

WORLD CLASS MENTAL HEALTH

Build a truly universal mental health system

The Greens will create a truly universal mental health system focused on early intervention and prevention, psychosocial supports and workplace mental health interventions.

We need to focus on mental health at a personal and community level and ensure adequate funding is given to all aspects of mental health in Australia.



THE GREENS WILL:

- Make services **effective, transparent and accessible**.
- Fund **prevention and early intervention**.
- **Support people** with severe mental ill health.
- Build **mentally healthy workplaces**.
- Increase the numbers of **peer workers**.
- **Reduce** mental health stigma.

EFFECTIVE, ACCESSIBLE AND TRANSPARENT MENTAL HEALTH SERVICES

Mental illness is one of the biggest challenges of the 21st century. There has been chronic under-investment in the mental health sector by successive governments, which has resulted in the system failing to meet the needs of thousands of Australians.

The Australian Greens believe everyone who experiences mental health issues should have access to the treatment, care and support that they need to recover and live well. They should be able to expect the same level of care for their mental health as they do for their physical health.

As part of our broader health policies, we will be investing in a major reorganisation of funding arrangements that will facilitate partnerships between the Commonwealth, states and territories and other community-based services. These new arrangements will improve accountability, transparency and allow communities to have more control over services in their local areas.

PREVENTION AND EARLY INTERVENTION

The highest risk factor of future suicide attempts is a past attempt. Support during a crisis period saves lives, and yet these crisis services are often fragmented and difficult to access.

One model which can provide the right support is community-based assertive outreach. This involves a range of targeted clinical and non-clinical supports for people who have been discharged from hospital following a suicide attempt. These approaches to suicide prevention can prevent 21% of deaths by suicide and 30% of suicide attempts.¹

The Greens will provide \$491 million in grant funding over the next decade for communities to implement assertive outreach programs, with guaranteed funding for programs targeting children and young people. We understand that specific models developed will depend on the needs of the community.

Because three quarters of mental health issues begin

before the age of 25, it is critical that we support the mental health of children and young people. Many studies have shown the effectiveness of Cognitive Behaviour Therapy in preventing and managing the early onset of mental health issues in children and young people.

The Greens will increase investment in early intervention programs by providing \$25 million for a four year trial of 50,000 children and young people to each access 10 group sessions of Cognitive Behaviour Therapy from July 2019.²

We also know that online mental health treatments can improve symptoms for some mental health issues, including depression and anxiety.³

The Greens will fund online Cognitive Behaviour Therapy for a total of one million users at a cost of \$761 million over four years.⁴ These services will, over time, interact and work effectively with face-to-face services, leading to seamless interactions between the online and face-to-face worlds.



² Financial implications prepared by the independent Parliamentary Budget Office are costed and current as at 2018-19 Mid-Year Economic and Fiscal Outlook.

³ Caelear, A. L., Christensen, H., MacKinnon, A. J., Griffiths, K. M., & O'Kearney, R. (2009). The YouthMood Project: a Cluster Randomized Controlled Trial of an Online Cognitive Behavioural Program with Adolescents. *Journal of Consulting and Clinical Psychology*, 77(6), 1021–1032; Sethi, S., Campbell, A. J., & Ellis, L. A. (2010). The Use of Computerised Self-Help Packages to Treat Adolescent Depression and Anxiety. *Journal of Technology in Human Services*, 28(3), 144–160; Spence, S. H., Donovan, C. L., March, S., Gamble, A., Anderson, R. E., Prosser, S., & Kenardy, J. (2011). A Randomised Controlled Trial of Online Versus Clinic-Based CBT for Adolescent Anxiety. *Journal of Consulting and Clinical Psychology*, 79(5), 629–642.

⁴ Financial implications prepared by the independent Parliamentary Budget Office are costed and current as at 2018-19 Mid-Year Economic and Fiscal Outlook.

¹ Black Dog Institute, LifeSpan research, <https://blackdoginstitute.org.au/research/lifespan>

SUPPORTING PEOPLE WITH SEVERE MENTAL ILL HEALTH

Over 250,000 people with severe mental health disorders will need some form of social support, yet the National Disability Insurance Scheme (NDIS) is only funded to support 64,000 participants with psychosocial disability. The NDIS has not been adequately funded to support people with severe mental health conditions, and in some situations, the supports offered by the NDIS are not appropriate.

Some measures have been introduced to attempt to fill this gap, such as the Continuity of Support measure and the National Psychosocial measure. However, these services are not adequate to cover the significant need in the community.

The Greens will build a fully funded and adequately staffed NDIS. Unlike other parties, we will provide an additional \$450 million for community psychosocial services.⁵ This will go towards bridging the gap in essential services for people who can't access the NDIS.

