

NATIONAL MENTAL HEALTH COMMISSION

Vision 2030

Blueprint for Mental Health and Suicide Prevention



Australian Government
National Mental Health Commission

At the first sign of mental illness or suicidal thought I know where I can go for help. I know I will be treated with respect and my experience taken seriously because I live in a community that really values mental and social wellbeing. Lots of agencies work together in my community, including the hospital, primary care, and non-government agencies, to provide a range of treatment and support options. I know I can quickly access the services I need and that I and my family will have choice in shaping and working collaboratively in the delivery of my care and support. Whatever I and my family need, the different services will work seamlessly together to support us. There is no risk that we will fall through cracks in the system. As I work towards my personal recovery, I will have support to help me to re-engage and move forward in my life with confidence.

Introduction

Mental illness affects all aspects of life including identity, personal relationships, and engagement in work, education, and leisure. It can disconnect people from their communities and from themselves. The way the journey into and through mental health care is experienced makes a profound difference to the distress experienced by individuals and families, and to personal recovery. Vision 2030 brings the experience of the people who use those services and their families and communities into focus. Its key feature is how people should experience care across this continuum.

Vision 2030 describes a mental health service system in which people are connected to services in their community, have a positive service experience, are not stigmatised, or discriminated against, and are empowered to care for their wellbeing.

In 2030, mental health is well understood and acknowledged as part of everyone's experience, across a spectrum from mental health and wellbeing to mental illness. People know where to go to seek help and feel comfortable in doing so early. Services are delivered in a well-functioning, integrated system with consistent, appropriate quality care available to every individual and across all steps in the spectrum. People play a central role in their care and in the choice, design and delivery of services that support them. Everyone has access to affordable, evidence-based care in their local region, getting the right care at the right time irrespective of income, geography, or cultural background. People in distress and those experiencing suicidal thoughts are offered compassionate supports to address the things in their lives that are generating such distress and are provided with quality care that directly addresses their needs.

Achieving this new approach requires an integrated, coordinated, and collaborative system. Vision 2030 is a blueprint for a connected, effective, well-functioning and sustainable mental health and suicide prevention system designed to meet the needs of all individuals and their communities.

Building Capacity in Local Communities

Vision 2030 highlights the need to build capacity in local mental health services, placing local clinical and service expertise, lived experience insight and community knowledge at the centre of identifying what is needed in the community, and designing locally effective responses.

In this context, local and community care are defined as services which are:

- Accessible within the region the person lives in, either in face-to-face or digital format, taking into consideration distance, transport, and access to technology.
- Designed with knowledge of the local community reflecting the diversity of the community, the local social determinants of mental illness, existing resources, and gaps in the current system.
- Integrated with other health, social and human services already available in the region and with tertiary services outside the region.

Being connected to care in the local area improves the opportunities for rapid access when it is needed, enables access to care in the least restrictive environment possible, and supports a safe recovery, sustaining connections to family, culture, work, education, and social supports.

Vision acknowledges the important role of specialist and tertiary services located outside the local community. Integration between these services and local services is a vital part of the Vision. However, the greater the distance between the person and the services they need, the greater the risk of falling through the cracks, disconnecting people from their roles and relationships, increasing the challenges of recovery and the distress and disruption experienced by the person and their family. Disadvantage, social exclusion, and marginalisation are closely linked to mental ill-health and suicide. These social determinants are also linked to challenges in accessing services outside the local community.

Vision 2030 highlights three focus areas for development at the local level that will make a difference to the effectiveness and sustainability of the mental health system.

1. Local Community Solutions

The services I need most often are available in my community

Effective mental health services are located in communities, closely linked or co-located with primary health care services and functionally integrated with hospital-based services. Achieving Vision 2030 will require mental health and social supports to be built within communities, with a focus on people at high risk. A balanced local care approach will address local needs and gaps in the current system. It will emphasise the type of service needed rather than focussing on specific service models.

