National Targets and Indicators for Mental Health Reform – The COAG Expert Reference Group (ERG)

In 10 years’ time we want to see in Australia:

- Reduced prevalence of mental illness and suicide
- Increased understanding of and improved attitudes towards mental illness resulting in changed behaviour
- Increased funding allocated to, and spent on, mental health in particular community services, promotion, prevention and early intervention, as a percentage of GDP (to be determined by the Productivity Commission). An interim target is that the proportion of funding on mental health from the health budget should be at least 13% which is equal to the burden of disease

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**More people with poor mental health will have better physical health and live longer**

- We care that people with severe mental illness die much earlier than people without mental illness: we must reduce this life expectancy gap
- We need physical and dental health for people with mental health problems to be part of every assessment

**Physical health of people with severe mental illness**

- Improve life expectancy of adults with a mental illness to achieve parity with adults without a mental illness. Particular focus should be on:
  - Reducing smoking rates of adults over 18 years with a mental illness by 30% in four years and 60% in 10 years
  - Increasing the proportion of adults over 18 with a diagnosed mental health problem who are screened every 12 months for physical and dental health issues by 40% in four years and 90% in 10 years

**Mental health and wellbeing for the whole population**

- Increase in the proportion of the population who report positive emotional wellbeing (%)
- Wider determinants of mental health and illness
  - Increase in the proportion of consumers and carers in safe, affordable, appropriate and stable accommodation to meet their mental health support needs (%)
  - Reduce the rate of 16 - 25 year olds not in Employment, Education or Training (NEET) (%)

**Access, care and treatment**

- Improve employment rates of adults over 18 with mental illness and their carers (%)

**Recovery and quality of life**

- The proportion of people with mental illness and/or their families and carers reporting timely access to mental health related services
- The proportion of the population with mental illness in employment as a ratio of the employment rate of the general population

**Proportion of recovery-focused plans developed with consumers and carers; which promote choice, personal control, describe follow-up plans and continuity of care**

- Proportion of people with mental illness, exiting the justice system, who have a recovery plan, which includes housing, support and employment plans

**Knowledge, attitudes and behaviours of the general public**

- The proportion of the population with stigmatising attitudes towards mental illness
- Rates of mental health related knowledge/literacy
- Stigma: Meaningful baseline established in four years and then 25% reduction in the rate of stigmatising attitudes in 10 years

**Service users’ experience of stigma and discrimination**

- Increase in the number of consumers, families and carers who report having the confidence to challenge stigma and discrimination

**Number of safety incidents involving severe harm or death of consumers in mental health related services**

- The number of consumers, families and carers who self-report a reduction in the experience of stigma and discrimination

**Service quality varies across Australia in mental health related services**

- We need an Australia-wide commitment to measure and monitor peoples experiences of and the quality of mental health related services and supports
- We need to get a baseline on current experiences and a commitment to ongoing data collection and analysis

- We want exclusion and restraint to be eliminated whenever possible. They should be used as an exception because they cause people added trauma

**We believe that a focus on early identification and prevention will result in reduced prevalence of mental illness**

- More people (consumers, families and carers) report an improved experience of mental health related services employing peer workers in meaningful roles in four years and 100% in 10 years
- Restrictive practices are rare events
  - Involuntary Treatment Orders are rare
  - Seclusion rates are reduced by 70% in four years and 90% in 10 years
  - Restraint: Meaningful baseline measure required for all forms of restraint in four years and then 90% reduction on baseline is achieved in 10 years

**We want people with poor mental health to live a life full of hope, meaning and purpose**

- When people with mental health problems access services they get better
- We care that 15% of people with poor mental health are currently not accessing services or supports
- People with poor mental health, and their families and carers, want to participate in their community and the economy

**Greater collaboration with mental health, health, education and justice sectors**

- The 30-day prevalence of mental and substance use disorders for adults, aged 16 or above
- The rate of 16 - 25 year olds NEET
- The rate of completion of Year 12, VET or the justice system, who have a recovery plan;
- The rate of restraint (in admitted patient settings) per 1000 separations
- The rate of seclusion (in admitted patient settings) per 1000 separations

**We want all Australians to have good mental health and social and emotional wellbeing**

- We want people with poor mental health and their families and carers to be part of every assessment
- Services employing peer workers in meaningful roles in four years and 100% in 10 years
- Proportion of recovery-focussed plans developed with consumers and carers who report having the confidence to challenge stigma and discrimination

**Reducing the rate of 16 - 25 year olds Not in Employment, Education or Training (NEET) (%)**

- Reduce the rate of 16 - 25 year olds Not in Employment, Education or Training (NEET) (%) in 10 years
- The rate of completion of Year 12, VET or the justice system, who have a recovery plan

**People with poor mental health will have a meaningful and contributing life**

- Service quality varies across Australia in mental health related services
- We need an Australia-wide commitment to measure and monitor peoples experiences of and the quality of mental health related services and supports

**We want people with poor mental health to live a life full of hope, meaning and purpose**

- August 2023

**Connections with family, friends, culture and community.**

- Preventing Suicide.