



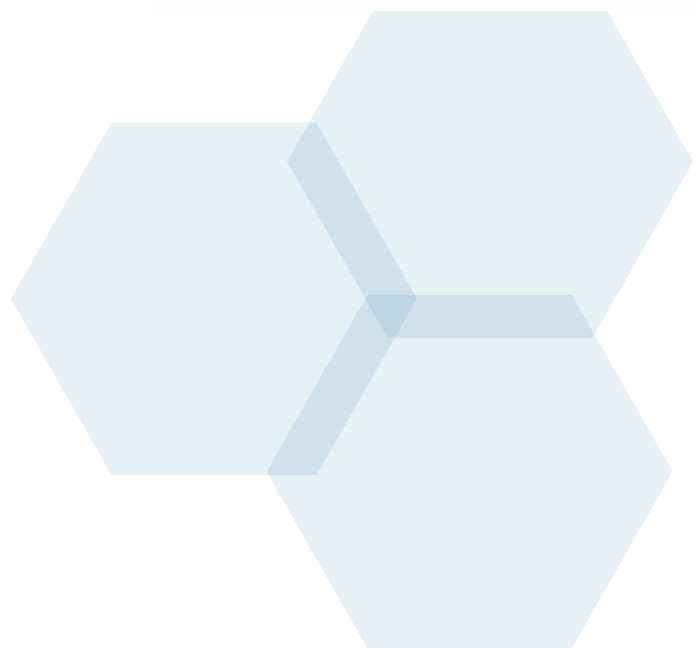
Rethink 2020

A state plan for mental health in Tasmania 2020-2025

2022-23 Progress Review and Update

To be read in conjunction with *Rethink 2020*, the *2022-23 Rethink 2020 Implementation Plan* and the *2023-24 Rethink 2020 Implementation Plan*

October 2023



Contents

| | |
|---|----|
| Rethink 2020..... | 1 |
| Background..... | 3 |
| National Mental Health and Suicide Prevention Agreement | 6 |
| Rethink 2020 and the <i>Tasmanian Suicide Prevention Strategy 2023-2027: Compassion and Connection</i> (TSPS) 7 | |
| Reform Direction 1 - Empowering Tasmanians to maximise their mental health and wellbeing..... | 8 |
| Reform Direction 2 - A greater emphasis on promotion of positive mental health, prevention of mental health problems, and early intervention..... | 10 |
| Reform Direction 3 - Reducing stigma..... | 11 |
| Reform Direction 4 - An integrated Tasmanian mental health system | 12 |
| Reform Direction 5 - Shifting the focus from hospital-based care to support in the community..... | 14 |
| Reform Direction 6 - Getting in early and improving timely access to support (early in life and early in illness)15 | |
| Reform Direction 7 - Responding to the needs of specific population groups..... | 16 |
| Reform Direction 8 - Improving safety and quality | 18 |
| Reform Direction 9 - Supporting and developing our workforce | 19 |
| Reform Direction 10 - Monitoring and evaluating our action to improve mental health and wellbeing | 20 |

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:

<https://www.health.tas.gov.au/health-topics/mental-health/mental-health-projects-and-initiatives-priorities/rethink-2020-tasmanias-strategic-plan-mental-health>

The *2022-23 Rethink 2020 Implementation Plan* can be found online at:

<https://www.health.tas.gov.au/publications/rethink-2020-fy23-implementation-plan>

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 (DoH)
- Mental Health Council of Tasmania (MHCT)
- Primary Health Tasmania (PHT)

Background

Rethink 2020: A state plan for mental health in Tasmania 2020-2025 (Rethink 2020) is Tasmania's overarching mental health plan and outlines the Tasmanian Government's best-practice approach to building a contemporary, integrated model of mental health care. Its goal is to ensure every person living in Tasmania can receive more holistic support, in the right place, at the right time.

Rethink 2020 plays a central role within a comprehensive framework of mental health reform initiatives currently underway in Tasmania. Rethink 2020 builds on the original intent of *Rethink 2015-2025* with a key focus on integration of the Tasmanian mental health system. Its objective is to transform the Tasmanian mental health system by transitioning from hospital-based care to community-based models, fostering a continuum of care and strengthening collaborative partnerships.

