



Improving the physical health
and wellbeing of people living
with mental illness in Australia

National Scan of Activity and Initiatives

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Equally Well Symposium
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Collective Impact

“Collective impact is a network of community members, organizations, and institutions that advance equity by learning together, aligning, and integrating their actions to achieve population and systems-level change.”

(Kania & Kramer, 2013 p 14)



Equally Well Australia

Using a systems approach for collective impact



Macro – Whole of system level
(national and state)

Meso – Network level

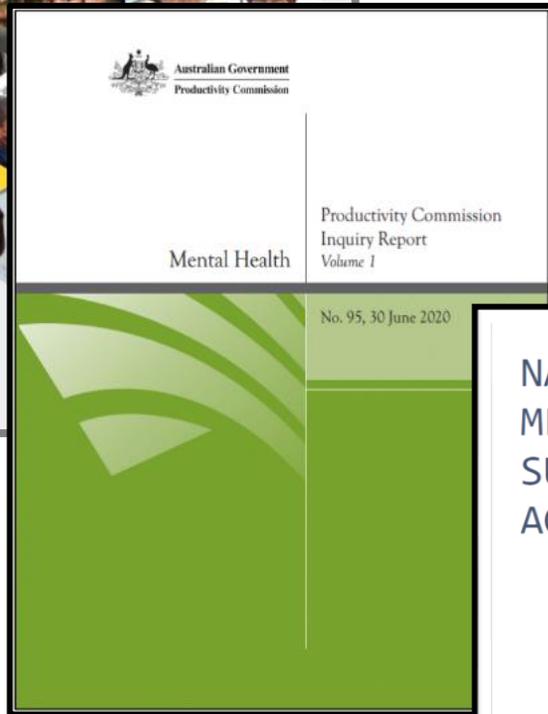
Micro – Individual level



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Macro

Collectively influencing the policy and the authorising environment at national and state levels

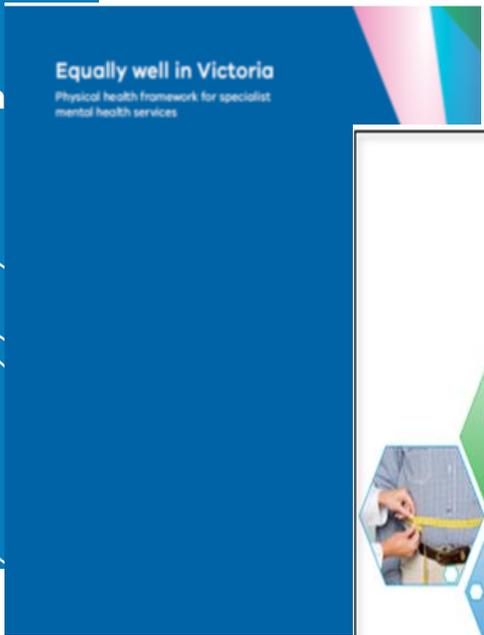
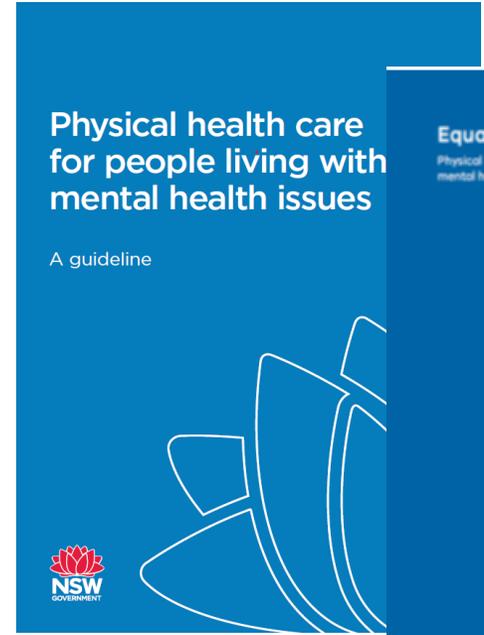


NATIONAL MENTAL HEALTH AND SUICIDE PREVENTION AGREEMENT

An agreement between

- the Commonwealth of Australia and
- the States and Territories, being:
 - New South Wales
 - Victoria
 - Queensland
 - Western Australia
 - South Australia
 - Tasmania
 - the Australian Capital Territory
 - the Northern Territory

This Agreement will contribute to building a better mental health and suicide prevention system for all Australians against a range of priority areas.



