

Better Care Together

*A plan for Queensland's state-funded
mental health, alcohol and other
drug services to 2027*

Annual progress update

2022–2023

Queensland Legislative Assembly	
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Better Care Together annual progress update 2022–2023

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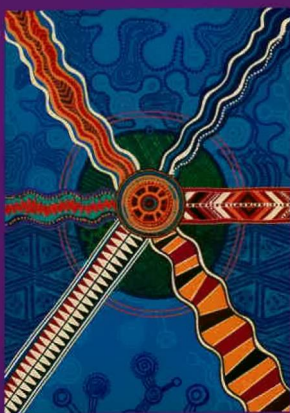
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For more information contact:

Mental Health Alcohol and Other Drugs Branch
Queensland Health
GPO Box 48 Brisbane QLD 4000

Phone: (07) 3328 9538



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Acknowledgement of Country

Queensland Health acknowledges the Traditional
and Cultural custodians of the lands, waters and
seas across Queensland, pay our respects to Elders
past and present, and recognise the role of current
and emerging leaders in shaping a better health
system. We recognise the First Nations peoples in
Queensland are both Aboriginal peoples and Torres
Strait Islander peoples, and support the cultural
knowledge, determination and commitment of
Aboriginal and Torres Strait Islander communities in
caring for the health and wellbeing of our peoples
for millennia.

Recognition of lived experience

Queensland Health recognises people with lived
experience of mental illness, problematic alcohol
and other drug use, and/or mental health crisis
and suicidality, their families, carers and support
persons. Their contribution to driving and informing
reforms to the mental health, alcohol and other
drug service system is critical and valued.



Minister's foreword



Shannon Fentiman

Minister for Health, Mental Health and Ambulance Services,
and Minister for Women

I am pleased to present the progress update for the first year of implementation of *Better Care Together*. Many Queenslanders experience mental ill health, problematic alcohol and other drug use and mental health crisis in their lifetime, which not only impacts on the individuals, but also can impact on their families and the broader local community.

In recognition of this, the Queensland Government allocated \$1.645 billion over 5 years in the 2022-23 State Budget to improve our mental health, alcohol and other drugs services and for a range of initiatives to support suicide prevention. This includes new investment to support *Better Care Together: a plan for Queensland's state-funded mental health, alcohol and other drug services to 2027*. With implementation commencing in 2022-23, this update describes progress in the first year, including some of the highlights.

Better Care Together is strengthening and building on the foundations of our state funded mental health, alcohol and other drugs system. It is providing more options, making treatment and support more readily available when Queenslanders are in need. It is responding to the increasing service demand across the state, including within our rural and regional communities, by providing increased investment to ensure that high-quality services are available, at the right time and close to home.

The best outcomes are achieved when we work together in partnership with stakeholders. This includes people who have lived and living experience, as well as their families, carers and significant others, service providers in Hospital and Health Services and the non-government sector, other government agencies, Primary Health Networks and Queensland communities. *Better Care Together* is delivering a comprehensive approach to advance healthcare and outcomes through a partnership approach with our stakeholders.

This is possible because of Queensland's mental health levy on large and very large business which is providing sustainable long-term funding and helping us to continue to address service demand into the future. This means new and expanded services, more beds and more community treatment and support.

In the first year of *Better Care Together*, the Queensland Government committed an additional \$119.8 million to advance healthcare and outcomes for people experiencing mental ill health, problematic alcohol and other drug use, and mental health crisis including suicidality.

I commend the dedicated mental health, alcohol and drug service providers in our state funded system for their achievements in the first year of implementation. I look forward to continuing to provide updates on the progress of *Better Care Together* over the next four years of the plan.

Shannon Fentiman

Minister for Health, Mental Health and Ambulance Services, and Minister for Women

October 2023

Introduction

Funding provided by the mental health levy is supporting the delivery of:

- Better Care Together: a plan for Queensland's state-funded mental health alcohol and other drug services to 2027
- Achieving balance: the Queensland Alcohol and Other Drug Plan 2022–27
- Queensland Government's response to the Mental Health Select Committee
- our obligations under the National Agreement on Mental Health and Suicide Prevention.

Vision

To advance healthcare and outcomes for people experiencing mental ill health, problematic alcohol and other drug use, and mental health crisis including suicidality through transforming, optimising and growing state-funded comprehensive, culturally safe treatment, harm reduction, care and support.

