturally safe and appropriate primary mental health care services	84



## Activity Demographics

### Target Population Cohort

- Young people
- People experiencing chronic and complex mental health conditions
- People that have attempted or are at risk of suicide
- Aboriginal and Torres Strait Islanders
- People accessing primary mental health or tertiary mental health services

### In Scope AOD Treatment Type \*

### Indigenous Specific \*

No

### Indigenous Specific Comments

### Coverage

#### Whole Region

Yes



## Activity Consultation and Collaboration

### Consultation

The plan has been developed in consultation with the Adelaide metropolitan Local Health Networks, the Office of the Chief Psychiatrist, the SA Mental health Commission as well as a range of other organisations and community members including the

Adelaide PHNs community advisory councils.

Implementation group for the actioning of the Regional Plan include representatives from LHNs/PHN/and lived experience/ carers.

### Collaboration

The plan is a joint collaboration between key agencies including the Adelaide PHN, LHNs, SA Mental Health Commission, SA Department of Health and Wellbeing and the Office of the Chief Psychiatrist. Each organisation shares responsibility as part of the Regional Mental Health and Suicide Prevention Steering Committee for oversight and planning to implement the shared objectives of the Plan

The recent review and update of the plan is a collaboration between all key agencies



## Activity Milestone Details/Duration

### Activity Start Date

30/06/2020

### Activity End Date

29/06/2025

### Service Delivery Start Date

July 2020

### Service Delivery End Date

June 2025

### Other Relevant Milestones

N/A



## 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?

Yes

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

No

**Decommissioning**

No

**Decommissioning details?**

na

**Co-design or co-commissioning comments**

The plan will be a joint collaboration between key agencies including the Adelaide PHN, LHNs, SA Mental Health Commission, SA Department of Health and Wellbeing and the Office of the Chief Psychiatrist.

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

Yes

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## MH - 202216 - A202216 - Initial Assessment and Referral



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH

**Activity Number \***

202216

**Activity Title \***

A202216 - Initial Assessment and Referral

**Existing, Modified or New Activity \***

Modified



### Activity Priorities and Description

**Program Key Priority Area \***

Mental Health Priority Area 7: Stepped care approach

**Other Program Key Priority Area Description****Aim of Activity \***

The purpose of this Activity is to support 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) tool. This will contribute to achieving nationally consistent levels of care for persons presenting with similar conditions.

**Description of Activity \***

Previously, participated in 'train the trainer' training delivered by the National Project Manager to build capability and confidence in using the IAR, facilitating training and supporting GPs to implement the IAR.

- Deliver training to, build relationships with, and provide ongoing support to GPs and clinicians in Adult Mental Health Centres, general practices, Aboriginal Medical Services, and commissioned providers within the PHN region.
- A Psychiatrist and a Clinician continue in the Training Support Officer roles.
- Deliver training to, build relationships with, and provide ongoing support to GPs and clinicians in Kids Mental Health Centres and Residential Aged Care Facilities as the IAR is adapted for specific vulnerable cohorts and as required by the Department, as well as in Local Hospital Networks/Districts as jurisdictions in your region who adopt the IAR.
- Meet the GP training target of 1009 GPs by June 30 2025 and maintain records to support the GP attendance and remuneration.
- Maintain strong relationships across the TSO network and with other key stakeholders to explore opportunities for cross-boundary learning and collaboration.



- Meet with the Department, as required, to report on training numbers for all staff trained, share enablers and discuss any barriers.
- Working with the Department to promote integration of clinical software solutions, once developed, with clinical practices and practice managers within the PHN region.
- Collect data and report on GP and other clinician training as detailed in the Program Guidance for Primary Health Network Initial Assessment and Referral Training and Support Officers.
- Maintain a record of Frequently Asked Questions, hosted on the PHN SharePoint, and support continuous improvement to education and training.
- Deliver training and support to GPs and other professionals, including as required in Local Hospital Networks as required
- Maintain internal PHN and State based Working Groups.
- Promote IAR training video to support the IAR communication plan.
- Collaborate with the Office of Chief Psychiatry on a State-wide implementation plan and training strategy.
- Continue to offer workshops with the LHN's focusing on the primary and tertiary system integration of the IAR
- Continue to develop new and improves ways of generating interest to the program
- Continue to support National Training programs.

### Needs Assessment Priorities \*

#### Needs Assessment

Adelaide PHN Needs Assessment 2022/23 - 2024/25: 2023 Update

#### Priorities

Priority	Page reference
People experiencing mental health conditions are supported by a workforce with the skill mix that meets a diverse range of needs	128
Enhance service and clinical integration between mental health care providers, and with State services	128
Ensure visibility of Adelaide PHN commissioned services and eligibility criteria to GPs, state, community services and to underserved groups to enhance access	128



### Activity Demographics

#### Target Population Cohort

General Practice: Adelaide PHN has been allocated 5.04% share of GP workforce as at 31 December 2019, and this equates to a target of 1,009 over the four years, to 30 June 2025.

While the primary focus of the IAR measure is to train and support GPs in the use of the IAR, Adelaide PHN's two IAR TSOs will train and support staff working in Head to Health Centres, Aboriginal Medical Services, commissioned providers and other staff in their region. TSO's have already conducted several training sessions to support LHN's.

#### In Scope AOD Treatment Type \*

#### Indigenous Specific \*

No

## Indigenous Specific Comments

### Coverage

#### Whole Region

Yes



## Activity Consultation and Collaboration

### Consultation

In consultation with Clinical Councils, broader stakeholders and local GPs, Adelaide PHN has developed a plan for disseminating and implementing the National IAR Guidelines locally. This plan defines the activities that encourage local adoption and implementation - forecasting anticipated challenges and developing strategies to address these challenges.

### Collaboration

The PHN will collaborate with LHNs, GPs RACGP and our Commissioned Service Providers to effectively integrate and disseminate the IAR Tool. The PHN is working closely with the OCP as they determine who they will roll out the IAR across the tertiary setting to ensure consistency in approach.

Integration within APHN has further included, but is not limited to utilisation by, Health Pathways, the Central Referral Unit, digital health and externally and systemically with utilisation by Head to Health, Service Providers, Women's and Children's Hospital and LHNs.



## Activity Milestone Details/Duration

### Activity Start Date

31/01/2022

### Activity End Date

29/06/2025

### Service Delivery Start Date

1/3/2022

### Service Delivery End Date

30/6/2025

### Other Relevant Milestones



## 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: 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?

Co-design or co-commissioning comments

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

No



## MH-AMHCT - 202217 - A202217 – Head to Health Adult Mental Health Services



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH-AMHCT

**Activity Number \***

202217

**Activity Title \***

A202217 – Head to Health Adult Mental Health Services

**Existing, Modified or New Activity \***

Modified



### Activity Priorities and Description

**Program Key Priority Area \***

Other (please provide details)

**Other Program Key Priority Area Description**

Head to Health Adult Mental Health Centres and satellites

**Aim of Activity \***

Commission a Head to Health Hub in conjunction with SA Health Crisis Stabilisation Unit, which provides engagement, assessment, service navigation and short and medium episodes of treatment and care for individuals who may be experiencing distress or crisis, including people with conditions too complex for many current primary care services but who are not eligible for or who need more timely care than that available from state mental health services. Ensure that this service is aligned with the National service model for Health to Health Adult Mental Health Centres and is a referral pathway for the Head to Health Assessment and Phone Service.

