

# Northern Sydney PHN Mental Health Annual Plan



**Australian Government**

**Department of Health**



## Primary Health Networks Primary Mental Health Care Funding

- **Annual Mental Health Activity Work Plan 2016-2017**
- **Annual Primary Mental Health Care Funding Budget 2016-2017**

### *Northern Sydney PHN*

When submitting this. Mental Health Activity Work Plan (referred to as the Regional Operational Mental Health and Suicide Prevention Plan in the 2015-16 Schedule for Operational Mental Health and Suicide Prevention, and Drug and Alcohol Activities) to the Department of Health, the Primary Health Network (PHN) must ensure that all internal clearances have been obtained and has been endorsed by the CEO.

Additional planning and reporting requirements including documentation, data collection and evaluation activities for those PHNs selected as lead sites will be managed separately.

The Mental Health Activity Work Plan must be lodged to Alexandra Loudon via email [Alexandra.Loudon@health.gov.au](mailto:Alexandra.Loudon@health.gov.au) on or before 6 May 2016.

## 1. (a) Strategic Vision

Northern Sydney PHN will continue to build relationships with stakeholders, identify barriers in addressing local health services and serve the community to its fullest capacity by continually assessing and monitoring the complexities of the region's population health profile as related to mental health.

Our vision of *Achieving together – better health, better care*, is to transform the local service system, ensuring that the right care is delivered in the right place by the right provider to the right user. Northern Sydney PHN is focussed on positively impacting the mental health and wellbeing of our community to better service and support vulnerable and at risk populations, including our Aboriginal and Torres Strait Islander population, whilst driving development in the provider market. We will work collaboratively with consumers, carers and all stakeholders from the sector, community, Non-Government Organisations (NGOs) and government representatives to understand need and develop successful commissioned services across the region. We will drive and champion high quality, recovery-oriented service provision. We will engage and promote the quadruple aim of consumer and provider experience, recovery outcomes and value for money to monitor and review commissioned service activity.

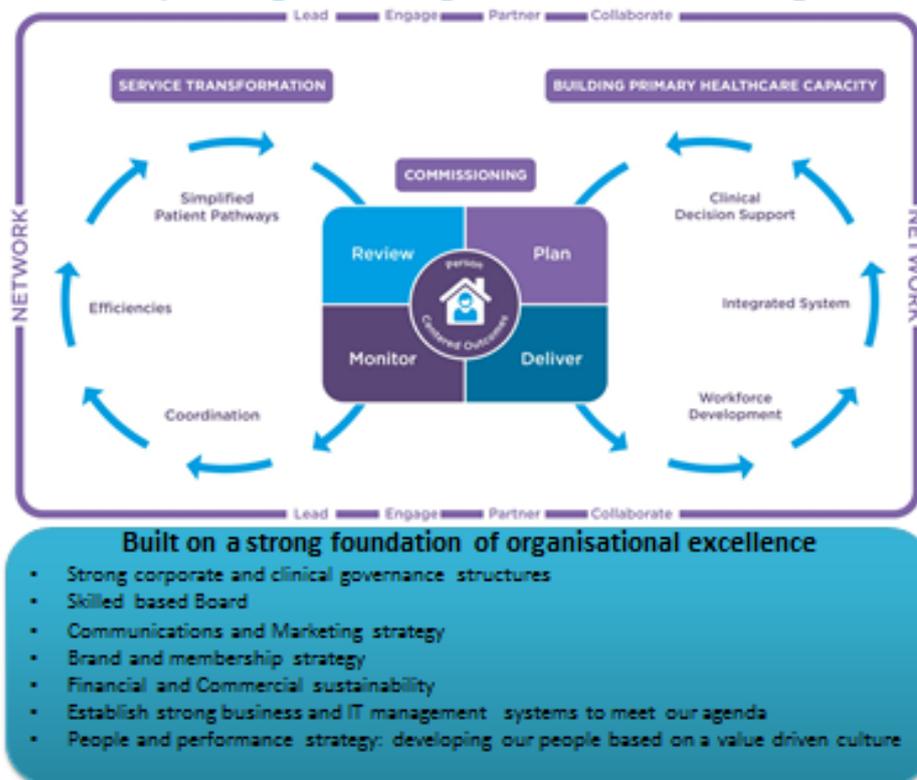
The commissioning approach to deliver mental health services within the region will follow the Northern Sydney PHN Integrated Commissioning Framework which covers:

1. Building Capacity in Primary Care
2. Service Transformation
3. Organisational Excellence
4. Commissioning

In order to develop a stepped care approach and evidenced based regional mental health and suicide prevention plan, Northern Sydney PHN will work to our Operational Framework, below:

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Operational Framework – demonstrating interconnectivity of priority areas providing overarching structure to our thinking



The Commissioning of Mental Health and Suicide Prevention services will be achieved by adhering to the Northern Sydney PHN Integrated Commissioning Framework, of:

## Plan:

- Needs Assessment – utilise findings, address further questions raised, review service provision/impact, investigate gaps i.e. workforce capacity.
- Stakeholder Engagement – consult and engage consumers, carers, Clinical and Community Councils, working steering groups, wider community and stakeholders – to inform strategic development of any commissioning activities
- Service Co-design – collaborate with consumers, carers, service providers and other stakeholders to identify best practice models to consider, develop desired outcomes and performance measures.

## Deliver

- Co-delivery – explore collaboration (including Private Health Insurers), co-commissioning opportunities and contracting options and development of procurement and contract management.
- Build Capacity – for market development and to deliver services - provide training, develop resources, forums, support.
- Support - in addition to contract management, support with QI, KPI alignment, delivery, stimulating the market.

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## Monitor

- Informatics – Develop intelligent use of data (including with NSLHD and GP/Primary Care) and performance frameworks for commissioned services and establish infrastructure for contract management.
- Promote Quality – Support commissioned services to move towards outcomes focussed activity rather than outputs, service development.
- Drive Improvements – Development of quality standards, use data to inform ongoing service improvements, encourage innovation, further support and build capacity to deliver.

## Review

- Outcomes – and evaluation of services will be developed to indicate performance of commissioned services.
- Impact – commissioned activity will be assessed against population health, the health system as a whole, patient and provider experience, value for money
- Inform Re-design – iterative process to intelligently inform the next stage of commissioning/de-commissioning with stakeholder collaboration.

Good governance within Northern Sydney PHN will ensure that the organisation fulfils its overall purpose, achieves its intended outcomes for stakeholders and operates in an effective and ethical manner. Through good governance, Northern Sydney PHN will make sound commissioning decisions with a view to meet consumer needs and achieve stated outcomes to the benefit of the targeted population.

The Northern Sydney PHN Clinical Governance Committee will provide oversight of the safety and quality related activities through the commissioning cycle. This includes the safeguarding and use of discipline/industry specific standards, current practice standards and the continual improvement of health, safety and quality of commissioned services.

The overarching governance approach that underpins the Northern Sydney PHN Integrated Commissioning Framework is:

**Accountability** - The commissioning of services is within the jurisdiction of the Northern Sydney PHN Board to determine the overall purpose of the organisation's commissioning strategy and for ensuring the structures, processes and behaviours are in place to initiate the best possible outcome/s, and action is taken to safeguard high standards that are implemented.

**Transparency** – Northern Sydney PHN will maintain transparency in their decision making; by applying clarity and openness to decision making, documented in the minutes of meetings.

**Probity** – the principles of having strong moral standards and leadership based on honesty and decency. Probity will be applied in contracting of services to ensure activities are fit for purpose and appropriate use of public funds.

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## 1. (b) Planned activities funded under the Primary Mental Health Care Schedule

PHNs must use the table below to outline the activities proposed to be undertaken in the 2016-17 financial year. These activities will be funded under the Primary Mental Health Care Schedule (PHN: Mental Health and Suicide Prevention Operational and Flexible Activity; and the PHN: Indigenous Mental Health Flexible Activity).

Note 1: Indicate within the duration section of the table if the activity relates to a period beyond 2016-17.

Note 2: PHNs must complete activities under every priority area in the tables below.

Proposed Activities	
<b>Priority Area 1: Low intensity mental health services</b>	
<b>Priority Area 1: Low intensity mental health services</b>	Improve targeting of psychological interventions to most appropriately support people with or at risk of mild mental illness at the local level through the development and/or commissioning of <b>low intensity mental health services</b> .
Activity(ies) / Reference (e.g. Activity 1.1, 1.2, etc)	1.1. Explore and develop commissioning opportunities to facilitate access to low intensity mental health services (e.g. coaching services, group programs and e-mental health programs). 1.2. Work with local service sector including GPs and allied health providers to promote appropriate referral to low intensity services.
Description of Activity(ies) and rationale (needs assessment)	1.1. Explore and co-develop commissioning opportunities to facilitate access to low intensity mental health services (e.g. coaching services, group programs, phone services and e-mental health programs)

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## Proposed Activities

### Priority Area 1: Low intensity mental health services

Stakeholder feedback from the PHN Initial Mental Health Needs Assessment process indicated that there is a lack of awareness and understanding amongst the community about the availability, appropriateness and efficacy of low intensity mental health services. As a first step, Northern Sydney PHN will undertake a review of the low intensity mental health services available within Northern Sydney as well as evidence based models operating across the rest of Australia and internationally. Efficacy against desired mental health outcomes for this area of activity will be explored. Following this review, Northern Sydney PHN will co-design and commission to broaden access to low intensity services and may also work with the service sector to design and implement new models and programs.

1.2. Work with consumers and local service sector including GPs and allied health providers to promote appropriate referral and access to low intensity services.

Once preferred low intensity services are identified and/or developed, Northern Sydney PHN will work with local service providers to ensure referral pathways are clear and the efficacy of low intensity mental health services for people with/at risk of mild mental illness are understood.

The PHN will support general practice in low intensity mental health assessment and management via the co-design process and establishment of agreed Health Pathway approaches. The PHN will utilise Health Pathways as a knowledge tool across the primary healthcare.

The PHN will look to co-design innovative approaches to early targeting vulnerable individuals that require low intensity services. This could include establishment of “wellbeing” referrals by GPs to low intensity support and prevention services.

