

# 1 Initiatives long list

HMW question	Strategies and initiatives
1. How might we <b>intervene early and prevent young people from entering the mental health, alcohol and other drug service system?</b>	<ul style="list-style-type: none"><li>• Build the capacity of the non-government sector so it is equipped to deliver mental health promotion, prevention, early intervention and treatment services for children and young people.<sup>1</sup></li><li>• Develop a targeted project to map and evaluate existing prevention initiatives and inform priorities for future investment.<sup>2</sup></li><li>• Develop State-wide public education campaigns to minimise the risk of harms relating to drug use<sup>i</sup></li><li>• identify opportunities to enhance existing prevention initiatives targeting children, young people, families and the broader community including (but not limited to) school-based programs which incorporate mental health, alcohol and other drug education, and resilience building<sup>ii</sup></li><li>• Development of holistic programs that promote social and emotional wellbeing, and align with existing policies and programs. Where relevant, programs should: be community-based and community-led; focus on improving health literacy; and improve access to education, information, testing, care and support services<sup>iii</sup></li><li>• The State and Commonwealth Governments work collaboratively to improve planning and increase resources for mental health promotion, prevention and early intervention services for children and young people, to ensure children and young people across the State have access to the full continuum of services and programs they require.<sup>iv</sup></li><li>• Provide information to assist young people to recognise signs of mental health difficulties and how to access mental health support<sup>v</sup></li><li>• Ensure that there is comprehensive and coordinated planning, modelling and resourcing of evidence-based youth suicide prevention and intervention initiatives that is aligned with need<sup>vi</sup></li></ul>

<sup>1</sup> 2011 Report of the Inquiry into the mental health and wellbeing of children and young people in Western Australia

<sup>2</sup> <http://preventsupporttheal.org.au/wp-content/uploads/2020/09/Prevent-Support-Heal-Manifesto-FINAL.pdf>

HMW question	Strategies and initiatives
	<ul style="list-style-type: none"> <li>• Enhance the role of schools in suicide prevention<sup>vii</sup></li> <li>• Development of a specific suicide prevention strategy which prioritise a culturally secure social and emotional wellbeing approach to suicide prevention.<sup>viii</sup></li> <li>• Improve responses to young people with acute risk or who have attempted suicide<sup>ix</sup></li> <li>• Expand Drug Aware – a statewide public education campaigns to minimise the risk of harms relating to drug use<sup>x</sup></li> <li>• Expand The Alcohol.Think Again, 'Parents, Young People and Alcohol' (Young People) campaign, the key statewide education and persuasion program that seeks to reduce alcohol-related harm among adolescents<sup>xi</sup></li> <li>• Mitigate the impacts of COVID-19 by supporting young people into education, training and employment – all protective factors for mental health - through 5 pilots Youth IPS employment programs that integrate 2 dedicated employment workers into specialist youth services<sup>xii</sup></li> <li>• Preventing alcohol-related harm to young people [18 to 24 years] during COVID-19 recovery by preventing violence and reducing burdens on Western Australian hospital emergency departments and other frontline services.<sup>xiii</sup></li> </ul>
<p>2. How might we improve the <b>availability and accessibility of mental health and AOD treatment and supports for young people that meet their needs in the right setting?</b></p>	<ul style="list-style-type: none"> <li>• <b>Support</b></li> <li>• Provide a rapid, flexible small grant program to youth services to enable rapid pivoting of service provision to meet emerging needs of young people<sup>3</sup></li> <li>• Establish a peer warm line: a calm place to talk with a trained peer without needing to be in crisis. Accessible 24/7, 365 days a year - people can access by phone, text or messaging apps.<sup>4</sup></li> <li>• Expansion of the Youth Accommodation and Support Services (YASS) to include a dedicated alcohol and other drug (AOD) worker to the existing YASS programs operating in metropolitan and regional areas.<sup>xiv</sup></li> </ul>

