



Australian Government
Department of Health



An Australian Government Initiative

Northern Sydney Primary Health Network

Mental Health

Activity Workplan 2020-2024

Northern Sydney - Primary Mental Health Care 2020/21 - 2023/24 Activity Summary View



MH - 1100 - Continue to support delivery of low intensity mental health services



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

1100

Activity Title *

Continue to support delivery of low intensity mental health services

Existing, Modified or New Activity *

Modified



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 1: Low intensity mental health services

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

Increase access to evidence-based low intensity mental health services for people experiencing, or at risk of, mild to moderate mental illness.

Description of Activity *

NSPHN will undertake a commissioning process to establish a new low intensity service for the region. The commissioned service will focus on delivering evidence-based psychological interventions to a high volume of clients in the region. Services will be delivered by an appropriate workforce and will be designed to be accessed:

- quickly
- easily
- efficiently

The new low intensity mental health service will link to other mental health services along the stepped care continuum and complementary services including primary care, social support and vocational/educational services as appropriate.

The expected outcomes from this activity are:

- Greater awareness and uptake of low intensity mental health services
- Improved mental health outcomes for people with or at risk of developing mild mental illness

Needs Assessment Priorities *

Needs Assessment

NSPHN Needs Assessment 2019/20-2021/22

Priorities

Priority	Page reference
Low Intensity Services- Access and awareness	84



Activity Demographics

Target Population Cohort

The target population cohort is people residing in the NSPHN region who are experiencing, or are at risk of developing, mild mental illness.

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

NSPHN has undertaken extensive consultation with the local community, service providers and subject matter experts through the NSPHN Needs Assessment, co-design and procurement process. Stakeholder engagement methods included community and service provider forums, surveys and one-to-one engagement. NSPHN has established a Mental Health and Alcohol and Other Drugs Advisory Committee to advise on local priorities and guide the development of commissioned services.

The NSPHN Mental Health and Alcohol and Other Drugs Advisory Committee meets a minimum of four times a year and includes representation from:

- NSPHN Board, Clinical Council and Community Council
- General Practice
- Allied health
- Northern Sydney Local Health District – Mental Health Drug and Alcohol
- Family and Community Services
- NGO Mental Health and AOD Service Providers

- Lived experience
- Carers
- the local Aboriginal community

In addition, as part of NSPHN Commissioning Evaluation Framework, ongoing consultation to assess the impact of commissioned services will inform further quality and service improvement initiatives.

Collaboration

Northern Sydney PHN will continue to work in collaboration with relevant stakeholders including General Practice, community allied health providers, Northern Sydney LHD and commissioned low intensity mental health service providers to establish referral pathways and effective communication processes.

Training and promotion of low intensity mental health services will be supported by NSPHN in collaboration with commissioned service providers, accredited mental health training providers, eMHPac and relevant academic organisations.



Activity Milestone Details/Duration

Activity Start Date

01/07/2019

Activity End Date

30/06/2023

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2023

Other Relevant Milestones

Request for proposal released: April 2021

Request for proposal closes: May 2021

Evaluation of applications and awarding of tender: June 2021

New service commences July 2021



Activity Commissioning

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

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: Yes

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

Yes

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

Yes

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

No

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

No

Decommissioning

Yes

Decommissioning details?

Previous low intensity service provider ceased operations in December 2020. NSPHN worked with commissioned psychological therapies provider to deliver interim low intensity mental health services until such time as the newly commissioned low intensity service is operational.

Co-design or co-commissioning comments

Co-design session undertaken with a range of regional stakeholders representing general practice, lived experience and community-based service providers. Additional consultation undertaken with NSPHN committees and councils including the NSPHN Clinical Council, Community Council and Board.

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

Yes



MH - 1200 - Promote access to low intensity mental health services



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

1200

Activity Title *

Promote access to low intensity mental health services

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 1: Low intensity mental health services

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

Promote awareness of and support referrals to, low intensity and digital mental health services.

Description of Activity *

NSPHN will continue to promote awareness of and support referrals to, low intensity and digital mental health services, including:

- Head to Health
- MindSpot
- Black Dog Institute

Activities to support access to low intensity services will include:

- Work with commissioned providers and other relevant organisations to undertake promotional activities to raise awareness of service, including engagement with GPs and other service providers
- Work with eMHPrac to provide education to GPs and other service providers on the use of digital mental health services.

The expected outcomes from this activity are:

- Greater awareness and uptake of low intensity mental health services
- Improved mental health outcomes for people with or at risk of developing mild mental illness

Needs Assessment Priorities *

Needs Assessment

NSPHN Needs Assessment 2019/20-2021/22

Priorities

Priority	Page reference
Low Intensity Services- Access and awareness	84



Activity Demographics

Target Population Cohort

The target population cohort is people residing in the NSPHN region who are experiencing, or are at risk of developing, mild mental illness.

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

NSPHN has undertaken extensive consultation with the local community, service providers and subject matter experts through the NSPHN Needs Assessment, co-design and procurement process. Stakeholder engagement methods included community and service provider forums, surveys and one-to-one engagement. NSPHN has established a Mental Health and Alcohol and Other Drugs Advisory Committee to advise on local priorities and guide the development of commissioned services.

The NSPHN Mental Health and Alcohol and Other Drugs Advisory Committee meets a minimum of four times a year and includes representation from:

- NSPHN Board, Clinical Council and Community Council
- General Practice
- Allied health
- Northern Sydney Local Health District – Mental Health Drug and Alcohol
- Family and Community Services
- NGO Mental Health and AOD Service Providers
- Lived experience
- Carers
- the local Aboriginal community

In addition, as part of NSPHN Commissioning Evaluation Framework, ongoing consultation to assess the impact of commissioned services will inform further quality and service improvement initiatives.

Collaboration

Northern Sydney PHN will continue to work in collaboration with relevant stakeholders including General Practice, community allied health providers, Northern Sydney LHD and commissioned low intensity mental health service providers to establish referral

pathways and effective communication processes.

Training and promotion of low intensity mental health services will be supported by NSPHN in collaboration with commissioned service providers, accredited mental health training providers, eMHPrac and relevant academic organisations.



Activity Milestone Details/Duration

Activity Start Date

01/07/2020

Activity End Date

30/06/2023

Service Delivery Start Date

July 2020

Service Delivery End Date

June 2023

Other Relevant Milestones

NSPHN completed the Northern Sydney Joint Regional Mental Health, Suicide Prevention and Alcohol & Other Drugs Plan (the Regional Plan) in December 2020. The Regional Plan outlines activities to further embed the Stepped Care approach and to better coordinate and integrate mental health services in the Northern Sydney region. The timeframe for implementation of the activities outlined in the Regional Plan is 2021-2026.



Activity Commissioning

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

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

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

Yes

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

No

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

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

See activity consultation and collaboration for further detail.

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

No



MH - 2100 - Support local headspace services to further develop flexible service options



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

2100

Activity Title *

Support local headspace services to further develop flexible service options

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 2: Child and youth mental health services

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

Increase access to support for young people experiencing mild to moderate mental illness

Description of Activity *

NSPHN will work with the headspace lead agent to continue to operate services aligned to the core headspace model integrity framework from the Brookvale and Chatswood centres. NSPHN will also work with the lead agent to further develop and promote flexible service options to improve access for young people across the region.

This will include:

- Provision of out of hours support (weeknights and weekends)
- Delivery of services in identified hubs to respond to geographic areas of need
- Engagement of general practices in the region to build referral pathways
- Undertaking new initiatives to meet service demand and reduce wait times

The expected outcomes are:

- headspace services are accessible for young people across the region
- Increased awareness of headspace services among GPs and other service providers
- More integrated services, leading to better outcomes for young people experiencing mental health issues

Needs Assessment Priorities *

Needs Assessment

NSPHN Needs Assessment 2019/20-2021/22

Priorities

Priority	Page reference
Children & Young People – Support for children and young people with mental health issues	85



Activity Demographics

Target Population Cohort

Young people aged 12-25 experiencing mild to moderate mental health issues

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

NSPHN has undertaken extensive consultation with the local community, service providers and subject matter experts through the NSPHN needs assessment, co-design and procurement process. Stakeholder engagement methods included community and service provider forums, surveys and one-to-one engagement. NSPHN has established a Mental Health and Alcohol & Other Drugs Advisory Committee to advise on local priorities and guide the development of commissioned services.

