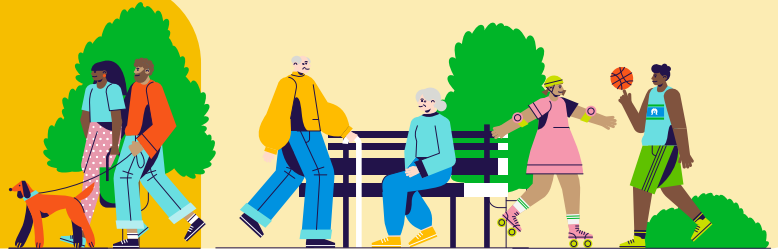


# Mental Health and Wellbeing in Victoria



**We are building a better mental health and wellbeing system for all Victorians. Our reform is based on the recommendations of the Royal Commission into Victoria's mental health system.**

As they are implemented, these recommendations will better meet the needs of Victorians and support them to live healthy and fulfilled lives. It's about providing better treatment, care and support for all Victorians closer to home – care that is accessible and available when needed.



# Our achievements

Over the past three years, we've made significant achievements, including:

## Priority: Focusing on prevention and promotion

Promotion and prevention are key to achieving our vision for the future mental health and wellbeing system. This priority is about early intervention and programs that improve wellbeing with more supports in the community, so we can shift away from crisis and acute services. These include:

Statewide roll-out of the Hospital Outreach Post-suicidal Engagement (HOPE) program for adults

Established the Child and Youth HOPE Program



Established

**10** Social Inclusion Action Groups

Established 'Local connections', a social prescribing trial delivered through the first six Mental Health and Wellbeing Locals

Provided Diverse Communities Mental Health and Wellbeing Grants to

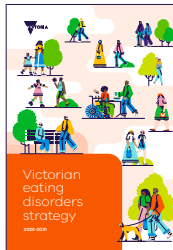
**40** organisations

Funded a number of prevention and aftercare programs including the Strong Brother Strong Sister program, Yarning Safe N Strong, Roses in the Ocean's Peer CARE Companion Warmline, Mind Australia's LGBTIQA+ aftercare and Switchboard Victoria's suicide prevention program

Released a new *Victorian suicide prevention and response strategy 2024-2034*



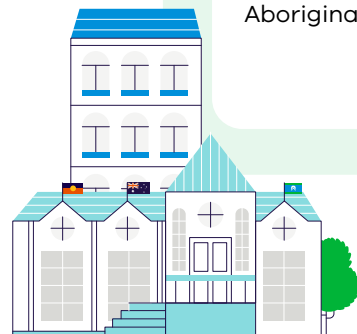
Launched a new *Eating disorders strategy 2024-2034*



Scaled up the Balit Murrup demonstration site initiative to establish

**25**

multi-disciplinary Aboriginal social and emotional wellbeing teams across the state



The Balit Durn Durn Centre is leading codesign of an Aboriginal-led approach to prevent and respond to Aboriginal suicide

Commenced a trial of a Distress Brief Support program in Greater Shepparton and Darebin in collaboration with the Commonwealth government

Established the Wellbeing Promotion Office

Established the Suicide Prevention and Response Office



## Priority: Growing strong, safe and supported workforces

The workforce is the backbone of our system. This priority is about growing and supporting the diverse, multidisciplinary workforce Victoria needs in the reformed mental health and wellbeing system. Achievements include:

Invested more than

# \$600 million

in workforce reforms, creating:

# 2,500+

early career new mental health roles

# 1,203

scholarships

# 17%

growth in funded FTE in public mental health and wellbeing services

# 100

lived experience roles

# 90

psychiatry registrar roles

# 300

psychology registrar roles

# 1,200

roles for mental health nurse graduates or those transitioned from general to mental health nursing