QLD Mental Health Clinical Collaborative

Clinical Excellence Division |  Queensland Government

www.equallywell.org.au



Meso level systems

Collective impact across service systems

Service networks

Eg - Older people



Provincial implementation planning



Ambassadors in professional associations



Simon Rosenbaum

"The vision and sharing of resources, knowledge and experience is the most exciting part of Equally Well and a what will ultimately lead to pragmatic and sustainable solutions to addressing inequality."



Brenda Happell

"Equally Well brings together all people with an interest in physical health and mental health including consumers, carers, clinicians, academics, managers and policy makers to pursue their mutual interests. As such it focuses on common purpose and unites people around this goal."



Jenny Bowman

"Equally Well represents an important coming together of key stakeholders... including key policy makers... with a consumer voice at its centre. Equally Well provides a vehicle for raising the profile of the issue and keeping it on the agenda."



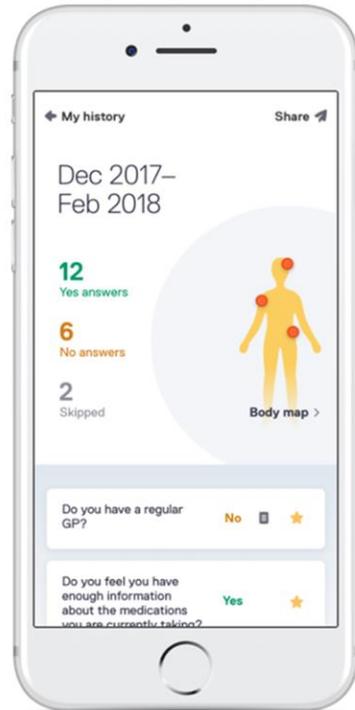
Dave Peters

"Equally Well is positioned very well to lead a change in attitudes and to help lead by example to co-ordinate the services across Australia with a strategic plan for addressing the physical health of people living with Chronic Mental Illness."



Influence at the individual level

Equipping Clinicians



 the Australian College
of Mental Health Nurses inc

PHYSICAL HEALTH CHECK

Premature morbidities related to CVD, diabetes, COPE and cancer are common in people with mental illness. Improving physical health outcomes requires annual:

- Review of smoking, alcohol and drug use
- Blood pressure check
- Cholesterol check
- BMI and waist circumference measurement
- Diet and physical activity review
- Fasting BSL
- Cervical screening/Prostate & testicular exam
- Enquire about cough, sputum, wheeze
- Check accuracy of prescribed medication
- Ask about sexual health side effects of medication

Ref: Derbyshire Healthcare NHS Foundation Trust (n.d.) Looking after mind & body: Primary Care Toolkit – Physical Health Checks for people with severe mental illness.

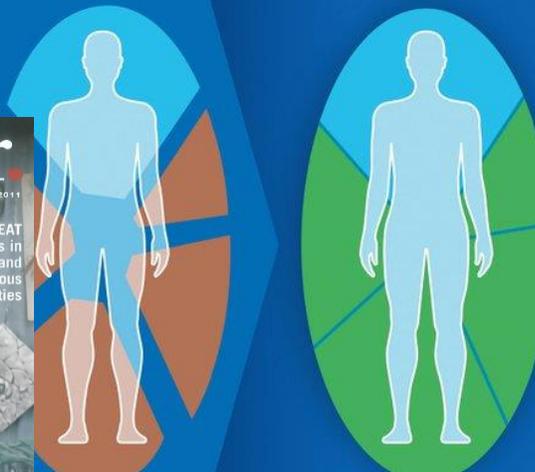
PHYSICAL HEALTH CHECK

Supporting GPs

MJA SUPPLEMENT
The Medical Journal of Australia

Being Equally Well: Ending the neglect of physical health for people with serious mental illness