The NSPHN Mental Health and Alcohol & Other Drugs Advisory Committee meets a minimum of four times a year and includes representation from:

- NSPHN Board, Clinical Council and Community Council
- General Practice
- Allied health
- Northern Sydney Local Health District – Mental Health Drug & Alcohol
- Family and Community Services
- NGO Mental Health and AOD Service Providers
- Lived experience
- Carers
- the local Aboriginal community

In addition, as part of NSPHN Commissioning Evaluation Framework, ongoing consultation to assess the impact of commissioned services will inform further quality and service improvement initiatives.

Collaboration

Collaboration with headspace Lead Agent and headspace National Office to ensure implementation of model integrity framework and ongoing performance of headspace centres. Collaboration with local youth service providers, GPs and related services to promote headspace services and support integration.



Activity Milestone Details/Duration

Activity Start Date

01/07/2019

Activity End Date

30/06/2023

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2023

Other Relevant Milestones

NSPHN completed the Northern Sydney Joint Regional Mental Health, Suicide Prevention and Alcohol & Other Drugs Plan (the Regional Plan) in December 2020. The Regional Plan outlines activities to further develop approaches to meet the needs of young people experiencing, or at risk of developing, mental illness in the Northern Sydney region. The timeframe for implementation of the activities outlined in the Regional Plan is 2021-2026.



Activity Commissioning

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

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

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

Yes

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

No

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

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

See activity consultation and collaboration for further detail.

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

No



MH - 2200 - Continue to commission services for young people with/at risk of severe mental illness



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

2200

Activity Title *

Continue to commission services for young people with/at risk of severe mental illness

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 2: Child and youth mental health services

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

Increase access to appropriate support services for young people aged 12-25 years experiencing, or at risk of developing, moderate to severe mental illness.

Description of Activity *

NSPHN will continue to commission services for young people with, or at risk of developing severe mental illness. Services include clinical case management, psychological therapies and access to affordable psychiatry.

NSPHN will work with commissioned provider to:

- Ensure sustainability of service
- Increase engagement in areas of geographic need (including Ryde and Hornsby LGAs)
- Further integration with related services including headspace, schools, general practice, homelessness services and drug and alcohol services
- Develop new initiatives to meet service demand and reduce wait times

Expected outcomes of this activity include:

- Better access to services for young people with/at risk of severe mental illness
- Improved mental health and wellbeing outcomes for serviced young people
- Diversion of inappropriate ED presentations
- Better coordination and collaboration between youth mental health services

Needs Assessment Priorities *

Needs Assessment

NSPHN Needs Assessment 2019/20-2021/22

Priorities

Priority	Page reference
Children & Young People – Support for children and young people with mental health issues	85



Activity Demographics

Target Population Cohort

Young people in the NSPHN region aged 12-25 years experiencing, or at risk of developing, moderate to severe mental illness.

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

NSPHN has undertaken extensive consultation with the local community, service providers and subject matter experts throughout the NSPHN Needs assessment process, co-design and procurement of youth severe services. NSPHN will continue to consult with local service providers, sector partners, consumers and their families to ensure commissioned services are meeting the needs of the local community. Stakeholder engagement methods include community and service provider forums, surveys and one-to-one engagement. NSPHN has established a Mental Health and Alcohol & Other Drugs Advisory Committee to advise on local priorities and guide the development of commissioned services.

The NSPHN Mental Health and Alcohol & Other Drugs Advisory Committee meets a minimum of four times a year and includes representation from:

- NSPHN Board, Clinical Council and Community Council
- General Practice
- Allied health
- Northern Sydney Local Health District – Mental Health Drug & Alcohol
- NGO Mental Health and AOD Service Providers
- Lived experience
- Carers
- the local Aboriginal community

Collaboration

NSPHN will continue to work closely with the following stakeholders to further support the delivery of youth severe services across the region:

- Northern Sydney Local Health District Child & Youth Mental Health Service
- headspace
- Local Councils
- Orygen (National Centre for Youth Excellence)

NSW Department of Education

- General practice
- Alcohol & Other Drugs services



Activity Milestone Details/Duration

Activity Start Date

01/07/2019

Activity End Date

30/06/2023

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2023

Other Relevant Milestones

NSPHN completed the Northern Sydney Joint Regional Mental Health, Suicide Prevention and Alcohol & Other Drugs Plan (the Regional Plan) in December 2020. The Regional Plan outlines activities to further develop approaches to meet the needs of young people experiencing, or at risk of developing, mental illness in the Northern Sydney region. The timeframe for implementation of the activities outlined in the Regional Plan is 2021-2026.



Activity Commissioning

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

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

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

Yes

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

No

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

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

See activity consultation and collaboration for further detail

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

Yes



MH - 3100 - Continue to commission services that provide psychological therapies to hard-to-reach/at risk groups



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

3100

Activity Title *

Continue to commission services that provide psychological therapies to hard-to-reach/at risk groups

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

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

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

Improve access to psychological therapies for identified under-serviced, hard-to-reach and at-risk groups. Support effective use of services along the stepped care continuum.

Description of Activity *

NSPHN will continue to operate a central clinical intake and triage hub that will assess, prioritise and link clients referred by GPs and other service providers.

Commissioned providers will continue to accept and service referrals provided by NSPHN. Regular review of clinical progress of clients receiving service will be undertaken with the expectation that people are matched to the appropriate intensity of care, based on the developed principles of stepped care. This may include the transition of care required to low intensity services as people's needs decrease or to mental health nursing services if people's needs increase.

Psychological commissioned services incorporate the following key features that have been identified through extensive consultation:

- Continue to provide psychological therapies by appropriately qualified mental health professionals in the remit of one to one sessions, groups and other flexible options – based on level of need and as listed below.
- Flexibility in session length (e.g. provision for half hour sessions).
- Flexibility in source of referral – e.g. provisional referrals to enable services to commence while arrangements are made for the client to see a GP for a Mental Health Treatment Plan.
- Ability to provide sessions over the phone, via secure internet connections as well as face to face.

- Locating providers in services that populations of need already access (e.g. Early Childhood centres, neighbourhood & community centres).
- Enhanced capacity to provide care coordination and participate in case conferencing.
- Team based care involving GPs, psychiatrists, pediatricians, psychologists, and appropriately trained and qualified allied health professionals
- Identification and recruitment of providers with local language skills.
- Development of more group programs, including Dialectical Behaviour Therapy.
- Demonstrated ability to provide culturally appropriate and trauma informed care.

NSPHN will continue to work with commissioned service providers, other local services, general practice, community stakeholders and representative bodies strengthen referral pathways and support best practice in service delivery.

The expected outcomes for this activity are:

- Increased access to psychological therapies for underserved groups, including those who are not better suited to Better Access
- Improved psychological wellbeing for participants
- Improved matching and sign posting of clients to services along the stepped care continuum

Psychological therapies providers are required to provide appropriate care coordination for clients. This includes regular communication with the client's GP and others relevant to their care. Client progress is reviewed at regular intervals throughout treatment and referrals to higher or lower intensity services are made as appropriate.

NSPHN will work with commissioned service providers to respond flexibly to the emerging needs of the community in response to the COVID-19 pandemic. This will include expanding delivery of telehealth and face-to-face services and developing approaches for newly identified at-risk populations.

Needs Assessment Priorities *

Needs Assessment

NSPHN Needs Assessment 2019/20-2021/22

Priorities

Priority	Page reference
Aboriginal & Torres Strait Islander People – Access to psychological support services.	85
CALD- Access to psychological interventions	85
Children & Young People – Support for children and young people with mental health issues	85
Hard to reach and at-risk groups – Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) population	86
Hard to reach and at-risk groups – People who are homeless/at risk of homelessness.	86
Hard to reach and at-risk groups – Women experiencing perinatal depression	86
Hard to reach and at-risk groups – Intellectual disability and co-occurring mental illness	86



Activity Demographics

Target Population Cohort

People in the NSPHN region experiencing mild to moderate mental illness. Identified under-served groups include:

- People experiencing financial disadvantage
- Children aged 0-12 years
- Aboriginal and Torres Strait Islander people
- People who self-harm or who are at non-urgent risk of suicide (including those who have attempted suicide and those bereaved by suicide or loss)
- Individuals from culturally and linguistically diverse (CALD) backgrounds
- Women experiencing perinatal depression and/or anxiety
- People experiencing homelessness
- People who identify as lesbian, gay, bisexual, transgender or intersex
- People with intellectual disability and co-occurring mental illness
- Carers

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

NSPHN has undertaken extensive consultation with the local community, service providers and subject matter experts through the NSPHN Needs Assessment process and co-design consultations. Stakeholder engagement methods have included community and service provider forums, surveys and one-to-one engagement. NSPHN has established a Mental Health and Alcohol & Other Drugs Advisory Committee to advise on local priorities and guide the development of commissioned services.