An element of this activity may be supporting GPs and allied health providers to undertake e-Mental Health in Practice (eMHPrac) training. Referral pathways will be designed from a stepped care perspective, with clear advice and guidance available for practitioners on when and how to refer someone to a more intensive level of support.

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Proposed Activities	
Priority Area 1: Low intensity mental health services	
	Northern Sydney PHN will also undertake education and promotion activities to develop awareness and understanding of low intensity mental health services amongst consumers and carers.
Collaboration	Northern Sydney PHN will lead this activity and work in collaboration with relevant stakeholders including General Practice, community allied health providers, Northern Sydney LHD, academic and research partners including Black Dog Institute and Macquarie University and low intensity mental health service providers including beyondblue and Mindspot. Mental health consumers and carers will be involved in co-design and selection of low intensity service models. Opportunities to collaborate with neighbouring PHNs will be explored.
Duration	Anticipated activity start and completion dates (excluding the planning and procurement cycle). July – September 2016: Review of current low intensity mental health service delivery and best practice models. October – December 2016: Sector development, service/program design, procurement and contracting. January 2017: Commencement of service delivery April 2017: Program review and further development
Coverage	This activity will cover the entire PHN region.
Commissioning approach	Northern Sydney PHN will adopt a collaborative approach to commissioning in order to determine the most appropriate mix of service delivery modalities to meet the mental health needs of those requiring low intensity mental health services in our Northern Sydney PHN region.  We will work with patients, providers and the wider community to understand thoroughly the needs of the community, to define problems, identify desired outcomes and create appropriate solutions.

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Proposed Activities	
<b>Priority Area 1: Low intensity mental health services</b>	
	<p>Working across the whole system, with patients, carers, service providers and wider stakeholders to co-design services, the PHN will develop an evaluation framework in partnership with other stakeholders to ensure a shared approach and responsibility to developing and achieving outcomes.</p> <p>The Northern Sydney PHN will ensure a fair and transparent procurement process.</p> <p>The Northern Sydney PHN will work with potential providers, early, to support and build market capability to undertake the commissioning process and will build partnerships and foster relationships with support so that commissioned providers are able to deliver outcomes that impact the community.</p> <p>The Northern Sydney PHN will work with commissioned providers to support delivery of services meet community need. Monitoring and evaluation of commissioned services will occur from regular performance reports, consumer, clinician, community and provider feedback, and independent evaluation. The impact of any commissioned services will also be evaluated against the population health need.</p>
Performance Indicator	<p>The mandatory performance indicators for this priority are:</p> <ul style="list-style-type: none"> <li>• Proportion of regional population receiving PHN-commissioned mental health services – low intensity services.</li> <li>• Average cost per PHN-commissioned mental health service – low intensity services.</li> <li>• Clinical outcomes for people receiving PHN-commissioned low intensity mental health services.</li> </ul> <p>In addition to the mandatory performance indicator, you may select a local performance indicator.</p> <p>What local performance indicator will measure the outcome of this activity?</p> <p>Is this a process, output or outcome indicator?</p> <p>Process Indicator: That commissioned services address access to services, efficiency of service delivery, cultural and clinical appropriateness of service delivery.</p>

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Proposed Activities	
Priority Area 1: Low intensity mental health services	
	<p>Process Indicator: That commissioned services have engaged with local community in design, delivery, monitoring and evaluation of services.</p> <p>Output indicator: Proportion of Northern Sydney PHN population accessing low intensity mental health services</p> <p>Outcome indicator: clinical and non-clinical effectiveness of commissioned service delivery - to include clinician, consumer and provider feedback measurements. Commissioned services will also demonstrate that holistic approach to addressing the social, emotional wellbeing of communities.</p> <p>Outcome indicator: Proportion of Indigenous population receiving PHN commissioned mental health services where the services are culturally appropriate.</p>
Local Performance Indicator target (where possible)	Northern Sydney PHN will work with potential and actual commissioned providers to identify appropriate and Local Performance Indicator targets and outcomes. This will promote innovation to address need in order to achieve desired outcomes.
Local Performance Indicator Data source	<p>Northern Sydney PHN will develop the internal and external capacity to accurately capture and utilise the most pertinent data sources that will reflect performance of commissioned services. Local Performance Indicator data sources will combine qualitative and quantitative sources.</p> <ol style="list-style-type: none"> <li>1. Stakeholder engagement and market analysis - including, but not limited to, the Northern Sydney PHN Mental Health &amp; AOD Advisory Committee and the Clinical and Community Councils, consumers, potential and actual commissioned providers, regional clinical leads, primary care, GP's, Allied Health, the Local Health District, Department of Health, Local Government Authorities etc.</li> <li>2. Regular provider / commissioned service performance reports.</li> </ol>

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## Proposed Activities

### Priority Area 1: Low intensity mental health services

3. Feedback surveys for Service/Provider, clinician and community feedback (including consideration of Patient Reported Outcome Measure and patient Reported Experience Measures).
4. Local Health District data – where relevant and will include, but not limited to Mental Health related Emergency Department admissions, length of stay, discharge, demographic and geographic markers, uptake and capacity of mental health community programs.
5. Primary Care - develop mechanisms to monitor and measure MBS usage in general practice.
6. Other local and national data sets will likely include a combination and access to the following:
  - Australian Atlas of Health Variation
  - Australian Health Survey
  - BEACH data, 2011-15
  - Health workforce data
  - MBS Claims data
  - NSW combined admitted patient epidemiology data
  - PenCAT data
  - Australian Hospital Statistics (AIHW)
  - Potentially preventable hospitalisations data (NHPA)
  - NSW Department of Planning and Environment population projections
  - Consumer experience of service measure

In line with Northern Sydney PHN's commissioning approach, data collection will commence at the beginning of any commissioning activity in order to identify what the initial gaps are and to accurately inform desired outcomes of commissioned activity. The iterative collection and use of relevant data sources will further support the development, quality improvement, monitoring and evaluation of commissioned activities.

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Proposed Activities	
<b>Priority Area 2: Youth mental health services</b>	
<b>Priority Area 2: Youth mental health services</b>	Support region-specific, cross sectoral approaches to early intervention for <b>children and young people</b> with, or at risk of mental illness (including those with severe mental illness who are being managed in primary care) and implementation of an equitable and integrated approach to primary mental health services for this population group.
Activity(ies) / Reference (e.g. Activity 2.1, 2.2, etc)	<p>2.1 Work with local headspace centres to maximise impact of services delivered.</p> <p>2.2 Improve the integration of headspace centres with broader mental health care services, physical health care services, AOD services and social and vocational support services.</p> <p>2.3 Explore, develop and commission early intervention models of services for young people with/at risk of severe mental illness.</p> <p>2.4 Review existing youth mental health promotion programs operating in the Northern Sydney region including <i>UConnectHealth</i> and <i>GPs in Schools</i> with a focus on supporting coordination, equitable distribution and impact across the region.</p>
Description of Activity(ies) and rationale (needs assessment)	<p>Provide a short description of each activity relating to the priority area. This <u>may</u> include, but is not limited to: aim of activity; how the activity will address the priority; target population cohort. You must also demonstrate alignment with the PHN mental health funding objectives.</p> <p>2.1 Work with local headspace centres to maximise impact of services delivered.</p> <p>Northern Sydney will build upon the existing relationship developed with Northern Sydney LHD as the lead agents of headspace Brookvale and headspace Chatswood to continue the activity of headspace centres in line with the 2015-16 activity and the program objectives. This will involve regularly scheduled contract meetings and review of key performance indicators. Northern Sydney PHN will work with the headspace centres to develop and review annual activity work plans and undertake continuous improvement activities.</p>

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Proposed Activities	
<b>Priority Area 2: Youth mental health services</b>	
	<p>2.2 Improve the integration of local headspace centres with broader mental health care services, physical health care services, AOD services and social and vocational support services.</p> <p>As an element of the comprehensive regional mental health and suicide needs assessment process, Northern Sydney PHN will review gaps in service provision for the cohort of young people eligible for headspace services and identify current and potential linkages between headspace centres and broader health, mental health, AOD and social and vocational support services. Northern Sydney PHN will support the local headspace centres to build and strengthen relationships with other relevant service providers, enabling a more holistic service response for young people.</p> <p>2.3 Explore, develop and commission early intervention models of service for young people with/at risk of severe mental illness.</p> <p>Northern Sydney PHN will work with Northern Sydney LHD and the local service sector to better understand the needs of young people in the region with or at risk of severe mental illness. Service gaps will be explored and Northern Sydney PHN will work collaboratively with stakeholders to design and commission services to effectively meet the needs of this cohort of young people.</p> <p>2.4 Review existing youth mental health promotion programs operating in PHN region including UConnectHealth and GPs in Schools with a focus on supporting coordination and equitable distribution across the region.</p> <p>The initial mental health and suicide prevention needs assessment revealed that while there are a number of youth mental health promotion programs operating in schools in the Northern Sydney region, there is a requirement to further align and coordinate activities to support an equitable distribution across the whole region. Northern Sydney PHN will work with relevant stakeholders to undertake a review of this activity and promote a coordinated approach for the region, focusing on consistent messaging, emphasising referral pathways and ensuring equitable access across the region.</p>
Collaboration	This activity will be led by Northern Sydney PHN and undertaken in collaboration with General Practice, community allied health providers, NSLHD, local headspace management and staff, headspace NSW and

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Proposed Activities	
<b>Priority Area 2: Youth mental health services</b>	
	<p>other relevant service providers including NSW Family and Community Services, AOD service providers, local councils, youth services, educational facilities and employment services.</p> <p>Integration and program linkages will be explored through mechanisms within Northern Sydney PHN including the Clinical and Community Councils and the Mental Health and AOD Advisory Committee as well as in local region networks and forums.</p>
Duration	<p>Contract management of headspace centres will commence from July 2016 and continue throughout the remainder of the financial year.</p> <p>July 2016 – September 2016: Explore early intervention models. Review of youth mental health service system, identifying service gaps and priorities for commissioning.</p> <p>October – December 2016: Sector development, service/program design, procurement and contracting.</p> <p>January 2017: Commencement of service delivery.</p> <p>April 2017: Service review and development.</p>
Coverage	This activity will cover the entire PHN region.
Commissioning approach	<p>Northern Sydney PHN will adopt a collaborative approach to commissioning in order to determine the most appropriate mix of service delivery modalities to meet the mental health needs of young people in our PHN region.</p> <p>We will work with patients, providers and the wider community to understand thoroughly the needs of the community, to define problems, identify desired outcomes and create appropriate solutions.</p> <p>Specific to this priority, Northern Sydney PHN will:</p> <ul style="list-style-type: none"> <li>• Commission two headspace centres in the region as directed by the Department of Health. We will work in collaboration with the provider and National headspace office to understand current</li> </ul>