<sup>3</sup> <https://www.yacwa.org.au/wp-content/uploads/YACWA-COVID-19-Recovery-Framework-for-Youth.pdf>

<sup>4</sup> <https://www.yacwa.org.au/wp-content/uploads/YACWA-COVID-19-Recovery-Framework-for-Youth.pdf> and <https://preventsupportheal.org.au/wp-content/uploads/2020/09/Prevent-Support-Heal-Manifesto-FINAL.pdf>

## HMW question

## Strategies and initiatives

- Establish a short stay service for young people with mental health issues, and co-occurring AOD issues to provide a combination of psychosocial and clinical support programs and activities, with support available on site for 24 hours a day, seven days a week.<sup>xv</sup>
- Provision of youth in-reach psychosocial support packages<sup>xvi</sup>
- increase mental health community support services by 432,000 hours of support, with a particular focus on regional areas, children and youth<sup>xvii</sup>
- explore with the Department for Child Protection and Family Support and key stakeholders, how youth-friendly safe places for those with alcohol and other drug (including volatile substances) use issues in identified regional and remote areas can be established.<sup>xviii</sup>
- increase safe places for intoxicated people (also known as sobering up centres) in Fremantle, the Pilbara and for young people in the metropolitan area by a total of 27 beds<sup>xix</sup>
- Youth long term housing and support program will provide long-term accommodation (houses/villas) with coordinated clinical, psychosocial and AOD support for young people with mental health, and co-occurring AOD issues.<sup>xx</sup>
- **Treatment**
- Establishment of new Youth Community Assessment and Treatment Teams (YCATT) services within the north and east metropolitan health areas, and expansion of the existing YCATT in the south metropolitan catchment area to increase access to community-based youth mental health care for youth aged 16-24 years who are experiencing or are at higher risk of developing mental health issues (dedicated youth stream).<sup>xxi</sup>
- boost infant, children and adolescent mental health community treatment services across the State by 374,000 hours of service, which includes early intervention services and services for families<sup>xxii</sup>
- deliver a new service specifically designed for youth alcohol and other drug treatment and rehabilitation (23 beds) in the metropolitan area<sup>xxiii</sup>
- expand Hospital In The Home beds by 5 per cent and further investigate the appropriateness of this model for infants, children and adolescents<sup>xxiv</sup>

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	<ul style="list-style-type: none"> <li>establish new youth alcohol and other drug services, based on the Drug and Alcohol Youth Service, and integrate mental health support into these services<sup>xxv</sup></li> </ul>
<p>3. How might we <b>ensure that the diverse needs of young people are recognised and met and improve the experiences of all young people accessing mental health and AOD treatment and supports, regardless of race, religion, culture, gender identity or social circumstances.</b></p>	<ul style="list-style-type: none"> <li>Conduct an analysis of the youth sector workforce needs, including size and skills, to provide an evidence-based model of growth over the coming years in order to ensure frontline supports have capacity to meet young people's needs.<sup>5</sup></li> <li>Fund dedicated youth peer support programs for LGBTIQ+ young people, young people from refugee and/or migrant backgrounds, Aboriginal and Torres Strait Islander young people, and young people living with a disability.<sup>6</sup></li> <li>Ensure admission, referral, discharge and transfer policies, practices and procedures of mental health services meet the cultural needs of Aboriginal children and young people.<sup>7</sup></li> <li>Invest in Aboriginal Community-Controlled Health Services (ACCHS) Social and Emotional Wellbeing (SEWB) programs, developed and led by Aboriginal people and their communities, across all regions of the state<sup>8</sup></li> <li>Improve the continuous cultural competency of mainstream mental health and alcohol and other drug services<sup>9</sup></li> <li>Youth mental health services develop sustainable, trusting and meaningful relationships with the Nyoongar community by working with Nyoongar Elders and Aboriginal and Torres Strait Islander young people to negotiate priorities<sup>xxvi</sup></li> <li>Youth mental health services review workforce recruitment strategies, including the recruitment of senior leaders, in partnership with Nyoongar Elders and Aboriginal and Torres Strait Islander young people.<sup>xxvii</sup></li> <li>Youth mental health services engage Aboriginal and Torres Strait Islander young people at the centre of co-design processes to ensure culturally and age appropriate services. This requires a staff member accepted by the community and Aboriginal participants to support Aboriginal and Torres Strait Islander young people to engage in co-design, build their confidence and capacity, and educate staff in how to work with young people as equal partners in co-design.<sup>xxviii</sup></li> </ul>

