

# Update: Statewide Adolescent Mental Health Extended Treatment Initiative

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# Background

On 6 August, 2013, the Minister for Health, the Honourable Lawrence Springborg MP made an announcement that adolescents requiring extended mental health treatment and rehabilitation will receive a new range of contemporary service options from early 2014.

Judi Krause and I invited to co-chair the Statewide Adolescent Mental Health Treatment and Rehabilitation Initiative

Aim: Provide adolescents in Qld with a comprehensive continuum of mental health care as close to their family as possible.

## The full model of care would achieve...

- Greater flexibility to meet the needs of young people
- Lower hospital admission rates
- Decreased lengths of stay
- Speedier transition of young people back to their family and communities
- Improvement in symptoms and overall function
- Evaluation built in to model/s



# The Goal

To ensure every adolescent in Queensland in need of mental health care will receive the best treatment as close to home and their family as possible.



# Background: ECRG Recommendations

<b>Tier 1</b>	Public Community Child and Youth Mental Health Services
<b>Tier 2a</b>	Adolescent Day Program Services
<b>Tier 2b</b>	Adolescent Community Residential Service/s
<b>Tier 3</b>	Statewide Adolescent Inpatient Extended Treatment and Rehabilitation Service

# Our Consultation Process

- Expert Clinical Reference Group
- Mental health experts/care providers across Qld and Australia
- Site Visits:
  - Victoria – IMYOS; Y-PARC; Youth Residential Units
  - NSW – Walker Unit and Rivendell – Concorde Hospital
  - QLD – Mobile Intensive Team (Adult); ADAWS; TOHI
- Consumer/Carer Engagement on Working Groups and Steering Committee
- Regular communication with families, carers, and young people
- Referenced the draft *National Mental Health Services Planning Framework*

# Our Consultation Process with HHSs

Working Group convened in Oct 2013

- Representatives invited from across the state and HHSs

Model of Care disseminated in Dec 2013/Jan 2014 to:

- Working Group Representatives
- Chief Executive and Department of Health Oversight Committee
- Statewide Child and Youth Mental Health, Alcohol and Other Drugs Clinical Reference Group
- Queensland Branch of the Faculty of Child and Adolescent Psychiatrists

An update provided through a memo to all HHS Chief Executives in Feb 2014

# Governance

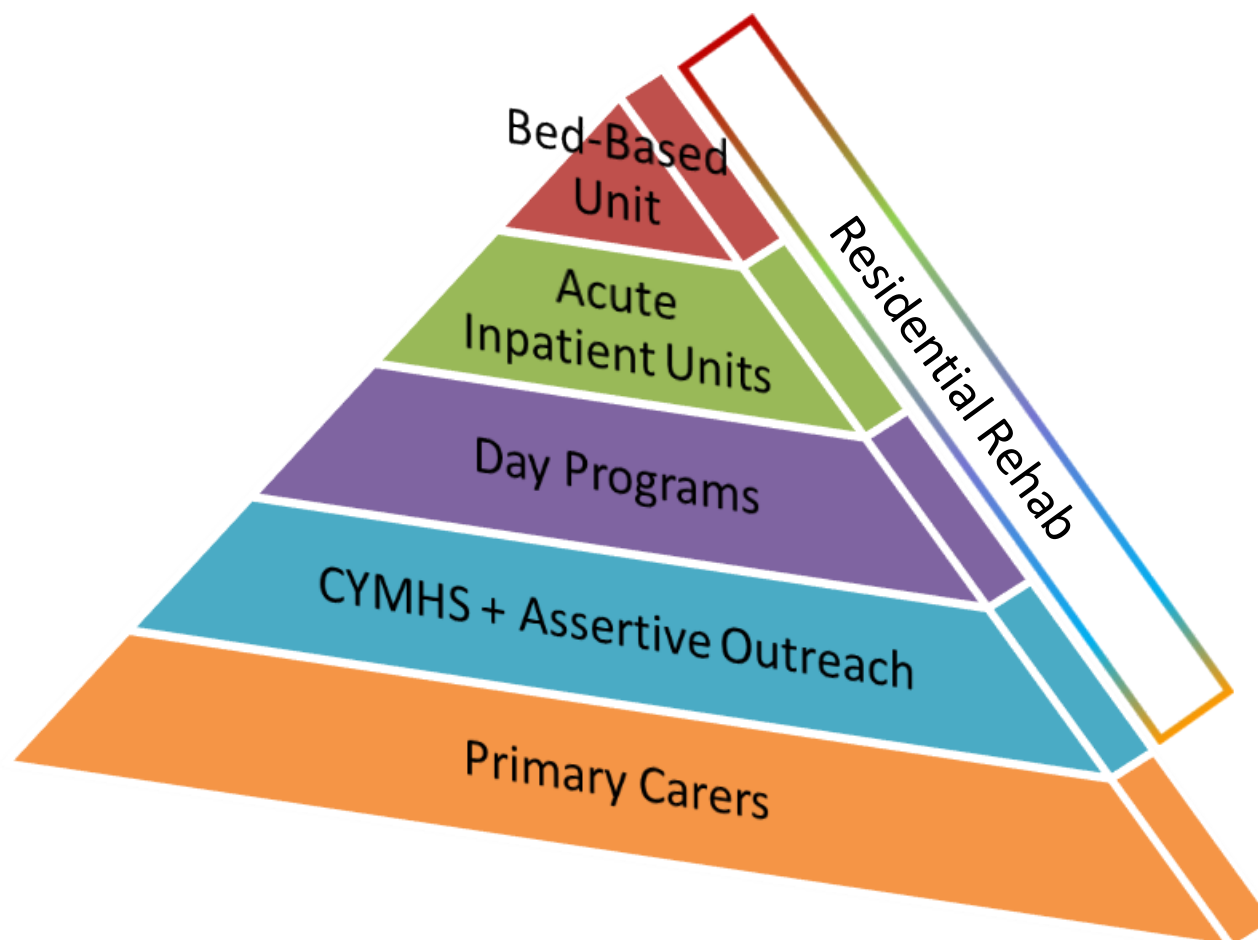
- Services to be overseen by CHQ as part of statewide remit for children's health services.
- Managed through Service Agreements with HHSs
- Day-to-day operational governance remains with local HHS