NSPHN will continue to consult with local stakeholders, including GPs, allied health providers and service users to ensure that psychological therapies are meeting the needs of underserved groups.

Collaboration

This activity will be led by Northern Sydney PHN and undertaken in collaboration with commissioned services, local Aboriginal community representatives and services, General Practice, community allied health providers, NSLHD, local mental health service providers and other relevant service providers including NSW Family and Community Services, AOD service providers, local councils, youth services, educational facilities and employment services.

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.



Activity Milestone Details/Duration

Activity Start Date

01/07/2019

Activity End Date

30/06/2023

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2023

Other Relevant Milestones

NSPHN completed the Northern Sydney Joint Regional Mental Health, Suicide Prevention and Alcohol & Other Drugs Plan (the Regional Plan) in December 2020. The Regional Plan outlines activities to further develop approaches to meet the needs of people experiencing, or at risk of developing, mental illness in the Northern Sydney region. The timeframe for implementation of the activities outlined in the Regional Plan is 2021-2026.



Activity Commissioning

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

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

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

Yes

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

No

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

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

See activity consultation and collaboration for further detail.

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

Yes



MH - 3200 - Commission in-reach psychological therapies for people residing in RACFs



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

3200

Activity Title *

Commission in-reach psychological therapies for people residing in RACFs

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

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

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

Improve access to psychological therapies for people residing in Residential Aged Care Facilities with or at risk of developing mental illness. Support service provision along the stepped care continuum.

Description of Activity *

Building on initial services established in January 2019, NSPHN has commissioned an organisation to provide in-reach mental health services to local Residential Aged Care Facilities. The commissioned provider will continue to accept and service referrals provided by RACF staff including GPs and Senior Nurses.

The commissioned service incorporates the following key features that have been identified through extensive consultation:

- Appropriate triage and prioritisation of referrals
- Provision of in-reach psychological therapies by appropriately qualified mental health professionals in the remit of one to one sessions, groups and other flexible options – based on level of need and as listed below.
- Flexibility in session length (e.g. provision for half hour sessions).
- Approaches tailored to the needs of the older population, including specific Cognitive Behavioural Therapy approaches, Reminiscence Therapy, Acceptance and Commitment Therapy
- Enhanced capacity to provide care coordination and participate in case conferencing.
- Team based care involving GPs, nurses, RACF care staff and other allied health professionals
- Provision of culturally appropriate and trauma informed care
- Provision of capacity building activities including training and education for RACF staff to improve ability to recognise and respond to the mental health needs of residents.

In addition to in-reach psychological therapies, the commissioned service provides low intensity services including:

- Group and individual support programs
- Psychoeducation
- Support to enhance social skills including participation in social activities
- Support to improve communication skills and emotional regulation
- Support to improve and maintain physical wellbeing

Aligned to the ramp up of funds provided by the Commonwealth, services will expand over time. This will include increasing provision of lower and higher intensity services. NSPHN will work with commissioned service providers, RACFs, general practice, community stakeholders and representative bodies strengthen referral pathways and support best practice in service delivery.

The expected outcomes for this activity are:

- Increased access to appropriate mental health interventions for people residing in RACFs
- Improved psychological wellbeing for participants
- Improved matching and sign posting of clients to services along the stepped care continuum
- Enhanced capacity of RACF staff to identify and respond to mental health issues in residents

Psychological therapies providers are required to provide appropriate care coordination for clients. This includes regular communication with the client’s GP, families and others relevant to their care. Client progress is reviewed at regular intervals throughout treatment and referrals to higher or lower intensity services will be made as appropriate.

Needs Assessment Priorities *

Needs Assessment

NSPHN Needs Assessment 2019/20-2021/22

Priorities

Priority	Page reference
Older people – access to psychological services and preventative mental health programs	86



Activity Demographics

Target Population Cohort

Older people residing in Residential Aged Care Facilities across the NSPHN region experiencing, or at risk of, mental illness.

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

NSPHN has undertaken extensive consultation with the local community, service providers and subject matter experts through the NSPHN Needs Assessment process and co-design consultations. Stakeholder engagement methods have included community and service provider forums, surveys and one-to-one engagement. NSPHN has established a Mental Health and Alcohol & Other Drugs Advisory Committee to advise on local priorities and guide the development of commissioned services.

NSPHN will continue to consult with local stakeholders, including RACFs, GPs, allied health providers and service users to ensure that psychological therapies are meeting the needs of underserved groups.

Collaboration

This activity will be led by Northern Sydney PHN and undertaken in collaboration with commissioned services, RACFs, local Aboriginal community representatives and services, General Practice, community allied health providers, NSLHD Older Persons Mental Health Service, local mental health service providers and other relevant service providers including NSW Family and Community Services, AOD service providers, local councils, youth services, educational facilities and employment services. 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.



Activity Milestone Details/Duration

Activity Start Date

01/07/2019

Activity End Date

30/06/2023

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2023

Other Relevant Milestones

NSPHN completed the Northern Sydney Joint Regional Mental Health, Suicide Prevention and Alcohol & Other Drugs Plan (the Regional Plan) in December 2020. The Regional Plan outlines activities to further develop approaches to meet the needs of older people experiencing, or at risk of developing, mental illness in the Northern Sydney region. The timeframe for implementation of the activities outlined in the Regional Plan is 2021-2026.



Activity Commissioning

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

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

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

Yes

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

No

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

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

See activity consultation and collaboration for further detail.

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

Yes



MH - 4100 - Continue to commission mental health services for people with severe and complex mental illness



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

4100

Activity Title *

Continue to commission mental health services for people with severe and complex mental illness

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 4: Mental health services for people with severe and complex mental illness including care packages

Other Program Key Priority Area Description

Aim of Activity *

Increase access to appropriate support and improve clinical outcomes for people with severe mental illness and complex needs.

Description of Activity *

NSPHN will continue to support delivery of commissioned service for people with severe mental illness and complex needs. The commissioned service has built upon the previous Mental Health Nurse Incentive Program and provides therapeutic interventions, clinical care coordination and case management support for people with severe mental illness not more appropriately serviced by the Northern Sydney Local Health District community mental health teams.

NSPHN will work with commissioned provider to:

- Increase engagement in areas of geographic need (including Ryde and Hornsby LGAs)
- Increase capacity of service to provide additional clinical supports
- Address the needs of people experiencing severe mental illness and co-occurring conditions including alcohol and other drug misuse, intellectual disability and physical health issues
- Further integration with related services including general practice, psychosocial support services, NDIS, homelessness services and drug & alcohol services

Expected outcomes from this activity include:

- Increased engagement in appropriate mental health services for people with severe mental illness
- Decreased need for urgent or acute care
- Better service coordination and navigation for people with severe mental illness and complex needs.

Commissioned services for people with severe mental illness provide care coordination and case management. Services provided are responsive to client needs. It is a requirement of the service that clients are not moved through the service without linkage to more appropriate support services being established.

Needs Assessment Priorities *

Needs Assessment

NSPHN Needs Assessment 2019/20-2021/22

Priorities

Priority	Page reference
People with Severe Mental Illness & Complex Needs – Access to psychological support services.	82
People with Severe Mental Illness & Complex Needs –Service Coordination	82



Activity Demographics

Target Population Cohort

People living in the NSPHN region experiencing severe and complex mental illness.

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

NSPHN has undertaken extensive consultation with the local community, service providers and subject matter experts through the NSPHN Needs Assessment process and co-design consultations. Stakeholder engagement methods have included community and service provider forums, surveys and one-to-one engagement. NSPHN has established a Mental Health and Alcohol & Other Drugs Advisory Committee to advise on local priorities and guide the development of commissioned services.

