



Hāpai te Tūmanako

Raise HOPE



ISSUE 17 - July 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

Welcome back to Raise HOPE the Alliance South Mental Health and Addiction Network newsletter, I can't believe it is July already. We are still pushing hard to implement the Raise HOPE Strategy, yes it is a

somewhat slow process but we are making progress. As you are all aware the Mental Health and Addiction sector is under huge pressure and is receiving plenty of media attention - highlighting issues which I am sure will continue to be profiled as we lead up to the election.

We are progressing a range of projects as part of our Stepped Care Action Plan which lays out a work program for the implementation of Stepped Care over four years. It is not possible to do everything and every location at once, but I can assure you we are working through the process we agreed on. You should also be aware the team at the DHB, which we work with, is going through a change process, which has implications for the team, I am hopeful this process will not hold us up as we move forward. Please have a look through the projects we are working on below, as you can see things are now happening and progress is being made.

Project Updates

Clutha District and Southland Child Youth and Family Design Groups

The design groups came up with proposed models which we believe will better integrate the sector and get it working as one. In May and June we have been moving through approval processes which have included taking the Model's back to the Network to be endorsed and discussing them with the Alliance Leadership Team (ALT) to make sure they understood and supported what is being proposed. I am pleased to say the ALT did agree and we are now ready to scope and develop the business cases for these Models.

Project Briefs for the new models were tabled at the June Mental Health and Addiction Network meeting to progress implementation and following some minor changes these were approved. Development of the business cases now begins - these are significant projects and will take time to develop and implement.

Needs Assessment and Service Coordination (NASC) Review

A district wide review of all mental health and addiction NASC services is currently underway and is scheduled for completion in August this year. The Review will provide advice on the current service model including what is working well and what is not, and consider if NASC services as currently delivered and configured are fit for purpose and best value for money based on our new Stepped Care Model. To date the reviewers have completed a range of interviews with key stakeholders and group meetings in Invercargill, Central Otago, Oamaru and Dunedin.

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Growing Community Based Rehabilitation Services Review

In May the Network endorsed the proposed new model to deliver enhanced district-wide community based rehabilitation services for those adults with the most high, complex and long term mental health needs. Work continues to develop a Business Case based on the proposal. Further consultation with key sector stakeholders and communities will be required before there is final approval to proceed with these service developments.

Workforce Development Action Plan 2016-2019

The Network has developed and adopted their Workforce Development Action Plan 2016-2019 and is now in the process of forming a Workforce Leadership Group to lead and oversee the implementation of this Plan and to make sure that our work aligns with the recently developed South Island Alliance Plan. The expressions of interest process for members will begin this month.

Activity and Vocational Services Review

In April a district-wide review of Mental Health and Addiction Activity and Vocational Services was started. It has included service user and stakeholder workshops around the district and we expect to have the completed review and recommendations available in the next couple of months.

Youth Mental Health and Addiction Brief Intervention Services

The Southern DHB is in the process of implementing district-wide brief intervention services for young people aged 12 to 19 years inclusive. This involves tendering via a Request for Proposal (RFP) process which is now in progress. The new service model is expected to be in place by mid-January 2018.

Health Pathways.

The Network is currently prioritising 6-7 mental health and addiction pathways to be updated and further developed. The pathways development process is being reviewed at present and we in the network want to get these Pathways reviewed early in the new process, and then move on to others. The Pathways are designed to help General Practitioners get people to the right help in a timely manner.

Database of Southern District Mental Health and Addiction Services

This week the Ministry of Health launched “**Need to talk? 1737**”, a new free 24/7 four digit phone and text number that will make it easier for people to connect with mental health and addiction professionals. The database used by this service is provided by Health Point who we have been working with over the past few months, they agreed to work with us to get an accurate and up to date database of providers in this region. At this stage they have been very focused on getting the Specialist Services correctly into the database for the launch, later in the month they will move onto other DHB funded services.

Once completed, all the information will be available on Health Point’s excellent website and will be used on other sites like the Southern DHB. This will be a great current and up to date resource for our sector.

Mental Health and Addiction Locality Networks

The Mental Health and Addiction Network continues to support and work with its four locality Network groups based in Southland, Central-Lakes, Waitaki and Dunedin-South Otago. Each locality has a representative on the Network.

Southland: Southlands ‘Future Directions’ Network meets monthly in Invercargill. The Network is currently planning for Mental Health Awareness Week (9-15 October) and next year’s National Rural Field Days. It recently made a submission regarding the National Suicide Prevention Plan.

Chair: Clive McArthur clive@adventuredevelopment.co.nz

Central-Lakes: The Central-Lakes Network meet monthly linking by video-conference from sites in Queenstown and Clyde. The Network has recently updated its Terms of Reference and has written to the Immigration Department regarding eligibility issues and access to health services in the central-lakes area. One of the focuses for the Network this year is services for children.

Chair: Tina Simmonds tina.simmonds@wellsouth.org.nz

Waitaki: The Waitaki Network meets monthly in Oamaru. Several service updates were discussed at the June meeting including an update on a new men's support group running in Oamaru and also local education and professional development training opportunities. The Network has also been working with the Health Point team to provide up-to-date information about local services.

Chair: Helen Algar halgar@waitaki.govt.nz

Dunedin-South Otago: This Network meets monthly in Dunedin. The Network has recently updated its Terms of Reference and has been working with the Health Point team to update local service provider information. Planning is also underway for Mental Health Awareness Week.

Chair: Barb Long barb.long@cbct.org.nz

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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