

# Rethink 2020

*A state plan for mental health in Tasmania 2020–2025*

## A summary of *Rethink 2020*

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### What is *Rethink 2020*?

*Rethink 2020* is Tasmania's mental health plan, representing a shared approach to improving mental health outcomes for all Tasmanians.

It evolves and strengthens the State Government's initial *Rethink* plan, released in 2015, to keep pace with mental health reforms happening on a national and state level.

### What's the difference between *Rethink 2020* and the original *Rethink*?

*Rethink 2020* takes stock of key achievements over the past five years and highlights new areas of focus for the years ahead.

These new areas include:

- suicide prevention
- improving coordination of services for people with severe and complex mental illness
- improving the physical health of people with mental illness
- providing mental health services across a 'continuum of care'.

### Who developed *Rethink 2020*?

Compared with the initial plan, *Rethink 2020* goes beyond being a State Government initiative.

*Rethink 2020* is a collaboration between the Tasmanian Department of Health, the Tasmanian Health Service, and the Australian Government-funded Primary Health Tasmania (Tasmania PHN).

This partnership is critical in ensuring a consistent and integrated approach to best-practice mental health service planning and delivery, no matter where the funding comes from.

Flourish Tasmania, Mental Health Families and Friends Tasmania, the Mental Health Council of Tasmania, and the National Disability Insurance Agency also played key roles in developing *Rethink 2020* and will remain essential partners in implementation of the plan.

### What is a 'continuum of care'?

A continuum of care (also referred to as stepped care) approach is an evidence-based and staged system that encompasses different levels of support, from the least to the most intensive, that is best suited to each person's needs.

It's an important standard to work towards so that people are supported to transition up to higher intensity services or transition down to lower intensity services as their needs change.

## What are the next steps?

Now that *Rethink 2020* has been developed, the next step will be to undertake consultation to inform implementation of the plan.

Consultation will start in early 2021 and involve:

- people with lived experience of mental illness
- people who have experienced suicidal distress
- carers, families and friends
- priority population groups
- peak bodies
- service providers.

## Where can I find out more?

If you'd like to read the full *Rethink 2020* plan, you can access an online copy [here](http://www.health.tas.gov.au/mentalhealth/rethink_mental_health_project) ([www.health.tas.gov.au/mentalhealth/rethink\\_mental\\_health\\_project](http://www.health.tas.gov.au/mentalhealth/rethink_mental_health_project)).

If you'd like to find out more about the consultation process, please get in touch with Primary Health Tasmania via [info@primaryhealthtas.com.au](mailto:info@primaryhealthtas.com.au) or call 1300 653 169.