**Description of Activity \***

Activity will focus on the establishment of the interim Head to Health hub in conjunction and alignment with a broader recommissioning of PMHC services undertaken by Adelaide PHN and the SA Health commissioning of the Crisis Stabilisation Unit. A service provider has been appointed with the service becoming operational April 24 at an interim location for approximately two years. Operations of the permanent services to be co-located with the Crisis Stabilisation centre will be determined largely by available locations and SA Health's Crisis Stabilisation Unit.

The services provided by the Head to Health Hub aligns with the Service Model for Head To Health Adult Mental Health Centres and be augmented by PMHC activities MH1,2,3,6 and 7.

The Adelaide PHN continues to work with SA Health who will provide additional funding to be commissioned by the PHN and

attached to the Head to Health site to enhance services of the Head to Health hub including extending the opening hours and increasing the level of acuity seen by the hub. This aspect is expected to become operational early in the 24-25 financial year.

## Needs Assessment Priorities \*

### Needs Assessment

Adelaide PHN Needs Assessment 2022/23 - 2024/25: 2023 Update

#### Priorities

Priority	Page reference
People experiencing severe mental health conditions have access to appropriate supports, services and coordinated care	128
Enhance service and clinical integration between mental health care providers, and with State services	128
Ensure visibility of Adelaide PHN commissioned services and eligibility criteria to GPs, state, community services and to underserved groups to enhance access	128
People from underserved and hard to reach populations experiencing mental health conditions have access to timely, appropriate and integrated primary mental health services	127



## Activity Demographics

### Target Population Cohort

The Head to Health Hub will be situated in the outer northern metropolitan area of Adelaide where there is significant demand and socioeconomic disadvantage. The service will focus on areas of greatest need, including (but not limited to):

- people on a low income
- Culturally and Linguistically Diverse people
- Aboriginal and Torres Strait Islander peoples
- Lesbian, Gay, Bisexual, Transgender, Queer and Intersex (LGBTQI)
- older people
- socially isolated new and emerging populations
- perinatal women
- people with comorbid presentations
- individuals who are at risk of suicide or self-harm
- people with intellectual disability and co-occurring mental illness, for whom there are barriers to receiving appropriate mental health and treatment

### In Scope AOD Treatment Type \*

### Indigenous Specific \*

No

### Indigenous Specific Comments

## Coverage

### Whole Region

No

SA3 Name	SA3 Code
Tea Tree Gully	40205
Port Adelaide - East	40203
Port Adelaide - West	40402
Salisbury	40204
Playford	40202



## Activity Consultation and Collaboration

### Consultation

In October and November 2021 Adelaide PHN conducted extensive consultations with key stakeholders regarding the redesign of Primary Mental Health Care Services (PMHCS) for 2022-2025.

Over 100 people participated in the consultations and provided feedback on Adelaide PHN's commissioned PMHCS, identified the most vulnerable populations in the community, and shared their views regarding how to improve PMHCS in the context of the proposed 'Hub' service delivery model scheduled to be commissioned in 2022.

Adelaide PHN delayed its approach to market pending the announcement of the Head to Health Centre and as such adapted its commissioning activities to incorporate the Head to Health Centre.

Adelaide PHN are working with SA Health and the preferred provider (SONDER) involving Lived Experience through consultation and co-designing aspects of the service for both the interim and permanent co-located services.

### Collaboration

Adelaide PHN collaborated with SA Health to determine the most efficient and effective commissioning approach for the Head to Health Hub and the SA Health Crisis Stabilisation Unit which are to be co-located. It has been determined that separate providers will operate the two services with SA Health operating the Crisis Stabilisation Centre. The Adelaide PHN have involved and collaborated with the department throughout the process.

Adelaide PHN will work with the preferred providers including during contract negotiations, establishment and operations to ensure they are supported to begin service delivery as quickly as possible and demonstrably achieve the intended aims of the Head to Health Centre.

Adelaide PHN will facilitate regular collaborative practice workshops for the operator of the service in conjunction with other PHN commissioned service providers delivering PMHC, AoD and psychosocial services to build the capacity of the sector to deliver integrated services that are effective and efficient and responsive to local issues and needs.



## Activity Milestone Details/Duration

**Activity Start Date**

30/06/2022

**Activity End Date**

29/06/2026

**Service Delivery Start Date**

16/04/2024

**Service Delivery End Date**

June 2026

**Other Relevant Milestones**



**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:** Yes  
**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?**

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?**

No

**Decommissioning**

No

**Decommissioning details?**

**Co-design or co-commissioning comments**

Adelaide PHN will work with SA Health to align the commissioning of the Head to Health Hub (and other PMHC services) with the SA Health Crisis Stabilisation Unit as they will be co-located.



## MH-H2H - 202218 - A202218 - Head to Health Assessment and Referral Phone Service



### Activity Metadata

#### Applicable Schedule \*

Primary Mental Health Care

#### Activity Prefix \*

MH-H2H

#### Activity Number \*

202218

#### Activity Title \*

A202218 - Head to Health Assessment and Referral Phone Service

#### Existing, Modified or New Activity \*

Modified



### Activity Priorities and Description

#### Program Key Priority Area \*

Mental Health Priority Area 7: Stepped care approach

#### Other Program Key Priority Area Description

#### Aim of Activity \*

Head to Health is designed to address fragmentation and enhance local service integration to offer a seamless care pathway for consumers to receive the right level of care at the right time to meet their mental health needs. Bringing this range of services together allows consumers to access mental health care in a way that meets their preferences. All components of Head to Health have a common aim – to help more Australians experiencing mental health challenges be heard, find a path forward and access services that are right for them.

#### Description of Activity \*

The Head to Health assessment and referral phone service was established from July 2022 to promote increased access to the system, consistent initial assessment and enable warm transfer to the most appropriate mental health services.

The service was provided internally by the Adelaide PHN for the first 12 months (July 2022-July 2023). Due to the nature of Adelaide PHN current model and for simplicity of referral pathway Adelaide PHN incorporated its existing centralised referral unit into this service to avoid confusion of appropriate access points and duplication of services. The service was successfully transitioned to a Commissioned Service provider effective July 1 2023 following an open Tender process..

Services provided are:

- 1800 number being answered, 24 hour call back excluding (weekends and Public Holiday)
- After hours answering machine



- 8.30-5pm service
- Answering enquires and undertaking an IAR where required and warm referring to a service provider
- Process, reviewing and triaging IARs completed by General Practice and warm referring to a service provider
- Processing, triaging and allocating MHTP to service providers- where clinically appropriate and as capacity permits the team may also undertake IARs for people who have had a MHTP completed where step of care may be unclear or presentation complex and then warm refer them to a service provider
- Providing updates and advice to General Practice on the status of referrals
- Wait List monitoring- each person referred to a service provider who has undergone and IAR will receive appropriate follow up as per the requirements of the model for a wait list check 1 X per week for 4 weeks post referral.

## Needs Assessment Priorities \*

### Needs Assessment

Adelaide PHN Needs Assessment 2022/23 - 2024/25: 2023 Update

#### Priorities

Priority	Page reference
Enhance service and clinical integration between mental health care providers, and with State services	128
Ensure visibility of Adelaide PHN commissioned services and eligibility criteria to GPs, state, community services and to underserved groups to enhance access	128
People from underserved and hard to reach populations experiencing mental health conditions have access to timely, appropriate and integrated primary mental health services	127



## Activity Demographics

### Target Population Cohort

The Phonenumber is available as a free service to anyone living in the Entire Adelaide PHN region with focus in areas of highest identified geographic need. Children, young people and adults with mental health issues .The service will focus on areas of greatest need, including (but not limited to):

- people on a low income
- Culturally and Linguistically Diverse people
- Aboriginal and Torres Strait Islander peoples
- Lesbian, Gay, Bisexual, Transgender, Queer and Intersex (LGBTQI)
- older people
- socially isolated new and emerging populations
- perinatal women
- people with comorbid presentations
- individuals who are at risk of suicide or self-harm
- people with intellectual disability and co-occurring mental illness, for whom there are barriers to receiving appropriate mental health and treatment

### In Scope AOD Treatment Type \*

**Indigenous Specific \***

No

**Indigenous Specific Comments****Coverage****Whole Region**

Yes

**Activity Consultation and Collaboration****Consultation**

During the 2022-23 financial year the Adelaide PHN initiated consultation regarding the future design and implementation of the Head to Health Assessment and Referral Phone Line. Integration with existing or planned state/territory funded intake and treatment services will be a critical component of the service, hence specific focus on working with SA Health and Country SA PHN in relation to their intentions regarding their existing intake services.