<sup>5</sup> <https://www.yacwa.org.au/wp-content/uploads/YACWA-COVID-19-Recovery-Framework-for-Youth.pdf>

<sup>6</sup> <https://www.yacwa.org.au/wp-content/uploads/YACWA-COVID-19-Recovery-Framework-for-Youth.pdf>

<sup>7</sup> Recommendations made by the Commissioner for Children and Young People to the Review of the admission or referral to and discharge and transfer practices of public mental health facilities/services in Western Australia (the Stokes Review)

<sup>8</sup> <http://preventsupportheal.org.au/wp-content/uploads/2020/09/Prevent-Support-Heal-Manifesto-FINAL.pdf>

<sup>9</sup> <http://preventsupportheal.org.au/wp-content/uploads/2020/09/Prevent-Support-Heal-Manifesto-FINAL.pdf>

- Create a new Strong Spirit Strong Mind public education campaign to run state-wide<sup>xxxix</sup>
- More culturally appropriate mental health programs and services be provided for Aboriginal children and young people and their families, to be achieved by initiatives such as employing more Aboriginal staff, cultural competency training and the development and implementation of tailored programs and services. This must include the full continuum of services, from programs supporting wellbeing, addressing trauma and loss and building resilience, through to early intervention and treatment services, tailored to recognise the importance of culture and healing and to address the impact of intergenerational trauma, particularly for younger ages.<sup>xxx</sup>
- The youth mental health sector review their cultural training, both content and process, in consultation with Nyoongar Elders and Aboriginal and Torres Strait Islander young people to improve the confidence, capability and competence of all staff to work in genuine partnership with Aboriginal and Torres Strait Islander people<sup>xxxi</sup>
- Commence planning and development for roll out of the AHCWA mental health, social and emotional wellbeing professional development program.<sup>xxxii</sup>
- Expand the CAHS Gender Diversity Service to meet demand<sup>xxxiii</sup>
- Review and improvement of current data collection, monitoring and evaluation practices to be inclusive of all sexualities, genders and sex characteristics ensuring young LGBTI people in Western Australia are adequately represented<sup>xxxiv</sup>
- Upskilling of the mental health and AOD workforce to improve and strengthen their capability to effectively provide LGBTI inclusive and accessible services and supports that are free from stigma and discrimination.<sup>xxxv</sup>
- continue to develop specialised Statewide inpatient services for: a. Eating disorders (10 additional beds) b. Perinatal (four additional beds) c. Neuropsychiatry and Neurosciences disorders.<sup>xxxvi</sup>
- commence establishment or enhance community-based specialised statewide services including: a. Eating disorder services b. Perinatal services c. Neuropsychiatry and Neurosciences d. Attention Deficit Hyperactivity Disorder (ADHD) e. Co-occurring mental illness and intellectual, cognitive or developmental disability (including autism spectrum) service f. Hearing and vision impaired<sup>xxxvii</sup>
- commence planning of community-based specialised statewide services including: a. Sexuality, Sex and Gender Diversity service b. Children in Care program c. Transcultural services d. Homelessness program.<sup>xxxviii</sup>