3 October 2022 Volume 217 No 7 www.mja.com.au



AMPCo.
Australasian Medical Publishing Company

Journal of the Australian Medical Association

Australian **Rural Doctor** JULY 2011
AN AUSTRALIAN DOCTOR PUBLICATION



HOW TO TREAT Infections in refugee and Indigenous communities

GRASSROOTS MOVEMENT

Teamwork provides fertile ground for mental health innovation

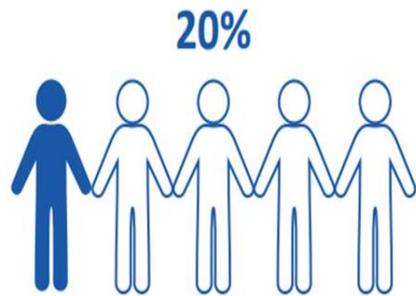
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Micro systems

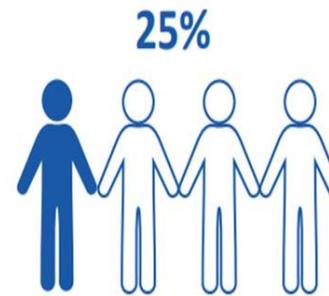
Equipping and empowering consumers



Consumer guided goal setting



Only 1 in 5 consumers reported their mental health professional asking about their physical health



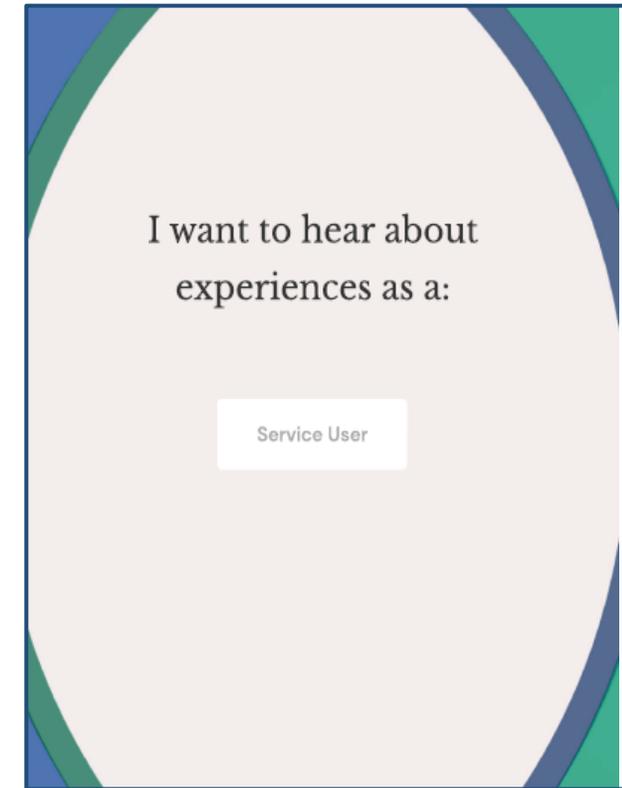
Only 1 in 4 carers reported mental health professional asking about the physical health of the person they support



52% Mental health professionals took physical health concerns seriously

55% Mental health professionals showed interest outside mental health diagnosis

53% Mental health professionals paid attention to medication side effects





National Scan on progress in implementing the actions of National Consensus Statement.

