



# Rethink 2020

A state plan for mental health in Tasmania 2020–2025

2021-22 Progress Review and Update

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To be read in conjunction with *Rethink 2020 and the Rethink 2020 Implementation Plan (version 1)*

October 2022



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This document provides a progress update on the implementation of activity outlined in *the Rethink 2020 Implementation Plan* and should be read in conjunction with *Rethink 2020*.

*Rethink 2020* was released in December 2020 and can be found online at:  
[www.health.tas.gov.au/mentalhealth/rethink\\_mental\\_health\\_project](http://www.health.tas.gov.au/mentalhealth/rethink_mental_health_project)

The August 2021 version of the *Rethink 2020 Implementation Plan* can be found online at:  
[https://www.health.tas.gov.au/sites/default/files/2021-12/Rethink\\_2020\\_Implementation\\_Plan\\_DoHTasmania2021.pdf](https://www.health.tas.gov.au/sites/default/files/2021-12/Rethink_2020_Implementation_Plan_DoHTasmania2021.pdf)

**To keep updates concise, key agency names that are repeated regularly have been abbreviated throughout this document. The main abbreviations used include:**

Department of Health Tasmania (DoHT)  
Mental Health Council of Tasmania (MHCT)  
Primary Health Tasmania (PHT)

## Rethink 2020: 2021-22 Highlights

**2,300**

*check-in on your mental health* small business toolkits delivered across the state

**\$250,000**

worth of mental health and wellbeing specific Community Wellbeing Grants distributed to 35 organisations

**\$47,000**

worth of Mental Health Week grants distributed to 47 organisations across Tasmania



**6,103**

calls answered by A Tasmanian Lifeline



**253**

participants at

**10**

workshops/consultation forums



**227,203**

views/downloads of mental health pages/resources



**19**

peer workforce introduction workshop participants



**160**

attendees at IAR tool training sessions



**375**

attendees at mental health education and information webinars



established the Launceston Head to Health centre which commenced service in January 2022.



194 people received a service through the Launceston Head to Health centre in its first six months

## National Mental Health and Suicide Prevention Agreement

In early 2022 the Australian Government and all state and territory governments signed the National Mental Health and Suicide Prevention Agreement. The agreement sets out the shared intention of the Commonwealth and the states to work in partnership to improve the mental health of all Australians and ensure the sustainability and enhance the services of the Australian mental health and suicide prevention system.

The Tasmanian Bilateral Agreement for Mental Health and Suicide Prevention was jointly released by the Tasmanian and Australian governments on 5 May 2022. Under the agreement, more than \$46 million will be invested by the Australian Government into mental health and suicide prevention support and services across Tasmania over the next five years. This is in addition to the \$108 million announced by the Tasmanian Government in last year's budget.

The activity included in the bilateral agreement will be written into the next Rethink 2020 Implementation Plan in relevant reform areas and includes:

- Establishment of three new Head to Health adult satellite services
- Establishment of three new Head to Health Kids Hubs integrated within Child and Family Learning Centres
- Expansion of the headspace network to include an additional headspace centre in greater Hobart
- Increasing access to youth mental health services in alignment with Tasmania's youth mental health reform
- Expansion of perinatal mental health screening
- Enhancing the implementation of the Initial Assessment and Referral (IAR) tool across the mental health sector
- Establishment of three eating disorder day programs
- Implementation of a Central Intake and Referral Service.

# Reform Direction I - Empowering Tasmanians to maximise their mental health and wellbeing

## Goals

Build the capacity of Tasmanians to find, understand and use health information to maximise their mental health and wellbeing

Develop a mental health system that enables Tasmanians to maximise their mental health and wellbeing

## What have we achieved so far?

- Supported Mental Health Families and Friends to expand participant recruitment and training through the Mental Health Families and Friends Representative Program
- Supported Flourish to continue delivering the consumer engagement short course - with a focus on rural and remote communities
- Committed to the Equally Well Consensus Statement, and established a working group consisting of key stakeholders, which is looking into innovative ways to better prioritise the physical health of people living with a mental illness
- Continued the trial of the Your Experience of Service (YES) and Carer Experience Survey (CES) across public mental health services. This included exploring accessible versions of the YES and CES