Key elements of this capacity building include:

- Co-design at the community level, bringing people with lived experience, representatives of diverse communities, and clinical experts together, to make best use of available resources and to develop local solutions to address gaps in the current system.
- Developing a continuum of care including prevention and early intervention services, enhanced local or community connected treatment, and longer-term care for those with severe, complex, or persistent illness.
- Prioritising services that can be mobilised quickly for those entering an episode of acute illness; and financially accessible, low intensity general psychological interventions as a front line primary mental health care service without the need for referral.
- Community hubs and home-based care, including enhanced community treatment teams for those with moderate to high-intensity needs, digital delivery of specialist treatment, and integrated services within local community settings, such as schools and local government area (LGA) community services.

In Vision 2030, community hub models deliver services through centralised, coordinated locations, often complemented by a secondary suite of services through outreach, satellite or virtual connection. While implementation of such a model in different regions will vary, the common principles include; an emphasis on early intervention and access to care, higher levels of specialisation and/or intensity, affordability of services, ensuring community-based approaches, building and maintaining partnerships and collaboration between stakeholders, and overall capacity building.

2. A connected and Integrated system of care

Services in my community are connected and easy to navigate

Connections between services and within communities are a vital part of an effective mental health system. For Vision 2030, integration refers to bringing together people and services to align practices and policies to improve access to and quality of mental health care. A system of care is a response to a person and their family and supports; a coordinated network of mental health and other necessary services that can deliver the right support when it is needed and respond flexibly to changes in the person's needs regardless of the person's geographic location, age, economic circumstances, or cultural group.

A consequence of the complex interplay of health and social experiences is people falling through service system gaps. An integrated approach to mental and social wellbeing emphasises the connectedness of all aspects of mental wellbeing of individuals and communities. It recognises the impact of the social determinants of mental health, including social connection, housing, economic circumstances, employment, physical security and the intersect with physical health issues.

This will ensure more holistic care and support to reduce the risk of people missing out on services or receiving contradictory therapeutic approaches in care.

In Vision 2030, mental health care is integrated with physical health care and social and human services such as housing, education, justice, suicide prevention, and services for alcohol and other drugs. Integration of these systems enables pathways into the services a person needs, irrespective of the entry point from any part of any of those systems. This will reduce the risk of people missing out on services or receiving contradictory therapeutic approaches in care.

Key elements of a connected and integrated local service systems include:

- Policy and program frameworks that enable and incentivise integration, collaboration and cooperation between the mental health and other sectors.
- Care planning and coordination services provided locally to ensure continuity of care in that community, and integration with services that need to be accessed outside that community.
- Multiple points of engagement - community accessibility is a factor in service planning at all levels of care, from prevention to tertiary clinical care. Points of engagement include digital portals and self-guided care programs, and key community services including physical health care, education, childcare, workplaces, aged care facilities, and prisons.
- Integration with tertiary health settings – providing clear pathways to ongoing and specific care beyond the limitations of the local system.

In 2030, all aspects of the mental health system work together seamlessly within and across communities.





3. Investing in Prevention and Early Intervention

My community promotes mental and social wellbeing

Earlier intervention enables more people to receive treatment and support in their own community rather than increasing the need for tertiary and out-of-area services. Local service development prioritises:

- Early identification and intervention, providing access to coordinated multidisciplinary care early in the onset or early in episode of mental health concerns with a focus on the needs of children and young people and early first episodes of illness such as psychosis.
- Easy access to self-guided programs that link seamlessly with local face-to-face treatment when needed. Supporting people to develop coping capabilities and problem-solving skills contributes to more positive life experiences and the capacity to self-manage challenges.

To be effective, people must feel confident to engage early in the development of illness. This requires strategies to reduce the risks associated with shame, stigma, and discrimination. In Vision 2030, the focus is on promoting mental wellbeing and reducing the prevalence of mental ill-health. To support local approaches to mental illness, it is essential to have a system which promotes good health, addresses the issues that contribute to poor mental health, and maximises protective factors. Service development include community education and awareness of mental, social, and emotional wellbeing and population wellbeing measures to indicate the overall wellbeing of the community.

 System	 Practice Principles	 Delivery of Care	 Integration
Community-led approaches facilitated to meet local needs.	Person acknowledged and supported in their own context.	Individualised care planned and delivered through community-based services across the spectrum.	All aspects of system working together seamlessly within and across communities.
<ul style="list-style-type: none"> • Local Control • Co-design and participation • Accessibility • Equity • Resource distribution • Service Accountability • Capacity building • Infrastructure 	<ul style="list-style-type: none"> • Autonomy • Family and Carers • Connection • Continuity • Strengths and goals • Recovery • Culturally appropriate • Person-centred 	<ul style="list-style-type: none"> • Prevention and early identification • Care Planning and Coordination • Community and home based across all levels of intervention (f2f and digital) • Community Mental Health Centres • Continuity of care across services • Enhanced community treatment teams for moderate to high intensity 	<ul style="list-style-type: none"> • Interoperability of systems • Data and information sharing • Navigation, referral and pathways • Collaborative approach • Balanced approach with tertiary clinical care.

Leading the way to 2030

One of the defining characteristics of the current mental health systems is its complexity, with service provision by the Commonwealth, States and Territories, NGO's, private health services and private practitioners and community-based service providers. The Vision's shift in focus to flexible local services and promoting mental wellness needs to be supported by targeted, cross-sector collaboration and coordination. Such a joined-up approach requires policy and program frameworks that enable and incentivise integration, collaboration and cooperation between the mental health and other sectors.

Primary Health Networks

Facilitating coordinated local care so that people in the region can access care when and where they need it, and streamlining health services, especially for those at risk of poor health outcomes, is key to the role of Primary Health Networks (PHNs). Their work in assessing the needs of their community, ensuring coordinated primary health care, collaborating with hospital health services, and commissioning services to address gaps in the local service spectrum, aligns with the need to develop local mental health care systems. PHNs have a key role to play in realising Vision 2030 in their regions.

Whole of Government Leadership

Mental health and social and emotional wellbeing are vital for all Australians. Around half of all Australian adults will meet the diagnostic criteria of a mental illness at some point in their lives and many more will be affected by the mental health of family or friends. As our population grows and changes mental health and suicidal risk are also expected to grow and diversify. A mental health system is needed that is flexible and responsive to changing needs.

Flexible development at the local level and integrated services requires a strong national framework, and whole-of-government leadership. Local development is supported by a set of principles to ensure consistent standards and quality of mental health services. A national framework provides a mechanism for communicating the common vision, prioritising social and emotional wellbeing at the national level, and holding everyone to account.

Vision 2030 seeks to inform and drive cross-sector leadership, governance, and accountability. It articulates a shared vision of reform from the perspective of all stakeholders. It can guide both the interpretation of the findings of reform reports, including the Productivity Commission Inquiry into Mental Health, and mental health and suicide prevention investment spend at all levels of government. Vision 2030 offers a system framework outlining five pillars that underpin achievement of the vision: foundational principles, governance structures, performance enablers, core components of care and delivery mediums.

The essential principles and components of care include:

- **Coproduction** – a commitment to co-development of services at the community level means communities lead their own decisions, solutions, and activities. The inclusion of diversity within communities is also reflected in policy and services. For Aboriginal and Torres Strait Islander communities, it means the design of policy, services and solutions are Indigenous-led and respect traditional law, customs, and culture.
- **Integrated social and emotional wellbeing** – a national wellbeing approach focuses on building protective factors as well as mitigating risk factors, based on a broader understanding of mental health to include social and emotional wellbeing and a commitment to prevention, early intervention, evidence-based treatments and supports for sustainable recovery.
- **Equity of access** – planning and funding strategies prioritise the development of sufficient accessible and affordable services to meet community needs, with particular reference to disadvantaged communities and those most at risk of poor health outcomes.
- **Core components of care** – ensuring that the essential supports, treatments, and interventions across the care spectrum are available so that the needs of all individuals are met in a timely and effective way, including:
 - Prevention and early identification
 - Care planning and coordination
 - Community and home based (f2f and digital)
 - Community mental health centres
 - Enhanced community treatment teams for moderate to high intensity
 - Social and recovery-oriented supports
 - Crisis supports
 - Supports for families and carers
- **Values-based approaches** – a commitment to personal recovery, human rights, compassionate care, best practice, and evidence-based approaches.
- **Intersectionality** - There are many experiences related to culture and identity that heighten people’s vulnerabilities, highlighting the importance of intersectionality and the interplay of different circumstances and experiences in a person’s life. Strategies recognise the impact of the social determinants of mental health, including social connection, housing, economic circumstances, employment, physical security and the intersect with physical health issues.
- **Multidisciplinary and transdisciplinary approaches** - a well-educated and resourced multidisciplinary workforce is essential to the delivery of quality, accessible mental health care. It extends beyond the clinical disciplines to include contributions from a wide range of professionals across all types of care in the stepped care model, from frontline prevention and identification through to treatments, recovery support and research. Professionalisation of the Lived Experience workforce is an important area for workforce development. Adequate levels of mental health training are required for all parts of the workforce,

together with team approaches, appropriate supervision and tertiary consultation supports.

- **Priority populations** - The needs of priority populations must be met in ways that are accessible, safe and with consideration to specific inequities. Priority populations may change over time, and ongoing monitoring of changing needs is critical. The system needs of priority populations include definitions, processes, and care pathways unique to each group or community. Priority populations identified in Vision 2030 include:
 - Aboriginal and Torres Strait Islander people
 - LGBTQIA and other sexuality, gender and bodily diverse people
 - Culturally and linguistically diverse communities
 - Veterans and their families
 - Rural and remote communities
 - People affected by disasters
 - Age Streams with a particular focus on children, youth and older adults.
 - People with mental and physical comorbidity

- **Learning and adaptation** - Monitoring, evaluation and research are central to quality improvement of services through continuous knowledge development and translation to practice improvements. The system is an iterative learning one, prioritising outcomes. Collection and analysis of reliable, comparable data is prioritised, including measures of population wellbeing, the impact of social determinants on mental health, and the outcomes of prevention and early intervention strategies.