To achieve these objectives, Rethink 2020 outlines ten Reform Directions that focus on prioritising mental health and wellbeing, prevention, early intervention and reducing stigma. The Reform Directions also encompass tailored approaches for specific population groups, while striving to:

- improve safety and service quality
- facilitate workforce expansion and
- implement monitoring and evaluation processes.

These directions align with broader reform initiatives within Tasmania's mental health system, including the Tasmanian Mental Health Reform Program.

Rethink 2020 is a collaborative effort involving the Department of Health (DoH), Primary Health Tasmania (PHT) and the Mental Health Council of Tasmania (MHCT) and represents a shared approach to improving mental health outcomes for all Tasmanians. Rethink 2020 was developed in partnership with key experts including the National Disability Insurance Agency (NDIA), Flourish, and Mental Health Families and Friends Tasmania.

Implementation of Rethink 2020 relies on the partnership between DoH, PHT and MHCT working with these key experts. The Tasmanian Government and its Rethink 2020 partners firmly believe that good mental health is the foundation of a fulfilling and meaningful life, and every Tasmanian deserves access to high-quality mental health care.

The *2022-23 Rethink 2020 Implementation Plan*, released in October 2022, contains a range of key actions, including existing and new priority areas. An allocation of \$1.5 million over three years in the 2022-23 Budget is dedicated to its implementation and evaluation.
















The *2022-23 Rethink 2020 Implementation Plan* aligns with the *National Mental Health and Suicide Prevention Agreement* (National Agreement) and *Bilateral Schedule on Mental Health and Suicide Prevention: Tasmania* (Bilateral Schedule), which were signed in May 2022.

In December 2022, the Tasmanian Government released the *Tasmanian Suicide Prevention Strategy 2023-2027* (TSPS), a key action outlined in the *2022-23 Rethink 2020 Implementation Plan*. The release of the TSPS also marked the elevation of mental health and suicide prevention to a Premier's priority.

With mental health and suicide prevention elevated to a Premier's priority in Tasmania, we have a unique opportunity for targeted actions on suicide prevention, as well as coordinated efforts aligned with the Mental Health Reform Program. The Priority Actions from the TSPS are mapped against the Reform Directions outlined in *Rethink 2020* on page seven of this document.

The *2022-23 Rethink 2020 Progress Review and Update* provides an overview of the advancements made in Tasmania under the *2022-23 Rethink 2020 Implementation Plan* and reflects engagement with individuals with lived experience of mental illness, those who have experienced suicidal distress, caregivers, families, friends, priority population groups, peak bodies, and service providers.

Rethink 2020: 2022-23 Highlights

| | | |
|---|---|--|
|  <p>Released the <i>Tasmanian Suicide Prevention Strategy 2023-2027</i> and its first implementation plan.</p> <p>\$3.75 million committed for implementation over the first 18 months.</p> |  <p>Established the Premier's Mental Health and Suicide Prevention Advisory Council.</p> <p>The Council held its first meeting on 15 May 2023.</p> |  <p>Peacock Centre services commenced in April 2023.</p> <p>659 attendances across Peacock House, the Safe Haven and the Integration Hub from its opening to 30 June 2023.</p> |
|  <p>Launched the Tasmanian Centre for Mental Health Service Innovation, a partnership between DoH and the University of Tasmania.</p> |  <p>7,000+ participants at 80 Mental Health Week events across Tasmania.</p> |  <p>Launceston Head to Health Centre moved to a new purpose-built site and expanded to include an after-hours drop-in service.</p> |
|  <p>Established a new clinical governance framework for Tasmania's public mental health system.</p> |  <p>303 healthcare providers attended Initial Assessment and Referral (IAR) tool training sessions.</p> |  <p>Partnered with Equally Well Australia to support the Equally Well Consensus Statement.</p> |
|  <p>Established an active statewide process for individuals with eating disorders and opened a pilot eating disorders Multidisciplinary Community Clinic in Hobart in June 2023.</p> |  <p>Developed a Joint Implementation Plan with the Australian Government under the Bilateral Schedule on Mental Health and Suicide Prevention.</p> |  <p>Established Continuing Care Teams to support and treat people living with complex needs.</p> |
|  <p>Launched the Multisystemic Therapy Program in the South and continued establishment in the North and North-West.</p> |  <p>400+ responses received for the Mental Health Access and Affordability survey.</p> |  <p>Regional youth mental health service networks established in the North, North-West and South.</p> |