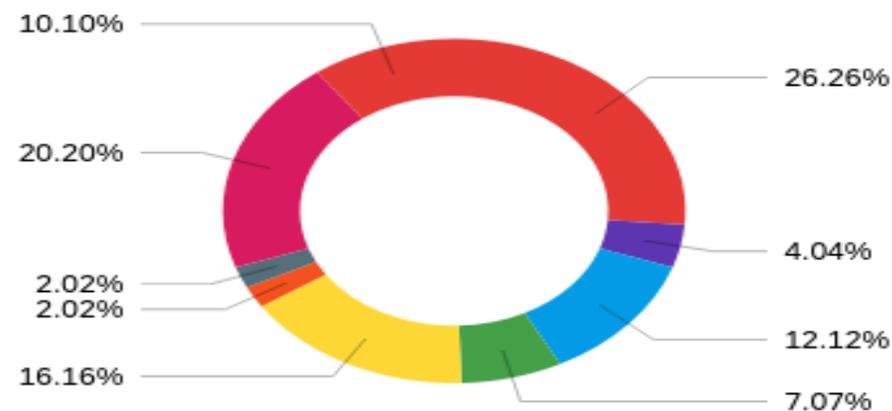
Responses from 22 PHNs
(Incl 11 of 14 EW supporters).
Total of 52 initiatives reported.

PHN

52 initiatives reported

1. 0

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■ a. State or territory government (e.g. Health Department, Mental Health Commission)

■ b. Commonwealth (e.g. Health Department, Mental Health Commission)

■ c. Community Managed organisation (e.g. Live Better, Marathon Health, Neami, Flourish)

■ d. Peak body stakeholder group (e.g. Mental Health Australia, NSW Mental Health Coordinating Council, National Rural Health Alliance)

■ e. Professional organisation/college/society (e.g. Australian Psychological Society (APS), The Royal Australian College of General Practitioners (RACGP))

■ f. Private provider (e.g. Ramsay health care)

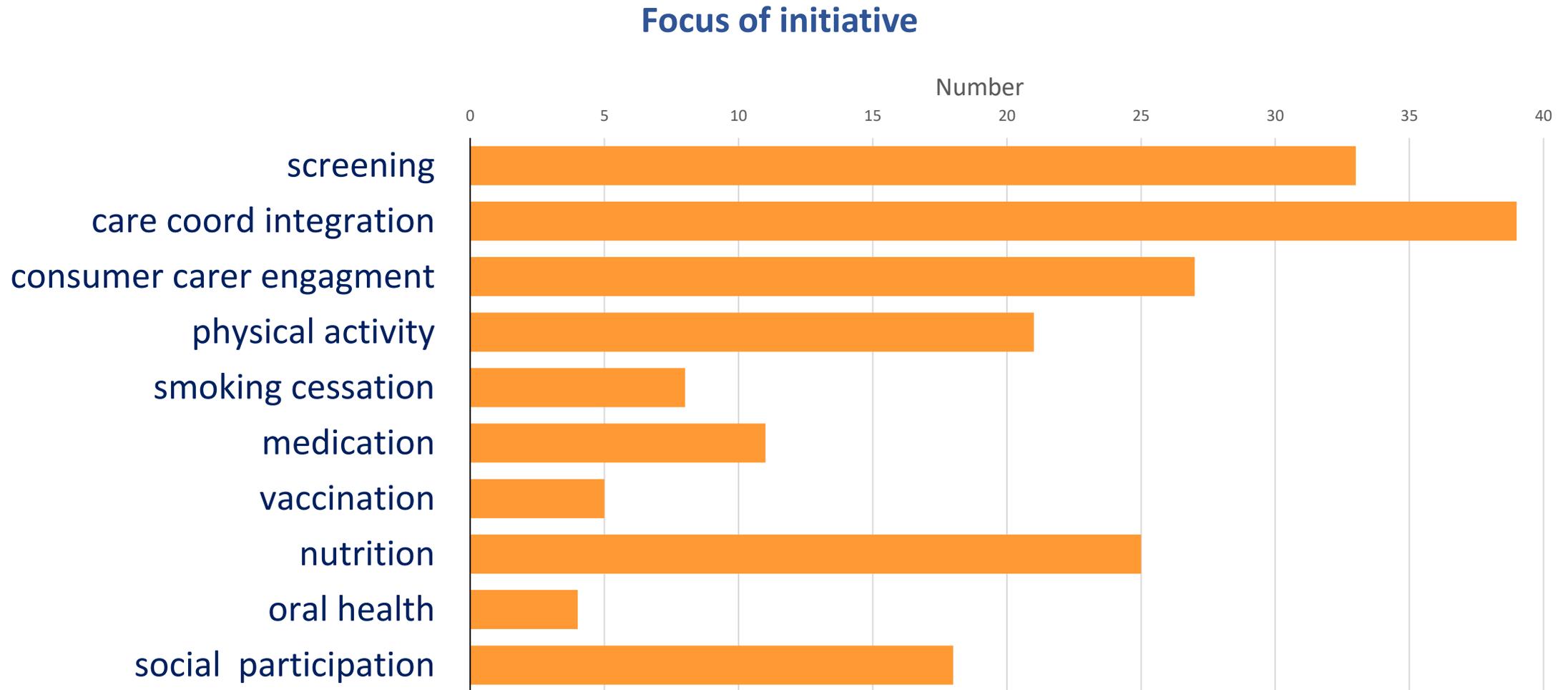
■ g. Education/research institute (e.g. Black Dog Institute, Charles Sturt University (CSU))