The plan provides a comprehensive system delivering inclusive, person-centred responses for individuals at all stages of life. It includes prevention and early intervention, recovery focused healthcare, and services beyond the health system. It is enhancing and expanding access to mental health, alcohol and other drug services in rural and remote areas by working in partnership with communities, local governments, Primary Health Networks and service providers to design and implement solutions that respond to local needs.

Benefits for Queenslanders

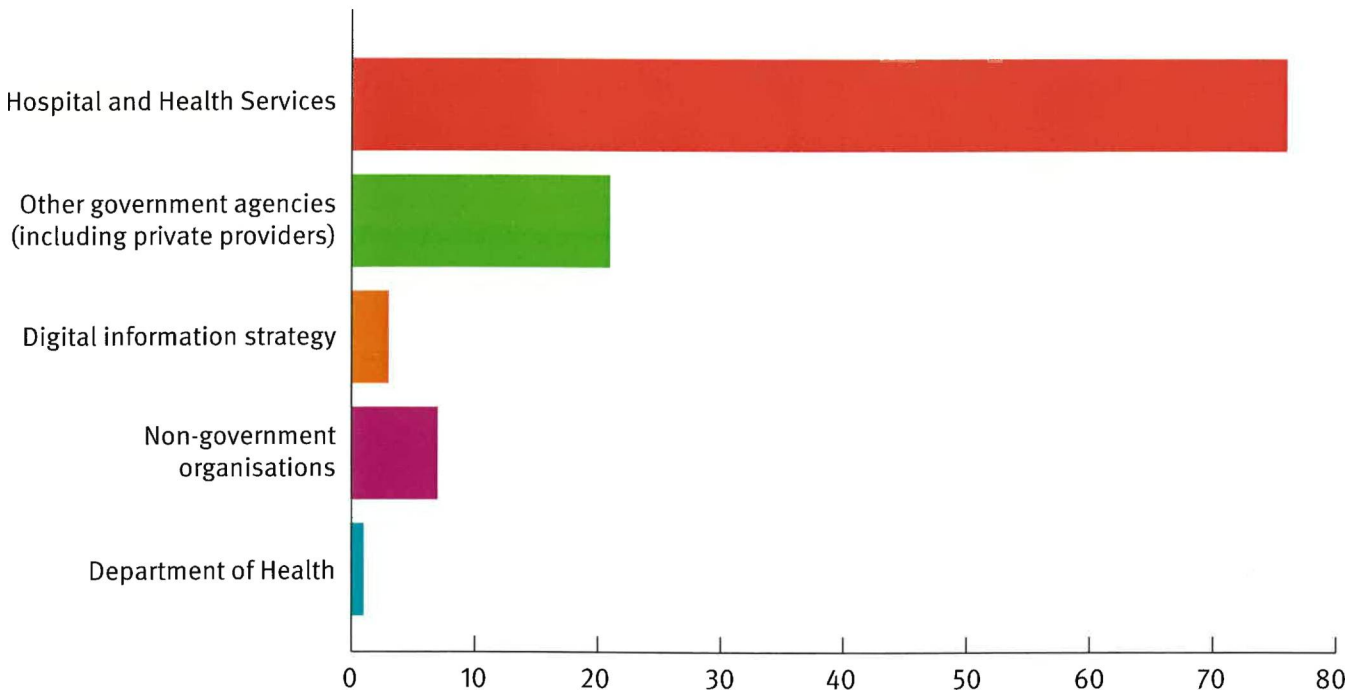
- Individuals, families and carers have improved health and wellbeing outcomes.
- Individuals can access and navigate their care pathway with a range of high-quality services available.
- Services individually tailored, coordinated with partners, and delivered close to home and in a safe and timely manner.
- Multidisciplinary mental health, alcohol and other drug clinical and non-clinical workforces operating at full scope of practice in collaboration with partners.
- Individuals and workforce are supported via digitally enabled healthcare.
- An information-enabled, efficient mental health, alcohol and other drug service system which measures and demonstrates success.
- A focus on balancing the provision of treatment, care and support across community and hospital-based services, delivering an optimal mix of services, the right treatment and beds, for the right purpose at the right time.

Better Care Together funding has provided an additional **252 frontline workers** in Queensland, across Hospital and Health Services.