# 900

roles for allied health graduates or general to mental health transition

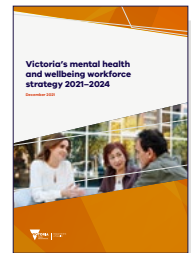


Nation leading investment in lived experience workforce

Expanded the world-first Rainbow Tick program to deliver more provider accreditation so that services are safer and more affirming for LGBTIQ+ communities



Released the Mental Health and Wellbeing Workforce Strategy 2021-2024



Established a new incentive program to attract mental health workers to rural and regional Victoria

Launched the workforce capability framework: *Our Workforce, Our Future*



Funded and commenced recruitment of

# 10

Koori Mental Health Liaison Officers in Infant Child and Youth Area Mental Health Services

# 49

scholarships have been awarded to Aboriginal undergraduate and post-graduate students studying a mental health discipline since 2021-22 under the social and emotional wellbeing scholarship program.

This program is helping build a skilled and qualified Aboriginal mental health and social and emotional wellbeing workforce.

Funded the continuation of the Aboriginal Mental Health Traineeship Program, increasing the number of Aboriginal and Torres Strait Islander people qualified as mental health professionals



## Priority: Supporting a system that embeds lived experience at every level

Lived and living experience perspectives are critical to ensuring our programs and services meet the diverse needs of those seeking support. Achievements include:

Invested

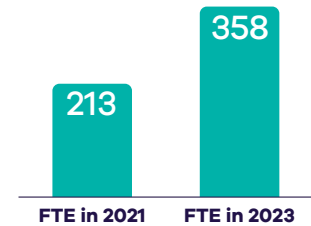
# \$51 million

in lived and living experience workforce development



Increased the number of lived and living experience workforce roles by

# 68%



Trained

# 75

consumers and family carers as part of the Lived Experience Peer Cadet Program

Enshrined in legislation designated senior lived experience roles at the Mental Health and Wellbeing Commission and Victorian Collaborative Centre for Mental Health and Wellbeing, including lived experience Commissioners and co-CEOs

Established a world leading Lived Experience Branch in the Mental Health and Wellbeing Division of the department, with the first Executive Director of Lived Experience

Developing a lived and living experience leadership strategy



Provided funding for consumer and carer peak bodies to support their core functions and host participation registers that enable consumer and carer voices to inform reform and deliver key initiatives

Provided funding to all state funded mental health services in Victoria to employ designated lived and living experience roles in all local services, from governance to operations and workforce

Significantly increased the number of staff, including in leadership, in lived and living experience roles

Established the Lived Experience Strategic Partnership (LESP) to provide strategic advice to the Victorian Government on the mental health transformation agenda and advocate for system transformation, service improvement and better consumer, family and carer outcomes





## Priority: Delivering new and better services

We are moving the system towards community-based service models, improving options for Victorians and delivering mental health and wellbeing care closer to home. These include:

Supported more than

# 13,000

Victorians across

# 15

new Mental Health and Wellbeing Locals, to address the 'missing middle', with free mental health treatment and support



Delivered Victoria's first child and family centre, which provides vital residential mental health and wellbeing treatment to children under 11

Delivered Australia's first dedicated public women's mental health service known as the Women's Recovery Network (Wren)

Delivered

# 3

new Children's Health and Wellbeing Locals for community-based mental health care in partnership with the Commonwealth

Delivered

# 8

family-led Mental Health and Wellbeing Connect Centres, employing



# 84

designated family carer roles

Delivered

# 179

new mental health beds, including acute bed services and Hospital in the Home beds

Invested in

# 6

new emergency department mental health, alcohol and other drugs hubs across Victoria

Appointed consortium to design and deliver the new mental health statewide trauma service, Transforming Trauma Victoria

Work is underway to double the capacity of Victoria's new Youth Prevention and Recovery Care Centre (YPARC) network with five new, 10-bed YPARC centres being built across the state and upgrades to three existing YPARC centres

Established the Hamilton Centre, a new specialist mental health and addiction service



## Priority: Delivering new and better services (continued)

Delivered the North-West Women's Prevention and Recovery Care centre (Yana Yana)