National Mental Health and Suicide Prevention Agreement

The National Agreement was signed by the Australian Government and all state and territory governments in early 2022. The National Agreement sets out the shared intention of the Australian Government and states and territories 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 Bilateral Schedule was jointly released by the Tasmanian and Australian Governments on 5 May 2022. Under the Bilateral Schedule, the Australian Government will invest more than \$46 million into mental health and suicide prevention services across Tasmania over the next five years. This is in addition to the \$108 million announced by the Tasmanian Government in the 2021 State Budget.

The activity included in the Bilateral Schedule was included in the *2022-2023 Rethink 2020 Implementation Plan* and will be included in the *2023-2024 Rethink 2020 Implementation Plan* in relevant reform areas and includes:

- establishing three new Head to Health adult services
- establishing three new Head to Health Kids Hubs integrated within Child and Family Learning Centres
- expanding 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
- expanding perinatal mental health screening
- Enhancing the implementation of the IAR tool across the mental health sector
- establishing three eating disorder day programs
- implementing a Central Intake and Referral service.

Rethink 2020 and the *Tasmanian Suicide Prevention Strategy 2023-2027: Compassion and Connection (TSPS)*

The Tasmanian Government launched the new TSPS in December 2022 setting out the five-year vision and priorities for preventing suicide. The first Implementation Plan for the TSPS was launched in March 2023 and outlines key actions for the first 18 months of the implementation of the TSPS.

The TSPS was developed to align with the existing activities already occurring under Rethink 2020, the Bilateral Schedule and other relevant Tasmanian Government strategies. Actions under these strategies will be implemented in a connected, coordinated way. To illustrate the close connections between Rethink 2020 and the TSPS, the reform directions of Rethink are mapped against the TSPS priority actions below.

| Rethink 2020 – Reform Directions (RD) | TSPS – Priority Actions (PA) |
|---|--|
| RD 1: Empowering Tasmanians to maximise their mental health and wellbeing | PA 3: Empowering our people and communities to lead suicide prevention action |
| RD 2: A greater emphasis on promoting positive mental health, preventing mental health problems and early intervention RD 3: Reducing stigma RD 6: Getting in early and improving timely access to support (early in life and early in illness) | PA 1: Enabling collective action across agencies and sectors to prevent the onset of suicidal behaviours and respond early to distress |
| RD 4: An integrated Tasmanian mental health system RD 5: Shifting the focus from hospital-based care to community support RD 7: Responding to the needs of specific population groups RD: 8 Improving safety and quality | PA 2: Delivering compassionate and connected services that meet people’s needs |
| RD 9: Supporting and developing our workforce | PA 4: Developing a skilled, supported, and sustained workforce in Tasmania |
| RD 10 Monitoring and evaluating our action to improve mental health and wellbeing | PA 5: Enhancing whole-of-government mechanisms to coordinate our approach |

Reform Direction 1 - 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

Achievements in the past 12 months include:

- Partnered with Equally Well Australia to support the Equally Well Consensus Statement in Tasmania, 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.
- Undertook a range of activities within Statewide Mental Health Services to support the physical health of people with mental illness, including:
 - established a statewide audit and quality improvement study to review prescribing practices related to antipsychotic medications and metabolic monitoring
 - installed electrocardiogram (ECG) equipment in all clinics, implemented training for staff and established links with cardiology services for review and consultation regarding ECG tracings
 - established a general practitioner (GP) consultation phonenumber to help GPs with medication and related physical health queries
 - established regular psychotropic medication(s) safety meetings within the care streams
 - established a clinic in Hobart for GPs to refer to with medication and related physical health queries and to review patients on a sub-acute basis
 - developed a SMHS Clinician Supported Engagement with GP's statewide protocol
 - developed a SMHS ECG statewide protocol
 - established a clinical examination room in each community mental health team with standardised equipment
 - established an additional GP liaison nurse position within SMHS in the South
 - developed a lithium treatment card for consumers to carry in their wallet to inform healthcare professionals in an emergency.
- Commenced planning of the Mental Health and Wellbeing Literacy Campaign with key partners to deliver a statewide mental health literacy program that builds the capacity of communities and individuals to look after their mental health and wellbeing and support the establishment of the regional coordinators program.

A project plan has been approved and is currently in progress with key partners, including the Youth Network of Tasmania, Council on the Ageing, Multicultural Council of Tasmania, Local Government Association of Tasmania, Primary Health Tasmania, the Royal Australian College of General Practitioners, Neighbourhood Houses and DoH.

- Continued exploring options to leverage DoH's existing systems regarding the ongoing usage of the Your Experience of Service (YES) and Carer Experience Survey (CES) across public mental health services. Commenced reviewing the governance of the YES and CES to reach an agency consensus on a consistent approach to feedback mechanisms before commencing implementation of an electronic version.
- Partnered with lived experience organisations, Flourish and Mental Health Families and Friends Tasmania, to undertake a statewide consultation to understand the accessibility and affordability of mental health services and perceptions of virtual mental health services. Over 400 survey responses were received and a further 35 people participated in focus sessions co-facilitated across the state.

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 |
| Achievements in the past 12 months include: |
| <ul style="list-style-type: none">Released the <i>Tasmanian Suicide Prevention Strategy 2023-2027: Compassion and Connection</i> (TSPS) and its first implementation plan, <i>Tasmanian Suicide Prevention Strategy Implementation Plan One: January 2023-June 2024</i>.The Tasmanian Government committed \$3.75 million towards implementing the first TSPS Implementation Plan. This includes funding to commence developing a new Promotion, Prevention and Early Intervention (PPEI) Framework(s) for mental health, suicide prevention and alcohol and other drugs in Tasmania.\$47 000 worth of Mental Health Week community grants were distributed to 47 organisations, with over 80 Mental Health Week events held across Tasmania, including Cygnet, King Island, Bagdad, Westbury, Penguin, and Woodbridge and more than 7000 people participating. The grants were awarded to community groups, schools, mental health service providers and local government bodies who all contributed to promoting mental health awareness and support across different regions of Tasmania.The Safe Haven Operational Service Model was implemented within the Peacock Centre in North Hobart and the Head to Health Centre in Launceston. This model is designed to offer support to people aged 15 years and older who are experiencing suicidal and/or situational distress as well as their families, friends or support networks. These services are available during extended hours and are informed by lived experience (See Reform Direction 4 for further updates on the Peacock Centre and Head to Health Centre). |

Reform Direction 3 - Reducing stigma

| |
|--|
| Goal |
| Reduce stigma and discrimination in the community and health workforce in relation to mental illness |
| Achievements in the past 12 months include: |
| <ul style="list-style-type: none">• Facilitated public consultation with the mental health sector and people with a lived experience to identify experiences of stigma and discrimination and identify priorities to address stigma in Tasmania. Consultation findings were incorporated into feedback to the National Mental Health Commission's draft National Stigma and Discrimination Reduction Strategy.• In July 2022, a scoping report was released which identified local media needs to support the reduction of stigma. The report, 'Scoping Report: News Media Reporting on Mental Health, Mental Illness, and Suicide in Tasmania,' is available: [https://mhct.org/wp-content/uploads/2022/09/REP-MHCT-Scoping-Report-Local-news-media-reporting-FINAL-1.pdf]. <p>This report subsequently informed the development of an action plan aimed at meeting these local media needs. In June 2023, a Community of Practice was established, with invitations extended to journalists and media professionals. The Community of Practice aims to enhance understanding and promote best practices in reporting on mental health and suicide.</p> <ul style="list-style-type: none">• Continued to raise awareness, promote mental health, and model non-stigmatising communications via MHCT social media. <p>An internal communications plan was established to implement stigma reduction messaging, raise awareness, promote mental health, and model non-stigmatising communications via MHCT's social media platforms.</p> |