In 2022–2023 across our priority areas, we have invested an additional:

- \$12.3 million for new parents and infants
- \$17.5 million for children, adolescents and young people
- \$22.1 million for adults and older people
- \$5.9 million for people experiencing eating disorders
- \$19.9 million for treatment, support and responses for people experiencing problems with alcohol and other drugs
- \$1.2 million to boost statewide services and for forensic mental health and services including for people in correctional centres
- \$22.4 million for responses for people experiencing mental health crisis and suicidality
- \$4.8 million to deliver improved services with First Nations peoples
- \$0.2 million to strengthen quality, reduce harm and improve outcomes
- \$1.3 million to improve workforce capability and sustainability
- \$4.4 million to deliver digital capability and digitally enabled, treatment, care and support
- \$3.9 million for social initiatives that improve mental health and wellbeing outcomes
- \$1.3 million to support mental health and wellbeing promotion
- \$8.8 million for future mental health and alcohol and other drugs capital projects
- \$0.8 million to support the implementation.

Committed funds in 2022–2023 \$ million



A further amount of \$8.8 million has been allocated for future capital priorities.

Strengthening service capacity and the built environment. Support for new parents and infants.

Better Care Together supports new parents and their infants to have the best possible mental health and start to life.

Over five years to 2027—additional \$89.2 million investment, 82 frontline staff, eight beds

2022–2023

- **Additional \$12.3 million invested**
- **7 frontline staff**
- **8 beds**
- Queensland's first integrated perinatal mental healthcare centre, Catherine's House opened, providing eight new public inpatient beds in South Brisbane. In partnership with Mater health, the new public mother baby beds are provided to meet the demand and provide specialist mental health treatment.
- Additional perinatal and infant mental health clinicians have been employed to provide care and treatment for new parents and their infants experiencing mental health problems. New clinicians have been employed to address local level demand in Torres and Cape, Townsville, Darling Downs and West Moreton.
- Peer support—investment for the peer support program delivered by Peachtree, a peer led non-government organisation. Support provided by someone who has experienced similar issues to assist in recovery.

2023–2024

- **\$15.8 million investment**
- **58 frontline staff**
- Additional perinatal and infant mental health clinicians will be employed in Metro South, Mackay, Wide Bay, Central Queensland, Gold Coast and Darling Downs.
- Psychiatrists to provide specialised assessment, treatment and care will be employed in Gold Coast, Metro South, Sunshine Coast and Wide Bay.
- Funding for the Queensland Centre for Perinatal and Infant Mental Health for ePIMH telepsychiatry service providing expert mental health advice to health professionals working with new parents with mental health concerns and their infants.
- Work towards universal mental health screening across public maternity and family care settings to identify new parents with mental health care needs as early as possible.
- Continued funding of \$11 million will be provided for Catherine's House to employ over 40 front line staff to operationalise the new mother and baby beds.



Catherine's House for Mothers, Babies and Families is Queensland's first integrated perinatal mental health centre

Mater Health stock image used with permission.

"A mum was admitted to Catherine's House inpatient unit with very young twins. She was referred after a suicide attempt and presented with postnatal depression. She had experienced anxiety in the past.

The mother's mental health had deteriorated close to the time of the birth with increasing anxiety. Postnatally, she struggled to bond or care for her babies.

The mum was supported by her partner through the admission, with him able to 'room in' for most of the admission.

When she was discharged, this mum was able to care for the babies on her own. Her bond had significantly improved, and her depression had mostly resolved.

She has been able to adjust and transition home after discharge and is engaging with community supports. She has improved confidence with her parenting."

"I think that my admission to Catherine's House inpatient unit saved my life and I am grateful for all of the support that I received."

Strengthening service capacity and the built environment. Support for children, adolescents, and young people

Better Care Together provides access to the necessary support and intervention for children, adolescents and young people and their families to improve mental health and wellbeing for life.

Over five years to 2027—additional \$320.6 million investment and 466 frontline staff

2022–2023

- **Additional \$17.5 million invested**
- **76 frontline staff**
- New Head to Health Kids services are being established to provide mental health and wellbeing support for Queensland children aged between 0-11 years and their families. Co-funded by the Commonwealth and Queensland Governments in Gold Coast and Brisbane.
- Two new child and youth acute response teams have been established and 9 existing teams have been funded to provide rapid responses and follow up care to young people who are experiencing mental health crisis including suicidality in Cairns, Central Queensland, Children's Health Queensland, Gold Coast, Mackay, Metro North, Metro South, Sunshine Coast, Townsville, Wide Bay, West Moreton and Wide Bay.
- Assertive Mobile Youth Outreach Services boosted to provide treatment and care for young people ages 13 to 18 years who are experiencing severe and complex mental ill health and their families in Metro North, Townsville and West Moreton.
- More clinical staff for child and youth forensic mental health services for young people involved with the youth justice system in Cairns and Hinterland, Mackay and Townsville.