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Proposed Activities	
<b>Priority Area 2: Youth mental health services</b>	
	<p>monitoring and reporting processes and to ensure performance monitoring - reports are used to inform service improvements and monitor the achievement of outcomes.</p> <ul style="list-style-type: none"> <li>Undertake a review of the current commissioned services - <i>UConnectHealth</i> and <i>GPs in Schools</i>. The review will consider whether the services are fit for purpose and meet the needs of the targeted population in appropriate geographical locations. Based on the review, the services may be expanded, decommissioned or refined to achieve improvements or may be used as a basis to inform the commissioning of new services.</li> </ul> <p>Monitoring and evaluation of commissioned services will occur from regular performance reports, consumer, clinician, community and provider feedback, and independent evaluation. The impact of any commissioned services will also be evaluated against the population health need.</p> <p>Working across the whole system, with patients, carers, service providers and wider stakeholders to co-design services, the PHN will develop an evaluation framework in partnership with other stakeholders to ensure a shared approach and responsibility to developing and achieving outcomes.</p> <p>Northern Sydney PHN will ensure a fair and transparent procurement process.</p> <p>Northern Sydney PHN will work with potential providers, early, to support and build market capability to undertake the commissioning process and NSPHN will build partnerships and foster relationships so that commissioned providers are able to deliver outcomes that impact the community.</p> <p>Northern Sydney PHN will work with commissioned providers to support delivery of services that meet community need.</p>
Performance Indicator	<p>The mandatory performance indicator for this priority is:</p> <ul style="list-style-type: none"> <li>Proportion of regional youth population receiving youth-specific PHN-commissioned mental health services.</li> </ul>

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Proposed Activities	
Priority Area 2: Youth mental health services	
	<p>Process Indicator: That commissioned services address access to services, efficiency of service delivery, cultural and clinical appropriateness of service delivery.</p> <p>Process Indicator: That commissioned services have engaged with local community in design, delivery, monitoring and evaluation of services.</p> <p>Output indicator: Early intervention models for young people developed.</p> <p>Outcome indicator: Reduction in psychological distress in young people.</p> <p>Outcome indicator: Reduction in no. of young people presenting to ED with self-harm or suicidal thoughts.</p> <p>Outcome indicator: Reduction in deaths from self-harm in 15-24 year olds.</p> <p>Outcome indicator: Patient Reported Experience Measure – to be developed with stakeholders' including young people.</p> <p>Outcome indicator: Feedback surveys for Service/Provider, clinician and community feedback (including consideration of Patient Reported Outcome Measure and patient Reported Experience Measures).</p>
Local Performance Indicator target (where possible)	<p>Outcome indicator: Reduction in number of young people presenting to ED with self-harm or suicidal thoughts – exact target to be developed with stakeholders.</p> <p>Outcome indicator: Reduction in deaths from self-harm in 15-24 year olds – exact target to be developed with stakeholders.</p> <p>Northern Sydney PHN will work with potential and actual commissioned providers to identify appropriate and Local Performance Indicator targets and outcomes. This will promote innovation to address need in order to achieve desired outcomes.</p>

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Proposed Activities	
Priority Area 2: Youth mental health services	
Local Performance Indicator Data source	<p>Northern Sydney PHN will develop the internal and external capacity to accurately capture and utilise the most pertinent data sources that will reflect performance of commissioned services. Local Performance Indicator data sources will combine qualitative and quantitative sources.</p> <ol style="list-style-type: none"> <li>1. Stakeholder engagement and market analysis - including, but not limited to, the Northern Sydney PHN Mental Health &amp; AOD Advisory Committee and the Clinical and Community Councils, consumers, potential and actual commissioned providers, regional clinical leads, primary care, GP's, Allied Health, the Local Health District, Department of Health, Local Government Authorities etc.</li> <li>2. Regular provider / commissioned service performance reports.</li> <li>3. Service/Provider, clinician and community feedback.</li> <li>4. Local Health District data – where relevant and will include, but not limited to Mental Health related Emergency Department admissions, Length of Stay, Discharge, demographic and geographic markers, uptake and capacity of mental health community programs.</li> <li>5. Primary Care - develop mechanisms to monitor and measure MBS usage in general practice.</li> <li>6. Other local and national data sets will likely include a combination and access to the following:</li> <li>7. Australian Atlas of Health Variation</li> <li>8. Australian Health Survey</li> <li>9. BEACH data, 2011-15</li> <li>10. Health workforce data</li> <li>11. MBS Claims data</li> <li>12. NSW combined admitted patient epidemiology data</li> <li>13. PenCAT data</li> <li>14. Australian Hospital Statistics (AIHW)</li> <li>15. Potentially preventable hospitalisations data (NHPA)</li> </ol>

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Proposed Activities	
Priority Area 2: Youth mental health services	
	<p>16. NSW Department of Planning and Environment population projections 17. Consumer experience of service measure</p> <p>In line with Northern Sydney PHN’s commissioning approach, data collection will commence at the beginning of any commissioning activity in order to identify what the initial gaps are and to accurately inform desired outcomes of commissioned activity. The iterative collection and use of relevant data sources will further support the development, quality improvement, monitoring and evaluation of commissioned activities.</p>

Proposed Activities	
Priority Area 3: Psychological therapies for rural and remote, under-serviced and /or hard to reach groups	
<b>Priority Area 3: Psychological therapies for rural and remote, under-serviced and /or hard to reach groups</b>	Address service gaps in the provision of psychological therapies for people in <b>rural and remote areas and other under-serviced and/or hard to reach populations</b> , making optimal use of the available service infrastructure and workforce.
Activity(ies) / Reference (e.g. Activity 3.1, 3.2, etc)	<p>3.1 Further explore and address mental health service gaps for hard to reach/at risk groups including; people experiencing homelessness, women experiencing perinatal depression, children under 12, older people and people from CALD backgrounds (especially new arrivals and humanitarian entrants).</p> <p>3.2 Work with local providers, including general practices to ensure better access to appropriate services, including low intensity mental health services and specialist psychological services.</p>
Description of Activity(ies) and rationale (needs assessment)	3.1 Further explore and address mental health service gaps for hard to reach/at risk groups including; people experiencing homelessness, older people and people from CALD backgrounds (especially new arrivals and humanitarian entrants).

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## Proposed Activities

### Priority Area 3: Psychological therapies for rural and remote, under-serviced and /or hard to reach groups

The initial needs assessment process identified limited access to psychological services for a number of high needs and at risk populations in the Northern Sydney region, including young people and adults experiencing homelessness, young people in Out of Home Care, people from CALD backgrounds, humanitarian entrants and older people. In order to address these service gaps, Northern Sydney PHN will first seek to better understand these populations and the barriers to accessing services. As an element of the comprehensive mental health needs assessment, Northern Sydney PHN will work with local services, general practice, community stakeholders and representative bodies to explore the specific mental health support needs of these populations and look at and develop best practice models of service delivery. Northern Sydney PHN will work with local services to collect and analyse service use data for these populations and use this to develop new targets for inclusion.

3.2 Work with local providers to ensure better access to appropriate psychological services, including low intensity mental health services and specialist psychological services.

As the specific needs of the different hard to reach and at-risk populations are better understood, Northern Sydney PHN will work with the local service system to increase understanding of the specific needs of these populations, facilitate effective referral pathways and ensure that services are capable and willing to provide appropriate services. This may involve facilitating access to specific training or professional development for practitioners, creating awareness of best practice principles and encouraging the adoption of meaningful service targets.

The current ATAPS program model criteria and approach will be reviewed and developed to better address the needs of under-serviced and/or hard to reach groups.

Noting that trauma is often a significant factor in the psychological wellbeing of people in these populations, Northern Sydney PHN will work with the local service sector to promote a trauma-informed approach to service provision and, acknowledging that work with trauma takes time, will work to ensure that people have access to longer term support where required.

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Proposed Activities	
Priority Area 3: Psychological therapies for rural and remote, under-serviced and /or hard to reach groups	
Collaboration	This activity will be led by Northern Sydney PHN in collaboration with General Practice, community allied health providers, Northern Sydney LHD, NSW Family and Community Services, Northern Sydney District and other relevant local service providers.
Duration	<p>July 2016 – September 2016: Review of ATAPS program. Further exploration of hard to reach and at-risk populations, identifying service gaps, barriers to service access and priorities for action.</p> <p>October – December 2016: Sector development, support for service/program re-design, development and promotion of referral pathways.</p> <p>January 2017 – June 2017: Exploration of commissioning opportunities to expand the provision of psychological services for people in high needs/underserved groups.</p>
Coverage	This activity will cover the entire PHN region.
Commissioning approach	<p>Northern Sydney PHN will adopt a collaborative approach to commissioning in order to determine the most appropriate mix of service delivery modalities to meet the mental health needs of hard to reach groups in our PHN region.</p> <p>We will work with patients, providers and the wider community including housing, maternity services and culture and faith services to understand thoroughly the needs of these hard to reach groups to define problems, identify desired outcomes and create appropriate solutions.</p> <p>Working across the whole system, with patients, carers, service providers and wider stakeholders to co-design services, the PHN will develop an evaluation framework in partnership with other stakeholders to ensure a shared approach and responsibility to developing and achieving outcomes.</p> <p>Northern Sydney PHN will ensure a fair and transparent procurement process.</p> <p>Northern Sydney PHN will work with potential providers, early, to support and build market capability to undertake the commissioning process and will build partnerships and foster relationships so that commissioned providers are able to deliver outcomes that impact the community.</p>