# Funding

- Model partially funded through existing operational funds from the Barrett Adolescent Centre and ceased Redlands Project
- Insufficient funding for full proposed model of care – new recurrent funding needed to extend services into rural and regional Queensland



# Proposed Model of Care Options



# Phased Approach to Implementation

With consideration of:

- Population – 74% of adolescents reside in south east Queensland\*
- Demand – increased three-fold for primary mental health services over past 4 years\*\*
- Local mental health infrastructure and capacity to support new services
- Availability of suitably skilled workforce

\* 2011 ABS Census Data

\*\* 2013 National Mental Health Report

# Proposed Model of Care

- Tier 1**      Community Child and Youth Mental Health Services (CYMHS) and e-CYMHS(*existing*)
- Tier 2a**     Adolescent Day Program Services and Assertive Mobile Youth Outreach Services (*existing + new*)
- Tier 2b**     Adolescent Residential Rehabilitation Units and Step Up/Step Down Units (*new*)
- Tier 3**      Statewide Adolescent Subacute Bed-based Unit (*new*)

\* Service continuum includes *Adolescent Acute Inpatient Units* but out of scope for this initiative.

# Proposed Assertive Mobile Youth Outreach Service (Tier 2a)

This service provides ongoing care and treatment through intensive mobile interventions in a community or residential setting.

## **For adolescents who may have...**

- A need for intensive supportive care out of hours
- No fixed address or are transient
- A high risk of disengagement from treatment services
- No bed-based or Day Program options in their local community

## Proposed Day Program (Tier 2a)

This service provides a range of intensive therapy, extended treatment, and rehabilitation through individual and group therapy.

### **For adolescents who ...**

- Have a history of school exclusion or refusal
- Have social difficulties requiring group-based work
- Have a supportive home environment that ensures safety and/or access to CYMHS
- Live within proximity to the Day Program
- Don't require inpatient care

## Proposed Step Up / Step Down Unit (Tier 2b)

This service provides short-term residential treatment, in partnership with NGOs, with services provided by specialist-trained mental health staff.



### **For adolescents who ...**

- Require an increase in intensity of treatment to prevent admission into an acute inpatient unit (Step Up)
- Enables early discharge from a subacute/acute inpatient unit (Step Down)

## Proposed Residential Rehabilitation Unit (Tier 2b)

This service provides long-term accommodation and recovery-oriented treatment, in partnership with NGOs, with inreach services from specialist-trained mental health staff.

### **For adolescents who ...**

- Are 16 to 21 years old and able to consent to treatment
- May be unable to return home
- Require additional support to develop independent living skills
- Don't require inpatient care

## Proposed Subacute Bed-Based Unit (Tier 3)

This service provides medium-term, intensive, hospital-based treatment and rehabilitation services in a secure, safe, structured environment.

### **For adolescents who ...**

- Have a level of acuity or risk that requires inpatient admission
- Are unlikely to improve in the short term (i.e. weeks or months)
- Require a therapeutic environment not provided by an acute inpatient unit





# First Phase: February – June 2014

- A Statewide Assessment Panel
- Interim subacute inpatient beds at the Mater Hospital
- New 5-bed Residential Rehabilitation Unit in South Brisbane; NGO provider = Aftercare
- Adolescent Day Program Unit on north side of Brisbane; Site pending – Qld Government Accommodation Office
- 7 x new Assertive Mobile Youth Outreach Service (AMYOS) Teams
  - \* North Brisbane (CHQ catchment)
  - \* South Brisbane (Mater catchment)
  - \* Redcliffe/Caboolture
  - \* Logan
  - \* Gold Coast
  - \* Darling Downs
  - \* Townsville

## Costed Options Paper. With additional funding...

DoH and alternative funding options are being sought in consultation with HHS's. Proposed future service growth includes:

- 12 x AMYOS teams (across Qld)
- 2 x Day Program Units (Logan and Gold Coast)
- 2 x Residential Rehabilitation Units (North and Central Mental Health Clusters)
- 3 x Step Up/ Step Down Units (North, South and Central Mental Health Clusters)



# For more information...

More information about the model of care, and its implementation, will be made available at:

<http://www.health.qld.gov.au/rch/families/cymhs-extendedtreat.asp>



In the meantime, if you have any questions, please contact:

