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.

**Vision**

**10 Year Vision**

More people will have a **positive experience** of support, care and treatment

More people will have a **meaningful and contributing life**

More people will have **good mental health and wellbeing**

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

**Domains**

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

- 1. 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 disclosed mental illness 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**

- 2. Increase in the proportion of the population who report positive emotional wellbeing (#)

**Wider determinants of mental health and illness**

- 3. Increase in the proportion of mental health consumers, families and carers who report timely access to the supports and services they need by 10% each year

**Access, care and treatment**

- 4. Improve life expectancy of adults with a mental illness to achieve parity with adults without a mental illness.

**Recovery and quality of life**

- 5. Increase in the proportion of mental health consumers, families and carers who report timely access to the supports and services they need by 10% each year

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

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

7. More people (consumers, families and carers) report an improved experience of mental health related services and supports (#)

8. Increased numbers of peer workers in mental health related support services, with 50% of services employing peer workers in meaningful roles in four years and 100% in 10 years

9. 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

10. Reduction in the national suicide rate by 10% in four years and 50% in 10 years

11. Reduction in attempted suicide rate by 10% in four years and 50% in 10 years (#)

12. Improvement in mental health related knowledge/literacy by 10% in four years and 25% in 10 years

13. Stigma: Meaningful baseline established in four years and then 25% reduction in the rate of stigmatising attitudes in 10 years

14. Increase in the number of consumers, families and carers who report having the confidence to challenge stigma and discrimination (#)

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

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

**Key:** # = a meaningful baseline measure is required in order to establish targets

**Key:** Linking each target to the ‘Contributing Life’ framework

- Thriving, not just surviving.
- Feeling safe, stable and secure.
- Ensuring effective support, care and treatment.
- Something meaningful to do, something to look forward to.
- Connections with family, friends, culture and community.
- Preventing suicide.