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Proposed Activities	
<b>Priority Area 3: Psychological therapies for rural and remote, under-serviced and /or hard to reach groups</b>	
	<p>Northern Sydney PHN will work with commissioned providers to support delivery of services that meet community need. Monitoring and evaluation of commissioned services will occur from regular performance reports, consumer, clinician, community and provider feedback, and independent evaluation. The impact of any commissioned services will also be evaluated against the population health need.</p> <p>We will also undertake a review of the currently commissioned ATAPS service to better understand uptake of service by these hard to reach groups as well as identification of issues regarding access to services. This will inform future service redesign and commissioning intentions.</p>
Performance Indicator	<p>The mandatory performance indicators for this priority are:</p> <ul style="list-style-type: none"> <li>• Proportion of regional population receiving PHN-commissioned mental health services – Psychological therapies delivered by mental health professionals.</li> <li>• Average cost per PHN-commissioned mental health service – Psychological therapies delivered by mental health professionals.</li> <li>• Clinical outcomes for people receiving PHN-commissioned Psychological therapies delivered by mental health professionals.</li> </ul> <p>Process Indicator: That commissioned services address access to services, efficiency of service delivery, cultural and clinical appropriateness of service delivery.</p> <p>Process Indicator: That commissioned services have engaged with local community in design, delivery, monitoring and evaluation of services.</p> <p>Outcome indicator: Clinical and non-clinical effectiveness of commissioned service delivery – to include clinician, consumer and provider feedback measurements. Commissioned services should also demonstrate a holistic approach to the social, emotional wellbeing of communities.</p>

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Proposed Activities	
<b>Priority Area 3: Psychological therapies for rural and remote, under-serviced and /or hard to reach groups</b>	
	Outcome indicator: Proportion of Indigenous population receiving PHN commissioned mental health services where the services are culturally appropriate.
Local Performance Indicator target (where possible)	Northern Sydney PHN will work with potential and actual commissioned providers to identify appropriate and Local Performance Indicator targets and outcomes. This will promote innovation to address need in order to achieve desired outcomes.
Local Performance Indicator Data source	<p>Northern Sydney PHN will develop the internal and external capacity to accurately capture and utilise the most pertinent data sources that will reflect performance of commissioned services. Local Performance Indicator data sources will combine qualitative and quantitative sources.</p> <ol style="list-style-type: none"> <li>1. Stakeholder engagement and market analysis - including, but not limited to, the Northern Sydney PHN Mental Health Advisory Committee and the Clinical and Community Councils, consumers, potential and actual commissioned providers, regional clinical leads, primary care, GP's, Allied Health, the Local Health District, Department of Health, Local Government Authorities etc.</li> <li>2. Regular provider / commissioned service performance reports.</li> <li>3. Feedback surveys for Service/Provider, clinician and community feedback (including consideration of Patient Reported Outcome Measure and patient Reported Experience Measures).</li> <li>4. Local Health District data – where relevant and will include, but not limited to Mental Health related Emergency Department admissions, length of stay, discharge, demographic and geographic markers, uptake and capacity of mental health community programs.</li> <li>5. Primary Care - develop mechanisms to monitor and measure MBS usage in general practice.</li> <li>6. Other local and national data sets will likely include a combination and access to the following:</li> </ol>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
<b>Priority Area 3: Psychological therapies for rural and remote, under-serviced and /or hard to reach groups</b>	
	<ul style="list-style-type: none"> <li>• Australian Atlas of Health Variation</li> <li>• Australian Health Survey</li> <li>• BEACH data, 2011-15</li> <li>• Health workforce data</li> <li>• MBS Claims data</li> <li>• NSW combined admitted patient epidemiology data</li> <li>• PenCAT data</li> <li>• Australian Hospital Statistics (AIHW)</li> <li>• Potentially preventable hospitalisations data (NHPA)</li> <li>• NSW Department of Planning and Environment population projections</li> <li>• Consumer experience of service measure</li> </ul> <p>In line with Northern Sydney PHN’s commissioning approach, data collection will commence at the beginning of any commissioning activity in order to identify what the initial gaps are and to accurately inform desired outcomes of commissioned activity. The iterative collection and use of relevant data sources will further support the development, quality improvement, monitoring and evaluation of commissioned activities.</p>

Proposed Activities	
<b>Priority Area 4: Mental health services for people with severe and complex mental illness including care packages</b>	
<b>Priority Area 4: Mental health services for people with severe and complex mental illness including care packages</b>	Commission primary mental healthcare services for people with severe mental illness being managed in primary care, including clinical care coordination for people with <b>severe and complex mental illness</b> who are being managed in primary care including through the phased implementation of primary mental health care packages and the use of mental health nurses.

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
Priority Area 4: Mental health services for people with severe and complex mental illness including care packages	
<p>Activity(ies) / Reference (e.g. Activity 4.1, 4.2, etc)</p>	<p>4.1 Review and co-design a regional approach to care coordination for people with severe and complex mental health needs.</p> <p>4.2 Review and co-design the Mental Health Nurse Incentive Program to better support GPs in management of severe mental illness.</p> <p>4.3 Promote better management of the physical health needs of people with severe mental illness in the region.</p> <p>4.4 Further explore the provision of services for people with the diagnosis of Borderline Personality Disorder.</p> <p>4.5 Explore and develop early intervention programs for people with/at risk of eating disorders.</p>
<p>Description of Activity(ies) and rationale (needs assessment)</p>	<p>4.1 Review and co-design a regional approach to care coordination for people with severe and complex mental illness.</p> <p>Collaborate and support general practices, community allied health providers, mental health nurses, community mental health service providers and the NSLHD to develop team based support approaches. This will include the development of co-designed and agreed Health Pathway tools for general practice to further support this area.</p> <p>4.2 Review and co-design a regional Mental Health Nurse Incentive Program to better support GPs in management of severe mental illness.</p> <p>Northern Sydney PHN will work with current Mental Health Nurse Incentive Program (MHNIP) providers to maintain current service delivery and ensure service continuity for existing clients. As an element of the comprehensive mental health and suicide prevention needs assessment process, Northern Sydney PHN will review the impact of the MHNIP program and work with GP practices, mental health nurses and other relevant stakeholders to develop an approach for the expansion and redesign of the program, ensuring it is best targeted to meet the care coordination needs of people with severe mental illness and complex needs.</p>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
Priority Area 4: Mental health services for people with severe and complex mental illness including care packages	
	<p><b>4.2 Promote better management of the physical health needs of people with severe mental illness in the region</b></p> <p>Northern Sydney PHN will work with GPs, mental health nurses, allied health providers and other local services to promote collaboration and communication through effective care coordination and ensure that the holistic support needs of people with a severe mental illness are met. This will include dedicated work to ensure that the physical health needs of people with severe mental illness and complex needs are appropriately managed in the primary care system. Strategies to achieve this include supporting the widespread implementation of physical health screening as well as education for practitioners on the specific health conditions experienced by this cohort.</p> <p>This will include the development of co-designed and agreed Health Pathway tools for general practice to further support this area.</p> <p><b>4.3 Further explore the provision of services for people with the diagnosis of Borderline Personality Disorder</b></p> <p>Access to appropriate individual and group support services for people with a diagnosis of Borderline Personality Disorder was a key need identified through the initial needs assessment process. For people not accessing public mental health services through NSLHD, there are few options for appropriate and affordable support e.g. low or no cost Dialectical Behaviour Therapy groups. Northern Sydney PHN will work with local service providers and consumers to review the provision of appropriate psychological services, streamline referral pathways and, where appropriate, stimulate innovation to better meet the needs of this high needs cohort. This will include the development of co-designed and agreed Health Pathway tools for general practice to further support this area.</p> <p><b>4.4 Explore and develop early intervention programs for people with/at risk of eating disorders</b></p> <p>Stakeholder feedback has indicated that Northern Sydney has a high prevalence of eating disorders relative to other regions. A lot of the service provision for people with eating disorders is conducted within the private sector. As part of the comprehensive needs assessment process, Northern Sydney</p>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
Priority Area 4: Mental health services for people with severe and complex mental illness including care packages	
	PHN will work with Northern Sydney LHD, local service providers and specialist services to review whether current service provision is effectively meeting the needs of this cohort and to explore what early intervention activity could be conducted in primary care settings. It is expected that this activity will involve working with GPs, allied health providers, service providers and schools to better understand the early indicators of eating disorders and how to address them. This will include the development of co-designed and agreed Health Pathway tools for general practice to further support this area.
Collaboration	This activity will be led by Northern Sydney PHN, working in collaboration with General Practice, community allied health providers, Northern Sydney LHD, mental health nurses, local service providers and relevant specialist services and sector experts.
Duration	<p>May – June 2016: engage with existing MHNIP service providers to extend contracts and ensure service continuity.</p> <p>July – September 2016: undertake Comprehensive Needs Assessment, including review of MHNIP program, services for people with the diagnosis of Borderline Personality Disorder and services for people with eating disorders. Collect and analyse data, conduct stakeholder forums, service mapping and market analysis.</p> <p>October – December 2016: review needs assessment and develop plan for expansion of MHNIP program, approaches to support people with diagnosis of Borderline Personality Disorder and people with/at risk of eating disorders. Work with service sector to better understand approaches to addressing physical health needs of people with severe mental illness. Work with service sector to promote effective care coordination. Begin expansion of MHNIP program.</p> <p>January 2017 – June 2017: work with sector to increase uptake of physical health screening.</p>
Coverage	This activity will cover the entire PHN region.