The NSPHN Mental Health and Alcohol & Other Drugs Advisory Committee meets a minimum of four times a year and includes representation from:

- NSPHN Board, Clinical Council and Community Council
- General Practice
- Allied health
- Northern Sydney Local Health District – Mental Health Drug & Alcohol
- NGO Mental Health and AOD Service Providers
- Lived experience
- Carers
- the local Aboriginal community

Regular consultation will inform the ongoing commissioning of this service. This will include representation from:

- General Practice
- Psychiatry
- NSLHD Mental Health Services
- Mental Health Nurses
- People with a lived experience of severe mental illness
- Carers

Collaboration

This activity will be led by Northern Sydney PHN and undertaken in collaboration with the commissioned service provider, General Practice, psychiatry, community allied health providers, NSLHD, local mental health service providers and other relevant service providers including NSW Family and Community Services, AOD service providers, local councils, and employment services. 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.



Activity Milestone Details/Duration

Activity Start Date

01/07/2019

Activity End Date

30/06/2023

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2023

Other Relevant Milestones

NSPHN completed the Northern Sydney Joint Regional Mental Health, Suicide Prevention and Alcohol & Other Drugs Plan (the Regional Plan) in December 2020. The Regional Plan outlines activities to further develop approaches to meet the needs of people experiencing severe mental illness in the Northern Sydney region. The timeframe for implementation of the activities outlined in the Regional Plan is 2021-2026.



Activity Commissioning

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

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

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

Yes

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

No

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

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

See activity consultation and collaboration for further detail.

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

Yes



MH - 4200 - Establish mental health shared care program



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

4200

Activity Title *

Establish mental health shared care program

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 4: Mental health services for people with severe and complex mental illness including care packages

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

Further develop shared care programs in collaboration with Northern Sydney Local Health District to improve the health outcomes for people experiencing severe mental illness

Description of Activity *

The establishment of a shared care program with Northern Sydney Local Health District mental health services will include the following activities:

- Plan, identify need and co-design a model of shared care with GPs focussing on meeting the physical needs identified in this cohort, working with people linked to the Northern Sydney Local Health District and services commissioned by the PHN.
- Continue to provide education and access to screening tools for GPs to meet the physical needs in all mental health patients, while linking to appropriate services through health pathways and the PHN triage line
- Deliver education and training for GPs including clinical attachments with NSLHD
- Explore co-location of LHD mental health nursing staff in general practices
- Work with primary, secondary and tertiary care providers to review and adapt referral processes
- Work with commissioned mental health service providers to screen for and address physical health needs in consumers

The expected outcomes of this activity are:

- Improved physical health outcomes for shared care clients
- Improved pathways between primary care and specialist mental health services
- Improved communication between primary care and NSLHD mental health services

The focus of this activity is ensuring continuity of care – matching people to the support services they require and facilitating effective communication between primary care services and secondary & tertiary services.

Needs Assessment Priorities *

Needs Assessment

NSPHN Needs Assessment 2019/20-2021/22

Priorities

Priority	Page reference
People with Severe Mental Illness & Complex Needs – Access to primary care services	83
People with Severe Mental Illness & Complex Needs –Service Coordination	82



Activity Demographics

Target Population Cohort

People with severe mental illness, including those receiving support from Northern Sydney Local Health District community mental health services.

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

A working group will be established to guide development of this activity. The working group will include representation from:

- General practice
- Northern Sydney Local Health District
- Community Managed Organisations
- Consumers
- Carers
- NSPHN mental health team

Collaboration

This activity will be led by Northern Sydney PHN and undertaken in collaboration with General Practice, psychiatry, community allied health providers, NSLHD, local mental health service providers and other relevant service providers including NSW Family and Community Services, AOD service providers, local councils, and employment services.

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.



Activity Milestone Details/Duration

Activity Start Date

01/07/2019

Activity End Date

30/06/2023

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2023

Other Relevant Milestones

NSPHN completed the Northern Sydney Joint Regional Mental Health, Suicide Prevention and Alcohol & Other Drugs Plan (the Regional Plan) in December 2020. The Regional Plan outlines activities to further develop approaches to shared care and addressing the physical health care needs of people experiencing mental illness in the Northern Sydney region. The timeframe for implementation of the activities outlined in the Regional Plan is 2021-2026.



Activity Commissioning

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

Not Yet Known: Yes

Continuing Service Provider / Contract Extension: No

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

Yes

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

No

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

No

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

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

See activity consultation and collaboration for further detail.

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

No



MH - 4300 - GP Psychiatry Support Line



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

4300

Activity Title *

GP Psychiatry Support Line

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 4: Mental health services for people with severe and complex mental illness including care packages

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

Support GPs to access telephone-based psychiatry advice to support the management of patients with severe mental illness

Description of Activity *

Access to low cost psychiatry support is a challenge in the NSPHN region. Many people with severe mental illness receive their primary clinical support from their GP. Working in collaboration with seven Primary Health Networks across NSW, NSPHN will co-commission a telephone-based psychiatry support service for GPs. The GP Psychiatry Support Line will provide advice and support to GPs on:

- Diagnosis of mental illness
- Clinical assessment and investigation
- Medication prescribing and review
- Safety planning

NSPHN and the commissioned provider will proactively engage with GPs to promote access to the Psychiatry Support Line.

The expected outcomes of this activity are:

- Enhanced GP management of people experiencing severe mental illness
- Enhanced support for GPs in responding to mental health issues exacerbated by the COVID-19 pandemic
- Improved pathways between primary care and specialist mental health services
- Improved health outcomes for people experiencing severe mental illness

The focus of this activity is ensuring GPs have access to specialist input for their patients. Psychiatry support will enable continuity of care – increasing GP capacity to maintain involvement in the care of patients experiencing severe mental illness and facilitating effective communication between primary care services and specialist services.

Needs Assessment Priorities *

Needs Assessment

NSPHN Needs Assessment 2019/20-2021/22

Priorities

Priority	Page reference
People with Severe Mental Illness & Complex Needs – Access to primary care services	83
People with Severe Mental Illness & Complex Needs –Service Coordination	82



Activity Demographics

Target Population Cohort

People with severe mental illness, including those receiving support from Northern Sydney Local Health District community mental health services.

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

Consultation to inform the development of this activity has included representation from:

- General practice
- Northern Sydney Local Health District
- Community Managed Organisations
- Consumers
- Carers
- NSPHN mental health team

Local GPs and the NSPHN Mental Health and Alcohol & Other Drugs Advisory Committee will remain a key source of advice on the ongoing delivery of this activity.

The NSPHN Mental Health and Alcohol & Other Drugs Advisory Committee meets a minimum of four times a year and includes representation from:

- NSPHN Board, Clinical Council and Community Council
- General Practice
- Allied health
- Northern Sydney Local Health District – Mental Health Drug & Alcohol

- NGO Mental Health and AOD Service Providers
- Lived experience
- Carers
- the local Aboriginal community

Collaboration

NSPHN has worked with representatives from South Eastern NSW PHN, Central & Eastern Sydney PHN, Hunter New England Central Coast PHN, Murrumbidgee PHN, North Coast PHN, Nepean Blue Mountains PHN and Western NSW PHN to develop this activity.

The involved PHNs have a memorandum of understanding to outline the commitment required from each to support the ongoing delivery of the program. An Advisory Group has been established to monitor performance of the service and guide future directions. The Advisory Group meets quarterly and is chaired by South Eastern NSW PHN.

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.



Activity Milestone Details/Duration

Activity Start Date

01/07/2019

Activity End Date

30/06/2023

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2023

Other Relevant Milestones

NSPHN completed the Northern Sydney Joint Regional Mental Health, Suicide Prevention and Alcohol & Other Drugs Plan (the Regional Plan) in December 2020. The timeframe for implementation of the activities outlined in the Regional Plan is 2021-2026.



Activity Commissioning

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

Not Yet Known: No

Continuing Service Provider / Contract Extension: No

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): Yes

Co-commissioning approach with South Eastern NSW PHN, Central & Eastern Sydney PHN, Hunter New England Central Coast PHN, Murrumbidgee PHN, North Coast PHN, Nepean Blue Mountains PHN and Western NSW PHN.

