



## Hāpai te Tūmanako

# Raise HOPE



ISSUE 16 - March 2017

Alliance South - Mental Health & Addiction Network

A regular update from the Alliance South Mental Health & Addiction Network regarding the implementation of Hāpai te Tūmanako - Raise HOPE Southern DHB Mental Health & Addiction Strategic Plan

Stewart Island - Dunedin - Te Anau - Oamaru - Queenstown - Invercargill - Cromwell - Winton - Balclutha



### A word from the Chair

It is hard to believe we are well through March already and we have an exciting 2017 ahead of us. The year started with the release of our Stepped Care Action Plan 2016-2020. This plan was developed by the Mental Health and Addiction Network as part of

the ongoing implementation of the Raise HOPE Strategic Plan. Yes it has taken a long time to get to this point but we are now able to get on with the Action Plan which is available here <http://www.southerndhb.govt.nz/pages/raisehope/>. Please have a look as it details the work programme we have planned over the next four years to implement Stepped Care across the whole Southern District.

Some of the first actions in the plan were to identify two defined locality areas in which to design how the Stepped Care Model might look - they are;

#### Clutha Stepped Care Design Group

This group is working on a new Stepped Care Model for all Mental Health and Addiction services in the Clutha District. After calling for expressions of interest we formed a small design group of nine people that has been meeting frequently and has made good progress - their ideas will be presented to the next Network Meeting in March.

#### Southland Child Youth and Family Stepped Care Design Group

Our Southland group is focused on Child, Youth and Family (0-24 age group) Mental Health and Addiction services across the Southland region. This group was formed the same way and has 11 members and are at the same stage of development as the Clutha group.

I need to acknowledge the time and effort that has been put in by these groups to work up the locality designs - they have been working to tight timeframes we set for them.

#### Workforce Development Action Plan 2016-2019

I'm pleased to announce that the Workforce Development Action Plan 2016-2019 was signed off by the Southern DHB Executive Leadership Team earlier this month. The plan ties in nicely with the Stepped Care Model and Action Plan and will be a key document supporting a highly skilled and sustainable workforce into the future. Implementation will begin next month. You can view or download the plan on the Southern DHB Raise HOPE page <http://www.southerndhb.govt.nz/pages/raisehope/>.

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## Health Pathways

At our last meeting on the 1st of March the Network spent some time discussing Health Pathways as they are an integral part of Stepped Care. Health Pathways are an electronic tool used by General Practice clinicians to support the diagnosis, treatment and referral of their patients. There was good discussion about the pathways as we gained a better understanding of the Health Pathways programme of work, which Mental Health and Addiction pathways are live and which still need to be localised and developed. As part of the above design group's work we expect to have some pathways priorities to be worked on mid-year.

### New - Early Mental Health Response Program (EMHR)

We will be the second DHB to be a part of this new Ministry of Health initiative, which was announced in the budget in response to a significant and growing challenge we face as a sector, this is a national, regional and local response programme.

There are three initiatives:

1. To establish a mental health triage system for the national telehealth service, provided by Homecare Medical. The 24/7 phone service includes Healthline and a range of other mental health support helplines, offering a front-door to the wider health system over the phone and online. Importantly, this also includes 111.
2. The funding boost will support primary care and social services through a virtual mental health expert advice service. This will help them to help people address their mental health issues before they escalate into more serious concerns. This means Police and DHB emergency mental health services can focus resources on urgent situations.
3. A local mental health pathways programme will map out existing services and better direct people to help in their communities. This will benefit the many people who seek out local help and advice for themselves or others on mental health issues every day.

This is great news for us as it will give us a searchable, maintained and up to date database of all Mental Health and Addiction services offered in our district that will eventually extend across the whole country. The database is searchable by location and also by type of service needed. It is able to be used in multiple format's, so can be used in the Southern DHB website and also any other sites we may choose to use.

The Network and our four locality Networks will work with the database provider Health Point to get this national initiative up to speed as fast as we can, we will be the first South Island area to have this service.

You can find all of the previous newsletters, and minutes of the Mental Health and Addiction Network and project information on the Southern District Health Board website:

<http://www.southerndhb.govt.nz/pages/raisehope/>

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