## What additional pieces of work did we undertake?

- Commenced sponsorship of Find Help Tas, which provides a central online directory of services that support the health and wellbeing of Tasmanians and our communities
- Developed a digital mental health and wellbeing information and navigation platform to assist Tasmanians in finding mental health supports
- Facilitated lived experience representation on national mental health lived experience networks to inform review of existing and implementation of an updated lived experience participation framework in Tasmania
- Conducted research and data collection to better understand the impacts of COVID-19 on the mental health and wellbeing of Tasmanians, including situational distress
- Provided independent submissions containing a range of mental health specific recommendations to the Premier's Economic and Social Recovery Advisory Council
- Provided input and feedback into the 'Child and Youth Wellbeing Strategy' and the 'Healthy Tasmania Strategy' regarding mental health and wellbeing

## Reform Direction 2 - A greater emphasis on promotion of positive mental health, prevention of mental health problems, and early intervention

Goal
Promote mental health and wellbeing and prevent mental illness in the community
What have we achieved so far?
<ul style="list-style-type: none"><li>• Implemented Mental Health Week activities across the State to build mental health literacy, support help-seeking and reduce stigma and discrimination</li><li>• Supported community-led wellbeing programs through updates to the <i>Tasmanian Check-in on your mental health</i> campaign, and distributed 2,300 <i>Check-in on your mental health</i> small business toolkits across the State</li><li>• Implemented the Way Back Support Service for aftercare in all three regions of the State</li><li>• Delivered the second Tasmanian Suicide Register report, taking data from 2012-2018</li><li>• Delivered Connecting with People training</li><li>• Supported the ongoing delivery of community-based suicide prevention activities and services, e.g.: Tasmanian Suicide Prevention LiFE Awards, annual suicide prevention forum, the Tasmanian Suicide Prevention Community Network, and development of tailored Suicide Prevention Community Action Plans</li><li>• Commenced planning to develop the next Tasmanian Suicide Prevention Strategy, which is due for release in December 2022</li><li>• Completed key stakeholder consultation, and finalised Safe Haven and Integration Hub operational service models</li><li>• Completed a review of the current community-based suicide prevention activity against the best practice literature review findings, with the outcome of the review identifying a number of recommendations to improve service activity alignment with best practice</li></ul>
What additional pieces of work did we undertake?
<ul style="list-style-type: none"><li>• To address the rising mental health impacts associated with the pandemic, in 2020 A Tasmanian Lifeline (ATL) was launched, providing information, advice and referral to appropriate supports and services for Tasmanians</li><li>• Established a subscriber list to promote mental health and wellbeing, including raising awareness of local events and activities</li><li>• Distributed \$250,000 worth of mental health and wellbeing Community Wellbeing Grants to 35 organisations</li></ul>

## Reform Direction 3 - Reducing stigma

Goal
Reduce stigma and discrimination in the community and health workforce in relation to mental illness
What have we achieved so far?
<ul style="list-style-type: none"><li>• Produced a scoping paper to understand the impact of media on mental health stigma in Tasmania. The scoping paper identifies localised media channels, the challenges facing journalists, and survey findings to inform the development of a media engagement strategy. Furthermore, the state-based media engagement action plan addresses stigma reduction at the journalist level, the informant level and at the media industry and organisational level, leveraging off the current range of information, training, and resources currently available.</li><li>• Developed a policy paper that provides research and information related to stigma in Tasmania. The paper recognises the settings where stigma is most experienced by people with mental ill-health and the limited evidence of the efficacy of current education and training aimed at stigma reduction.</li></ul>
What additional pieces of work did we undertake?
<ul style="list-style-type: none"><li>• Identified a mental health literacy and stigma reduction project currently being undertaken by the NSW Mental Health Commission, and arranged for a presentation from the University involved</li><li>• Scoped an approach that recognises the importance of a co-designed program to shift attitudes and behaviours towards people with a mental illness</li><li>• Supported Healthy Tasmania to partner with headspace Launceston to produce a six-episode podcast showcasing the stories of young people and strategies from local clinicians, with the aim of making it easy and interesting to learn about managing mental health and wellbeing</li></ul>