Is this activity being co-designed?

No

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

Yes

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

Yes

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

Yes

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

Co-design: See activity consultation and collaboration for further detail.

Co-commissioning: Co-commissioning approach with South Eastern NSW PHN, Central & Eastern Sydney PHN, Hunter New England Central Coast PHN, Murrumbidgee PHN, North Coast PHN, Nepean Blue Mountains PHN and Western NSW PHN.

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

No



MH - 5100 - Continue to commission community based suicide postvention services



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

5100

Activity Title *

Continue to commission community based suicide postvention services

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 5: Community based suicide prevention activities

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

Provide psychological and psychosocial supports to people who have attempted suicide or are at risk of suicide

Description of Activity *

NSPHN will continue to commission services to provide psychological and psychosocial support to people who have accessed hospital or general practice services due to suicide risk. Clients will receive psychological therapies from accredited mental health clinicians and will be linked to appropriate support services, including General Practice and other health, mental health and social support providers and provided practical assistance to address factors impacting suicide risk. Clients will be supported to undertake safety and resilience planning, develop and maintain support networks and address the psychosocial issues which may be exacerbating suicide risk. This area of activity will continue to work with Emergency Department and mental health in-patient and community staff, GPs and other service providers on hospital discharge processes and post discharge pathways.

NSPHN will work with the commissioned service providers to:

- Improve uptake in identified areas of geographic need (Hornsby and Ryde LGAs)
- Work with GPs to deliver effective care coordination
- Work with other key stakeholders to support collaborative support arrangements
- Respond to needs emerging as a result of the COVID-19 pandemic

The expected outcomes of this activity are:

- Improved access to timely, personalised support for people at risk of suicide
- Improved mental health outcomes for clients
- Improved local service pathways
- Enhanced community capacity to respond to suicide crises

Needs Assessment Priorities *

Needs Assessment

NSPHN Needs Assessment 2019/20-2021/22

Priorities

Priority	Page reference
Suicide prevention	83



Activity Demographics

Target Population Cohort

People who have accessed services following a suicide attempt

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

NSPHN has undertaken extensive consultation with the local community, service providers and subject matter experts through the NSPHN Needs Assessment process, co-design consultations and procurement. Stakeholder engagement methods included community and service provider forums, surveys, and one-to-one engagement. NSPHN has established a Mental Health and Alcohol & Other Drugs Advisory Committee to advise on local priorities and guide the development of commissioned services.

The NSPHN Mental Health and Alcohol & Other Drugs Advisory Committee meets a minimum of four times a year and includes representation from:

NSPHN Board, Clinical Council and Community Council

- General Practice
- Allied health
- Northern Sydney Local Health District – Mental Health Drug & Alcohol
- Family and Community Services
- NGO Mental Health and AOD Service Providers
- Lived experience
- Carers
- the local Aboriginal community

NSPHN will continue to consult with local suicide prevention networks and interagencies to ensure suicide prevention services are meeting community need.

Collaboration

This activity will be led by Northern Sydney PHN and undertaken in collaboration with commissioned services, General Practice, community allied health providers, NSLHD, local mental health service providers and other relevant service providers including NSW Police, local councils, AOD service providers, youth services, educational facilities, and suicide prevention sector leaders. 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.



Activity Milestone Details/Duration

Activity Start Date

01/07/2019

Activity End Date

30/06/2023

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2023

Other Relevant Milestones

NSPHN completed the Northern Sydney Joint Regional Mental Health, Suicide Prevention and Alcohol & Other Drugs Plan (the Regional Plan) in December 2020. The Regional Plan outlines activities to further support a coordinated and collaborative approach to suicide prevention in the Northern Sydney region. This includes integration with NSW Health Towards Zero Suicides activities and other funded suicide prevention initiatives. The timeframe for implementation of the activities outlined in the Regional Plan is 2021-2026.



Activity Commissioning

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

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

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

Yes

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

No

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

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

See activity consultation and collaboration for further detail.

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

Yes



MH - 5200 - Deliver training and capacity building activities for identified gatekeepers, GPs and health



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

5200

Activity Title *

Deliver training and capacity building activities for identified gatekeepers, GPs and health

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 5: Community based suicide prevention activities

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

Increase access to evidence-based suicide prevention training and education programs for local GPs and identified gatekeepers.

Description of Activity *

NSPHN will continue to undertake activity to support GPs and identified gatekeepers to better understand the indicators for suicide risk and assess and intervene where appropriate. This activity will also involve the development of relevant resources and the streamlining of referral pathways.

This will include:

- Facilitating access to online and face-to-face training programs including Applied Suicide Intervention Skills Training (ASIST) and Question Persuade Refer (QPR) training
- Facilitating access to Black Dog Institute 'Advanced Training in Suicide Prevention' training
- Developing a regional suicide prevention service guide
- Provision of targeted education sessions identifying the needs of priority populations, including young people, older people, people who identify as Lesbian Gay Bisexual Transgender or Intersex, Aboriginal and Torres Strait Islander people

The expected outcomes of this activity are:

- Improved detection of, and responses to, people at risk of suicide
- Improved local service pathways
- Enhanced community capacity to respond to suicide risk.

Needs Assessment Priorities *

Needs Assessment

NSPHN Needs Assessment 2019/20-2021/22

Priorities

Priority	Page reference
Suicide prevention	83



Activity Demographics

Target Population Cohort

GPs and other identified gatekeepers, including police, sporting and surf clubs and community service providers.

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

NSPHN has undertaken extensive consultation with the local community, service providers and subject matter experts through the NSPHN Needs Assessment process, co-design consultations and procurement. Stakeholder engagement methods included community and service provider forums, surveys, and one-to-one engagement. NSPHN has established a Mental Health and Alcohol & Other Drugs Advisory Committee to advise on local priorities and guide the development of commissioned services. The NSPHN Mental Health and Alcohol & Other Drugs Advisory Committee meets a minimum of four times a year and includes representation from:

- NSPHN Board, Clinical Council and Community Council
- General Practice
- Allied health
- Northern Sydney Local Health District – Mental Health Drug & Alcohol
- Family and Community Services
- NGO Mental Health and AOD Service Providers
- Lived experience
- Carers
- the local Aboriginal community

NSPHN will continue to consult with local suicide prevention networks and interagencies to ensure gatekeeper training activities are meeting community need.

Collaboration

This activity will be led by Northern Sydney PHN and undertaken in collaboration with commissioned services, General Practice, community allied health providers, NSLHD, local mental health service providers and other relevant service providers including

NSW Police, local councils, AOD service providers, youth services, educational facilities, and suicide prevention sector leaders. Training will be delivered in partnership with accredited training organisations including Black Dog Institute. 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.



Activity Milestone Details/Duration

Activity Start Date

01/07/2019

Activity End Date

30/06/2023

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2023

Other Relevant Milestones

Northern Sydney Joint Regional Mental Health, Suicide Prevention and Drug & Alcohol Plan (the Regional Plan) was completed in December 2020. The Regional Plan outlines activities to further support a coordinated and collaborative approach to suicide prevention in the Northern Sydney region. The timeframe for implementation of the activities outlined in the Regional Plan is 2021-2026.



Activity Commissioning

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

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

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

Yes

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

No

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

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

See activity consultation and collaboration for further detail.

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

No



MH - 5300 - Establish the Way Back Support Service



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

5300

Activity Title *

Establish the Way Back Support Service

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 5: Community based suicide prevention activities

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

Provide psychosocial support to people who have attempted suicide or are at risk of suicide

Description of Activity *

NSPHN has commissioned a local service provider to deliver The Way Back Support Service. The Way Back Support Service provides psychosocial support to people who have accessed hospital or general practice services following a suicide attempt. Clients are linked to appropriate support services, including General Practice and other health, mental health and social support providers and provided practical assistance to address factors impacting suicide risk. Clients are serviced for a period of approximately three months to support safety and resilience planning, develop and maintain support networks and address the psychosocial issues which may be exacerbating suicide risk. The Way Back Support Service is funded in part by NSW Health and will involve close collaboration with NSLHD Mental Health Drug & Alcohol and Emergency Departments.