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 |
| Achievements in the past 12 months include: |
| <ul style="list-style-type: none">• The Tasmanian Government launched the redeveloped Peacock Centre in North Hobart on 15 March 2023, in collaboration with the Australian Government. The Centre hosts four new services that provide contemporary, recovery-focused care for those who need it, their families and their friends:<ul style="list-style-type: none">○ a 12-bed short-stay unit○ a Mental Health Integration Hub○ a Safe Haven○ a Recovery College classroom. <p>The Peacock Centre also represents the largest investment to date in the lived experience workforce in mental health services.</p> <ul style="list-style-type: none">• The Launceston Head to Health Centre relocated to its permanent, purpose-built facility at 62-64 Canning Street and commenced full operations in February 2023. The centre extended its service hours to 9am – 9pm on weekdays and 10am – 2pm on weekends and public holidays.• DoH is currently designing and implementing Community Based Intensive Treatment (CBIT) eating disorder day programs. In response to clinical demands, the introduction of CBIT day programs in the South has been given priority, with the launch of a Multidisciplinary Community Clinic in Hobart in June 2023.• Completed a trial of the Initial Assessment and Referral Tool (IAR) in Tasmania. The IAR, developed by the Australian Government in collaboration with an expert advisory group, aims to assist healthcare professionals in identifying suitable services for referrals and conducting assessments of an individual's needs. The trial's evaluation report has been distributed to key stakeholders. <p>A total of 303 Tasmanian healthcare providers have completed IAR training, including 102 general practitioners, 69 social workers, 28 nurses, 18 psychologists, 11 counsellors, seven lived experience representatives, and 24 non-clinical staff, among others.</p> <ul style="list-style-type: none">• DoH has scoped and established information systems to support the capabilities of the Central Intake and Referral Service (CIRS), including telephony, intake and admission, referral management, clinical governance, reporting and workforce management. DoH has developed models for each planned stage of CIRS that consider service pathways, information flow, reporting requirements and supporting processes. <p>Work commenced to transition the Head to Health phone service delivered by Stride to integrate into CIRS in the first phase of implementation.</p> |

- Continued progressing the establishment of a network of adult Head to Health services and Head to Health Kids Hubs under the Bilateral Schedule Joint Implementation Plan.
- The Tasmanian Government released a draft masterplan for the St Johns Park Health and Wellbeing Precinct for public consultation in May 2023. The precinct will provide mental health, alcohol and drug services, palliative care, rehabilitation, and geriatric evaluation and management services in new purpose-built and refurbished facilities.
- PHT held a Mental Health Education and Update series consisting of six sessions with a dual purpose of keeping GPs informed about changes in the Tasmanian mental healthcare landscape and providing relevant clinical education delivered by local mental health clinicians. Sessions covered a range of topics such as Perinatal Mental Health Complex trauma, borderline personality disorder and women's mental health. 375 primary care providers registered to attend the series.

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 |
| Achievements in the past 12 months include: |
| <ul style="list-style-type: none">• Development of a Mental Health Emergency Response (MHER) service for the North-West is underway with key partners in the project. The MHER service for the North-West will comprise additional mental health clinicians in both Burnie and Devonport, providing an extended hours seven days a week rapid response service to mental health crises in the community. The MHER service continues in the South.• The Way Back Support Service (Way Back) has undergone transitional arrangements with Anglicare and Primary Health Tasmania commencing as the sole commissioner of universal aftercare from 1 July 2023. Way Back offers a psychosocial support service following a suicide attempt or suicidal crisis.• Continued the development of the Youth Mental Health Hospital in the Home program as a two-year pilot trial for the North-West of Tasmania. The service will enable young people aged 16 to 25 who may have otherwise been hospitalised to receive intensive, short-term mental health intervention and support in their own home. The care will be offered by a multidisciplinary team in the young person's place of residence involving face-to-face and telehealth consultations.• In partnership with Lived Experience organisations, the mental health access and affordability consultation identified barriers and concerns faced by individuals gaining access to NDIS and current NDIS participants. Findings gained from the survey will inform a submission to the NDIS Independent review panel. |