## Reform Direction 4 - An integrated Tasmanian mental health system

### Goal

A seamless and integrated mental health system that provides support in the right place and at the right time and with clear signposts about where to get help

### What have we achieved so far?

- Reviewed State Government strategies to identify opportunities for alignment with Rethink 2020
- Completed the localisation of the mental health Initial Assessment and Referral (IAR) tool, which is now being trialled with self-nominated community sector organisations and GPs
- Developed a comprehensive map of mental health, psychosocial, alcohol and other drugs services and practitioners across the continuum of care to support the IAR trial site users
- Opened the Launceston Head to Health centre in January 2022. As of June 2022, 194 people had received a service through the centre
- Completed the first draft of a Central Intake and Referral Service (CIRS) operational model

### What additional pieces of work did we undertake?

- The employment of a GP clinical champion and IAR Training Support Officer, both of whom are undertaking stakeholder consultations to better understand the opportunities and challenges involved in the IAR implementation, and are working to facilitate activities that build and strengthen multi-disciplinary mental health practices and promote collaboration, such as communities of practice
- Raised sector awareness and engagement with the IAR framework, through facilitation of presentations regarding the framework (levels of care) to the Tasmanian Mental Health Leaders Forum and the Regional Mental Health Group meetings
- Commenced building works on a purpose-built long-term site for Launceston Head to Health with completion expected in 2022 and the service to be operating from the new site in early 2023
- Partnered with Volunteering Tasmania to support the development of a volunteer mental health and wellbeing program
- Implemented an interim national Head to Health phone service. This will be transitioned to the central intake and referral service in 2023



## Reform Direction 5 - Shifting the focus from hospital-based care to support in the community

Goal
Re-orientate the Tasmanian mental health system to increase community support and reduce the reliance on acute, hospital-based mental health services
What have we achieved so far?
<ul style="list-style-type: none"><li>• Completed several submissions to the National Disability Insurance Agency (NDIA) and the Joint Standing Committee on the National Disability Insurance Scheme (NDIS). These submissions have included information and recommendations on the NDIS participant guarantee, NDIS legislative changes, NDIS initial assessments, and the state legislative inquiry into disability services in Tasmania</li><li>• Conducted an evaluation and wrote a report on the TasConnect pilot program</li><li>• Completed an evaluation of peer support programs that have operated to support people applying for the NDIS</li><li>• Established the Mental Health Hospital in the Home Pilot in the South of the State</li></ul>
What additional pieces of work did we undertake?
<ul style="list-style-type: none"><li>• Implemented the Police, Ambulance and Clinician Early Response service (PACER) pilot in the South of the State</li><li>• Commenced work with Statewide Mental Health Services and general practice (primary care) to improve consumer journey from acute/continuous care to primary care</li></ul>

## Reform Direction 6 - Getting in early and improving timely access to support (early in life and early in illness)

Goal
Intervene early to reduce the incidence, duration and severity of mental illness in Tasmania and improve access to mental health support
What have we achieved so far?
<ul style="list-style-type: none"><li>• Completed a review to consider the Psychiatry Liaison Services Model of Care (PC-PLS) developed by the Western Sydney PHN</li><li>• Worked with and supported the GP Reference Group to develop a calendar of priority training activity for 2021/22. PHT contracted the Black Dog Institute to deliver <i>ABC of CBT – Skills for GPs</i> training to 33 GPs in Tasmania during 2021/22</li><li>• Progressed implementation of recommendations of the Child and Adolescent Mental Health Services (CAMHS) review report</li></ul>