NSPHN will continue to work with the commissioned service provider to:

- Establish relationships with relevant referrers (Emergency Department staff, NSLHD Mental Health staff, GPs and other mental health and social support providers).
- Develop shared governance and partnership arrangements with Northern Sydney LHD to clarify and support referral pathways
- Increase engagement with GPs and other key stakeholders
- Develop collaborative working arrangements with relevant health services
- Respond to needs emerging as a result of the COVID-19 pandemic

NSPHN will fund complementary mental health support services and initiatives to support the holistic mental health needs of people who have made a suicide attempt or are in suicidal crisis.

The expected outcomes of this activity are:

- Improved access to timely, personalised support for people at risk of suicide
- Improved local service pathways
- Enhanced community capacity to respond to suicide crises

Needs Assessment Priorities *

Needs Assessment

NSPHN Needs Assessment 2019/20-2021/22

Priorities

Priority	Page reference
Suicide prevention	83



Activity Demographics

Target Population Cohort

People who have accessed services following a suicide attempt

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

NSPHN has undertaken extensive consultation with the local community, service providers and subject matter experts through the NSPHN Needs Assessment process, co-design consultations and procurement. Stakeholder engagement methods included community and service provider forums, surveys, and one-to-one engagement. NSPHN has established a Mental Health and Alcohol & Other Drugs Advisory Committee to advise on local priorities and guide the development of commissioned services. The NSPHN Mental Health and Alcohol & Other Drugs Advisory Committee meets a minimum of four times a year and includes representation from:

- NSPHN Board, Clinical Council and Community Council
- General Practice
- Allied health
- Northern Sydney Local Health District – Mental Health Drug & Alcohol
- Family and Community Services
- NGO Mental Health and AOD Service Providers
- Lived experience
- Carers
- the local Aboriginal community

NSPHN will continue to consult with local suicide prevention networks and interagencies to ensure suicide prevention services are meeting community need.

Collaboration

This activity will be led by Northern Sydney PHN and undertaken in collaboration with Northern Sydney Local Health District. Beyond Blue and NSW Health will be involved in the implementation and governance of the Way Back Support Service. The service provider will be expected to engage with other commissioned services, General Practice, community allied health providers, NSLHD, local mental health service providers and other relevant service providers including NSW Police, local councils, AOD service providers, youth services, educational facilities, and suicide prevention sector leaders.

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.



Activity Milestone Details/Duration

Activity Start Date

01/06/2020

Activity End Date

30/06/2023

Service Delivery Start Date

October 2020

Service Delivery End Date

June 2023

Other Relevant Milestones

NSPHN completed the Northern Sydney Joint Regional Mental Health, Suicide Prevention and Alcohol & Other Drugs Plan (the Regional Plan) in December 2020. The Regional Plan outlines activities to further support a coordinated and collaborative approach to suicide prevention in the Northern Sydney region. The timeframe for implementation of the activities outlined in the Regional Plan is 2021-2026.



Activity Commissioning

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

Not Yet Known: No

Continuing Service Provider / Contract Extension: No

Direct Engagement: Yes

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

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

Yes

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

Yes

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

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

The Way Back Support Service is funded by the Commonwealth Department of Health and NSW Health as a result of a bilateral agreement. NSPHN will continue to work with NSW Health and Northern Sydney Local Health District to support the delivery of the Way Back Support Service.

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

Yes



MH - 6100 - Continue to commission community based Aboriginal Mental Health Services



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

6100

Activity Title *

Continue to commission community based Aboriginal Mental Health Services

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

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

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

Increase access to culturally appropriate health and wellbeing support for Aboriginal and/or Torres Strait Islander people

Description of Activity *

NSPHN will continue to work with the commissioned services to:

- deliver culturally appropriate mental health and suicide prevention services to Aboriginal and Torres Strait Islander people within the NSPHN region
- improve the quality of culturally safe mental health services by facilitating access to Aboriginal Mental Health First Aid training
- increase the number of Aboriginal and Torres Strait Islander people accessing mental health services
- provide consultation to local organisations on how to support culturally appropriate service delivery
- support local organisations and service providers including schools, boarding houses and universities to recognise the indicators for suicide risk in Aboriginal and Torres Strait Islander young people and assess and intervene where appropriate by providing access to Aboriginal Mental Health First Aid training
- ensure access to evidence-based suicide prevention services, including psychological therapies for young people identified as being at risk
- provide culturally appropriate mental health services to community members impacted by the COVID-19 pandemic

The expected outcomes of this activity are:

- Increased engagement of local Aboriginal and Torres Strait Islanders in mental health and wellbeing services
- Increased provision of culturally safe and appropriate treatment services
- Improved mental health and wellbeing outcomes for serviced Aboriginal & Torres Strait Islander clients.

Needs Assessment Priorities *

Needs Assessment

NSPHN Needs Assessment 2019/20-2021/22

Priorities

Priority	Page reference
Aboriginal & Torres Strait Islander People – Access to psychological support services.	85



Activity Demographics

Target Population Cohort

Aboriginal and Torres Strait Islander residents of the NSPHN region who experience, or are at risk of developing, mental illness

Indigenous Specific *

Yes

Indigenous Specific Comments

The commissioned service is a well-established community managed organisation. The service aims to employ Aboriginal candidates in the care co-ordination role(s). The service has established strong networks with local Aboriginal services, including Northern Sydney Aboriginal Health Service and Bungee Bidjel Health Clinic.

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

NSPHN has undertaken extensive consultation with the local community, service providers and subject matter experts throughout the NSPHN Needs Assessment process, co-design consultations and procurement. Stakeholder engagement methods included community and service provider forums, surveys and one-to-one engagement. NSPHN has established a Mental Health and Alcohol & Other Drugs Advisory Committee to advise on local priorities and guide the development of commissioned services.

The NSPHN Mental Health and Alcohol & Other Drugs Advisory Committee meets a minimum of 4 times a year and includes representation from:

- the local Aboriginal community
- NSPHN Board, Clinical Council and Community Council
- General Practice
- Allied health
- Northern Sydney Local Health District – Mental Health Drug & Alcohol teams and NLSHD Aboriginal Steering Committee
- Family and Community Services
- NGO Mental Health and AOD Service Providers
- Lived experience
- Carers

NSPHN continues to consult with local Aboriginal networks and interagencies to ensure commissioned services are meeting the needs of the local community. NSPHN and its commissioned Aboriginal mental health service are represented on the Northern Sydney Indigenous Services Collaborative.

Collaboration

This activity will be led by Northern Sydney PHN and undertaken in collaboration with commissioned services, local Aboriginal community representatives and services, General Practice, community allied health providers, NSLHD, local mental health service providers and other relevant service providers including NSW Family and Community Services, AOD service providers, local councils, youth services, educational facilities and employment services.

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.



Activity Milestone Details/Duration

Activity Start Date

01/07/2019

Activity End Date

30/06/2023

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2023

Other Relevant Milestones

NSPHN completed the Northern Sydney Joint Regional Mental Health, Suicide Prevention and Alcohol & Other Drugs Plan (the Regional Plan) in December 2020. The Regional Plan outlines activities to further engage with Aboriginal community members and service providers to further co-design and collaborate on solutions to the mental health issues that are most important to the local region. The timeframe for implementation of the activities outlined in the Regional Plan is 2021-2026.



Activity Commissioning

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

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

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

Yes

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

No

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

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

See activity consultation and collaboration for further detail.

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

Yes



MH - 7100 - Undertake activities to support a stepped care approach to mental health



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

7100

Activity Title *

Undertake activities to support a stepped care approach to mental health

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 7: Stepped care approach

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

Promote a stepped care approach to mental health to enable General Practitioners and other service providers to facilitate access for clients to the right level and type of support. Undertake activities to increase the local community's understanding and awareness of mental health issues.