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
Priority Area 4: Mental health services for people with severe and complex mental illness including care packages	
Commissioning approach	<p>Northern Sydney PHN will adopt a collaborative approach to commissioning in order to determine the most appropriate mix of service delivery modalities to meet the mental health needs of people with severe and complex mental illness in our PHN region.</p> <p>Specific to this priority, Northern Sydney PHN will:</p> <ul style="list-style-type: none"> <li>• Contract existing GP Practices and Mental Health Nurses currently contracted as part of the Mental Health Nurse Incentive Program, as directed by the Department of Health.</li> <li>• Work with current service providers to understand current service activity, impact on outcomes and distribution of services across Northern Sydney PHN region.</li> <li>• Explore opportunities to expand the MHNIP through the commissioning of additional services.</li> </ul> <p>We will work with patients, providers and the wider community to understand thoroughly the needs of the community, to define problems, identify desired outcomes and create appropriate solutions.</p> <p>Working across the whole system, with patients, carers, service providers and wider stakeholders to co-design services, the PHN will develop an evaluation framework in partnership with other stakeholders to ensure a shared approach and responsibility to developing and achieving outcomes.</p> <p>Northern Sydney PHN will ensure a fair and transparent procurement process.</p> <p>Northern Sydney PHN will work with potential providers, early, to support and build market capability to undertake the commissioning process. NSPHN will build partnerships and foster relationships so that commissioned providers are able to deliver outcomes that impact the community.</p> <p>Northern Sydney PHN will work with commissioned providers to support delivery of services that meet community need. Monitoring and evaluation of commissioned services will occur from regular performance reports, consumer, clinician, community and provider feedback, and independent evaluation. The impact of any commissioned services will also be evaluated against the population health need.</p>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
Priority Area 4: Mental health services for people with severe and complex mental illness including care packages	
Performance Indicator	<p>The mandatory performance indicators for this priority are:</p> <ul style="list-style-type: none"> <li>• Proportion of regional population receiving PHN-commissioned mental health services – clinical care coordination for people with severe and complex mental illness (including clinical care coordination by mental health nurses).</li> <li>• Average cost per PHN-commissioned mental health service – Clinical care coordination for people with severe and complex mental illness.</li> </ul> <p>Process Indicator: That commissioned services address access to services, efficiency of service delivery, cultural and clinical appropriateness of service delivery.</p> <p>Process Indicator: That commissioned services have engaged with local community in design, delivery, monitoring and evaluation of services.</p> <p>Output indicator: Increased number of mental health nurse sessions available within the Northern Sydney PHN region</p> <p>Output indicator: Number of people with severe mental illness and complex needs accessing services, including primary care and physical health services.</p> <p>Outcome indicator: clinical and non-clinical effectiveness of commissioned service delivery - to include clinician, consumer and provider feedback measurements. Commissioned services should also demonstrate a holistic approach to the social, emotional wellbeing of communities.</p>
Local Performance Indicator target (where possible)	<p>Output indicator: increased no. of mental health nurse sessions available within the Northern Sydney PHN region</p> <p>Outcome indicator: Patient Reported Experience and Outcome Measures - to be developed in consultation with consumers and service providers</p>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
Priority Area 4: Mental health services for people with severe and complex mental illness including care packages	
	Northern Sydney PHN will work with potential and actual commissioned providers to identify appropriate and Local Performance Indicator targets and outcomes. This will promote innovation to address need in order to achieve desired outcomes.
Local Performance Indicator Data source	<p>Northern Sydney PHN will develop the internal and external capacity to accurately capture and utilise the most pertinent data sources that will reflect performance of commissioned services. Local Performance Indicator data sources will combine qualitative and quantitative sources.</p> <ol style="list-style-type: none"> <li>1. Stakeholder engagement and market analysis - including, but not limited to, the Northern Sydney PHN Mental Health Advisory Committee and the Clinical and Community Councils, consumers, potential and actual commissioned providers, regional clinical leads, primary care, GP's, Allied Health, the Local Health District, Department of Health, Local Government Authorities etc.</li> <li>2. Regular provider / commissioned service performance reports</li> <li>3. Service/Provider, clinician and community feedback</li> <li>4. Local Health District data – where relevant and will include, but not limited to Mental Health related Emergency Department admissions, Length of Stay, Discharge, demographic and geographic markers, uptake and capacity of mental health community programs</li> <li>5. Primary Care - develop mechanisms to monitor and measure MBS usage in general practice.</li> <li>6. Other local and national data sets will likely include a combination and access to the following:             <ul style="list-style-type: none"> <li>• Australian Atlas of Health Variation</li> <li>• Australian Health Survey</li> <li>• BEACH data, 2011-15</li> <li>• Health workforce data</li> </ul> </li> </ol>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
Priority Area 4: Mental health services for people with severe and complex mental illness including care packages	
	<ul style="list-style-type: none"> <li>• MBS Claims data</li> <li>• NSW combined admitted patient epidemiology data</li> <li>• PenCAT data</li> <li>• Australian Hospital Statistics (AIHW)</li> <li>• Potentially preventable hospitalisations data (NHPA)</li> <li>• NSW Department of Planning and Environment population projections</li> <li>• Consumer experience of service measure</li> </ul> <p>In line with Northern Sydney PHN’s commissioning approach, data collection will commence at the beginning of any commissioning activity in order to identify what the initial gaps are and to accurately inform desired outcomes of commissioned activity. The iterative collection and use of relevant data sources will further support the development, quality improvement, monitoring and evaluation of commissioned activities.</p>

Proposed Activities	
Priority Area 5: Community based suicide prevention activities	
Priority Area 5: Community based suicide prevention activities	<p>Encourage and promote a systems based regional approach to <b>suicide prevention</b> including community based activities and liaising with Local Hospital Networks (LHNs) and other providers to help ensure appropriate follow-up and support arrangements are in place at a regional level for individuals after a suicide attempt and for other people at high risk of suicide, including Aboriginal and Torres Strait Islander people.</p>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
Priority Area 5: Community based suicide prevention activities	
Activity(ies) / Reference (e.g. Activity 5.1, 5.2, etc)	<p>5.1 Work with NSLHD and other local service providers, including general practice and local psychologists to undertake planning of a collaborative and coordinated approach to suicide prevention.</p> <p>5.2 Develop and commission programs to provide follow up (postvention) care and support.</p> <p>5.3 Support GPs and frontline staff to better assess suicide risk and provide appropriate support.</p> <p>5.4 Work with local educational institutions, boarding houses and relevant service providers to better service Aboriginal young people at risk of self-harm and suicide.</p>
Description of Activity(ies) and rationale (needs assessment)	<p>5.1 Work with NSLHD and other local service providers to undertake planning of a collaborative and coordinated approach to suicide prevention</p> <p>The initial mental health and suicide prevention regional needs assessment identified that postvention support for people who have attempted suicide is a key service gap in Northern Sydney. As a key element of the comprehensive mental health and suicide prevention needs assessment, Northern Sydney PHN will work with NSLHD and other local service providers to review and re-design current service provision for people who have attempted or are at risk of suicide. This review will take a systems approach, exploring how to best support evidence based suicide prevention activity across the region. This work will be overseen by the Northern Sydney PHN Mental Health and Alcohol and Other Drugs Advisory Committee.</p> <p>5.2 Develop and commission programs to provide follow up (postvention) care and support.</p> <p>Northern Sydney PHN will work with NSLHD and other service providers to improve the care and support provided to people following a suicide attempt. This will involve working with Emergency Department and mental health in-patient and community staff, GPs and other service providers on models for service provision, hospital discharge processes and post discharge pathways.</p> <p>5.3 Support GPs and frontline staff to better assess suicide risk and provide appropriate support</p> <p>Northern Sydney PHN will undertake activity to support GPs and frontline staff to better understand the indicators for suicide risk and assess and intervene where appropriate. This will include the</p>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
Priority Area 5: Community based suicide prevention activities	
	<p>development of co-designed and agreed Health Pathway tools for general practice to further support this area. This will involve supporting professional development of GPs and frontline staff, the development of shared protocols for assessing suicide risk and the streamlining of referral pathways.</p> <p>5.4 Work with local educational institutions, boarding houses and relevant service providers to better service Aboriginal young people at risk of self-harm and suicide.</p> <p>The initial needs assessment highlighted elevated levels of stress, anxiety and depression in young Aboriginal and Torres Strait Islander people entering the Northern Sydney region to attend school and university. In some instances this has led to suicidal ideation, self-harm and suicide attempts. In response to this issue, Northern Sydney PHN will:</p> <ul style="list-style-type: none"> <li>• Work with school and university staff, Aboriginal Boarding House staff, NSLHD, headspace, local Aboriginal services and community leaders to quantify and further define this issue.</li> <li>• Co-design and commission a service response, including the provision of Aboriginal Mental Health First Aid training to frontline staff.</li> <li>• Further develop capacity within schools, universities and local services to better respond to the social and emotional wellbeing needs of Aboriginal and Torres Strait Islander young people.</li> </ul>
Collaboration	This activity will be led by Northern Sydney PHN in collaboration with General Practice, community allied health providers, NSLHD, local service providers, academic and research partners, Aboriginal services, educational institutions, consumers and carers.
Duration	<p>July – September 2016: undertake a Comprehensive Needs Assessment, collect and analyse data, conduct stakeholder forums, service mapping and market analysis.</p> <p>October – December 2016: work with service sector to increase skills in assessment and intervention, promote referral pathways, and undertake co-design for new service provision.</p> <p>January – June 2017: Commission suicide postvention support services and support rollout.</p>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
Priority Area 5: Community based suicide prevention activities	
Coverage	This activity will cover the entire PHN region.
Commissioning approach	<p>Northern Sydney PHN will adopt a collaborative approach to commissioning in order to determine the most appropriate mix of service delivery modalities. This will include building an increased understanding of availability and access to community based suicide prevention services.</p> <p>We will work with consumers, carers, service providers and the wider community to understand thoroughly the needs of the community, to define problems, identify desired outcomes and create appropriate solutions.</p> <p>Working across the whole system, with patients, carers, service providers and wider stakeholders to co-design services, the PHN will develop an evaluation framework in partnership with other stakeholders to ensure a shared approach and responsibility to developing and achieving outcomes.</p> <p>Northern Sydney PHN will leverage off existing services to facilitate better coordination and integration of services. Where appropriate, Northern Sydney PHN will procure community based suicide prevention services.</p> <p>Northern Sydney PHN will ensure a fair and transparent procurement process.</p> <p>Northern Sydney PHN will work with potential providers, early, to support and build market capability to undertake the commissioning process. NSPHN will build partnerships and foster relationships so that commissioned providers are able to deliver outcomes that impact the community.</p> <p>Northern Sydney PHN will work with commissioned providers to support delivery of services that meet community need. Monitoring and evaluation of commissioned services will occur from regular performance reports, consumer, clinician, community and provider feedback, and independent</p>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
<b>Priority Area 5: Community based suicide prevention activities</b>	
	evaluation. The impact of any commissioned services will also be evaluated against the population health need.
Performance Indicator	<p>The mandatory performance indicator for this priority is:</p> <ul style="list-style-type: none"> <li>Number of people who are followed up by PHN-commissioned services following a recent suicide attempt.</li> </ul> <p>Process Indicator: That commissioned services address access to services, efficiency of service delivery, cultural and clinical appropriateness of service delivery.</p> <p>Process Indicator: That commissioned services have engaged with local community in design, delivery, monitoring and evaluation of services.</p> <p>Process indicator: Documented process to ensure follow up following suicide attempt.</p> <p>Output indicator: Number of frontline staff trained in Aboriginal Mental Health First Aid.</p> <p>Outcome indicator: Clinical and non-clinical effectiveness of commissioned service delivery - to include clinician, consumer and provider feedback measurements. Commissioned services should also demonstrate a holistic approach to the social, emotional wellbeing of communities.</p> <p>Outcome indicator: reduction in deaths from self-harm in 15-24 year olds.</p> <p>Outcome indicator: Rates of death from suicide in Northern Sydney PHN region.</p>
Local Performance Indicator target (where possible)	Outcome indicator: reduction in deaths from self-harm in 15-24 year olds- exact target to be developed in consultation with stakeholders.