2023–2024

- **\$47 million investment**
- **181 frontline staff**
- New clinicians to provide clinical in-reach into all existing and new headspace centres across Queensland to support timely access and provide additional specialist care and treatment for young people aged 12 to 25 years in Cairns, Central Queensland, Children's Health Queensland, Darling Downs, Gold Coast, Mackay, Mater Health, Metro North, Metro South, North West, South West, Sunshine Coast, Townsville, West Moreton and Wide Bay.



Strengthening service capacity and the built environment. Support for adults and older persons.

Better Care Together is making access to support and intervention easier for adults and older persons experiencing mental ill health, problematic alcohol and other drug use and mental health crisis in their local community and closer to home.

Over five years to 2027—additional \$385.6 million investment, 475 frontline staff

2022–2023

- Additional \$22.2 million invested
- 75 frontline staff
- Additional mental health clinicians were employed by community based mental health services in Cairns and Hinterland, Central Queensland, Central West, Gold Coast, Mackay, Metro North, Metro South, South West, Sunshine Coast, West Moreton and Wide Bay.
- Tackling Regional Adversity through Integrated Care services were expanded. These specialised clinicians provide mental health support in Queensland communities that have been impacted by drought, disasters and community crisis, with new roles in Darling Downs, South West and West Moreton.
- Lived Experience (Peer) workforce was increased to support the delivery of high-quality, recovery-focused care. Lived Experience (Peer) workers have unique knowledge, abilities, and attributes, and support a person's recovery journey and use of services by drawing on and sharing their own life-changing experience. New roles in Sunshine Coast and Metro North.

2023–2024

- \$57 million investment
- 125 frontline staff
- Two new Hospital in the Home program sites to provide an intensive clinical service as an alternative to acute inpatient admissions so that people can remain in their own home in Gold Coast and West Moreton.
- Five new Head to Health adult mental health services and seven satellite clinics across Queensland will be established in partnership with the Commonwealth to provide free, accessible, time limited care for adults experiencing high levels of distress. Five sites to be announced in 2023–2024.



Strengthening service capacity and the built environment. Responding to people's needs for alcohol and other drug treatment and support.

When people are ready to seek help for their alcohol and other drug use, they need to know where to find the right services, at the right time. *Better Care Together* is increasing access to alcohol and other drug treatment services and supporting improvements in quality.

Over five years to 2027—additional \$211.8 million investment, 216 frontline staff[^]

2022–2023

- **Additional \$11.0 million invested**
- **28 frontline staff[^]**
- Community alcohol and other drug treatment services including opioid dependence treatment delivered through Hospital and Health Services have been expanded to address high unmet demand and need including Cairns and Hinterland, Darling Downs, Gold Coast, Mackay, Metro North, Metro South, Sunshine Coast, West Moreton and Wide Bay.
- ADIS (24/7 drug and alcohol support) boosted to deliver more phone and online support for anyone concerned about their own or someone else's substance use, allowing Queenslanders to access confidential information and support when needed.
- Non-government organisations funded to provide treatment and support services across Queensland including residential treatment.

2023–2024

- **\$47.9 million investment**
- **41 frontline staff[^]**
- Residential rehabilitation and withdrawal management services (delivered by eight existing funded non-government providers) have been boosted to enhance delivery of safe and contemporary models of care within communities across Queensland. This includes boosting Logan Family Recovery Units for parents seeking treatment with young children in their care.
- Specialist AOD responses in emergency departments are being expanded to better support people presenting with problematic alcohol or other drug issues. These teams also increase the awareness and knowledge of health staff to respond appropriately to people affected by alcohol or other drugs in Darling Downs, Gold Coast, Metro North, Metro South, Sunshine Coast, West Moreton and Wide Bay.
- Non-government organisations funded to improve participation and engagement of people with lived and living experience of alcohol and other drug use in policy, planning and service delivery.

[^] Frontline staff from non-government organisations are not included.

Strengthening service capacity and the built environment. Support for people experiencing eating disorders.