Description of Activity *

NSPHN will continue to undertake activities to promote a stepped care approach. This will include:

- In-practice education and support to General Practitioners to raise awareness of available services along the stepped care continuum and support referral pathways
- Facilitating access to accredited mental health education events for GPs, allied health practitioners and other service providers including RACF staff
- Implementation of tools and resources arising from the Department of Health Initial Referral and Assessment project
- Stepped Care workshops with commissioned providers and NSLHD
- Development of common assessment guidelines and resources
- Development and promotion of HealthPathways
- Increase access to accredited mental health training including Mental Health First Aid for CALD and Aboriginal community members
- Resourcing to commissioned service providers to enhance capacity to respond to service demand across the stepped care continuum
- Support to commissioned service providers to enhance readiness to respond to emergencies and the health impacts of climate-related events
- Support to commissioned service providers to enhance community wellbeing and promote community development, utilising a compassionate communities' approach

The expected outcomes of this activity are:

- Enhancement of referral pathways to enable effective step up and down levels of service intensity
- Appropriate uptake of services along the stepped care continuum
- Increased provider confidence to identify and refer for a range of mental health issues
- Enhanced capacity within the local community to access appropriate mental health care

Needs Assessment Priorities *

Needs Assessment

NSPHN Needs Assessment 2019/20-2021/22

Priorities

Priority	Page reference
People with Severe Mental Illness & Complex Needs – Access to primary care services	83
Suicide prevention	83
Low Intensity Services- Access and awareness	84
People with Severe Mental Illness & Complex Needs	82
People with Severe Mental Illness & Complex Needs – Access to psychological support services.	82
People with Severe Mental Illness & Complex Needs –Service Coordination	82
People with Severe Mental Illness– Access to psychosocial services	82



Activity Demographics

Target Population Cohort

Residents of the NSPHN region who experience, or are at risk of developing, mild, moderate or severe mental illness. The local service system, including GPs, allied health practitioners and service providers.

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

NSPHN has undertaken extensive consultation with the local community, service providers and subject matter experts through the NSPHN Needs Assessment process and co-design consultations. Stakeholder engagement methods have included community and service provider forums, surveys and one-to-one engagement. NSPHN has established a Mental Health and Alcohol & Other Drugs Advisory Committee to advise on local priorities and guide the development of commissioned services.

The NSPHN Mental Health and Alcohol and Other Drugs Advisory Committee meets a minimum of 4 times a year and includes representation from:

- NSPHN Board, Clinical Council and Community Council
- General Practice
- Allied health
- Northern Sydney Local Health District – Mental Health Drug & Alcohol
- Family and Community Services
- NGO Mental Health and AOD Service Providers
- Lived experience
- Carers
- the local Aboriginal community

NSPHN will continue to consult with relevant stakeholders to support the implementation of a stepped care approach to mental health care across the region. Specific engagement activities including focus sessions and stakeholder interviews will be undertaken to inform NSPHN's approach.

Collaboration

This activity will be led by Northern Sydney PHN and undertaken in collaboration with commissioned services, General Practice, community allied health providers, NSLHD, local mental health service providers and other relevant service providers including NSW Family and Community Services, AOD service providers, local councils, youth services, educational facilities and employment services.

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. Department of Health will provide guidance and resources on assessment and referral for people experiencing mental health issues.

Research organisations and recognised sector leaders will provide education and resources to support stepped care.



Activity Milestone Details/Duration

Activity Start Date

01/07/2019

Activity End Date

29/06/2023

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2023

Other Relevant Milestones

NSPHN completed the Northern Sydney Joint Regional Mental Health, Suicide Prevention and Alcohol & Other Drugs Plan (the Regional Plan) in December 2020. The Regional Plan outlines activities to further embed the Stepped Care approach and to better coordinate and integrate mental health services in the Northern Sydney region. The timeframe for implementation of the activities outlined in the Regional Plan is 2021-2026.



Activity Commissioning

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

Not Yet Known: No

Continuing Service Provider / Contract Extension: No

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): Yes

Other Approach (please provide details): No

Is this activity being co-designed?

Yes

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

Yes

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

No

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

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

See activity consultation and collaboration for further detail.

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

No



MH - 7200 - Building Primary Care Capacity



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

7200

Activity Title *

Building Primary Care Capacity

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 7: Stepped care approach

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

Build the capacity of Primary Health Care in the region to deliver high quality, patient-centred and coordinated care for people experiencing, or at risk of developing, mental illness.

Description of Activity *

NSPHN will commission local general practices, primary care practitioners, Community Managed Organisations and Allied Health providers to undertake quality improvement activities to further support the provision of mental health care for patients. This will include:

- Supporting GPs, Allied Health Providers and local mental health services to undertake screening and provide brief intervention
- Supporting use of the Black Dog Institute StepCare program
- Trialling implementation of tools and resources arising from the Department of Health

Initial Referral and Assessment project

- Supporting the development of hub-based service models to better integrate mental health services
- Supporting the development of the primary mental health workforce

The expected outcomes of this activity are:

- Increased rates of screening and intervention for mental health issues
- Appropriate uptake of services along the stepped care continuum
- Increased provider confidence to identify, treat and refer for a range of mental health issues

Needs Assessment Priorities *

Needs Assessment

NSPHN Needs Assessment 2019/20-2021/22

Priorities

Priority	Page reference
People with Severe Mental Illness & Complex Needs – Access to primary care services	83
Suicide prevention	83
Low Intensity Services- Access and awareness	84
People with Severe Mental Illness & Complex Needs	82
People with Severe Mental Illness & Complex Needs – Access to psychological support services.	82
People with Severe Mental Illness & Complex Needs – Service Coordination	82
People with Severe Mental Illness– Access to psychosocial services	82



Activity Demographics

Target Population Cohort

General practices

People experiencing, or at risk of developing, mental illness

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

NSPHN has undertaken extensive consultation with the local community, service providers and subject matter experts through the NSPHN Needs Assessment process and co-design consultations. Stakeholder engagement methods have included community and service provider forums, surveys and one-to-one engagement. NSPHN has established a Mental Health and Alcohol & Other Drugs Advisory Committee to advise on local priorities and guide the development of commissioned services.

The NSPHN Mental Health and Alcohol & Other Drugs Advisory Committee meets a minimum of four times a year and includes representation from:

- NSPHN Board, Clinical Council and Community Council
- General Practice
- Allied health

- Northern Sydney Local Health District – Mental Health Drug & Alcohol
- Family and Community Services
- NGO Mental Health and AOD Service Providers
- Lived experience
- Carers
- the local Aboriginal community

NSPHN will continue to consult with relevant stakeholders to support the implementation of a stepped care approach to mental health care across the region. Specific engagement activities including focus sessions and stakeholder interviews will be undertaken to inform NSPHN’s approach.

Collaboration

This activity will be led by Northern Sydney PHN and undertaken in collaboration with General Practice, community allied health providers, NSLHD, local mental health service providers and other relevant service providers.

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. Department of Health will provide guidance and resources on assessment and referral for people experiencing mental health issues.

Research organisations and recognised sector leaders will provide education and resources to support stepped care.



Activity Milestone Details/Duration

Activity Start Date

01/07/2019

Activity End Date

30/06/2022

Service Delivery Start Date

July 2019

Service Delivery End Date

June 2022

Other Relevant Milestones

NSPHN completed the Northern Sydney Joint Regional Mental Health, Suicide Prevention and Alcohol & Other Drugs Plan (the Regional Plan) in December 2020. The Regional Plan outlines activities to further embed the principles of human-centred care and to better coordinate and integrate mental health services in the Northern Sydney region. The timeframe for implementation of the activities outlined in the Regional Plan is 2021-2026.



Activity Commissioning

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

Not Yet Known: No

Continuing Service Provider / Contract Extension: No

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): Yes

Other Approach (please provide details): No

Is this activity being co-designed?

Yes

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

No

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

No

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

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

See activity consultation and collaboration for further detail.

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

No



MH - 8100 - Develop & implement joint regional mental health & suicide prevention plan in partnership with Northern Sydney Local Health District (NSLHD)



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

8100

Activity Title *

Develop & implement joint regional mental health & suicide prevention plan in partnership with NSLHD

Existing, Modified or New Activity *

Modified



Activity Priorities and Description

Program Key Priority Area *

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

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

Implement actions arising out of the Regional Mental Health and Suicide Prevention Plan developed in partnership with Northern Sydney Local Health District and other key stakeholders.