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
<b>Priority Area 5: Community based suicide prevention activities</b>	
	<p>Outcome indicator: Feedback surveys for Service/Provider, clinician and community feedback (including consideration of Patient Reported Outcome Measure and patient Reported Experience Measures).</p> <p>Northern Sydney PHN will work with potential and actual commissioned providers to identify appropriate and Local Performance Indicator targets and outcomes. This will promote innovation to address need in order to achieve desired outcomes.</p>
Local Performance Indicator Data source	<p>Northern Sydney PHN will develop the internal and external capacity to accurately capture and utilise the most pertinent data sources that will reflect performance of commissioned services. Local Performance Indicator data sources will combine qualitative and quantitative sources.</p> <ol style="list-style-type: none"> <li>1. Stakeholder engagement and market analysis - including, but not limited to, the Northern Sydney PHN Mental Health Advisory Committee and the Clinical and Community Councils, consumers, potential and actual commissioned providers, regional clinical leads, primary care, GP's, Allied Health, the Local Health District, Department of Health, Local Government Authorities etc.</li> <li>2. Regular provider / commissioned service performance reports.</li> <li>3. Service/Provider, clinician and community feedback.</li> <li>4. Local Health District data – where relevant and will include, but not limited to Mental Health related Emergency Department admissions, Length of Stay, Discharge, demographic and geographic markers, uptake and capacity of mental health community programs.</li> <li>5. Primary Care - develop mechanisms to monitor and measure MBS usage in general practice.</li> <li>6. Other local and national data sets will likely include a combination and access to the following:             <ul style="list-style-type: none"> <li>• Australian Atlas of Health Variation</li> <li>• Australian Health Survey</li> </ul> </li> </ol>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
Priority Area 5: Community based suicide prevention activities	
	<ul style="list-style-type: none"> <li>• BEACH data, 2011-15</li> <li>• Health workforce data</li> <li>• MBS Claims data</li> <li>• NSW combined admitted patient epidemiology data</li> <li>• PenCAT data</li> <li>• Australian Hospital Statistics (AIHW)</li> <li>• Potentially preventable hospitalisations data (NHPA)</li> <li>• NSW Department of Planning and Environment population projections</li> <li>• Consumer experience of service measure</li> </ul> <p>In line with Northern Sydney PHN’s commissioning approach, data collection will commence at the beginning of any commissioning activity in order to identify what the initial gaps are and to accurately inform desired outcomes of commissioned activity. The iterative collection and use of relevant data sources will further support the development, quality improvement, monitoring and evaluation of commissioned activities.</p>

Proposed Activities	
Priority Area 6: Aboriginal and Torres Strait Islander mental health services	
Priority Area 6: Aboriginal and Torres Strait Islander mental health services	Enhance access to and better integrate <b>Aboriginal and Torres Strait Islander mental health</b> services at a local level facilitating a joined up approach with other closely connected services including social and emotional wellbeing, suicide prevention and alcohol and other drug services. For this Objective, both

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
<b>Priority Area 6: Aboriginal and Torres Strait Islander mental health services</b>	
	the <i>Primary Health Networks Grant Programme Guidelines - Annexure A1 - Primary Mental Health Care</i> and the <i>Indigenous Australians' Health Programme – Programme Guidelines</i> apply.
Activity(ies) / Reference (e.g. Activity 6.1, 6.2, etc)	<p>6.1 Work closely with the local communities, Aboriginal and mainstream services to understand the specific mental health needs of Aboriginal people in the region.</p> <p>6.2 Develop and commission services to meet these identified needs.</p> <p>6.3 Develop a Northern Sydney PHN Aboriginal Advisory Forum.</p> <p>6.4 Support providers in the region to accurately record and document Aboriginal status.</p> <p>6.5 Facilitate access to culturally appropriate and trauma-informed mental health services.</p>
Description of Activity(ies) and rationale (needs assessment)	<p>6.1 Work closely with the local communities, Aboriginal and mainstream services to understand the specific mental health needs of Aboriginal people in the region.</p> <p>6.2 Develop and commission services to meet these identified needs.</p> <p>6.3 Develop a Northern Sydney PHN Aboriginal Advisory Forum.</p> <p>Through the needs assessment process, a number of issues relating to the local Aboriginal and Torres Strait Islander population were highlighted, including under-reporting of Aboriginal status, resulting in poor access to targeted services and programs and the impact of unaddressed trauma arising from the Stolen Generations.</p> <p>As part of its approach to Aboriginal &amp; Torres Strait Islander mental health, Northern Sydney PHN will further explore these issues with the local Aboriginal community and relevant service providers and develop service models or projects to meet these identified needs. This will form part of Northern Sydney PHN's broader approach to commissioning culturally appropriate social and emotional wellbeing services for Aboriginal and Torres Strait Islander people. In developing this approach, Northern Sydney PHN will:</p> <ul style="list-style-type: none"> <li>• Establish an Aboriginal and Torres Strait Islander Health &amp; Social and Emotional Wellbeing Steering Committee.</li> </ul>

# Northern Sydney PHN Mental Health Annual Plan

## Proposed Activities

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

- Work with Northern Sydney Local Health District (NSLHD), NSW Family and Community Services, Northern Sydney District, the Aboriginal Health and Medical Research Council of NSW, Alcohol and Other Drug service providers and other relevant services to share and review data relating to mental health service usage.
- Undertake regional consultation sessions with Aboriginal community members, Aboriginal service providers and other relevant services.
- Further identify gaps in service access and service provision.
- Work with local service providers to provide integrated wellbeing services.
- Work with services in neighbouring regions currently providing services to Northern Sydney Aboriginal and Torres Strait Islander residents, including Redfern Aboriginal Medical Service, Central and Eastern Sydney PHN and Hunter New England Central Coast PHN.
- Provide education and support to primary care and allied health care staff to better enable culturally appropriate service provision.

6.4 Support providers in the region to accurately record and document Aboriginal status.

Stakeholder feedback from the initial needs assessment process highlighted an issue of poor identification and documenting of Aboriginal status amongst Northern Sydney healthcare services. This issue involves people not self-identifying when accessing services as well as service providers not proactively asking about Aboriginal status. The result is Aboriginal residents missing out on access to appropriate programs and supports. Northern Sydney PHN will work with local service providers, including GPs and allied health providers to ensure that Aboriginality is routinely recorded and providers are aware of Aboriginal-specific programs and MBS items.

6.5 Facilitate access to culturally appropriate and trauma-informed mental health services.

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
Priority Area 6: Aboriginal and Torres Strait Islander mental health services	
	Northern Sydney PHN will work with Aboriginal services and the local Aboriginal community to develop capacity within mainstream services to respond appropriately to Aboriginal people accessing mental health services. This will include facilitating access to training on culturally appropriate and trauma informed mental health care as well as assisting the service system to develop and implement appropriate support frameworks.
Collaboration	This activity will be led by Northern Sydney PHN and conducted in collaboration with local Aboriginal services, Aboriginal community members, General Practice, community allied health providers, NSLHD, NSW Family and Community Services Northern Sydney District, local health and mental health services, local AOD services, Central and Eastern Sydney PHN, Hunter and Central Coast PHN and Redfern Aboriginal Medical Service.
Duration	<p>July – September 2016: undertake Comprehensive Needs Assessment collect and analyse data, conduct stakeholder forums, service mapping and market analysis, establish Northern Sydney PHN Aboriginal Steering Committee.</p> <p>September 2016 – June 2017: work with stakeholders to design and implement programs to address the social and emotional wellbeing needs of Aboriginal people living in Northern Sydney. Work with service providers to build capacity in the provision of integrated and culturally appropriate support.</p>
Coverage	This activity will cover the entire PHN region.
Commissioning approach	<p>Northern Sydney PHN will adopt a collaborative approach to commissioning in order to determine the most appropriate mix of service delivery modalities to meet the mental health needs of Aboriginal and Torres Strait Islander people in our Northern Sydney PHN region.</p> <p>We will work with patients, providers and the wider community to understand thoroughly the needs of the community, to define problems, identify desired outcomes and create appropriate solutions.</p>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
<b>Priority Area 6: Aboriginal and Torres Strait Islander mental health services</b>	
	<p>Working across the whole system, with patients, carers, service providers and wider stakeholders to co-design services, the PHN will develop an evaluation framework in partnership with other stakeholders to ensure a shared approach and responsibility to developing and achieving outcomes.</p> <p>Northern Sydney PHN will ensure a fair and transparent procurement process.</p> <p>Northern Sydney PHN will work with potential providers, early, to support and build market capability to undertake the commissioning process. NSPHN will build partnerships and foster relationships so that commissioned providers are able to deliver outcomes that impact the community.</p> <p>Northern Sydney PHN will work with commissioned providers to support delivery of services that meet community need. Monitoring and evaluation of commissioned services will occur from regular performance reports, consumer, clinician, community and provider feedback, and independent evaluation. The impact of any commissioned services will also be evaluated against the population health need.</p>
Performance Indicator	<p>The mandatory performance indicator for this priority is:</p> <ul style="list-style-type: none"> <li>• Proportion of Indigenous population receiving PHN-commissioned mental health services where the services were culturally appropriate.</li> </ul> <p>Process Indicator: That commissioned services address access to services, efficiency of service delivery, cultural and clinical appropriateness of service delivery.</p> <p>Process Indicator: That commissioned services have engaged with local community in design, delivery, monitoring and evaluation of services.</p>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
Priority Area 6: Aboriginal and Torres Strait Islander mental health services	
	<p>Output indicator: Number of frontline staff trained in Aboriginal Mental Health First Aid.</p> <p>Outcome indicator: clinical and non-clinical effectiveness of commissioned service delivery - to include clinician, consumer and provider feedback measurements. Commissioned services should also demonstrate a holistic approach to the social, emotional wellbeing of communities.</p> <p>Outcome indicator: Proportion of local Aboriginal and Torres Strait Islander population receiving PHN commissioned mental health services where the services are culturally appropriate.</p>
Local Performance Indicator target (where possible)	<p>The Northern Sydney PHN will work with potential and actual commissioned providers to identify appropriate and Local Performance Indicator targets and outcomes. This will promote innovation to address need in order to achieve desired outcomes.</p> <p>Broad local performance indicators and outcomes will target the increase of and uptake to culturally appropriate mental health services for the Indigenous population of Northern Sydney PHN. And will include qualitative and quantitative measurements, including clinical indicators, patient and provider satisfaction and value for money.</p> <p>Outcome indicator: Feedback surveys for Service/Provider, clinician and community feedback (including consideration of Patient Reported Outcome Measure and patient Reported Experience Measures).</p> <p>These identified and measurable outcome indicators for the Northern Sydney PHN activity will be realised in the second year of commissioning activity.</p>
Local Performance Indicator Data source	<p>Northern Sydney PHN will develop the internal and external capacity to accurately capture and utilise the most pertinent data sources that will reflect performance of commissioned services. Local Performance Indicator data sources will combine qualitative and quantitative sources.</p>