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

Achievements in the past 12 months include:

- Completed the first phase of the Child and Adolescent Mental Health Service (CAMHS) statewide organisational structure implementation with key statewide leadership positions now in place.
- A Head to Health Kids Hubs cross-agency Steering Group has been established and agreed to the locations of the three hubs, subject to further planning, with a location in the North, North-West and South of Tasmania. CAMHS is working collaboratively with the Tasmanian Health Service (THS) and the Department for Education, Children and Young People to scope and plan implementation of the Kids Hubs within Child and Family Learning Centres.
- Additional updates in relation to the CAMHS reform program include:
 - continued planning for the First 1000 Days Early Years and Out of Home Care Children streams
 - launched a sub-service element of the Forensic Mental Health Service, the Multisystemic Therapy Program in the South of Tasmania and continued establishment and recruitment of the North and North-West teams
 - appointed a psychiatrist for the Youth Mental Health Service and commenced service scoping.
- Provided demand management grant funding to headspace Hobart and Devonport (including Burnie service) to reduce wait times, provided funding to headspace Launceston to reduce wait times by relocating to a larger premise, and sustained ongoing efforts in the planning phase for establishing a new headspace Centre on Hobart's Eastern Shore.
- A new Perinatal Mental Health Project Lead and project team have commenced within the THS to support the mental health and wellbeing of new and expectant parents by expanding support services, continue funding to support digital perinatal mental health screening, and deliver universal perinatal mental health screening.

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 |
| Achievements in the past 12 months include: |
| <ul style="list-style-type: none">• Working It Out (WIO) has been commissioned to develop a concept model for a Lesbian, Gay, Bisexual, Transgender, Intersex, Queer, Asexual+ (LGBTIQA+)-specific mental health service, including scope for alcohol and other drugs (AOD).• Established LGBTIQA+ peer navigators statewide to provide free information and advocacy services, providing LGBTIQA+ Tasmanians with assistance navigating mainstream mental health services by an experienced LGBTIQA+ peer.• DoH has continued embedding the LGBTIQA+-inclusive practice online training modules for all DoH staff. Since the December 2021 launch, a total of 2 547 individuals have accessed the module. From January to June 2023, 911 Department of Health (DoH) staff and 99 external participants completed the online module. Among these, 403 were from Hospitals South, 172 from Hospitals North, and 49 from Hospitals North West. Approximately 66 per cent of external participants were UTAS students.• Planning and internal consultation have commenced to progress the development and implementation of an audit tool as part of accreditation processes for DoH services to assess how they are meeting the needs of LGBTIQA+ people.• The Migrant Resource Centre Tasmania has been engaged to support implementation of the <i>Framework for Mental Health in Multicultural Australia</i> (Embrace Framework) within community sector organisations commissioned by PHT and DoH to work effectively in a multicultural context.• The new Premier's Mental Health and Suicide Prevention Advisory Council (the Council) has been established and held its first meeting on 15 May 2023. A number of specialist working and advisory bodies have been established to support the Council's work program, including a Priority Populations and Community Representatives Advisory Group. The working and advisory bodies will provide advice to Government and the Council to support implementation of directions, policies and solutions to issues relating to mental health, suicide prevention and alcohol and other drugs.• As part of the Tasmanian Mental Health Reform Program, Continuing Care Teams have been established to operate within the public mental health service system to improve its capacity to effectively support and treat people living with complex needs.• In April 2023, Primary Health Tasmania, Tasmanian Aboriginal Health Reference Group, and the Tasmanian Regional Aboriginal Communities Alliance convened on Flinders Island to incorporate Aboriginal community perspectives into future Rethink 2020 implementation plans. The objective was to gather insights from the group and identify |

up to three improvement measures. These measures aim to enhance accessibility to mental health support for Aboriginal individuals at greater risk. The Rethink 2020 working group is considering these perspectives for implementation.