Eating disorders can be disruptive and devastating for affected individuals, families and carers, but full recovery is possible with access to the right care and treatment. *Better Care Together* is increasing access to treatment and care of eating disorders.

Over five years to 2027—additional \$32.9 million investment, 37 frontline staff[^]

2022–2023

- Additional \$5.9 million invested
- 12.4 frontline staff[^]
- 5 beds
- Specialist eating disorder services have been expanded to address the increased demand in Gold Coast, Sunshine Coast, Cairns and Hinterland and Townsville.
- Queensland Eating Disorders Service was expanded to increase digital health support and further develop workforce capacity. This increased digital health support allows to Queenslanders in regional and remote communities to access treatment and support for eating disorders through the use of telehealth.
- Five new eating disorder rehabilitation beds funded for Queenslanders at Wandí Nerida, Australia's only residential treatment centre for eating disorders located on the Sunshine Coast to meet the increased demand.

2023–2024

- \$7.3 million investment
- 15 frontline staff
- Two new specialist eating disorder services will be established to provide earlier and more timely treatment, care and support for those experiencing eating disorders and the families and carers in Darling Downs, West Moreton and Metro South.
- Eating Disorders Queensland (EDQ) will be expanded to provide community-based psychosocial support for eating disorders alongside the specialist services and to intervene early with individuals and their carers.

EDQ Lived Experience Worker in recovery from an eating disorder, Michelle, reflects:

Eating disorder recovery is a long haul that requires both commitment from the person working towards recovery and also a scaffolding of support around the individual at different stages of the journey. Hope is what can keep you moving towards recovery.

[^] Staff of providers outside of Hospital and Health Services e.g., Wandí Nerida are not included.

Strengthening service capacity and the built environment. Statewide specialised services and responses for people with mental illness interacting with the justice system.

Better Care Together is boosting capacity to improve access to forensic mental health and to statewide specialised services.

Over five years to 2027—additional \$84.7 million investment, 147 frontline staff

2022–2023

- **Additional \$1.2 million invested**
- **6.3 frontline staff**
- Expansion of prison mental health services to ensure people in adult correctional centres across South East Queensland have access to specialist mental health assessment and treatment in West Moreton.
- Expansion of the Court Liaison Service, which provides specialist screening, mental health assessment and diversion for people who are either before the court or in police watch-house custody. Responding to increased demand in Wide Bay.
- Enhancement to the Queensland Health Victim Support Service, a free statewide service that provides specialised counselling, support and information to victims of crime when the person charged has been assessed as having a mental illness or intellectual disability.
- Enhancement to the Queensland Forensic Mental Health Service, a service which supports Hospital and Health Services to deliver high-quality forensic mental health services, including workforce development.

2023–2024

- **\$11.6 million investment**
- **39 frontline staff**
- A key focus will be the expansion of community forensic outreach services across Queensland in Central Queensland, Metro North and Townsville.
- Prison mental health services boosted to respond to increased demand in Cairns and Hinterland, Townsville and West Moreton.



Responding to mental health crisis and suicidality

Demand for mental health crisis care, including suicide crisis care, has increased significantly over the last decade. *Better Care Together* is investing in crisis support and community bereavement services.

Over five years to 2027—additional \$233 million investment, 82 frontline staff[^]

2022–2023

- **Additional \$20.3 million invested**
- **20.3 frontline staff**
- Existing crisis support spaces in Mackay, Metro South, Townsville and West Moreton have expanded their hours of operation to support people in mental health crisis. Work has commenced to establish four new Crisis Support Spaces at Bundaberg, Logan, Redlands and Sunshine Coast. Crisis Support Spaces work as an adjunct to the Emergency Department and provide peer and clinical support to people experiencing mental health crisis in a therapeutic setting.
- Expansion of universal suicide aftercare underway across Queensland with the aim of increasing social connections, improving access to clinical and community supports services, and building the capacity of individuals to improve mental well-being. Clinical Coordinators have been employed to support and complement the implementation of after-care support services with a dedicated focus on a systems approach in Cairns and Hinterland, Central West, Gold Coast, Metro South, Sunshine Coast, Torres and Cape and Wide Bay.
- The Queensland Ambulance Service (QAS) co-responder model is a partnership between Hospital and Health Services and QAS. It pairs a paramedic with a specialist mental health clinician to support people experiencing a mental health crisis. New teams in Wide Bay, Darling Downs, Sunshine Coast and Mackay.
- The Zero Suicide in Healthcare initiative is being expanded to drive a consistent, systems-based approach to suicide prevention within healthcare services. New frontline staff in Cairns and Hinterland, Children's Health Queensland, Metro North, Torres Strait and Cape, Townsville and Wide Bay.