■ h. Primary Health Network

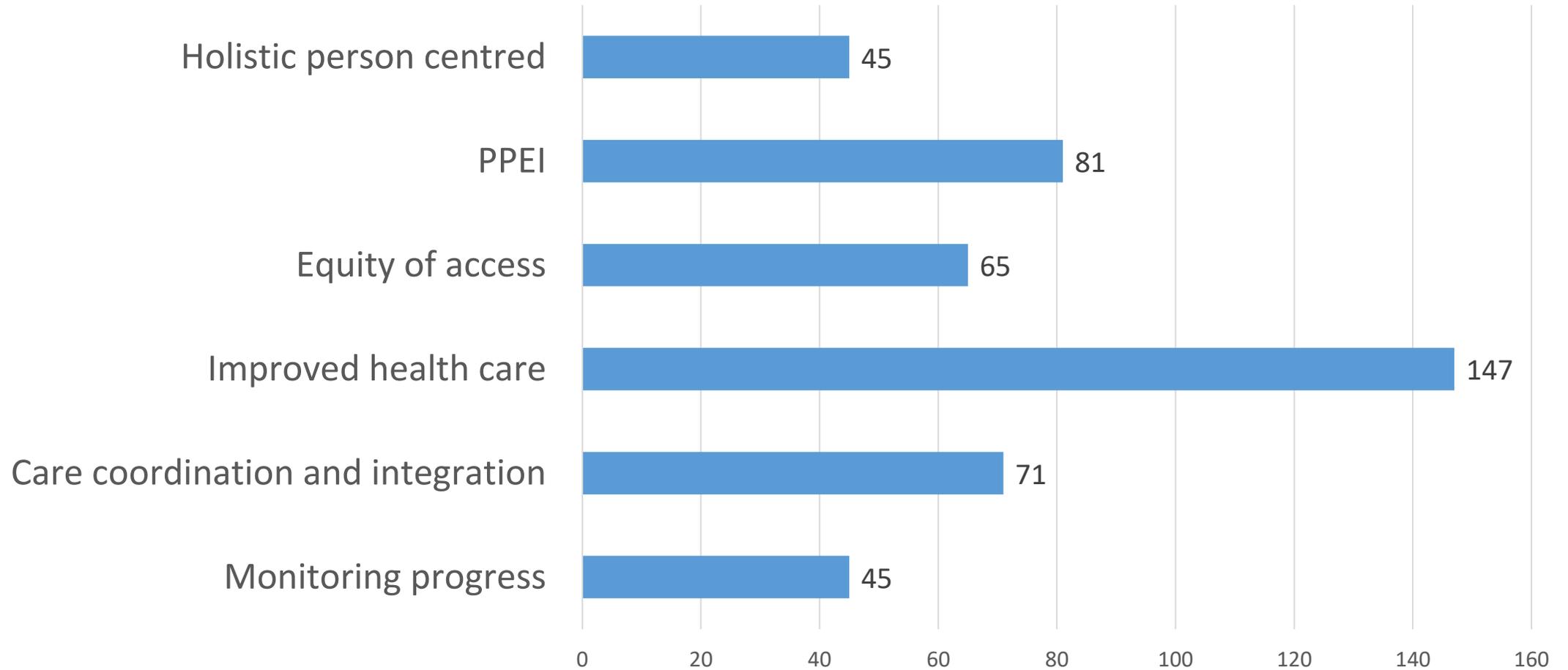
■ i. Other (please describe)