- Regional youth mental health service networks have been established in the North, North-West and South regions. MHCT has formed a co-design team comprising of carers, family and friends and young people, who will play a key role in shaping the development of a youth peer work model and implementation plan. Extensive consultations have been conducted with young people and youth mental health services, with outcomes being used to draft a Youth Peer Work implementation plan.
- The Older Persons Mental Health Service (OPMHS) reform program has:
 - established a Project Control Group
 - consulted with the community sector on the future direction of the OPMHS service, and
 - recruited to the role of Statewide Specialty Director to oversee the service.
- The Department of Health attended the inaugural national Closing the Gap Social and Emotional Wellbeing Policy Partnership meeting, bringing together First Nations and government representatives to enhance outcomes for Aboriginal communities and reduce suicide rates. This partnership, part of the National Agreement on Closing the Gap, aims to promote the highest levels of social and emotional wellbeing (SEWB) among First Nations peoples. SEWB is defined by connections to mind, body, family, community, culture, Country, and spirituality, influenced by historical, political, social, and cultural factors. It also acknowledges the diversity among Australia's First Nations peoples and the evolving nature of SEWB throughout an individual's life.

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 |
| Achievements in the past 12 months include: |
| <ul style="list-style-type: none">• A new clinical governance framework for Tasmania's public mental health system has been completed and published.• Rethink partners support and encourage adherence to the new National Safety and Quality Primary and Community Healthcare Standards. Work is underway to increase capacity within the sector around safety and quality initiatives as these relate to industry standards.• A suite of resources on health literacy and person-centred care are being developed that will outline why these are necessary for quality care, with linkages to criteria within industry standards.• All Statewide Mental Health Service services have received full accreditation under the National Safety and Quality Health Service Standards.• PHT has commissioned an organisation to develop and pilot basic level clinical governance training for commissioned providers. The clinical governance training aims to ensure commissioned providers can evidence that they have the necessary systems, infrastructure, and clinical governance in place to efficiently deliver services and effectively respond to the needs of people accessing their services across Tasmania. The second stage of this will involve a broader roll out across the sector in 2023-2024. |

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 |
| Achievements in the past 12 months include: |
| <ul style="list-style-type: none">• A four-day introduction to Lived Experience/Peer Work course has been co-designed with lived experience workers.• Supported lived experience representatives from Mental Health Families and Friends Tasmania and Flourish to attend the Annual Forum by National Primary Health Network Mental Health Lived Experience Engagement Network in Cairns.• A community mental health workforce survey was undertaken to understand current workforce needs and recruitment barriers.• Established a multi-agency mental health workforce working group to identify strategies to address the current and future workforce needs, with a current focus on recruitment for new services being established as part of reforms.• DoH, in partnership with the Australian Government, allocated funding for 26 peer workforce scholarships, disbursed over two years. These scholarships support individuals pursuing the Certificate IV in Mental Health Peer Work in Tasmania. The initial group of scholarship recipients began their studies in August 2023, and a second cohort will commence in 2024. |

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 |
| Achievements in the past 12 months include: |
| <ul style="list-style-type: none">• The Tasmanian Centre for Mental Health Service Innovation (TCMHSI) was established through a partnership between DoH and the University of Tasmania (UTAS). The TCMHSI will facilitate engagement and collaboration between DoH's Statewide Mental Health Services and UTAS across a range of areas, including workforce development, training and education, research and development, and policy and advocacy.• Continued the development of a set of agreed outcomes-based performance indicators, in line with service types and service models, to be included in future reporting by services.• Continued with, and expanded as required, the provision of regular quantitative and qualitative data specific to outcomes achieved by new services or ways of working established under the ongoing mental health reform program including the Acute Care Team, the Peacock Centre, Access Mental Health, MHER and the Continuing Care Teams.• Continued to work with commissioned community sector organisations to agree on goals-oriented outcome measures, and capacity and strengths-based assessment tools and health outcome measures in reporting. |