Description of Activity *

The Northern Sydney Mental Health, Suicide Prevention and Alcohol and Other Drugs Regional Plan is underpinned by six priority areas:

1. Addressing fragmentation of service delivery, through regional planning processes that support systems approaches, co-design and partnership.
2. Building community capacity to prevent and respond to suicide attempts and deaths.
3. Improving the physical health and nutrition of people living with mental health and alcohol and other drug issues.
4. Improving health literacy through establishing and implementing opportunities to increase community awareness of services and improving access.
5. Improving mental health and alcohol and other drug outcomes of population priority groups.
6. Enhancing coordination and service access for people with alcohol and other drug issues.

The Regional Plan has a five year focus (2021 - 2026) and will guide high quality decision making, ensuring that resources are

targeted to best respond to local mental health, suicide prevention and alcohol and other drug needs. The Regional Plan will provide a platform for NSPHN, NSLHD and local service partners to:

- support service integration
- clarify responsibilities at a regional level,
- guide commissioning and delivery of mental health services
- embed partnerships needed to make optimal use of resources

NSPHN will work in partnership with Northern Sydney Local Health District and other regional partners to implement activities outlined in the Regional Plan.

Needs Assessment Priorities *

Needs Assessment

NSPHN Needs Assessment 2019/20-2021/22

Priorities

Priority	Page reference
People with Severe Mental Illness & Complex Needs – Access to primary care services	83
Suicide prevention	83
Low Intensity Services- Access and awareness	84
People with Severe Mental Illness & Complex Needs	82
People with Severe Mental Illness & Complex Needs – Access to psychological support services.	82
People with Severe Mental Illness & Complex Needs –Service Coordination	82
People with Severe Mental Illness– Access to psychosocial services	82



Activity Demographics

Target Population Cohort

The target population is residents of the NSPHN region who experience, or are at risk of developing, mental illness.

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

Broad ranging consultation activities were undertaken to inform the Regional Plan. The consultation process involved a range of strategies including:

- Review of relevant local and national policy and planning documentation including recommendations from current planning and needs assessment documents
- Interviews with key individuals and groups to assist in identifying priority areas for inclusion within the plan
- Synthesis of findings to enable priority areas for the plan to be determined by the steering committee
- Conduct of consultation Workshops/ Forums including:
 - NSPHN Clinical and Community Councils
 - NSLHD Aboriginal Advisory Committee
 - Local Government Authorities
 - Various local interagency meetings including:
 - Mental Health and Drug and Alcohol
 - Youth Drug and Alcohol
 - Refugee and Settlement
 - Homelessness
 - Intellectual Disability
 - Community Drug Action Teams
 - Lived experience and carer forum
 - Suicide support group
 - Service provider forum
 - Various meetings with NSLHD clinicians / teams and facilities
 - Individual meetings with Community Managed Organisations and other service providers

More than 400 people participated in consultation meetings for the Regional Plan, including more than 50 people identifying either as a carer or having lived experience of mental illness and/or alcohol and other drug use.

NSPHN will continue to engage with key regional stakeholders including service providers and community members to inform the implementation of the activities outlined in the Regional Plan.

Collaboration

This activity will be led by Northern Sydney PHN and undertaken in partnership with Northern Sydney Local Health District. A governance group for the regional plan has been established with representation from NSPHN, NSLHD, local community managed organisations, consumers and carers. New governance structures, including a local leadership group, will be established to guide implementation of the Regional Plan. Collaboration with General Practice, community allied health providers, commissioned service providers and staff and other relevant service providers including NSW Family and Community Services, AOD service providers, local councils, youth services, educational facilities and employment services. Service gaps and priorities will be further 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 regional networks and forums.



Activity Milestone Details/Duration

Activity Start Date

01/07/2019

Activity End Date

29/06/2022

Service Delivery Start Date

July 2019

Service Delivery End Date

December 2026

Other Relevant Milestones

NSPHN completed the Northern Sydney Joint Regional Mental Health, Suicide Prevention and Alcohol & Other Drugs Plan (the Regional Plan) in December 2020. The Regional Plan outlines activities to further embed the Stepped Care approach and to better coordinate and integrate mental health services in the Northern Sydney region. The timeframe for implementation of the activities outlined in the Regional Plan is 2021-2026.



Activity Commissioning

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

Not Yet Known: Yes

Continuing Service Provider / Contract Extension: No

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

Yes

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

No

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

No

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

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

N/A

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

No



MH-CV19 - 1 - COVID-19 Emergency Mental Health Support



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH-CV19

Activity Number *

1

Activity Title *

COVID-19 Emergency Mental Health Support

Existing, Modified or New Activity *

New Activity



Activity Priorities and Description

Program Key Priority Area *

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

Other Program Key Priority Area Description

Aim of Activity *

Deliver targeted mental health support services to population cohorts disproportionately impacted by the COVID-19 pandemic including older people, culturally and linguistically diverse communities and Aboriginal and Torres Strait Islander community members.

Description of Activity *

NSPHN has engaged a commissioned service provider to deliver mental health support services including psychological interventions to people over 65 (and Aboriginal and Torres Strait Islander people over 55) living either in the community or in RACFs who are experiencing social isolation and/or loneliness as a result of the COVID-19 pandemic and who are at risk of, or have, mental health issues.

The service complements the existing Mental Health in RACFs program and assists clients by:

- addressing loneliness and reconnecting with social networks
- connection to appropriate services, including restoring to services that may have been disrupted by the pandemic
- early intervention to assist in the management of low levels of situational distress
- psychological therapies and/or referral to more specialised supports for ongoing mental ill-health
- tailored management and support for the interaction of physical health needs with mental health issues
- provision of information, advice and assurance to associated families, carers and friends
- referral to volunteers if appropriate, such as to volunteers in the Community Visitors Scheme

NSPHN engaged existing psychological therapies providers to deliver additional psychological services to CALD community members impacted by COVID-19. This includes the provision of in-language psychological therapies to people of Chinese background.

NSPHN has also engaged an existing commissioned service provider to deliver additional psychological therapies and culturally appropriate mental health services to Aboriginal and Torres Strait Islander community members.

Needs Assessment Priorities *

Needs Assessment

NSPHN Needs Assessment 2019/20-2021/22

Priorities

Priority	Page reference
Aboriginal & Torres Strait Islander People – Access to psychological support services.	85
CALD- Access to psychological interventions	85
Older people – access to psychological services and preventative mental health programs	86



Activity Demographics

Target Population Cohort

People aged over 65 (and Aboriginal and Torres Strait Islander people over 55) living either in the community or in RACFs who are experiencing social isolation and/or loneliness as a result of the COVID-19 pandemic.

CALD community members

Aboriginal and Torres Strait Islander community members

Indigenous Specific *

Yes

Indigenous Specific Comments

A component of this activity will be dedicated to supporting the needs of Aboriginal and Torres Strait Islander people.

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

NSPHN has undertaken extensive consultation with the local community, service providers and subject matter experts through the NSPHN Needs Assessment process, co-design consultations and procurement. Stakeholder engagement methods included community and service provider forums, surveys, and one-to-one engagement. NSPHN has established a Mental Health and Alcohol & Other Drugs Advisory Committee to advise on local priorities and guide the development of commissioned services.

The NSPHN Mental Health and Alcohol & Other Drugs Advisory Committee meets a minimum of four times a year and includes representation from:

- NSPHN Board, Clinical Council and Community Council
- General Practice
- Allied health
- Northern Sydney Local Health District – Mental Health Drug & Alcohol

- Family and Community Services
- NGO Mental Health and AOD Service Providers
- Lived experience
- Carers
- the local Aboriginal community

NSPHN has engaged with commissioned service providers to develop fit-for-purpose service models to enable rapid service delivery and meet the needs of a maximum number of community members.

Collaboration

This activity will be led by Northern Sydney PHN and undertaken in collaboration with commissioned services, RACFs, local Aboriginal community representatives and services, General Practice, community allied health providers, NSLHD Older Persons Mental Health Service, local mental health service providers and other relevant service providers including NSW Family and Community Services, multicultural health services and interagencies and local councils.

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.



Activity Milestone Details/Duration

Activity Start Date

14/09/2020

Activity End Date

31/12/2021

Service Delivery Start Date

October 2020

Service Delivery End Date

December 2021

Other Relevant Milestones



Activity Commissioning

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

Not Yet Known: No

Continuing Service Provider / Contract Extension: No

Direct Engagement: Yes

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

Yes

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

No

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

No

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

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

See activity consultation and collaboration for further detail.