MENTALLY HEALTHY WORKPLACES

At any one time, 1 in 6 working age people will be living with mental illness.⁶ Mental ill health is the leading cause of sickness and long term work incapacity in the developed world.⁷

Research has shown mental health workplace interventions can have positive impacts.⁸ These interventions can include training for supervisors, flexible work, evidence-based return-to-work programs and

mental health first aid training.⁹

The Greens will help businesses to tailor appropriate intervention strategies to meet the needs of their workplace.

We will provide:

- \$604 million over the decade for mental health intervention measures in smaller businesses;¹⁰
- \$50 million per year for three years for mental health interventions in larger businesses.¹¹

The Greens will also expand the existing Individual Placement and Support trial which helps young people with severe mental illness aged up to 25 find work and study opportunities. The trial currently operates at 14 sites across rural and regional Australia, but there are not enough places in the program to meet need. We will expand the Individual Placement and Support trial by an additional 10,000 places at a cost of \$40 million over the next four years.¹²



⁵ Financial implications prepared by the independent Parliamentary Budget Office are costed and current as at 2018-19 Mid-Year Economic and Fiscal Outlook.

⁶ Black Dog Institute, 'Workplace Mental Health Toolkit', <https://blackdoginstitute.org.au/docs/default-source/education-resources/black-dog-institute-mental-health-toolkit-2017.pdf>, page 3.

⁷ Samuel B. Harvey, Sadhbh Joyce, Leona Tan, Anya Johnson, Helena Nguyen, Matthew Modini, Markus Groth, 2014, 'Developing a mentally healthy workplace: a review of the literature', p9, <https://www.blackdoginstitute.org.au/docs/default-source/education-resources/mentally-healthy-workplace-alliance.pdf?sfvrsn=2>

⁸ Samuel B. Harvey, Sadhbh Joyce, Leona Tan, Anya Johnson, Helena Nguyen, Matthew Modini, Markus Groth, 2014, 'Developing a mentally healthy workplace: a review of the literature', p32, <https://www.blackdoginstitute.org.au/docs/default-source/education-resources/mentally-healthy-workplace-alliance.pdf?sfvrsn=2>

⁹ Samuel B. Harvey, Sadhbh Joyce, Leona Tan, Anya Johnson, Helena Nguyen, Matthew Modini, Markus Groth, 2014, 'Developing a mentally healthy workplace: a review of the literature', p29, <https://www.blackdoginstitute.org.au/docs/default-source/education-resources/mentally-healthy-workplace-alliance.pdf?sfvrsn=2>

¹⁰ Financial implications prepared by the independent Parliamentary Budget Office are costed and current as at 2018-19 Mid-Year Economic and Fiscal Outlook.

¹¹ Financial implications prepared by the independent Parliamentary Budget Office are costed and current as at 2018-19 Mid-Year Economic and Fiscal Outlook.

¹² Financial implications prepared by the independent Parliamentary Budget Office are costed and current as at 2018-19 Mid-Year Economic and Fiscal Outlook.

PEER WORKFORCE

Peer workers are people with lived experience who provide peer support to others with mental health issues. Peer work is person-centered, trauma-informed and recovery-oriented care. Emerging evidence shows that peer workers can deliver better outcomes by increasing participation in treatment.¹³ It also provides valuable opportunities for people with lived experience to be trained as mental health support workers.

We want to increase and support the number of peer workers in the mental health system, especially First Nations peer workers.

The Greens will:

- Provide \$166 million to fund a two-year national peer workforce trial with 1,000 places from 1 July 2019.¹⁴



¹³ Peer Work Hub, 2016, <http://peerworkhub.com.au/wp-content/uploads/2016/05/Business-Case.pdf>, p10.

¹⁴ Financial implications prepared by the independent Parliamentary Budget Office are costed and current as at 2018-19 Mid-Year Economic and Fiscal Outlook.

REDUCE MENTAL HEALTH STIGMA

Mental health stigma stops people asking for help and getting the treatment and support they need. It makes it more difficult to find somewhere decent to live, or to get a job, a mortgage, or insurance. Stigma is one of the major reasons that young people don't seek help for mental ill health.¹⁵

There have been many stigma-reduction programs and campaigns in Australia and internationally over the past ten years. However, these have not always been rigorously evaluated, and people with lived experience are not always involved in their development and operation.

To create anti-stigma campaigns that are evidence-based, effective and work for the benefit of the whole community, the Greens will develop and provide \$10 million in funding for a youth mental health stigma strategy.

DATA ON MENTAL HEALTH

We know that best practice, evidence-based programs rely on good data. The latest national, large scale survey of Australian's mental health and wellbeing was conducted in 2007, and the Government has no plans to repeat this survey.

The Greens will:

- Provide \$13 million for a National Survey of Mental Health and Wellbeing in 2019.

¹⁵ Gulliver, A., Griffiths, K. M., & Christensen, H. (2010). Perceived barriers and facilitators to mental health help-seeking in young people: a systematic review. *BMC Psychiatry*, 10(113); OECD. (2014). *Making Mental Health Count: The Social and Economic Costs of Neglecting Mental Health Care*. OECD Health Policy Studies. OECD Publishing.