## Reform Direction 7 - Responding to the needs of specific population groups

Goal
Ensure population groups at higher risk of mental illness can access the support they need, when they need it
What have we achieved so far?
<ul style="list-style-type: none"><li>• In partnership with the University of Tasmania, consulted with the LGBTIQ+ community to develop actions for inclusion in the next Rethink 2020 Implementation Plan</li><li>• Conducted youth mental health service workshops in the North, North-West and South of the state, and released a youth mental health services report that focused on mental health and youth service providers experience</li><li>• Completed a stocktake of the current mental health and psychosocial support services directly funded by the Australian Government (including through Primary Health Tasmania) and the Tasmanian Government, which are delivered in Tasmania and targeted to priority population groups</li><li>• Collated data and information related to service uptake and referral responses for young people, including those who were unable to access immediate support</li><li>• Developed an action plan for implementing 'Embrace Multicultural Mental Health – a framework for mental health in CALD communities' which will be delivered through primary care providers</li><li>• Developed an action plan to establish a state-wide older person's mental health service</li></ul>
What additional pieces of work did we undertake?
<ul style="list-style-type: none"><li>• Worked with the Migrant Resource Centre around suicide prevention, community champions, and identified new cultural awareness training that is now available to GPs</li><li>• Conducted work on the impact of COVID-19 on older Tasmanians, with findings highlighting the impacts of ageism and social isolation</li><li>• Contributed to the development of the new Active Ageing strategy for Tasmania</li><li>• Facilitated youth and community member consultations that targeted rural and remote communities across Tasmania, including Flinders and King Island</li><li>• Provided a submission and evidence to the Tasmanian Legislative Council inquiry into rural health services in Tasmania</li><li>• Partnered to support Aboriginal Community Controlled Health Organisations (ACCHOs) to engage in key national and state reform initiatives, including the implementation of the Closing the Gap agreement</li></ul>

## Reform Direction 8 - Improving safety and quality

Goal
Develop safe and high-quality mental health services and a consistent approach to safety and quality across the Tasmanian mental health system
What have we achieved so far?
<ul style="list-style-type: none"><li>• Consulted with service providers, and provided a submission with Community Mental Health Australia (CMHA) on the development of National Safety and Quality Standards for CMOs</li><li>• Commenced drafting of the revised mental health act, in conjunction with an applicable working group in lived experience</li></ul>

## Reform Direction 9 - Supporting and developing our workforce

Goal
Support and develop the workforce to meet the needs of an integrated mental health system and to improve the mental health and wellbeing of the Tasmanian community
What have we achieved so far?
<ul style="list-style-type: none"><li>• Released a report on the impacts of COVID-19 on the community-managed mental health workforce, with the report identifying targeted recommendations to address workforce challenges</li><li>• Engaged a peer workforce coordinator to deliver activity in the peer workforce development strategy, and developed an implementation plan that supports the execution of the Peer (Lived Experience) Workforce Development Strategy</li></ul>
What additional pieces of work did we undertake?
<ul style="list-style-type: none"><li>• Provided feedback on the draft National Mental Health Workforce Development strategy</li><li>• Expanded the Employee Assistance Program to support the general practice workforce during COVID-19</li><li>• Provided Tasmanian pharmacists with access to the Black Dog Institute's suicide prevention awareness training</li><li>• Conducted a number of mental health specific training and webinars, including "ABC of CBT skills for GPs", "Mental Health in a Disaster Scenario", and "Coordination of Care for Eating Disorders in Primary Care"</li><li>• Worked with the TasTAFE Centre of Excellence to ensure the relevant courses are offered across the State</li><li>• Purchased licences for QPR (Question, Persuade, Refer) Gatekeeper Training through the Black Dog Institute, giving free access to individuals and organisations to this training</li></ul>

## Reform Direction 10 - Monitoring and evaluating our action to improve mental health and wellbeing

Goal
Monitor and evaluate our progress in achieving our vision of Tasmania being a community where all people have the best possible mental health and wellbeing
What have we achieved so far?
<ul style="list-style-type: none"><li>• Commenced review and alignment of commissioned service outcomes where a single provider is receiving funding from the Tasmanian and Australian governments for similar activities</li><li>• Commenced review of commissioning frameworks to identify opportunities for aligning community services funding requirements</li></ul>
What additional pieces of work did we undertake?
<ul style="list-style-type: none"><li>• Commenced mapping and identification of data sources to support the establishment of a consolidated monitoring and evaluation approach</li><li>• Commenced the development of an outcomes framework</li></ul>