

Fact Sheet

Mental Health



It is a strategic priority for Western Sydney Local Health District (WSLHD) to enhance, with its partners, the understanding and management of mental illness in our community.

The mental health network in western Sydney will continue to evolve and provide evidence based care delivered by WSLHD Mental Health Services (WSLHD MHS) and a large number of service partners.

This integrated and networked approach will focus on mental health promotion, recovery of the mental health consumer, and supporting families and carers.

Services in western Sydney will work together to provide care across the mental health spectrum which ranges from mental health promotion, through early intervention, treatment, recovery and rehabilitation, and disability support.

Within WSLHD's boundaries, service partners will continue to provide various inpatient public mental health services, including:

- ▶ The Sydney Children's Hospitals Network - supra-regional child and adolescent beds for young people under the age of 16
- ▶ St Vincent's Health Network for older people
- ▶ Justice Health and Forensic Mental Health Network.

The mental health network will also include step up/step down residential services provided by non-government organisations (NGOs), and general and specialist services provided by residential aged care facilities.

WSLHD Mental Health Services will provide care across the mental health spectrum, with a focus on the more severe end of the spectrum of clinical need, and across the life-span from the perinatal period to older age.

The following types of specialist clinical services will be delivered:

- ▶ Urgent care
- ▶ Community and inpatient adult
- ▶ Sub-acute and non-acute inpatient adult
- ▶ Older people
- ▶ Child and youth
- ▶ Perinatal infant mental health
- ▶ Forensic mental health.

Community mental health services in WSLHD will be strengthened to support both mental health consumers living in the community and an increased focus on community based care.

Mental Health continued

Inpatient services will be networked with each other and with community services. They will be provided by, and integrated with:

- ▶ **Westmead Hospital** with a future new mental health complex proposed to provide a large range of services
- ▶ **Blacktown Hospital**, including inpatient adult acute and subacute services and older adult subacute care
- ▶ **Mount Druit** and **Auburn** hospitals and the proposed **Rouse Hill** health facility which will be supported by mental health consultation liaison and other visiting services.

Recommendations for mental health services:

- ▶ Implement integrated planning and service delivery at the regional level, in partnership with the Western Sydney Primary Health Network, government and non-government agencies and organisations, including:
 - Stepped care, recovery focus and trauma informed approach
 - A greater focus on diverse and vulnerable populations, including at risk families
- ▶ Implement digital solutions to improve connectivity and collaboration with partners
- ▶ Involve consumers and carers in service co-design
- ▶ Advance strategies to increase community awareness and understanding of mental health issues, and break down stigmatisation
- ▶ Contribute to and undertake initiatives that support the community's health and wellbeing
- ▶ In conjunction with partners undertake actions to prevent suicide
- ▶ Contribute to creating an environment where mental health consumers and their families and carers are engaged and empowered in health promotion and self-management activities, including initiatives to improve health literacy

- ▶ Consider the needs of priority population groups and address risk factors to help prevent or minimise the impacts of mental illness
- ▶ Finalise clinical service planning for mental health services to inform redesign and facility planning, service capacity requirements and targeted approaches for priority groups
- ▶ Rebalance investments to ensure an integrated community and inpatient mental health service is supported
- ▶ Continue with Living Well reforms and leverage the commissioning of Commonwealth funded mental health services in western Sydney enabled by national mental health reform
- ▶ Intervene early in the course of illness
- ▶ Collaborate in service networking and care arrangements to improve service integration between WSLHD mental health hospital and community teams, and between WSLHD MHS and mainstream health services, and with service partners. This includes General Practitioners to support implementation of the Patient Centred Medical Home model in western Sydney www.wentwest.com.au/phn/programs/pcm
- ▶ Explore virtual health models
- ▶ Modulate models of care, pathways and environments that promote opportunities for inreach to inpatient services from community mental health teams, WSLHD specialist services, NGOs and other providers
- ▶ Undertake research, innovation and evaluation of new models of care
- ▶ Strengthen the mental health workforce
- ▶ Contribute to strategic resource planning for WSLHD integrated community health centres and progress capital redevelopments
- ▶ Create contemporary health care environments at Westmead and Blacktown hospitals
- ▶ Maximise the opportunities for mental health services that come from being located within the Westmead Innovation District and the Blacktown Health and Education Precinct.