HMW question	Strategies and initiatives
	<ul style="list-style-type: none"> <li>complete the planning of 92-bed secure forensic inpatient unit (including specific places for men, women, young people and Aboriginal people)<sup>xxxix</sup></li> <li>Child, Adolescent and Youth Forensic Outreach Service<sup>xl</sup></li> <li>continue to develop in-prison mental health, alcohol and other drug treatment and support services for men, women and young people<sup>xli</sup></li> <li>Fund a multi-disciplinary child, adolescent and youth service for 10-24 year old's at risk of offending or who have a history of offending.<sup>xlii</sup></li> <li>Government agencies to report on the Rapid Responses Framework in their annual report to demonstrate how they have prioritised access to services or programs to meet the health, mental health, disability, educational, housing and other needs for children and young people in care and for care leavers up to 25 years of age.<sup>xliii</sup></li> </ul>
<p>4. How might we improve <b>the integration, and coordination of services within the mental health and AOD service system for young people?</b></p>	<ul style="list-style-type: none"> <li>Improve collaboration and practices by government agencies and service providers to safely collect information about cultural identity, gender identity, sexual identity in situations where there are concerns about a child or young person's self-harming or suicidal behaviour<sup>10</sup></li> <li>investigate the feasibility of developing a linked data collection system recording the prevalence of, and characteristics associated with, self-harm by children and young people<sup>11</sup></li> <li>Improving the timeliness and publication of data on suicide, suicide attempts and self-harm by children and young people<sup>xliv</sup></li> <li>Consider the development of a collaborative inter-agency approach, including consideration of a shared screening tool and a joint case management approach for young people with multiple risk factors for suicide.<sup>12</sup></li> </ul>

<sup>10</sup> <https://www.ombudsman.wa.gov.au/Publications/Documents/reports/Suicide-by-young-people/Ombudsman-WA-Suicide-by-children-and-young-people-Report-2020-Volume-3.pdf>

<sup>11</sup> <https://www.ombudsman.wa.gov.au/Publications/Documents/reports/Suicide-by-young-people/Ombudsman-WA-Suicide-by-children-and-young-people-Report-2020-Volume-3.pdf>

<sup>12</sup> Ombudsman Western Australia 2014, Investigation into ways that State government departments and authorities can prevent or reduce suicide by young people, Ombudsman Western Australia

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	<ul style="list-style-type: none"> <li>Transition strategies for young people moving from child and adolescent services to youth mental health services and from youth services into adult services be developed and implemented to ensure the individual is supported and continuity of care is maintained at both transition points.<sup>13</sup></li> <li>Integrated community treatment and community support to enhance community management and reduce ED presentations and hospital admissions<sup>14</sup></li> <li>Provision of tailored support to young people and their families who experience family and domestic violence (FDV), mental health and AOD issues. This will be done through the creation of Mental Health and AOD Worker positions to support outreach workers in FDV refuges across Perth and regional areas.<sup>xlv</sup></li> <li>Pilot a cross agency early intervention for vulnerable cohorts initiative.<sup>xlvi</sup></li> <li>build on and improve programs such as Young People with Exceptionally Challenging Needs (YPECN) and People with Exceptionally Challenging Needs (PECN) to ensure people with multiple, high-level needs receive seamless, comprehensive treatment and support.<sup>xlvii</sup></li> <li>Health professionals provide information to assist young people to recognise signs of mental health difficulties and how to access mental health support<sup>xlviii</sup></li> <li>Improve oversight and evaluation of youth suicide prevention activities<sup>xlix</sup></li> </ul>
<p>5. How might we create a <b>more whole-of-community, whole-of-family, and person-led mental health and AOD service system?</b></p>	<ul style="list-style-type: none"> <li>Peer Family and Carer Recovery Centres with warm line: A centre-based, drop in space to engage informally with peers, plus a structured peer mentoring program and warm line<sup>15</sup></li> <li>Development of a peer-led, peer-governed and peer-operated service provider is required.<sup>16</sup></li> <li>Offer peer led supported accommodation options through developing peer led safe spaces to enable access to peer led supported accommodation options as part of the suite of available services<sup>17</sup></li> </ul>