Commenced work to deliver Victoria's first lived experience residential service as an alternative to hospital care



Invested

# \$1.2 million

to co-design two Aboriginal healing centres

Led by the Balit Durn Durn Centre, this self-determined approach involving Aboriginal communities, services and knowledge holders to design and develop the healing centres is

## an Australian first



Funded the Victorian Aboriginal Controlled Community Health Organisation (VACCHO) to undertake codesign for a culturally appropriate, family-oriented service model for infants and children who require intensive social and emotional wellbeing supports (known as The Nest)



Provided dedicated funding to Area Mental Health and Wellbeing Services to ensure people with co-occurring needs and their families and supporters receive comprehensive and integrated treatment, care and support that best meets their needs, strengths and preferences

Commenced a program of work to enhance and expand the capacity of community mental health services through the

# \$33.4 million

Community Mental Health Expansion Program

Delivered infrastructure improvements to mental health facilities through the Mental Health and Alcohol and Other Drugs Capital Renewal Fund

Commenced capital works to deliver new and refurbished acute mental health inpatient beds in Shepparton and planning activities for further regional beds



## Priority: Providing more support to the system

Supporting mental health and wellbeing services to learn and improve, so all Victorians can access high quality care. This includes:

Introduced activity-based funding for bed-based services

Consulted with more than

# 200

people from the sector to develop the Outcomes and Performance Framework

Led by VACCHO, established the Aboriginal Social and Emotional Wellbeing Centre for Excellence, the Balit Durn Durn Centre

Released Victoria's first *Statewide Mental Health and Wellbeing Service and Capital Plan*

Commenced work to build a more contemporary information architecture for the system

Signed a national and bilateral agreement with the Commonwealth to improve mental health and suicide prevention





## Priority: Driving cultural change

By helping the sector to align its practice with the principles of the Mental Health and Wellbeing Act 2022. This includes:

Developed and commenced the *Mental Health and Wellbeing Act 2022*

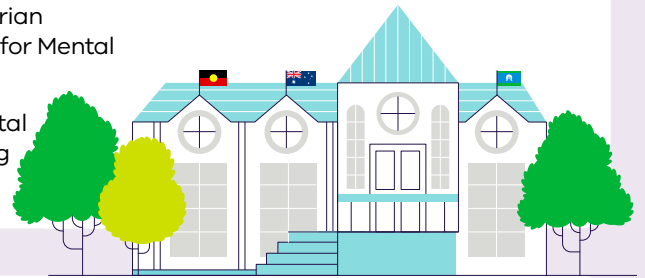
Designed handbook and easy to read guides on what the new Act means for the sector and community

Provided training and Act implementation leads across mental health and wellbeing services to support implementation of the *Mental Health and Wellbeing Act 2022*

Legislated the role of Chief Officer for Mental Health and Wellbeing

Established the Victorian Collaborative Centre for Mental Health and Wellbeing

Established the Mental Health and Wellbeing Commission



Reduced the use of restrictive practices in line with the Mental Health Improvement program's *Towards Elimination of Restrictive Practices*

# 20%

reduction in physical restraint

# 23%

reduction in seclusion

# 30%

reduction in mechanical restraint (from October 2022 to April 2024)

Implemented opt-out non-legal advocacy for people who are at risk of, or are receiving compulsory treatment so consumers automatically receive free support to help them participate in decision making, express their views and exercise their rights

Funded Infant, Child and Youth Area Mental Health and Wellbeing services to support cultural safety training and community engagement activities

Mandated cultural safety training in health services

Commenced a program of capital works to improve the safety of vulnerable consumers in intensive care areas

Expanded access to legal representation at Mental Health Tribunal hearings



For more information, visit

[www.health.vic.gov.au/mental-health/mental-health-wellbeing-reform](http://www.health.vic.gov.au/mental-health/mental-health-wellbeing-reform)