Adelaide PHN will work with their local state/territory health services to ensure clear communication channels and processes for transferring clients between services as needed. During 23/24 Adelaide PHN initiated work with the Commissioned service provider to undertake broader consultation, at a local level, with consumers, carers, Local Hospital Networks (LHNs) and other local stakeholders to co-design and shape aspects of the service model to meet the local needs of the region, within the framework presented by this model.

**Collaboration**

Adelaide PHN is working collaboratively with SA Health and Country SA PHN to establish the intake service in a way that is well-integrated with services and systems operating within the jurisdiction. As part of their commissioning processes, Adelaide PHN collaborated with the commissioned service provider to undertake consultation, at a local level, with consumers, carers, Local Hospital Networks (LHNs) or their equivalent and other local stakeholders to co-design and shape the service model to meet the particular needs of the area, within the framework presented by this model.

During 23/24 Adelaide PHN commenced collaboration with SA Health and Country SA PHN in relation to integration of Head to Health Phone Service and State Triage lines

**Activity Milestone Details/Duration****Activity Start Date**

31/03/2022

**Activity End Date**

29/06/2026

**Service Delivery Start Date**

1 July 2022

**Service Delivery End Date**

30 June 2026

**Other Relevant Milestones**



**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:** 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?**

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?**

**Co-design or co-commissioning comments**





# MH - 202301 - A202301 - Targeted Regional Initiatives to Suicide Prevention



## Activity Metadata

### Applicable Schedule \*

Primary Mental Health Care

### Activity Prefix \*

MH

### Activity Number \*

202301

### Activity Title \*

A202301 - Targeted Regional Initiatives to Suicide Prevention

### Existing, Modified or New Activity \*

Modified



## Activity Priorities and Description

### Program Key Priority Area \*

Mental Health Priority Area 5: Community based suicide prevention activities

### Other Program Key Priority Area Description

### Aim of Activity \*

Adelaide PHN will apply evidence-based systems approaches to suicide prevention targeting communities of high need and populations identified at risk of suicide or suicidal distress. The approach will have a particular focus on implementing strategies that promote protective factors, respond compassionately to early signs of distress, and promote, social, emotional and cultural wellbeing.

The PHNs primary objective will be to engage the community and local health and frontline workforces to improve their capacity and capability to implement evidence-based activities and initiatives to prevent suicide. Secondary to this, the PHN will collaborate with other National, State, and local community stakeholders within the Adelaide region to identify existing suicide prevention plans and activities and look to commission activities that align across systems-based approaches, particularly where gaps are identified.

Adelaide PHN was not part of the National Suicide Prevention Trial and thus stakeholder engagement and community consultation has been and continue to be a primary component of TRISP to support progress towards improving coordination and integration of existing activities and pathways, and development of effective partnerships towards systems reform.

### Description of Activity \*

The Regional Suicide Prevention Lead will coordinate the implementation of the following activities:

- Identification of communities of need and the at-risk populations within the Adelaide region, informed by data consultation with state and national stakeholders, including the AIHW Suicide and Self-Harm Monitoring Portal.

- Map of existing services/programs within communities against evidence-based systems frameworks to identify gaps and options to value add, strengthen and build capacity of existing activities.
- Identification and commissioning of time-limited community capacity building activities to fulfil above objectives, using evidence-based recommendations. Activities selected will align with systems-based frameworks, such as the Lifespan Model.
- Collaborate with Preventive Health SA to identify existing activity and opportunities to value-add within Adelaide where Suicide Prevention Networks are located. This will reduce duplication of activities and enhance the working relationship between the two organisations.
- Collaborate with relevant stakeholders including state and peak bodies to improve general practice capacity to identify, support and respond to people at risk of suicide or experiencing suicidal distress, including their family members.
- Commission peer-led community based nonclinical groups that offer regular opportunities for people to talk about their life experiences in a safe and supported environment, with an aim of improving wellbeing and reducing suicidal distress.
- Commission Backbone organisations to support the establishment of place-based Suicide Prevention Collaboratives across the Adelaide PHN region with a focus on establishment and capacity building. The Suicide Prevention Collaboratives will aim to bring communities together to better collaborative and implement local solutions to suicide and development of local community action plans and postvention response protocols.
- Continued collaboration with Black Dog Institute to support implementation of Suicide Prevention Collaboratives and collective impact models among community.
- Participate in the Black Dog Institute Suicide Prevention Communities of Practice and regular networking with other Regional Coordinators across PHNs to share learnings and ways of working.
- Identify, connect with, and recruit appropriate activities from the National Suicide Prevention Leadership and Support Program to support implementation within selected PHN communities.

Adelaide PHN will develop an appropriate performance and monitoring framework and associated data systems for community-based activity under the TRISP measure. Where appropriate, any existing services/ new services commissioned that provide services able to be captured under the PMHC MDS will be supported and required to do so.

## Needs Assessment Priorities \*

### Needs Assessment

Adelaide PHN Needs Assessment 2022/23 - 2024/25: 2023 Update

#### Priorities

Priority	Page reference
Timely, region specific, cross-sectoral suicide prevention services for people who are at risk of suicide and/ or who have recently attempted suicide	128



## Activity Demographics

### Target Population Cohort

People who have attempted, or are at risk of, suicide and self-harm. This includes people who may have been recently bereaved by suicide.

### In Scope AOD Treatment Type \*

### Indigenous Specific \*

No

## Indigenous Specific Comments

### Coverage

#### Whole Region

Yes



## Activity Consultation and Collaboration

### Consultation

Adelaide PHN utilises a range of different mechanisms to facilitate consultation including Community Advisory and Clinical Councils which hold membership from peak organisations in mental health, Aboriginal health, carers and consumers, and other expert advisory groups. Adelaide PHN will continue to undertake broader consultation, at a local level with the following key stakeholders:

- Office of the Chief Psychiatrist, Preventive SA and Mental Health Commission to identify duplication of activity and opportunities to partner and leverage resources
- Lived Experience Leadership Advocacy Network (LELAN) and Roses in the Ocean as peak lived experience organisations.
- Local Health Networks to identify opportunities to partner Towards Zero approaches with community suicide prevention.
- Peak bodies and organisations for priority populations including LGBTQIA+, multicultural and Aboriginal and Torres Strait Islander community groups.
- Existing service providers and local suicide prevention networks
- National organisations including Black Dog Institute and organisations under the NSPLSP activity.
- consumers, carers, other local and community stakeholders.

### Collaboration

Adelaide PHN is committed to collaborating with experts in suicide prevention, relevant primary care peak bodies, primary care clinicians and those with a lived experience of suicide to develop and implement plans for community-based suicide prevention. This will take advantage of already established alliances, clinical and community councils and may also involve the development of a new suicide prevention collaboratives, alliances, or advisory councils.



## Activity Milestone Details/Duration

### Activity Start Date

31/12/2022

### Activity End Date

29/06/2025

### Service Delivery Start Date

July 2023

### Service Delivery End Date

June 2025

**Other Relevant Milestones**



**Activity Commissioning**

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

**Not Yet Known:** Yes  
**Continuing Service Provider / Contract Extension:** Yes  
**Direct Engagement:** Yes  
**Open Tender:** Yes  
**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?**

Yes

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

No

**Decommissioning**

No

**Decommissioning details?**

**Co-design or co-commissioning comments**

Adelaide PHN currently has some suicide prevention activities that are co-commissioned between funders. A review of these activities/services will occur and adaptations to activity or services may fall under this measure.

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

Yes



## MH - 202309 - A202309 - PA2 - Child and youth mental health services



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH

**Activity Number \***

202309

**Activity Title \***

A202309 - PA2 - Child and youth mental health services

**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

**Other Program Key Priority Area Description****Aim of Activity \***

- To improve mental health and wellbeing outcomes for young people through the delivery of mental health services and supports.
- To enhance the accessibility and coordination of mental health care and services for young people by facilitating seamless transitions across primary, secondary, and tertiary care settings.
- To increase the capacity and confidence of GPs and other key providers of care and support in the community to deliver effective and appropriate mental health services for young people.
- To promote greater understanding of youth mental health and mental illness, reduce stigma, and encourage help-seeking behaviours among young people, their families, and friends.
- To ensure meaningful participation of young people in the design, delivery, and evaluation of mental health services and supports.

**Description of Activity \***

This activity provides access to primary mental health services for young people aged 12-25 years. The activity includes three distinct programs: headspace Centres, Youth Enhanced Service, and headspace Youth Early Psychosis Program. Adelaide PHN is extending its current headspace Centres contracts for 12 months until 30 June 2026 to align with current funding timeframes with the Commonwealth schedule. Adelaide PHN currently has a schedule with the Commonwealth for headspace Youth Psychosis Program until 30 June 2025.



Adelaide PHN is reviewing commissioned service provider’s impact, successes and challenges encountered while working to achieving their intended outcomes. This review will inform future commissioning activities for youth mental health services, particularly headspace Centres.

**headspace Centres**

The headspace Centres will undertake the following activities:

- Provide a primary care platform with services and supports for young people aged 12-25 across four core streams: mental health; physical health; alcohol and other drugs; and work and study.
- Provide mental health and service promotion, mental health education, youth engagement, and community development services.

There are now five headspace Centres currently operating in the Adelaide metropolitan region:

- headspace Centre Adelaide
- headspace Centre Edinburgh North
- headspace Centre Port Adelaide
- headspace Centre Onkaparinga
- headspace Centre Marion

**Youth Enhanced Service**

The Youth Enhanced Service will undertake the following activities:

- Provide mental health services for young people aged 12-25 with severe and/or complex mental health conditions through dedicated multidisciplinary team.

Adelaide PHN has recently re-commissioned the Youth Enhanced Service (YES), based on the comprehensive program evaluation, stakeholder consultation, and model re-design process undertaken in 2022-3. The consultation process involved engagement with a range of stakeholders, including young people and their families, to ensure that the new service model is responsive to their needs.

The major changes to the service delivery model include the establishment of a single YES service operating from a centralised hub, with place-based and digital health services also available. The eligibility criteria has also been widened to include 12–25-year-olds, while symptom severity and functional impairment criteria has been refined and aligned to the IAR tool.

An open market tender was finalised, with the new service provider, Youturn, commencing service delivery in July 2023 and will continue to the end of the current schedule to 30 June 2025.

**headspace Youth Early Psychosis Program**

The headspace Youth Early Psychosis Program will undertake the following activities:

- Provide early intervention and recovery focused specialist treatment for young people aged 12-25 years who are at Ultra High Risk (UHR) of, or experiencing, a first episode of psychosis.
- Increase early detection and reduce the duration of untreated psychosis, leading to improved health and wellbeing outcomes for young people and their families.
- Address significant mental health service engagement issues or access barriers experienced by the young person.
- Complement services provided by the headspace Centre primary platform.

There is currently one headspace Youth Early Psychosis Program that services the Adelaide metropolitan area.

headspace Centres and headspace Youth Early Psychosis Program use hAPI to collect the minimum dataset (MDS).

Youth Enhanced Service use their existing clinical software CRM to collect the PMHC minimum dataset (MDS). Adelaide PHN held a data workshop in early April 2023 for all services to answer questions about the PMHC MDS specification and additional data items requested by Adelaide PHN (“MDS Plus” specification). Other topics included access to the Commonwealth reporting portal, explanation of PMHC performance framework indicators / targets and additional support resources offered by Adelaide PHN.

**Needs Assessment Priorities \***

**Needs Assessment**

Adelaide PHN Needs Assessment 2022/23 - 2024/25: 2023 Update

**Priorities**

Priority	Page reference
People experiencing severe mental health conditions have access to appropriate supports, services and coordinated care	128

Enhance service and clinical integration between mental health care providers, and with State services	128
Children at risk of, or experiencing mild to moderate mental health conditions and their families/carers have access to appropriate primary mental health services	127
People from underserved and hard to reach populations experiencing mental health conditions have access to timely, appropriate and integrated primary mental health services	127



## Activity Demographics

### Target Population Cohort

The target population cohort for all three programs is young people aged between 12-25 years with mental health needs. headspace Centres are designed for young people with mild to moderate mental health concerns; the Youth Enhanced Service is designed for young people with severe and complex mental health needs, while the headspace Youth Early Psychosis Program is designed for young people at UHR of, or experiencing, first episode psychosis.

### In Scope AOD Treatment Type \*

### Indigenous Specific \*

No

### Indigenous Specific Comments

### Coverage

#### Whole Region

Yes



## Activity Consultation and Collaboration

### Consultation

- Adelaide PHN works closely with its commissioned provider to obtain insight into youth-specific needs.
- Adelaide PHN consults regularly with key stakeholders such as Orygen and headspace National for:
  - o Model and branding requirements
  - o Resources and networking opportunities
- All three youth services have youth reference groups or the like to ensure youth voices contribute to and inform provision of youth-friendly services.
- Key stakeholders were consulted around the Youth Enhanced Service redesign.

## Collaboration

Adelaide PHN collaborates with State-funded mental health services, including CAMHS, acute and community health mental services, and youth-specific services, to ensure seamless and appropriate support and continuity of care for young people. A Youth Mental Health Services Community of Practice are held quarterly and are designed to collaboratively address shared services delivery issues for commissioned service providers across all youth mental health services.



## Activity Milestone Details/Duration

### Activity Start Date

30/06/2023

### Activity End Date

29/06/2026

### Service Delivery Start Date

### Service Delivery End Date

### Other Relevant Milestones



## 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?**

**Co-design or co-commissioning comments**

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

Yes



## MH - 202310 - A202310 - PA5 - Community-based suicide prevention activities



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH

**Activity Number \***

202310

**Activity Title \***

A202310 - PA5 - Community-based suicide prevention activities

**Existing, Modified or New Activity \***

Modified



### Activity Priorities and Description

**Program Key Priority Area \***

Mental Health Priority Area 5: Community based suicide prevention activities

**Other Program Key Priority Area Description****Aim of Activity \***

Adelaide PHN will deliver the following initiatives/programs under community-based suicide prevention activities:  
Community-based suicide prevention services - the aim of community-based suicide prevention services is to provide non-clinical psychosocial suicide prevention aftercare services for people at risk of suicide or who have recently attempted suicide.