# Northern Sydney PHN Mental Health Annual Plan

## Proposed Activities

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

1. Stakeholder engagement and market analysis - including, but not limited to, the Northern Sydney PHN Mental Health Advisory Committee and the Clinical and Community Councils, consumers, potential and actual commissioned providers, regional clinical leads, primary care, GP's, Allied Health, the Local Health District, Department of Health, Local Government Authorities etc.
2. Regular provider / commissioned service performance reports
3. Service/Provider, clinician and community feedback
4. Local Health District data – where relevant and will include, but not limited to Mental Health related Emergency Department admissions, Length of Stay, Discharge, demographic and geographic markers, uptake and capacity of mental health community programs
5. Primary Care - develop mechanisms to monitor and measure MBS usage in general practice.
6. Other local and national data sets will likely include a combination and access to the following:
  - Australian Atlas of Health Variation
  - Australian Health Survey
  - BEACH data, 2011-15
  - Health workforce data
  - MBS Claims data
  - NSW combined admitted patient epidemiology data
  - PenCAT data
  - Australian Hospital Statistics (AIHW)
  - Potentially preventable hospitalisations data (NHPA)

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
Priority Area 6: Aboriginal and Torres Strait Islander mental health services	
	<ul style="list-style-type: none"> <li>• NSW Department of Planning and Environment population projections</li> <li>• Consumer experience of service measure</li> </ul> <p>In line with Northern Sydney PHN’s commissioning approach, data collection will commence at the beginning of any commissioning activity in order to identify what the initial gaps are and to accurately inform desired outcomes of commissioned activity. The iterative collection and use of relevant data sources will further support the development, quality improvement, monitoring and evaluation of commissioned activities.</p>

Proposed Activities	
Priority Area 7: Stepped care approach	
<b>Priority Area 7: Stepped care approach</b>	A continuum of primary mental health services within a person-centred <b>stepped care approach</b> so that a range of service types, making the best use of available workforce and technology, are available within local regions to better match with individual and local population need.
Activity(ies) / Reference (e.g. Activity 7.1, 7.2, etc)	<p>7.1 Map mental health service provision across the PHN region according to stepped care approach.</p> <p>7.2 Review and re-design ATAPS from a stepped care perspective.</p> <p>7.3 Promote a stepped care approach and support the local service system, including general practice, to refer people to the right mental health support at the right time.</p>
Description of Activity(ies) and rationale (needs assessment)	7.1 Map mental health service provision across PHN region according to stepped care approach.