<sup>13</sup> Recommendations made by the Commissioner for Children and Young People to the Review of the admission or referral to and discharge and transfer practices of public mental health facilities/services in Western Australia (the Stokes Review)

<sup>14</sup> <http://preventsupportheal.org.au/wp-content/uploads/2020/09/Prevent-Support-Heal-Manifesto-FINAL.pdf>

<sup>15</sup> <http://preventsupportheal.org.au/wp-content/uploads/2020/09/Prevent-Support-Heal-Manifesto-FINAL.pdf>

<sup>16</sup> <http://preventsupportheal.org.au/wp-content/uploads/2020/09/Prevent-Support-Heal-Manifesto-FINAL.pdf>

<sup>17</sup> <https://www.yacwa.org.au/wp-content/uploads/YACWA-COVID-19-Recovery-Framework-for-Youth.pdf>

## HMW question

## Strategies and initiatives

- Involve young people in the conversation about youth suicide<sup>i</sup>
- develop a capability that maps current provision and capability of services across Western Australia and provides system navigation supports and resources to service providers, focusing on those that act as entry points<sup>ii</sup>
- Build capacity and increase suicide prevention training in the community to identify and respond to young people at risk of suicide.<sup>iii</sup>
- The Mental Health Commission and peak bodies work with Nyoongar Elders and Aboriginal and Torres Strait Islander young people to identify and implement strategies to reduce racism within the youth mental health sector and, specifically, in youth mental health services.<sup>iii</sup>
- Youth mental health services prioritise community engagement, trust building and sustained relationships with Nyoongar Elders and Aboriginal and Torres Strait Islander young people to identify and implement strategies to enable services ensure their relevance by increasing their visibility in the community; thereby, ensuring greater access to and use of services.<sup>iv</sup>



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<sup>i</sup> MHC – Existing Initiatives

<sup>ii</sup> The Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025

<sup>iii</sup> The Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025

<sup>iv</sup> Commissioner for Children and Young People WA 2015, Our Children Can't Wait – Review of the implementation of recommendations of the 2011 Report of the Inquiry into the mental health and wellbeing of children and young people in WA, Commissioner for Children and Young People WA, Perth.

<sup>v</sup> Western Australian Department of Health. WA Youth Health Policy 2018–2023. Perth: Health Networks, Western Australian Department of Health; 2018

<sup>vi</sup> Freeman, J., Millet, L., Browne, K., Smith, W., Delane, S., Caren, S., ... Lin, A. (2019). Informing youth suicide prevention for Western Australia. Telethon Kids Institute: Perth. <https://www.telethonkids.org.au/our-research/brain-and-behaviour/mental-health-and-youth/youth-mental-health/suicide-prevention/informing-youth-suicideprevention-for-wa/>

<sup>vii</sup> Freeman, J., Millet, L., Browne, K., Smith, W., Delane, S., Caren, S., ... Lin, A. (2019). Informing youth suicide prevention for Western Australia. Telethon Kids Institute: Perth. <https://www.telethonkids.org.au/our-research/brain-and-behaviour/mental-health-and-youth/youth-mental-health/suicide-prevention/informing-youth-suicideprevention-for-wa/>

<sup>viii</sup> Suicide Prevention Framework (yet to be released)

<sup>ix</sup> Freeman, J., Millet, L., Browne, K., Smith, W., Delane, S., Caren, S., ... Lin, A. (2019). Informing youth suicide prevention for Western Australia. Telethon Kids Institute: Perth. <https://www.telethonkids.org.au/our-research/brain-and-behaviour/mental-health-and-youth/youth-mental-health/suicide-prevention/informing-youth-suicideprevention-for-wa/>