2023–2024

- **\$34.1 million investment**
- **23 frontline staff**
- Up to seven new crisis support spaces to be established by the end of 2024 with locations to be announced.



Oasis Crisis Support Space in Hervey Bay.

[^] Staff of providers outside of Hospital and Health Services e.g., Primary Health Networks are not included.



Sometimes our worries, stresses and life experiences can become overwhelming, and we need to take time out to reset or talk to someone.

Wadda Mooli Crisis Support Space

Wadda Mooli, a partnership between selectability and the Townsville University Hospital, ensures community members seeking support in times of emotional distress and crisis have a welcoming (non-clinical) space to go as an alternative to presenting to the emergency department (ED). Wadda Mooli means 'Welcome' in the language of Townsville's First Nations people—the Bindal people. Wadda Mooli is staffed by two peer workers with support from a mental health clinician.

Andrea's Story

"I was feeling really down and out. I really wanted to kill myself.

I don't know where I would have gone if I couldn't come to the crisis support space. I was determined to come to the Emergency Department and just sit there. Because I wasn't thinking straight, and I was depressed and anxious, I couldn't think of anywhere else to go. The hospital is my safe zone—I've had very good experiences here, so it's my go-to.

On the outside, I look okay, but I'm not. On the inside I was slowly dying. I'm not presenting in a state of flux, screaming, yelling. I presented calmly and I was accepted. It saved my life.

As soon as I entered the room, I felt very, very safe.

I've been to see psychologists and psychiatrists. There is always a time limit. You feel you just have to speak very quickly, get everything off your chest... it's very triggering.

But when I came to the Wadda Mooli space, I was just able to reveal parts of myself that I felt comfortable with. To my amazement, I talked about some really personal and hard things that had happened to me previously and I just thought, that's okay. They're not going to judge me.

The peer workers didn't trigger me. That's a skill in itself. They weren't wanting to know, "What's happened in your past, what's brought you here?" It just evolved.

There were no expectations put upon me. I noticed when I was being negative, they would gently get me back on track and would give me tools for me to take away with me. I was just able to come to this space and go away with a suitcase of tools.

For the future, I'm feeling more confident because it's just like I shed a huge shell when I came in here. And that was so empowering.

What I learned is that I have to tap into resources—and there are many—to help me emotionally regulate, so that when I'm in my workspace I don't end up going home suicidal. There are a lot of things I can tap into before it gets critical, to crisis place. You're never too old to learn, and I know I can do a lot of things to improve myself rather than giving up. I've realised I'm not the sum of what other people have told me. I am confident, I can do good for people, I can help people and I have a ton of skills to offer.

I've left Wadda Mooli believing in myself."

Delivering improved services with First Nations peoples

Mental illness is the leading burden of disease experienced by First Nations peoples in Queensland. *Better Care Together* is supporting the delivery of culturally safe and capable mental health, alcohol and other drug services for First Nations peoples and communities.

Over five years to 2027—additional \$63 million investment, 72 frontline staff ^

2022–2023

- Additional \$4.8 million invested
- 12.1 frontline staff^
- Additional Indigenous mental health workers were employed to address the increased needs of local communities and support the achievement of health equity with First Nations people in Cairns and Hinterland, Central West, Children's Health Queensland, Gold Coast, Metro North, Metro South, Sunshine Coast and West Moreton.

2023–2024

- \$11.4 million investment
- 28 frontline staff^
- Social and emotional wellbeing responses for First Nations people in Lotus Glen Correctional Centre to provide culturally appropriate models of care and support for people in custody and while transitioning back to the community.
- New multidisciplinary model of mental health, alcohol and other drug care for First Nations peoples in West Moreton and inner Brisbane, delivered by the Institute for Urban Indigenous Health (IUIH), an Aboriginal and Torres Strait Island Community Controlled Health Service.
- Continued expansion of the Indigenous mental health workforce with additional staff to be employed in Cairns and Hinterland, Central Queensland, Gold Coast, Mackay, Metro North, Metro South, South West, Sunshine Coast, Torres and Cape and West Moreton.
- New First Nations child and youth mental health and substance use service to be established within Inala Centre of Excellence in Metro South. This service will provide high quality specialist mental health assessment, treatment and care for First Nations children, adolescents, young people and their families. The adult service was also expanded to address increased service demand.