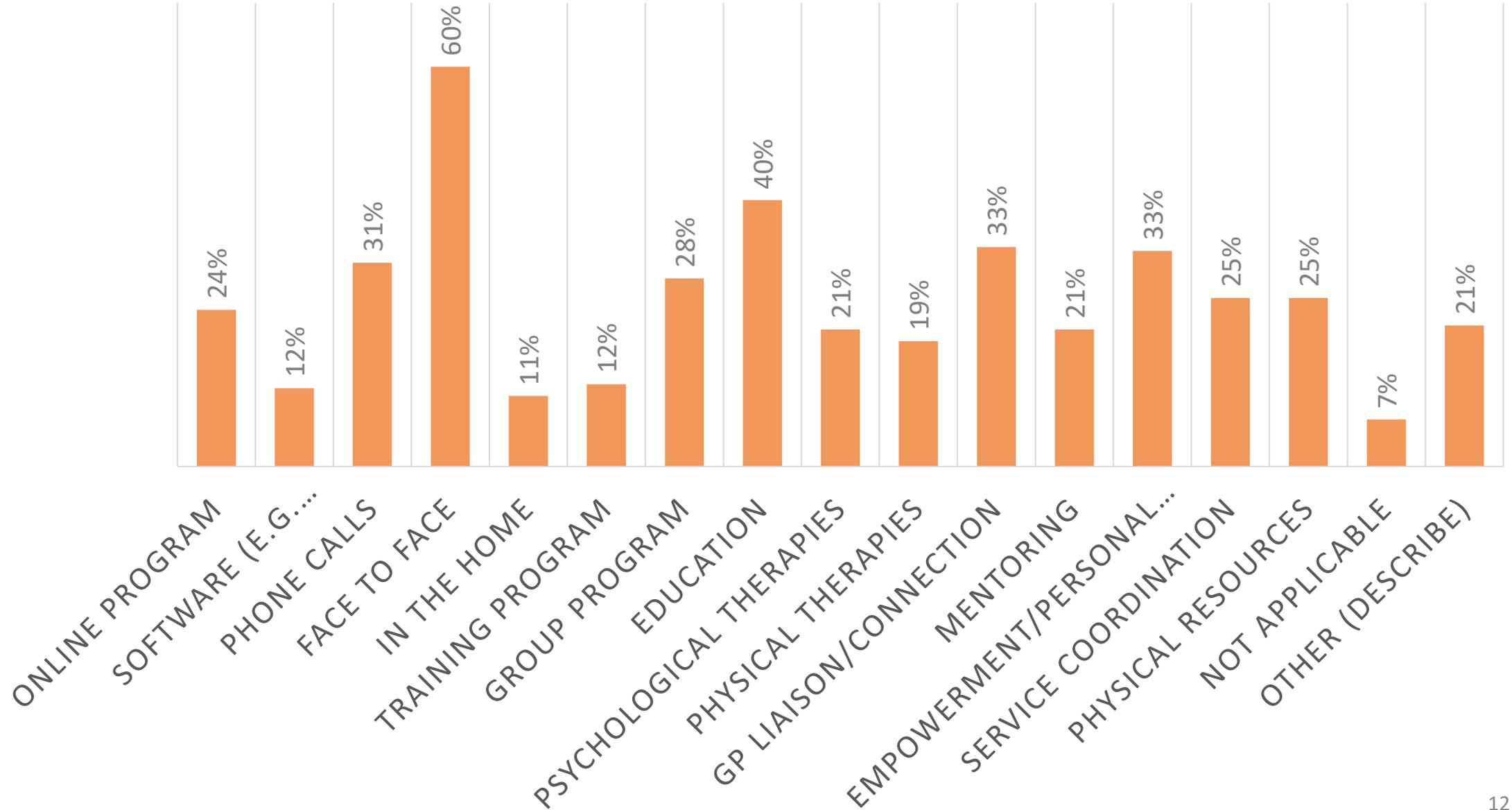
308 initiatives underway across 72 committed partners