<sup>x</sup> MHC – Existing Initiatives

<sup>xi</sup> MHC – Existing Initiatives

<sup>xii</sup> <https://preventsupportheal.org.au/wp-content/uploads/2020/09/Prevent-Support-Heal-Manifesto-FINAL.pdf>

<sup>xiii</sup> MHC – existing initiative

<sup>xiv</sup> MHC – Existing Initiatives

<sup>xv</sup> MHC – Existing Initiatives

<sup>xvi</sup> MHC – Existing Initiatives

<sup>xvii</sup> The Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025

<sup>xviii</sup> The Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025

<sup>xix</sup> The Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025

<sup>xx</sup> MHC – existing initiatives

<sup>xxi</sup> MHC – Existing Initiatives

<sup>xxii</sup> The Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025

<sup>xxiii</sup> The Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025

<sup>xxiv</sup> The Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025

<sup>xxv</sup> The Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025

<sup>xxvi</sup> <https://www.buildingbridgesproject.info/recommendations>

<sup>xxvii</sup> <https://www.buildingbridgesproject.info/recommendations>

<sup>xxviii</sup> <https://www.buildingbridgesproject.info/recommendations>

<sup>xxix</sup> MHC – Existing Initiatives

<sup>xxx</sup> Commissioner for Children and Young People WA 2015, Our Children Can't Wait – Review of the implementation of recommendations of the 2011 Report of the Inquiry into the mental health and wellbeing of children and young people in WA,

<sup>xxxi</sup> <https://www.buildingbridgesproject.info/recommendations>

<sup>xxxii</sup> AHCWA Western Australian Aboriginal Youth Health Strategy 2018-2023

<sup>xxxiii</sup> MHC – Existing Initiatives

<sup>xxxiv</sup> The Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025

<sup>xxxv</sup> The Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025

<sup>xxxvi</sup> The Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025

<sup>xxxvii</sup> The Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025

<sup>xxxviii</sup> The Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025

<sup>xxxix</sup> The Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025

<sup>xl</sup> MHC – existing initiatives

<sup>xli</sup> The Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025

<sup>xlii</sup> MHC – Existing Initiatives

<sup>xliiii</sup> Commissioner for Children and Young People WA 2015, Our Children Can't Wait – Review of the implementation of recommendations of the 2011 Report of the Inquiry into the mental health and wellbeing of children and young people in WA,

<sup>xliiv</sup> Ombudsman Western Australia, Preventing suicide by children and young people 2020

<sup>xli v</sup> MHC – Existing Initiatives

<sup>xli vi</sup> MHC – Existing Initiatives

<sup>xli vii</sup> The Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025

<sup>xli viii</sup> Western Australian Department of Health. WA Youth Health Policy 2018–2023. Perth: Health Networks, Western Australian Department of Health; 2018.

<sup>xli ix</sup> Freeman, J., Millet, L., Browne, K., Smith, W., Delane, S., Caren, S., ... Lin, A. (2019). Informing youth suicide prevention for Western Australia. Telethon Kids Institute: Perth. <https://www.telethonkids.org.au/our-research/brain-and-behaviour/mental-health-and-youth/youth-mental-health/suicide-prevention/informing-youth-suicideprevention-for-wa/>

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- <sup>i</sup> Freeman, J., Millet, L., Browne, K., Smith, W., Delane, S., Caren, S., ... Lin, A. (2019). Informing youth suicide prevention for Western Australia. Telethon Kids Institute: Perth. [https://www.telethonkids.org.au/our-research/ brain-and-behaviour/mental-health-and-youth/youth-mental-health/suicide-prevention/informing-youth-suicideprevention-for-wa/](https://www.telethonkids.org.au/our-research/brain-and-behaviour/mental-health-and-youth/youth-mental-health/suicide-prevention/informing-youth-suicideprevention-for-wa/)
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- <sup>iiii</sup> <https://www.buildingbridgesproject.info/recommendations>
- <sup>iv</sup> <https://www.buildingbridgesproject.info/recommendations>