**Description of Activity \***

Community-based suicide prevention services – Suicide Prevention Services  
The Suicide Prevention Service is a three-month intensive psychosocial aftercare program providing specialised support to individuals experiencing suicidal ideation or following a suicide attempt, who reside in the Northern (LHN Northern Adelaide Local Health Network) and Southern (LHN Southern Adelaide Local Health Network) suburbs of Adelaide. This is for people outside of the limited catchment area of The Way Back Support Service.  
Over a period of three months, a support worker will provide regular face-to-face support sessions. These sessions involve safety planning and assist with strategies to manage stressful times and events. The support worker will also work with individuals to identify and connect with community and social groups that can help assist with the unique needs of each individual and family. Data for the Suicide Prevention Services is captured under the PMHC MDS.

**Needs Assessment Priorities \***

## Needs Assessment

Adelaide PHN Needs Assessment 2022/23 - 2024/25: 2023 Update

### Priorities

Priority	Page reference
Timely, region specific, cross-sectoral suicide prevention services for people who are at risk of suicide and/ or who have recently attempted suicide	128



## Activity Demographics

### Target Population Cohort

People who have attempted, or are at risk of, suicide and self-harm. This includes people who may have been recently bereaved by suicide.

### In Scope AOD Treatment Type \*

### Indigenous Specific \*

No

### Indigenous Specific Comments

### Coverage

#### Whole Region

Yes



## Activity Consultation and Collaboration

### Consultation

Adelaide PHN utilises a range of different mechanisms to facilitate consultation including Community Advisory and Clinical Councils which hold membership from peak organisations in mental health, Aboriginal health, carers and consumers, and other expert advisory groups. Adelaide PHN is undertaking broader consultation, at a local level, with consumers, carers, LHNs and other local and community stakeholders to understand services, gaps and needs, and to co-design and shape suicide prevention activities to meet local needs of the region, within the strategies presented by existing systems-based models. This will include targeted engagement with the following stakeholders:

- Office of the Chief Psychiatrist
- Wellbeing SA
- Lived Experience Leadership Advocacy Network (LELAN)
- Local Health Networks
- Existing Service Providers

- Black Dog Institute
- Beyond Blue
- CALD Community Organisations and Migrant Advisory Groups
- Aboriginal Community Controlled Health Organizations
- Northern Adelaide Mental Health Alliance

**Collaboration**

Adelaide PHN will collaborate with experts in suicide prevention, relevant primary care peak bodies, primary care clinicians and those with a lived experience of suicide to develop and implement plans for community-based suicide prevention. This will take advantage of already established alliances, clinical and community councils and may also involve the development of a new suicide prevention collaboratives, alliances, or advisory councils.



**Activity Milestone Details/Duration**

**Activity Start Date**

30/06/2023

**Activity End Date**

29/06/2026

**Service Delivery Start Date**

01/07/2023

**Service Delivery End Date**

30/06/2025

**Other Relevant Milestones**



**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?**

**Co-design or co-commissioning comments**

Adelaide PHN will also be further exploring co-commissioning arrangements for any community-based suicide prevention activity to support sustainability of services and activities into the future.

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

Yes

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## MH - 202311 - A202311 - PA1 - Low intensity mental health services



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH

**Activity Number \***

202311

**Activity Title \***

A202311 - PA1 - Low intensity mental health services

**Existing, Modified or New Activity \***

Modified



### Activity Priorities and Description

**Program Key Priority Area \***

Mental Health Priority Area 1: Low intensity mental health services

**Other Program Key Priority Area Description****Aim of Activity \***

This activity aims to

- Improve access to and targeting of psychological interventions to most appropriately support people with mild mental illness through direct commissioning of range of evidence based low intensity interventions
- Improve mental health outcomes, social and emotional wellbeing and experiences of care by people accessing services
- Reduce health inequity by ensuring the most hard to reach, vulnerable and disadvantaged populations receive priority access to low intensity services

**Description of Activity \***

Services contracts currently due to end 2024/25 are likely to be extended to 2025/26, however this decision will be influenced by summative reviews that are underway and due for completion in June 2024.

For 2023-24 to 2024-25 Adelaide PHN will commission five\*\* services, all of which will be delivering services across the stepped care continuum including low intensity services.

The five\*\* PMHC services are:

- Mental health service hub in the south - Neami
- Mental health service hub in the west - Sonder
- Specialist family and child focused mental health services in the north – Lives Lived Well
- Specialist mental health services for LGBTIQ+ populations for the whole Adelaide PHN region – Thorne Harbour Health

- Specialist mental health services for Culturally and Linguistically Diverse (CALD) populations for the whole Adelaide PHN region – Survivors of Torture and Trauma Assistance and Rehabilitation Services (STTARS)

\*\* The Head to Health Centre in the North will also deliver low intensity services which is contained in a separate activity (due to Cwlth requirements)

The services are new and commenced on 1 July 2023, and were a direct result of consultation and recommissioning work described in the 2022-23 activities. Two out of the five new providers above were existing providers under the previous commissioning activities.

The five services reflect the needs and priorities of the population by positioning the two hub services in geographic locations of highest disadvantage, and by the specialist services catering to the LGBTIQ+ and CALD communities as well as children 0-11 and their families in the outer north of Adelaide.

Characteristics and types of low intensity services being offered include:

- Individual and group therapy using evidence based and highly structured interventions
- Solution focused brief interventions including single session therapy
- Supported access to online services e.g. in the Head to Health portal
- Information, service navigation and warm referrals by peer workers - a no wrong door approach
- Use of bilingual support workers at STTARS

For collecting the PMHC minimum dataset (MDS) all services will use their existing clinical software CRM. Adelaide PHN held a data workshop in early April 2023 for all services to answer questions about the PMHC MDS specification and additional data items requested by Adelaide PHN (“MDS Plus” specification). Other topics included access to the Cwlth reporting portal, explanation of PMHC performance framework indicators / targets and additional support resources offered by Adelaide PHN.

Information about services in residential aged care facilities is contained in the Activity 3 Adelaide PHN Psychological Therapies.

## Needs Assessment Priorities \*

### Needs Assessment

Adelaide PHN Needs Assessment 2022/23 - 2024/25: 2023 Update

#### Priorities

Priority	Page reference
People experiencing mental health conditions are supported by a workforce with the skill mix that meets a diverse range of needs	128
Children at risk of, or experiencing mild to moderate mental health conditions and their families/carers have access to appropriate primary mental health services	127
LGBTIQ+ communities can access safe, inclusive and appropriate primary mental health care services	127
People from underserved and hard to reach populations experiencing mental health conditions have access to timely, appropriate and integrated primary mental health services	127



## Activity Demographics

### Target Population Cohort

People from underserved and hard to reach populations experiencing mental health conditions have access to timely, appropriate, and integrated primary mental health services

LGBTIQ+ communities can access safe, inclusive and appropriate primary mental health care services

People at risk of, or experiencing mild to moderate mental health conditions can access primary mental health services through a range of modalities

People experiencing mental health conditions are supported by a workforce with the skill mix that meets a diverse range of needs

Children at risk of, or experiencing mild to moderate mental health conditions and their families/carers have access to appropriate primary mental health services

Aboriginal and Torres Strait Islander people can access timely, culturally safe and appropriate primary mental health care services

**In Scope AOD Treatment Type \***

**Indigenous Specific \***

No

**Indigenous Specific Comments**

**Coverage**

**Whole Region**

Yes



## Activity Consultation and Collaboration

### Consultation

See low intensity activity in 2022-23 for details of consultation undertaken.