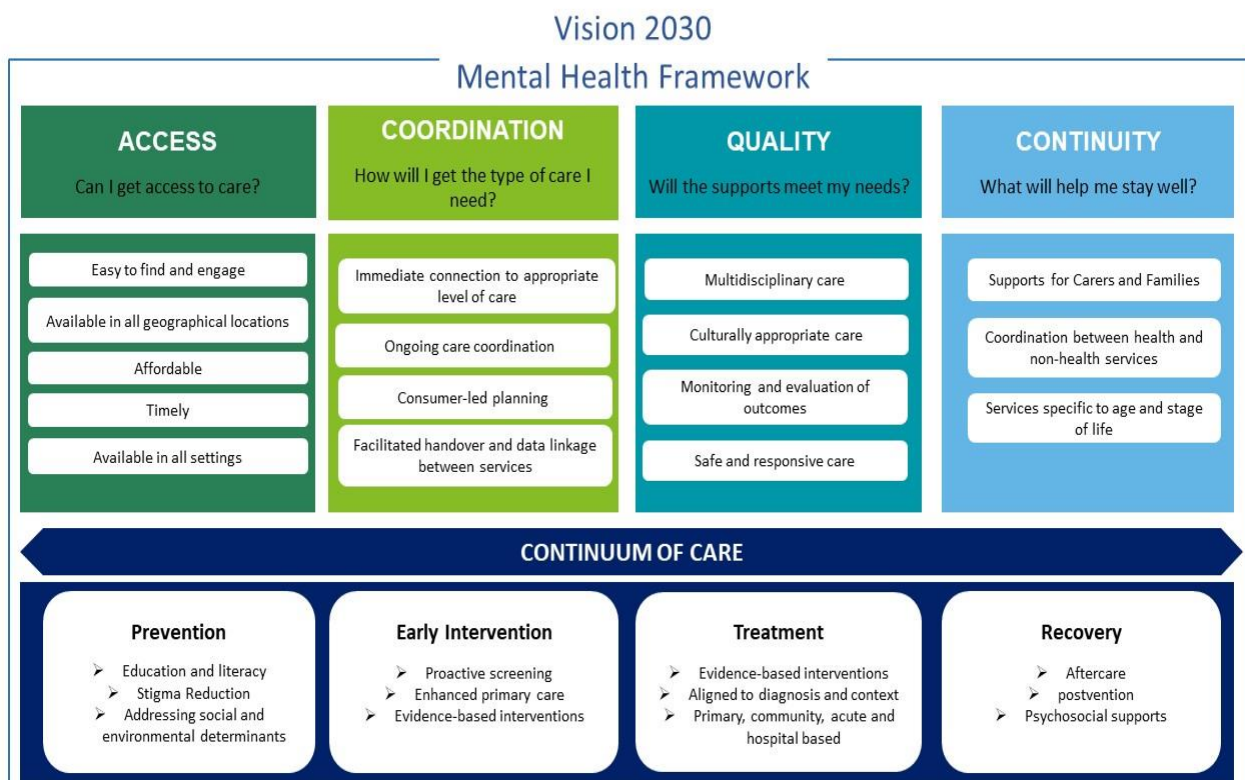
Funding Models Aligned with Vision

Funding models need to fit the model of care being delivered and require multiple approaches. Shifts are needed to establish innovative and responsive funding and remuneration models which improve accessibility for all people. Funding models need to be aligned to and drive outcomes including sustainable recovery. Consideration should be given to a balanced, mixed model approach which appropriately uses program, activity, and person-centred funding packages to ensure services are capable of meeting need and achieving outcomes while maximising flexibility and consumer choice.

‘Well aligned’ funding models and mechanisms will:

- Provide for the delivery of the full spectrum of services across prevention, treatment, and sustainable recovery, facilitating integration across all levels of care.
- Ensure all types of services are affordable and available to everyone in an evidence-based manner.
- Enable long term funding cycles to facilitate consistency, sustainability, and quality improvement.
- Be based on and respond to population distribution, community need and local gaps in service accessibility, reducing duplication of services where needed.
- Link funding to demonstration of standards of service and achievement of outcomes

The proposed framework is for an ecosystem of care, supporting diversity, specialisation, and integration with personalised journeys of care without service gaps. As a ‘whole-of-system’ approach, Vision 2030 covers each stage from promoting mental and social health, to responding to complex and severe mental illness and addresses the macro-level factors enabling nationally consistent approaches to be applied in local settings.



Acknowledgments

The Commission gratefully acknowledges the insights provided by people with lived and living experience of mental health and suicide, carers, clinicians, academics and researchers, service providers and others who have been involved in sharing their experience with the Connections Project and Vision 2030. Those who have shared their experiences and insights to inform Vision 2030 have shown incredible commitment, honesty, and bravery. This has been fundamental to inform this work and has enabled us to formulate a vision for a system that ensures quality mental health care and suicide prevention for all.

This summary of Vision 2030 has highlighted some common themes. It is not able to represent the unique experiences and needs of each person who contributed. Vision 2030 aims for a mental health and suicide prevention system in Australia that acknowledges, values and respond to the needs of every individual in their community.