^ Staff of providers outside of Hospital and Health Services e.g., non-government and community-controlled organisations are not included.

Strengthening quality to reduce harm and improve outcomes

Better Care Together will ensure that Queenslanders accessing mental health, alcohol and other drug services have treatment, care and support that is safe and high quality.

Over five years to 2027—additional \$33.7 million

2022–2023

- **Additional \$0.2 million invested**
- A safety and quality improvement framework for Queensland mental health, alcohol and other drug services that supports a learning culture and promotes improved health outcomes is being developed. The framework is being formed through a co-design process with people with lived experience, professional experience, including clinical staff and peer workers, and system stakeholders.

2023–2024

- **\$6.4 million investment**
- Regulatory Reform and Improvement Program to ensure the statutory frameworks, such as the *Mental Health Act 2016* and other regulatory instruments which apply to involuntary patients continue to meet the changing clinical and system priorities and continues to support needs of Queenslanders.
- Increased access to free legal and non-legal advocacy services for people appearing before the Mental Health Review Tribunal and on appeals before the Mental Health Court to ensure access to representation and that human rights are upheld.



Delivering digital capability and digitally enabled treatment, care and support

Through digital healthcare and technologies, *Better Care Together* is providing new possibilities for accessing mental health, alcohol and other drug treatment, care and support.

Over five years to 2027—additional \$61.5 million

2022–2023

- Additional \$4.6 million invested
- 9.1 frontline staff
- Dedicated roles to optimise information capabilities and the utilisation of digital healthcare innovations to enhance the experience of people accessing mental health alcohol and other drugs services and increase clinical and operational efficiencies.
- Scoping of a modern website and portal that enables a self-service experience for people to access mental health, alcohol and other drug services, healthcare information and support resources.

2023–2024

- \$14.2 million investment
- Deliver a public facing website and continue analysis and design of a consumer portal in collaboration with people with a lived experience of receiving care from mental health, alcohol and other drug services.
- Enhance internal systems to improve clinical workflows and streamline service delivery. This will facilitate improved information sharing across systems and organisations.

Binbi Yadubay (“Healthy Beginnings”) – Rockhampton Residential Rehabilitation and Withdrawal Management Service.



Improving workforce capability and sustainability

The mental health, alcohol and other drug workforce within the public, non-government and private sectors all play central roles in transforming, optimising and growing high quality, safe, and accessible treatment, care and support. *Better Care Together* is improving workforce capability and sustainability.

Over five years to 2027—additional \$37.6 million investment

2022–2023

- **Additional \$1.3 million invested**
- **7.3 frontline staff**
- Workforce career enhancing and skills development initiatives are being delivered by statewide training services who received a boost to provide:
 - specialised forensic mental health training for people working with children and young people in contact with the youth justice system (Children’s Health Queensland)
 - learning and support needs of the Lived Experience (Peer) workforce (Queensland Centre for Mental Health Learning)
 - expert advice for health professionals working with people with eating disorders (Queensland Eating Disorder Service, QuEDS)
 - learning and support needs of people providing alcohol and other drug treatment and care (Insight and Dovetail)
 - support for health professionals to provide culturally safe and high-quality care for people from culturally and linguistically diverse backgrounds (Queensland Centre for Transcultural Mental Health).
- Professional leadership roles in nursing and allied health have commenced to promote and enhance the mental health, alcohol and other drugs clinical workforce including:
 - building the pipeline for allied health and nursing workforces
 - supporting clinicians to work to their full scope of practice
 - support specific workforce education, training and development opportunities.

2023–2024

- **\$5.5 million investment**
- Commencement of leadership roles in the areas of First Nations and Lived Experience.
- Enhancements to the multicultural workforce to increase access to mental health, alcohol and other drug services for people from culturally and linguistically diverse backgrounds in Cairns and Hinterland, Darling Downs, Gold Coast, Mackay and Sunshine Coast.
- Dedicated training positions in psychiatry and addiction medicine to be established to support workforce skill development, sites to be announced in 2023–2024.

Oasis Crisis Support Space in Hervey Bay.