### Collaboration

- Adelaide PHN plans to support & collaborate with commissioned PMHC services to develop a consistent approach to the management of waiting lists and waiting times
- A program of Collaborative Practice Workshops designed to address common service delivery issues for commissioned service providers will be developed based on needs identified through working closely with commissioned services providers. Past examples of topics appear below:
  - o Shared Working Principles
  - o Suicide Prevention Services - Case Studies and Integrated Practice
  - o Wait List Management (including wait list tool development)
  - o Critical Incidents
  - o LGBTIQ Inclusive Practice
  - o Emerging Minds Tools and Resources
  - o Vulnerable Groups
  - o NDIS and your clients



## Activity Milestone Details/Duration

### Activity Start Date

30/06/2023

### Activity End Date

29/06/2026

### Service Delivery Start Date

01/07/2023

### Service Delivery End Date

30/06/2025

### Other Relevant Milestones



## 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: Yes

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

Yes

### Decommissioning details?

As a result of these new services the following services were decommissioned from 30/6/23

Brian Burdekin Centre

Panda

CASSA

Shine SA  
PsychMed  
Developing Minds

**Co-design or co-commissioning comments**

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

Yes

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## MH - 202312 - A202312 - PA3 - Psychological therapies



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

MH

**Activity Number \***

202312

**Activity Title \***

A202312 - PA3 - Psychological therapies

**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-serviced and / or hard to reach groups

**Other Program Key Priority Area Description****Aim of Activity \***

This activity aims to

- Address service gaps in the provision of psychological therapies for people in under-serviced and/or hard to reach populations, making optimal use of the available service infrastructure and workforce;
- Improve mental health outcomes, social and emotional wellbeing and experiences of care by people accessing services
- Reduce health inequity by ensuring the underserved and / or hard to reach populations receive priority access to psychological therapies, including those in residential aged care facilities

**Description of Activity \***

Service delivery contracts due to end at 2024/25 are likely to be extended to 2025/26, however this decision will be influenced by summative reviews that are underway and due for completion in June 2024.

Since the previous AWP the only change is that the outcome of the open tender for the Head to Health Centre is known. Sonder were the successful applicants and are due to commence service delivery on 15 April 2024.

For 2023-24 to 2024-25 Adelaide PHN will commission:

- Five primary mental health care (PMHC) services, all of which will be delivering services across the stepped care continuum including psychological therapies.
- One service for multiple residential aged care facilities
- Supplementary psychological therapies for the Northern Head to Health Centre to ensure additional or ongoing support is

available to those in need

The five PMHC services are:

- Mental health service hub in the south - Neami
- Mental health service hub in the west - Sonder
- Specialist family and child focused mental health services in the north – Lives Lived Well
- Specialist mental health services for LGBTIQ+ populations for the whole Adelaide PHN region – Thorne Harbour Health
- Specialist mental health services for Culturally and Linguistically Diverse (CALD) populations for the whole Adelaide PHN region – Survivors of Torture and Trauma Assistance and Rehabilitation Services (STTARS)

(\*\* The Head to Health Centre in the North activity is contained in a separate activity due to Cwlth requirements) Services provided as part of the Head to health enhanced contract started April 24 but the services was continued to be provided under the previous commissioning arrangements to ensure minimal disruption to services during transition. This enhancement to the H2H service ensures the option of providing longer term treatment options to enhance the H2H service Model.

The service for RACFs will be delivered by Relationships Australia (SA) and at the time of writing this activity 150 RACFs out of 152 in the Adelaide PHN region had registered to receive services.

The five PMHC services are new and commenced on 1 July 2023 and were a direct result of consultation and recommissioning work described in the 2022-23 activities. Two out of the five new providers above were existing providers under the previous commissioning activities.

The RACF service is an existing activity that has been included here from 23-24 and is currently contracted to 25-26. The RACF provides a range of services to people residing in residential aged care facilities including psychological therapies.

The five PMHC services reflect the needs and priorities of the population by positioning the two hub services in geographic locations of highest socioeconomic disadvantage, and by the specialist services catering to the underserved LGBTIQ+ and CALD communities as well as children 0-11 and their families in the outer northern suburbs of Adelaide.

Characteristics and types of services and psychological therapies being offered include:

- Intake, assessment and triage
- Individual and group evidence based structured psychological therapies;
- Clinical suicide prevention services;
- Step up / step down functionality based on need;
- Multi-disciplinary teams
- Ongoing review / waitlist management
- Clinical oversight and supervision
- Transition, exit and follow up;

For collecting the PMHC minimum dataset (MDS) all services will use their existing clinical software / CRM. Adelaide PHN held a data workshop in early April 2023 for all services to answer questions about the PMHC MDS specification and additional data items requested by Adelaide PHN (“MDS Plus” specification). Other topics included access to the Cwlth reporting portal, explanation of PMHC performance framework indicators / targets and additional support resources offered by Adelaide PHN.

## Needs Assessment Priorities \*

### Needs Assessment

Adelaide PHN Needs Assessment 2022/23 - 2024/25: 2023 Update

#### Priorities

Priority	Page reference
People experiencing mental health conditions are supported by a workforce with the skill mix that meets a diverse range of needs	128
Children at risk of, or experiencing mild to moderate mental health conditions and their families/carers have access to appropriate primary mental health services	127

LGBTIQ+ communities can access safe, inclusive and appropriate primary mental health care services	127
People from underserved and hard to reach populations experiencing mental health conditions have access to timely, appropriate and integrated primary mental health services	127
People at risk of, or experiencing mild to moderate mental health conditions can access primary mental health services through a range of modalities	127
Aboriginal and Torres Strait Islander people can access timely, culturally safe and appropriate primary mental health care services	84



## Activity Demographics

### Target Population Cohort

Adelaide PHN funding is intended for under-served, hard to reach and at risk / vulnerable populations in the areas of highest need. The following at risk / vulnerable groups have been identified as priorities and services must target and be appropriate for these:

- i. People experiencing chronic and complex mental health conditions, including physical health conditions, comorbidities, and homelessness (or at risk of homelessness);
- ii. People identifying as LGBTIQ+;
- iii. People from culturally and linguistically diverse backgrounds;
- iv. People from Aboriginal and Torres Strait Islander backgrounds;
- v. Children 0-11 years and their families who need low to moderate intensity structured psychological therapies;
- vi. Perinatal mothers (and partners where appropriate) with anxiety and / or depression and / or borderline personality disorder;
- vii. People who are at risk of or who have experienced a suicide attempt or self harm;
- viii. People living in areas of significant socioeconomic disadvantage and are not eligible or able to access services through an alternative referral pathway.

People residing in RACFs who are not appropriate for state based older persons MH services or able to access MBS Better Access

### In Scope AOD Treatment Type \*

#### Indigenous Specific \*

No

#### Indigenous Specific Comments

### Coverage

#### Whole Region

Yes





## Activity Consultation and Collaboration

### Consultation

Please refer to 2022-23 Activity MH6 – 6000 Psychological Therapies for consultation undertaken leading to recommissioned services.