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
Priority Area 7: Stepped care approach	
	<p>To complement the comprehensive mental health and suicide prevention needs assessment, Northern Sydney PHN will undertake a Regional Integrated Mental Health Atlas to review the provision of mental health services across the region. The Mental Health Atlas will look at the type of mental health services provided across the region, according to a stepped care approach and map their geographic distribution. This will provide key information for the development and commissioning of new services and will help to focus efforts around system integration.</p> <p>7.2 Review and re-design ATAPS from a stepped care perspective.</p> <p>Existing ATAPS services will be continued through to the end of 2016. Within this time, a comprehensive review of the Northern Sydney ATAPS program will be undertaken; focusing on ensuring that services are going to the right clients and that service intensity is matched to the level of mental health need. Northern Sydney PHN will engage a suitably qualified consultant to undertake this review and work with stakeholders and service providers to design and commission appropriate psychological support services.</p> <p>7.3 Promote a stepped care approach and support the local service system, including general practice, to refer people to the right mental health support at the right time.</p> <p>As an outcome of the comprehensive mental health and suicide needs assessment and Mental Health Atlas, Northern Sydney PHN will work with the local service sector to promote a stepped care approach to mental health support across the region and develop appropriate referral pathways.</p> <p>The PHN will support general practice in the assessment and management of stepped care approaches via the co-design process and establishment of agreed Health Pathway approaches. The PHN will utilise Health Pathways as a knowledge tool across the primary healthcare.</p> <p>Northern Sydney PHN will build upon existing partnerships and develop new ones to support joined up service provision across the region and promote access to the right type of support at the right time.</p>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
<b>Priority Area 7: Stepped care approach</b>	
Collaboration	This activity will be led by Northern Sydney PHN, in collaboration with University of Sydney, Northern Sydney LHD, local GPs, psychiatrists, allied health providers and mental health service providers, consumers and carers.
Duration	<p>May 2016 – December 2016: Undertake Regional Integrated Mental Health Atlas.</p> <p>July – September 2016: Undertake Comprehensive Needs Assessment, collect and analyse data, conduct stakeholder forums, service mapping and market analysis. Undertake review of ATAPS program.</p> <p>September 2016 – January 2017: Redesign and commission out ATAPS program.</p> <p>January – June 2017: Work with service sector to implement and promote stepped care approach across region.</p>
Coverage	This activity will cover the entire PHN region.
Commissioning approach (If applicable)	<p>Northern Sydney PHN will adopt a collaborative approach to commissioning in order to determine the most appropriate mix of service delivery modalities in line with a stepped care model.</p> <p>We will work with patients, providers and the wider community to understand thoroughly the needs of the community, to define problems, identify desired outcomes and create appropriate solutions. This will ensure that the PHN population at risk groups, and those with a mild, moderate or severe mental illness have access to a range of services enabling them to ‘step up’ or ‘step down’ according to need.</p> <p>We will facilitate cross sector collaboration to ensure better integration of services so that people experience a seamless transition between types and levels of services.</p>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
<b>Priority Area 7: Stepped care approach</b>	
	<p>Working across the whole system, with patients, carers, service providers and wider stakeholders to co-design services, the PHN will develop an evaluation framework in partnership with other stakeholders to ensure a shared approach and responsibility to developing and achieving outcomes.</p> <p>Northern Sydney PHN will ensure a fair and transparent procurement process.</p> <p>Northern Sydney PHN will work with potential providers, early, to support and build market capability to undertake the commissioning process and will build partnerships and foster relationships with support so that commissioned providers are able to deliver outcomes that impact the community.</p> <p>Northern Sydney PHN will work with commissioned providers to support delivery of services meet community need. Monitoring and evaluation of commissioned services will occur from regular performance reports, consumer, clinician, community and provider feedback, and independent evaluation. The impact of any commissioned services will also be evaluated against the population health need.</p>
Performance Indicator	<p>The mandatory performance indicator for this priority is:</p> <ul style="list-style-type: none"> <li>Proportion of PHN flexible mental health funding allocated to low intensity services, psychological therapies and for clinical care coordination for those with severe and complex mental illness.</li> </ul> <p>Process Indicator: That commissioned services address access to services, efficiency of service delivery, cultural and clinical appropriateness of service delivery.</p> <p>Process Indicator: That commissioned services have engaged with local community in design, delivery, monitoring and evaluation of services.</p>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
<b>Priority Area 7: Stepped care approach</b>	
	<p>Output indicator: Northern Sydney PHN region model for stepped care developed (aligned to stepped care approach).</p> <p>Output indicator: New regional stepped care model implemented.</p> <p>Outcome indicator: Clinical and non-clinical effectiveness of commissioned service delivery - to include clinician, consumer and provider feedback measurements. Commissioned services should also demonstrate a holistic approach to the social, emotional wellbeing of communities.</p>
Local Performance Indicator target (where possible)	Northern Sydney PHN will work with potential and actual commissioned providers to identify appropriate and Local Performance Indicator targets and outcomes. This will promote innovation to address need in order to achieve desired outcomes.
Local Performance Indicator Data source	<p>Northern Sydney PHN will develop the internal and external capacity to accurately capture and utilise the most pertinent data sources that will reflect performance of commissioned services. Local Performance Indicator data sources will combine qualitative and quantitative sources.</p> <ol style="list-style-type: none"> <li>1. Stakeholder engagement and market analysis - including, but not limited to, the Northern Sydney PHN Mental Health Advisory Committee and the Clinical and Community Councils, consumers, potential and actual commissioned providers, regional clinical leads, primary care, GP's, Allied Health, the Local Health District, Department of Health, Local Government Authorities etc.</li> <li>2. Regular provider / commissioned service performance reports.</li> <li>3. Service/Provider, clinician and community feedback.</li> <li>4. Local Health District data – where relevant and will include, but not limited to Mental Health related Emergency Department admissions, Length of Stay, Discharge, demographic and geographic markers, uptake and capacity of mental health community programs.</li> </ol>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
Priority Area 7: Stepped care approach	
	<p>5. Primary Care - develop mechanisms to monitor and measure MBS usage in general practice.</p> <p>6. Other local and national data sets will likely include a combination and access to the following:</p> <ul style="list-style-type: none"> <li>• Australian Atlas of Health Variation</li> <li>• Australian Health Survey</li> <li>• BEACH data, 2011-15</li> <li>• Health workforce data</li> <li>• MBS Claims data</li> <li>• NSW combined admitted patient epidemiology data</li> <li>• PenCAT data</li> <li>• Australian Hospital Statistics (AIHW)</li> <li>• Potentially preventable hospitalisations data (NHPA)</li> <li>• NSW Department of Planning and Environment population projections</li> <li>• Consumer experience of service measure</li> </ul> <p>In line with Northern Sydney PHN’s commissioning approach, data collection will commence at the beginning of any commissioning activity in order to identify what the initial gaps are and to accurately inform desired outcomes of commissioned activity. The iterative collection and use of relevant data sources will further support the development, quality improvement, monitoring and evaluation of commissioned activities.</p>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
<b>Priority Area 8: Regional mental health and suicide prevention plan</b>	
<b>Priority Area 8: Regional mental health and suicide prevention plan</b>	Evidence based <b>regional mental health and suicide prevention</b> plans and service mapping to identify needs and gaps, reduce duplication, remove inefficiencies and encourage integration.
Activity(ies) / Reference (e.g. Activity 8.1, 8.2, etc)	8.1 Undertake comprehensive regional mental health and suicide prevention needs assessment and develop plan in collaboration with NSLHD and other stakeholders.
Description of Activity(ies) and rationale (needs assessment)	<p>The recently submitted Northern Sydney PHN Initial Mental Health Needs Assessment identified gaps in current knowledge and understanding relating to the following four service areas, in particular, for the region:</p> <ol style="list-style-type: none"> <li>1. Changes in the Mental Health Service Environment</li> <li>2. Mental Health Service Coordination and Collaboration</li> <li>3. Mental Health Services for Aboriginal and Torres Strait Islander People</li> <li>4. Mental Health Services for Older People</li> </ol> <p>As part of the Northern Sydney PHN Regional mental health and suicide prevention plan, we will address and further investigate the above four areas, above, in order to gain a deeper understanding of service and population need.</p> <p><b>The Regional Mental Health and Suicide Prevention Plan</b> will include undertaking a Comprehensive Mental Health Plan for the region. This will address the six core areas of funding relating to:</p> <ul style="list-style-type: none"> <li>• Low Intensity Mental Health Services</li> <li>• Youth Mental Health</li> <li>• Psychological Therapies under-serviced and hard to reach populations</li> <li>• Mental Health Services for people with Severe Mental Illness and Complex Needs</li> <li>• Community Based Suicide Prevention Services</li> <li>• Aboriginal Mental Health and Suicide</li> </ul>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
Priority Area 8: Regional mental health and suicide prevention plan	
	<ul style="list-style-type: none"> <li>• Stepped Care</li> </ul> <p>Further stakeholder engagement and analysis will occur to clarify needs, gaps and service opportunities relating to the above areas. Market analysis and service mapping across these areas will indicate areas of need, service duplication etc. and will inform subsequent strategic commissioned activity.</p> <p>Northern Sydney PHN is building relationships and partnerships with the Local Health District in order to share data relating to mental health activity, including, but not limited to, mental health admissions and discharge rates. Northern Sydney PHN will work closely with the LHD in joint planning of Mental Health activities where appropriate and of benefit to the local community.</p> <p>Northern Sydney PHN Initial Mental Health Needs Assessment also identified the following areas of activity to undertake for 2016-2017 and will inform the Comprehensive Mental Health Needs Assessment for 2017 and the detailed Regional Operation Mental Health Plan.</p> <ul style="list-style-type: none"> <li>• Work with NSLHD, GPs and local mental health service providers to capture and analyse data relevant to service usage, capacity and populations of significant need, including Aboriginal and Torres Islander People.</li> <li>• Conduct further analysis of the increasing rates of self-harm related hospitalisations of young women in the region.</li> <li>• Work with NSLHD and primary care practices to improve transitions between acute and primary care.</li> <li>• Investigate solutions to divert unnecessary ED attendance, including targeted promotion of appropriate after hours services.</li> <li>• Work with NSLHD and local service providers to explore gaps in service provision for young people with moderate to severe mental health issues.</li> </ul>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
Priority Area 8: Regional mental health and suicide prevention plan	
	<ul style="list-style-type: none"> <li>• Provide education and support to GPs and frontline services to identify and address suicide risks.</li> <li>• Work with local service providers to develop models for suicide postvention case management and support.</li> <li>• Further explore the provision of individual and group support services for people with a diagnosis of Borderline Personality Disorder.</li> <li>• Investigate service pathways for people with eating disorders and body image issues.</li> <li>• Map services along the stepped care continuum and support service development and innovation where needed.</li> <li>• Increase the capacity of GPs and Allied Health Providers to effectively respond to the needs of people with severe mental illness and complex needs.</li> <li>• Investigate the availability and appropriateness of low intensity mental health services.</li> <li>• Investigate options to improve access to psychological services and preventative mental health programs for older people.</li> </ul> <p>Building on the information gathered in the initial needs assessment, the PHN will undertake a comprehensive mental health and suicide prevention needs assessment. This needs assessment will have a special focus on reviewing mental health services within a stepped care approach.</p>
Collaboration	<p>The Northern Sydney PHN will work collaboratively with all stakeholders in the development of the more detailed Comprehensive Mental Health Needs Assessment and the subsequent detailed Regional Operational Plan.</p> <p>The Local Health District will be an important partner as we understand the range of community services provided (and subsequent gaps) in this space. Development of intelligent use of data and data sharing opportunities will also be explored with this partner, to include, but not limited to, further</p>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
Priority Area 8: Regional mental health and suicide prevention plan	
	<p>analysis and investigation in to the causality of regional Emergency Presentations relating to Mental Health.</p> <p>More strategic and intelligent use of General Practice MBS data will also inform the uptake of Mental Health Treatment Plans in the region and will allow the PHN to support quality improvement initiatives in general practice relating to this Local Performance Indicator.</p> <p>The Northern Sydney PHN Mental Health Advisory Committee has been established and is strongly represented across the Mental health sector and the PHN region. The committee includes representation from: the NSLHD, primary care, including general practice, allied health, Aboriginal and Torres Strait Islander health services, consumer organisations, lived experience community members and NGOs representing the spectrum of stepped care services from suicide prevention services to in-patient rehabilitation stays. This committee will oversee the strategic development of the Comprehensive Needs Assessment and the detailed Regional Operational Plan.</p>
Duration	<p>June 2016: Develop detailed project plan.</p> <p>July – September 2016: Undertake Comprehensive Needs Assessment, collect and analyse data, conduct stakeholder forums, service mapping and market analysis.</p> <p>March 2017: Submit Comprehensive Needs Assessment to Department of Health.</p> <p>April 2017-May 2017: develop regional operational plan for 2017-18</p>
Coverage	This activity will cover the entire PHN region.
Commissioning approach (If applicable)	Not applicable.
Performance Indicator	<p>The mandatory performance indicator for this priority is:</p> <ul style="list-style-type: none"> <li>Evidence of formalised partnerships with other regional service providers to support integrated regional planning and service delivery.</li> </ul>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
Priority Area 8: Regional mental health and suicide prevention plan	
	<p>Process indicator: A local process indicator may include support and endorsement of the Needs Assessment and Regional Operational Plans by the Northern Sydney Mental Health &amp; AOD Advisory Committee which is representative of the Local Health District, Primary Care, Aboriginal health organisations, consumers, carers, NSW Family and Community Services and local mental health and AOD NGOs.</p>
Local Performance Indicator target (where possible)	Process Indicator targets will reflect the extent to which the above mandatory and local indicators have been met.
Local Performance Indicator Data source	<p>Northern Sydney PHN will develop the internal and external capacity to accurately capture and utilise the most pertinent data sources that will reflect performance of commissioned services. Local Performance Indicator data sources will combine qualitative and quantitative sources.</p> <ol style="list-style-type: none"> <li>1. Stakeholder engagement and market analysis - including, but not limited to, the Northern Sydney PHN Mental Health Advisory Committee and the Clinical and Community Councils, consumers, potential and actual commissioned providers, regional clinical leads, primary care, GP's, Allied Health, the Local Health District, Department of Health, Local Government Authorities etc.</li> <li>2. Regular provider / commissioned service performance reports.</li> <li>3. Service/Provider, clinician and community feedback</li> <li>4. Local Health District data – where relevant and will include, but not limited to Mental Health related Emergency Department admissions, Length of Stay, Discharge, demographic and geographic markers, uptake and capacity of mental health community programs</li> <li>5. Primary Care - develop mechanisms to monitor and measure MBS usage in general practice.</li> <li>6. Other local and national data sets will likely include a combination and access to the following:             <ul style="list-style-type: none"> <li>• Australian Atlas of Health Variation</li> </ul> </li> </ol>

# Northern Sydney PHN Mental Health Annual Plan

Proposed Activities	
<b>Priority Area 8: Regional mental health and suicide prevention plan</b>	
	<ul style="list-style-type: none"> <li>• Australian Health Survey</li> <li>• BEACH data, 2011-15</li> <li>• Health workforce data</li> <li>• MBS Claims data</li> <li>• NSW combined admitted patient epidemiology data</li> <li>• PenCAT data</li> <li>• Australian Hospital Statistics (AIHW)</li> <li>• Potentially preventable hospitalisations data (NHPA)</li> <li>• NSW Department of Planning and Environment population projections</li> <li>• Consumer experience of service measure</li> </ul> <p>In line with Northern Sydney PHN’s commissioning approach, data collection will commence at the beginning of any commissioning activity in order to identify what the initial gaps are and to accurately inform desired outcomes of commissioned activity. The iterative collection and use of relevant data sources will further support the development, quality improvement, monitoring and evaluation of commissioned activities.</p>

# Northern Sydney Mental Health Annual Plan

