

BACKGROUND

In response to the National Mental Health Commission’s Review of Mental Health Programmes and Services, *Contributing lives, thriving communities*, PHNs now have a key role in the reform agenda for mental health, including suicide prevention, and alcohol and other drugs. Consequently, a key focus for the Central Queensland, Wide Bay, Sunshine Coast PHN (our PHN) is the development of a continuum of primary mental health services across the region, within a person-centred, culturally appropriate, stepped care approach.¹

In this time of policy reform, there are many opportunities on which our PHN can capitalise, and our PHN is committed to working together with our partners to realise the benefits for our region. There are clear strategic and resource benefits to be gained by working collaboratively, in relation to service mapping, gap identification, co-design, co-investment, and improving integration and coordination of services.

The Mental Health Drug and Alcohol Council (MHDAC) brings together executive level representatives of the Queensland Health Mental Health and Alcohol and Other Drugs Branch, as well as members of each of the PHN Regional Strategic Collaboratives, which include representatives from local Hospital and Health Services. We will work collaboratively through the MHDAC, to ensure the delivery of the most efficient and effective services that are evidence based, and meet local needs. We will work to deliver improved health and wellbeing for our community, through a stepped care approach that ensures consumers can access the right level of care, in the right place, at the right time.

The MHDAC met in October and developed a draft strategic plan to guide activity for the next planning period, and local collaboratives are developing localised strategies and performance indicators that will underpin this plan. Relevant planning frameworks at a state and national level, as well as PHN guidelines, have been taken into consideration in the development of the draft plan.

We are now inviting feedback on the *Regional Mental Health Alcohol and other Drugs Council: draft Strategic Plan 2016–2019*.

¹Central Queensland, Wide Bay, Sunshine Coast PHN: Annual Mental Health Activity Work Plan 2016-18

Regional Mental Health Alcohol and other Drugs Council: Strategic Plan 2016–2019

VISION

Improved health and wellbeing in our region supported by locally relevant mental health, suicide prevention and alcohol and other drug services

VALUES

Collective influence ■ People-centred ■ Equity ■ Evidence-based ■ Innovation ■ Transparency

MISSION

To lead regional system reform in the mental health, suicide prevention and alcohol and other drug services sector



VALUES

We will be guided by our shared values in the pursuit of achieving our vision and mission:

- **Collective influence:** our collective regional knowledge and experience will enhance our ability to influence system reform and build trust amongst providers and the community.
- **People-centred:** our work will focus on improving outcomes for individuals, families, communities and the sector, by valuing their experiences and engagement.
- **Equity:** our work will recognise the need for equitable access to services that are respectful, culturally sensitive and safe.
- **Evidence-based:** our decisions will be based on evidence and local knowledge of what works for our region. Fostering a learning culture will help build the evidence base.
- **Innovation:** will address our region's needs through systematic transition and transformation and challenging the status quo.
- **Transparency:** we will be clear and accountable in our processes.

OBJECTIVES

Objective 1: Collaborative planning and design

To work together with the community and the sector to plan and design regional mental health, suicide prevention and alcohol and other drug services that are complementary, avoid duplication and bridge the gap between primary, secondary and tertiary care.

Objective 2: Align resources to community needs

To undertake purposeful investment in mental health, suicide prevention and alcohol and other drug services that address identified regional needs.

Objective 3: Influence reform

To have a positive influence on regional, state and national reform within the mental health, suicide prevention and alcohol and other drug sector through the use of regional evidence and effective advocacy.

Objective 4: Build awareness of need and services

Increase community and service provider connectedness, with awareness of community needs and existing services, to build resiliency and understanding, and encourage positive behaviour change.

Objective 5: Develop regional capacity and capability

To increase the capacity and capability of the region's mental health, suicide prevention and alcohol and other drug sector to deliver quality services that meet the needs of the region.

Objective 6: Support effective, coordinated service provision

To support the development and implementation of systems for collecting, analysing and managing data, to improve service effectiveness (through monitoring, evaluation and continuous improvement, and service continuity).

