National Action Plan for Promotion, Prevention and Early Intervention: Past & Future ~ Significance for CAMH

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Measuring Needs

- Epidemiology: National Survey of Child and Adolescent Mental Health - 2000
  Limitations (i.e. only three disorders – No anxiety)
  - 14% c/f international 18-22%
  - W.A Study 18%
  - Social factors e.g.
    - Sole parent, Blended and low income families
    - Unemployed parents
  - Comorbidity Frequent
  - Lower quality of life, lower self esteem and family impacts
  - Poorer School and Peer Functioning

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Population Mental Health Approach

- Based on Epidemiology and Need of 14-18%
- Risk and protective factors
- Health Promotion, Prevention & Clinical Programs
- Monitoring Population Outcomes
- Multiple agencies contributing;
  - e.g. Schools, Non-Government Organisations
  - e.g. State & Territories and Australian University etc.

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Populations and Particular Needs

- Aboriginal & Torres Strait Islanders
- Culturally and Linguistically Diverse
- Damaged and Disadvantaged
  - e.g. Rural and Remote
  - e.g. Family Break-Up
  - e.g. Homeless
  - e.g. Juvenile Justice
- Spectrum of Problems/Symptoms/Disorders

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Spectrum of interventions for mental health problems and mental disorders

- Source: Adapted from Mrazek and Haggerty (1994)

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Action Plan & Evidence Base

- Perinatal - PND
- Infancy - Home Visiting (Olds)
  - Potential cost benefits
- Pre-school - Parenting Programs
  (Triple P etc.)
  - Potential cost benefits especially population model as W.A
- Primary School Age
  - "Friends" etc, Anxiety and Depression
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- Secondary: Adolescents
  - Resilient Adolescent Programs
  - (RAP, ACE etc.)
  - Depression
  - Early Psychosis Program
- Universal, Selective, Indicated Interventions

AUSTRALIAN GOVERNMENT
(e.g. 2000 etc.)

- National, Prevention, Early Intervention, Working Party
  - Reports · Including evidence base
- Consultation processes: States & Territory
- AUSINET Web & News Letter
  - Resources for PPEI
- Priority for Actual Implementation Reinforced
- Mind Matters – High Schools ~ continuing
- Multiple other Initiatives and Funding to States etc.

New Early Intervention Services for Parents, Children and current Young People

Australian Government

- Kids Matter · Schools ~ Primary
- Mind Matters · Continuing
- Response Ability · Teacher, Pre-School
- Children of Parents with Mental Illness
- Australian Child and Adolescent, Trauma, Loss and Grief Network (ACATLGN)
- Australian Infant, Child, Adolescent and Family Mental Health Association

Australian Government

Multiple other Initiatives

- Aboriginal Child and Adolescent Mental Health
  - e.g. LSIC, LSAC
- Early Childhood / Childcare
- Aboriginal & Torres Strait Islander Programs
- Special Program
- Headspace etc..
- Others e.g. Bush Fires etc.

States & Territories

- Range of Programs across spectrum of PPEI and services
- Child / Adolescent Mental Health, Youth
- Variable Models and Approaches

Systems and Infrastructure

- Facilitatory and Optimistic
- Effective, Efficient
- Communication Frameworks – Internal & External
- Data & Accountability, Meaningful Focal Indicators
- CULTURE: Positive, Responsive, Sensitive for Workforce and for Clients Proportional to NEED, Choice etc..
Systems and Functioning

- AIMS, GOALS
- How they will be ACHIEVED
  e.g. Evidence Informed Programs, feasible, EFFECTIVE
  e.g. Not to HARM
  e.g. Who, How
- ASSESSMENT REQUIREMENTS & PROCESSES
  - Critical Issues
  - Sensitivity, Engagement
  - Intent, Responsiveness
  - Effectiveness & Outcomes

Health Working Collaboratively

- Primary Care, General Practice
  e.g. GP -> Counsellors, Community Health & Mental Health
- Paediatricians and CAMH Services
  e.g. Community & Hospital, Shared Models
- Perinatal & Early Childhood
  e.g. PND etc. and Home Visiting Nurses
- Youth Health & Drug and Alcohol

COAG & National Mental Health Plan (4) and current National Action Plan

Collaborative Approaches at all levels and Focal Areas

- Key Issues - working partnerships: two way, multi-level collaborations
- Adult /"Mental Illness", Priorities
- Resources - e.g. Mental Health Budget
  ..... [ 15/70/15 ]

FUTURES

- Research informed programs across the Population and Intervention Spectrum
- Cost Benefits of CAMH – Prevention and Treatment
- Trajectories: to Adult burden of disease
  (UWS, AHM, Medibank Private)

Childrens Futures ~ Our Future!