### Collaboration

- Adelaide PHN plans to support & collaborate with commissioned PMHC services to develop a consistent approach to the management of waiting lists and waiting times
- A program of Collaborative Practice Workshops designed to address common service delivery issues for commissioned service providers will be developed based on needs identified through working closely with commissioned services providers. Past examples of topics appear below:
  - o Shared Working Principles
  - o Suicide Prevention Services - Case Studies and Integrated Practice
  - o Wait List Management (including wait list tool development)
  - o Critical Incidents
  - o LGBTIQ Inclusive Practice
  - o Emerging Minds Tools and Resources
  - o Vulnerable Groups
  - o NDIS and your clients



## Activity Milestone Details/Duration

### Activity Start Date

30/06/2023

### Activity End Date

29/06/2026

### Service Delivery Start Date

01/07/2023

### Service Delivery End Date

30/06/2026

### Other Relevant Milestones



## 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:** Yes

**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**

Yes

**Decommissioning details?**

As a result of these new services the following services will be decommissioned from 30/6/23

Brian Burdekin Centre

Panda

CASSA

Shine SA

PsychMed

Developing Minds

With the selection of Sonder to deliver the Head to Health Centre in the North, the existing PMHC services delivered by Sonder in that region will be decommissioned and replaced by the Head to Health Centre

**Co-design or co-commissioning comments**

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

Yes



# MH - 202314 - A202314 - PA4 - Mental health services for severe and complex mental illness



## Activity Metadata

### Applicable Schedule \*

Primary Mental Health Care

### Activity Prefix \*

MH

### Activity Number \*

202314

### Activity Title \*

A202314 - PA4 - Mental health services for severe and complex mental illness

### Existing, Modified or New Activity \*

Modified



## 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

### Other Program Key Priority Area Description

### Aim of Activity \*

The aim of this activity is to

- Deliver primary mental health care services for people with severe mental illness being managed in primary care, including clinical care coordination
- Improve mental health outcomes, social and emotional wellbeing and experiences of care by people accessing services
- Reduce health inequity by ensuring the underserved and / or hard to reach populations receive priority access to primary mental health care services

### Description of Activity \*

Services delivery contracts scheduled to end 2024/25 are likely to be extended to 2025/26, however this decision will be influenced by summative reviews that are underway and due for completion in June 2024.

For 2023-24 to 2024-25 Adelaide PHN will commission:

- Five primary mental health care (PMHC) services, all of which will be delivering services across the stepped care continuum including clinical care coordination and psychological therapies for people experience chronic and complex mental health conditions
- Supplementary clinical care coordination and psychological therapies for the Northern Head to Health Centre to ensure additional or ongoing support is available to those in need

The five PMHC services are:

- Mental health service hub in the south - Neami
  - Mental health service hub in the west - Sonder
  - Specialist family and child focused mental health services in the north – Lives Lived Well
  - Specialist mental health services for LGBTIQ+ populations for the whole Adelaide PHN region – Thorne Harbour Health
  - Specialist mental health services for Culturally and Linguistically Diverse (CALD) populations for the whole Adelaide PHN region – Survivors of Torture and Trauma Assistance and Rehabilitation Services (STTARS)
- (\*\* The Head to Health Centre in the North activity is contained in a separate activity due to Cwllth requirements) Services provided as part of the Head to health enhanced contract started April 24 but the services was continued to be provided under the previous commissioning arrangements to ensure minimal disruption to services during transition. This enhancement to the H2H service ensures the option of providing longer term treatment options to enhance the H2H service Model.

The five PMHC services are new and commence on 1 July 2023 and were a direct result of consultation and recommissioning work described in the 2022-23 activities. Two out of the five new providers above were existing providers under the previous commissioning activities.

The five PMHC services reflect the needs and priorities of the population by positioning the two hub services in geographic locations of highest socioeconomic disadvantage, and by the specialist services catering to the underserved LGBTIQ+ and CALD communities as well as children 0-11 and their families in the outer northern suburbs of Adelaide.

Characteristics and types of services offered include:

- Comprehensive mental health assessment (including risk and physical health)
- Working general practitioners and/or community based psychiatrists to provide coordinated clinical care in line with a treatment plan
- Developing and monitoring comprehensive, recovery based care plans
- Some clinical care / treatment - within the scope of practice (e.g. if a Mental Health Nurse - mental state monitoring, administering and monitoring medication, and metabolic monitoring)
- Liaising closely with family and carers as appropriate
- Ongoing reviews including coordinating multidisciplinary team meetings
- Psychoeducation (including physical health)
- Assess suitability for digital support and treatment options (e.g., Head to Health website)
- Coordinating and supporting warm referrals to other services as required
- Supports step up / step down functionality based on need
- Transition, exit and follow up

For collecting the PMHC minimum dataset (MDS) all services will use their existing clinical software / CRM. Adelaide PHN held a data workshop in early April 2023 for all services to answer questions about the PMHC MDS specification and additional data items requested by Adelaide PHN (“MDS Plus” specification). Other topics included access to the Cwllth reporting portal, explanation of PMHC performance framework indicators / targets and additional support resources offered by Adelaide PHN.

## Needs Assessment Priorities \*

### Needs Assessment

Adelaide PHN Needs Assessment 2022/23 - 2024/25: 2023 Update

#### Priorities

Priority	Page reference
People experiencing severe mental health conditions have access to appropriate supports, services and coordinated care	128
People experiencing mental health conditions are supported by a workforce with the skill mix that meets a diverse range of needs	128
Enhance service and clinical integration between mental health care providers, and with State services	128

Children at risk of, or experiencing mild to moderate mental health conditions and their families/carers have access to appropriate primary mental health services	127
LGBTIQA+ communities can access safe, inclusive and appropriate primary mental health care services	127
People from underserved and hard to reach populations experiencing mental health conditions have access to timely, appropriate and integrated primary mental health services	127
Aboriginal and Torres Strait Islander people can access timely, culturally safe and appropriate primary mental health care services	84



## Activity Demographics

### Target Population Cohort

Adelaide PHN funding is intended for under-served, hard to reach and at risk / vulnerable populations in the areas of highest need. The following at risk / vulnerable groups have been identified as priorities and services must target and be appropriate for these:

- i. People experiencing chronic and complex mental health conditions, including physical health conditions, comorbidities, and homelessness (or at risk of homelessness);
- ii. People identifying as LGBTIQA+;
- iii. People from culturally and linguistically diverse backgrounds;
- iv. People from Aboriginal and Torres Strait Islander backgrounds;
- v. Children 0-11 years and their families who need low to moderate intensity structured psychological therapies;
- vi. Perinatal mothers (and partners where appropriate) with anxiety and / or depression and / or borderline personality disorder;
- vii. People who are at risk of or who have experienced a suicide attempt or self harm;
- viii. People living in areas of significant socioeconomic disadvantage and are not eligible or able to access services through an alternative referral pathway.

### In Scope AOD Treatment Type \*

### Indigenous Specific \*

No

### Indigenous Specific Comments

### Coverage

#### Whole Region

Yes



## Activity Consultation and Collaboration

### Consultation

Please refer to 2022-23 Activity MH7 – 7000 Psychological Therapies for consultation undertaken leading to recommissioned services.