Promoting mental health and wellbeing

Mental health promotion enhances social and emotional wellbeing and improves a person's quality of life, by strengthening individual capacity and creating supportive environments for individuals and communities at a whole-of-population level. *Better Care Together* is supporting cross-sectoral action to promote the mental health and wellbeing of Queenslanders.

Over four years to 2026—additional \$18 million investment

2022–2023

- **Additional \$1.3 million invested**

- \$4 million will be invested over three years into the development and early implementation of a whole of government trauma strategy led by the Queensland Mental Health Commission. The experience of trauma can lead to a range of mental health challenges, including anxiety, depression, problematic alcohol and other drugs use, suicidal distress, self-harm and eating disorders.

The strategy will deliver an evidence-based, whole-of-government trauma strategy that identifies how trauma-informed practice can be improved and embedded in service provision across the wide range of human and justice services delivered by Queensland Government agencies.

- A public health campaign to reduce stigma associated with mental ill-health, alcohol and other drugs issues and eating disorders is currently being developed by the Queensland Mental Health Commission.
- Health and Wellbeing Queensland and the Queensland Mental Health Commission are jointly developing a Mental Health and Wellbeing Strategy.

2023–2024

- **\$5 million investment**



Queensland Mental Health Commission
Improving the mental health and wellbeing of Queenslanders

health + wellbeing
Queensland



Social initiatives to improve mental health and wellbeing outcomes

People living with mental illness and problematic alcohol and other drugs often experience poor social and economic circumstances, including unstable housing or homelessness and difficulty gaining and maintaining employment. *Better Care Together* is supporting government agencies to improve the social and economic outcomes for people experiencing these issues.

Over four years to 2026—additional \$94 million investment

2022–2023

- **Additional \$3.9 million invested**
- Two new work skills traineeships projects have created 35 job opportunities for people with a lived experience of mental illness and/or problematic alcohol and other drug use in Nambour and Caboolture (Department of Youth Justice, Employment, Small Business and Training).
- Improved access to secure and affordable housing for tenants living in social housing that have multiple complex support needs and partnering with the housing and homelessness sector in identified locations (Department of Housing).
- Support to implement Phase 2 of *Every life: The Queensland Suicide Prevention Plan 2019–2029* (Queensland Mental Health Commission).



Crisis Support Space Peer Worker

2023–2024

- **\$26.7 million investment**
- Employment of a Housing Worker to support young people with exiting physical and mental health treatment to identify immediate housing and support needs and link them with the support services they need (Department of Housing).
- Improved tenancy sustainment for people with mental health challenges and problematic alcohol and other drug use (Department of Housing).
- Expansion and regulation of the non-Government sector Lived Experience (Peer) workforce including increase peer work in rural and remote areas, for First Nations Peoples and within the alcohol and other drugs sector (Queensland Mental Health Commission).
- Piloting of person-centered human services case management model targeting young people under the age of 18 years who have a neuro-developmental or intellectual disability and who are in contact with the youth justice system (Department of Youth Justice, Employment, Small Business and Training).

Alcohol and other drug responses beyond the health system

Better Care Together is supporting initiatives of Achieving Balance: The Queensland Alcohol and Other Drugs Plan 2022–2027 by investing in responses beyond the health system to achieve better outcomes.

Over four years to 2026—additional \$29.3 million investment

2022–2023

• Additional \$1.8 million invested

2023–2024

• \$9.7 million investment

Achieving Balance puts into action the Queensland Government's commitment to prevent and reduce problematic use of alcohol and other drugs.

The use of alcohol and other drugs is part of the lives of many Queenslanders. It occurs across a continuum—from occasional use to dependence. Most use is responsible and within recommended guidelines, but harmful use can occur at any point on the continuum, affecting Queensland communities and people of all ages.

Alcohol and other drug harm can be complex, and responses must be multi-faceted if they are to be effective. To minimise the impacts of harm, cross-sector action is needed, in areas including housing, child safety, corrections, health, justice, employment, education and policing.

The Queensland Mental Health Commission is leading a program of alcohol and other drug responses beyond the health system.

- New alcohol and other drug prevention and awareness programs
- Addressing stigma and discrimination
- Enhanced diversionary social supports
- Early intervention including youth engagement programs
- Providing trauma-informed training
- Programs to reduce alcohol and other drug related harm



Queensland Mental Health Commission
Improving the mental health and wellbeing of Queenslanders