### Collaboration

- Adelaide PHN plans to support & collaborate with commissioned PMHC services to develop a consistent approach to the management of waiting lists and waiting times
- A program of Collaborative Practice Workshops designed to address common service delivery issues for commissioned service providers will be developed based on needs identified through working closely with commissioned services providers. Past examples of topics appear below:
  - o Shared Working Principles
  - o Suicide Prevention Services - Case Studies and Integrated Practice
  - o Wait List Management (including wait list tool development)
  - o Critical Incidents
  - o LGBTIQ Inclusive Practice
  - o Emerging Minds Tools and Resources
  - o Vulnerable Groups
  - o NDIS and your clients



## Activity Milestone Details/Duration

### Activity Start Date

30/06/2023

### Activity End Date

29/06/2026

### Service Delivery Start Date

01/07/2023

### Service Delivery End Date

30/06/2026

### Other Relevant Milestones



## 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:** Yes

**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**

Yes

**Decommissioning details?**

As a result of these new services the following services will be decommissioned from 30/6/23

Brian Burdekin Centre

Panda

CASSA

Shine SA

PsychMed

Developing Minds

**Co-design or co-commissioning comments**

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

Yes



# MH-Op - 1000 - MH-Op1. Mental Health Operational



## Activity Metadata

### Applicable Schedule \*

Primary Mental Health Care

### Activity Prefix \*

MH-Op

### Activity Number \*

1000

### Activity Title \*

MH-Op1. Mental Health Operational

### Existing, Modified or New Activity \*

Modified



## Activity Priorities and Description

### Program Key Priority Area \*

### Other Program Key Priority Area Description

### Aim of Activity \*

### Description of Activity \*

### Needs Assessment Priorities \*

### Needs Assessment

### Priorities





## Activity Demographics

Target Population Cohort

In Scope AOD Treatment Type \*

Indigenous Specific \*

Indigenous Specific Comments

Coverage

Whole Region



## Activity Consultation and Collaboration

Consultation

Collaboration



## Activity Milestone Details/Duration

Activity Start Date

Activity End Date

Service Delivery Start Date

Service Delivery End Date

Other Relevant Milestones



## 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?

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

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

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

Decommissioning

Decommissioning details?

Co-design or co-commissioning comments



# MH-Op - 202325 - O202325 - Right Care Right Place Program - Eating Disorder Coordinators



## Activity Metadata

### Applicable Schedule \*

Primary Mental Health Care

### Activity Prefix \*

MH-Op

### Activity Number \*

202325

### Activity Title \*

O202325 - Right Care Right Place Program - Eating Disorder Coordinators

### Existing, Modified or New Activity \*

Modified



## Activity Priorities and Description

### Program Key Priority Area \*

### Other Program Key Priority Area Description

### Aim of Activity \*

### Description of Activity \*

### Needs Assessment Priorities \*

### Needs Assessment

### Priorities



## Activity Demographics

Target Population Cohort

In Scope AOD Treatment Type \*

Indigenous Specific \*

Indigenous Specific Comments

Coverage

Whole Region



## Activity Consultation and Collaboration

Consultation

Collaboration



## Activity Milestone Details/Duration

Activity Start Date

Activity End Date

Service Delivery Start Date

Service Delivery End Date

Other Relevant Milestones



## 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?

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

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

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

Decommissioning

Decommissioning details?

Co-design or co-commissioning comments



## CHHP - 202215 - A202215 - Headspace Wait Time Reduction Program



### Activity Metadata

**Applicable Schedule \***

Primary Mental Health Care

**Activity Prefix \***

CHHP

**Activity Number \***

202215

**Activity Title \***

A202215 - Headspace Wait Time Reduction Program

**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

**Other Program Key Priority Area Description****Aim of Activity \***

- To address demand and wait list management at headspace services identified as highest need; and
- To enhance the quality of service and to improve access to services at headspace sites identified as highest need.

**Description of Activity \***

The headspace Emerging Workforce Project aims to increase timely access to youth mental health services for young people across the broader metropolitan Adelaide region. The Project involves the development and coordination of a structured student placement and graduate program. The student stream will support 12 Social Work students to undertake a placement per semester, totalling 24 students supported through the program annually. The graduate stream will employ five (5) graduates for a two-year period.

Social Work Students and Social Work Graduates will support the implementation of triage and intake functions and the delivery of single session, brief intervention, mild-moderate therapies, group work and walk-in services. This model will also work to address region-wide workforce shortages in youth mental health and provide a direct pathway towards employment in clinical roles within headspace Centres. This will lead to an increased quality primary mental health workforce and better outcomes for young people accessing headspace services.

The headspace Capital Works Project provides funding to headspace Marion to undertake minor works including soundproofing

and disability ramp and door, and to headspace Onkaparinga to undertake the fit-out of adjacent tenancies to increase capacity including 8 workstations, 4 telehealth/intake rooms, 5 counselling rooms, 2 meeting rooms and a media workstation, IT and AV equipment, after-hours lighting, upgrade/new furniture, automatic door for disability access and a new air conditioning system.

## Needs Assessment Priorities \*

### Needs Assessment

Adelaide PHN Needs Assessment 2022/23 - 2024/25: 2023 Update

#### Priorities

Priority	Page reference
People experiencing mental health conditions are supported by a workforce with the skill mix that meets a diverse range of needs	128
Children at risk of, or experiencing mild to moderate mental health conditions and their families/carers have access to appropriate primary mental health services	127



## Activity Demographics

### Target Population Cohort

These activities will target children, young people and families throughout the Adelaide PHN region, with a focus on area of greatest need, with a focus on:

- young people aged 12 - 25 years with or at risk of experiencing mild to moderate mental health conditions
- young people aged 12 - 25 years with common occurring difficulties such as physical health, sexual health or AOD conditions
- young people aged 12-25 years with educational and vocational needs

### In Scope AOD Treatment Type \*

#### Indigenous Specific \*

No

#### Indigenous Specific Comments

### Coverage

#### Whole Region

Yes



## Activity Consultation and Collaboration

## Consultation

This project has been co-designed between Sonder and Centacare, headspace Centre Managers, Flinders University and Adelaide PHN. Further consultation will be undertaken with Youth Reference Groups, Consortium partners and Adelaide University to meaningfully engage young people and other stakeholders to ensure the program is locally adapted and flexible to meet the needs of each individual Centre.

## Collaboration

- The Regional Mental Health and Suicide Prevention Plan Steering Committee with representation from all Local Health Networks (LHNs), SA Health (Office for the Chief Psychiatrist) and the SA Mental Health Commission provide strategic direction, priorities and actions.
- Metropolitan LHNs and the Women's and Children's (CAMHS) continue to work closely with Adelaide PHN to improve child and youth pathways and service models in metropolitan Adelaide
- Adelaide PHN hosts quarterly Community of Practice meetings with all commissioned youth mental health service providers on relevant topics.
- headspace National Office provide complementary services to services offered by the headspace centres at times having shared clients, additionally providing supports to commissioned Centres regarding best practice, model fidelity and branding requirements.



## Activity Milestone Details/Duration

### Activity Start Date

30/07/2020

### Activity End Date

30/12/2025

### Service Delivery Start Date

1/1/2022

### Service Delivery End Date

31/12/2025

### Other Relevant Milestones



## 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?**

**Co-design or co-commissioning comments**

The program is both complementary to, and intrinsically connected with, the headspace Centres delivered by Centacare Catholic Family Services in Port Adelaide and Sonder in Adelaide, Edinburgh North, Marion and Onkaparinga.



# CHHP-Op - 202215 - O202215 - Headspace Wait Time Reduction Operational



## Activity Metadata

### Applicable Schedule \*

Primary Mental Health Care

### Activity Prefix \*

CHHP-Op

### Activity Number \*

202215

### Activity Title \*

O202215 - Headspace Wait Time Reduction Operational

### Existing, Modified or New Activity \*

Modified



## Activity Priorities and Description

### Program Key Priority Area \*

### Other Program Key Priority Area Description

### Aim of Activity \*

### Description of Activity \*

### Needs Assessment Priorities \*

### Needs Assessment

### Priorities



## Activity Demographics

Target Population Cohort

In Scope AOD Treatment Type \*

Indigenous Specific \*

Indigenous Specific Comments

Coverage

Whole Region



## Activity Consultation and Collaboration

Consultation

Collaboration



## Activity Milestone Details/Duration

Activity Start Date

Activity End Date

Service Delivery Start Date

Service Delivery End Date

Other Relevant Milestones



## 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?

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

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

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

Decommissioning

Decommissioning details?

Co-design or co-commissioning comments