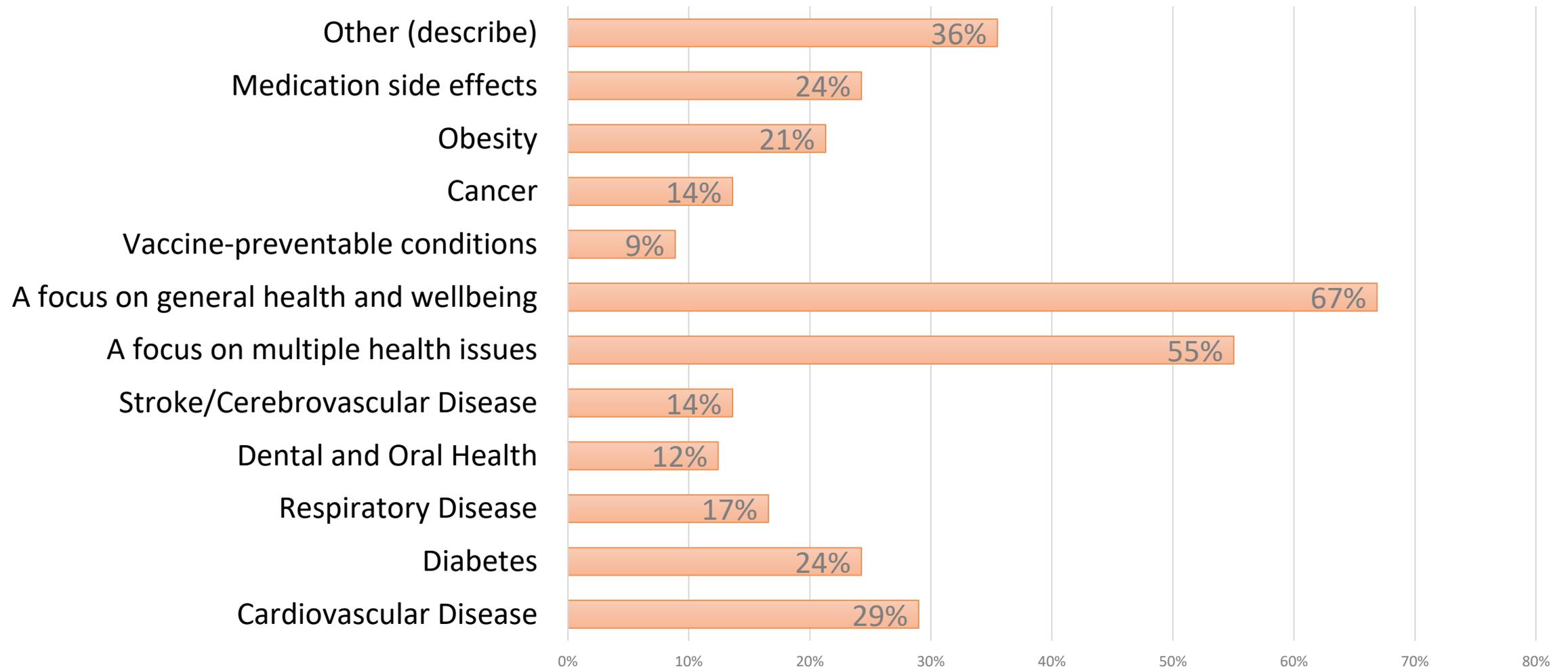
Activity across the six essential elements



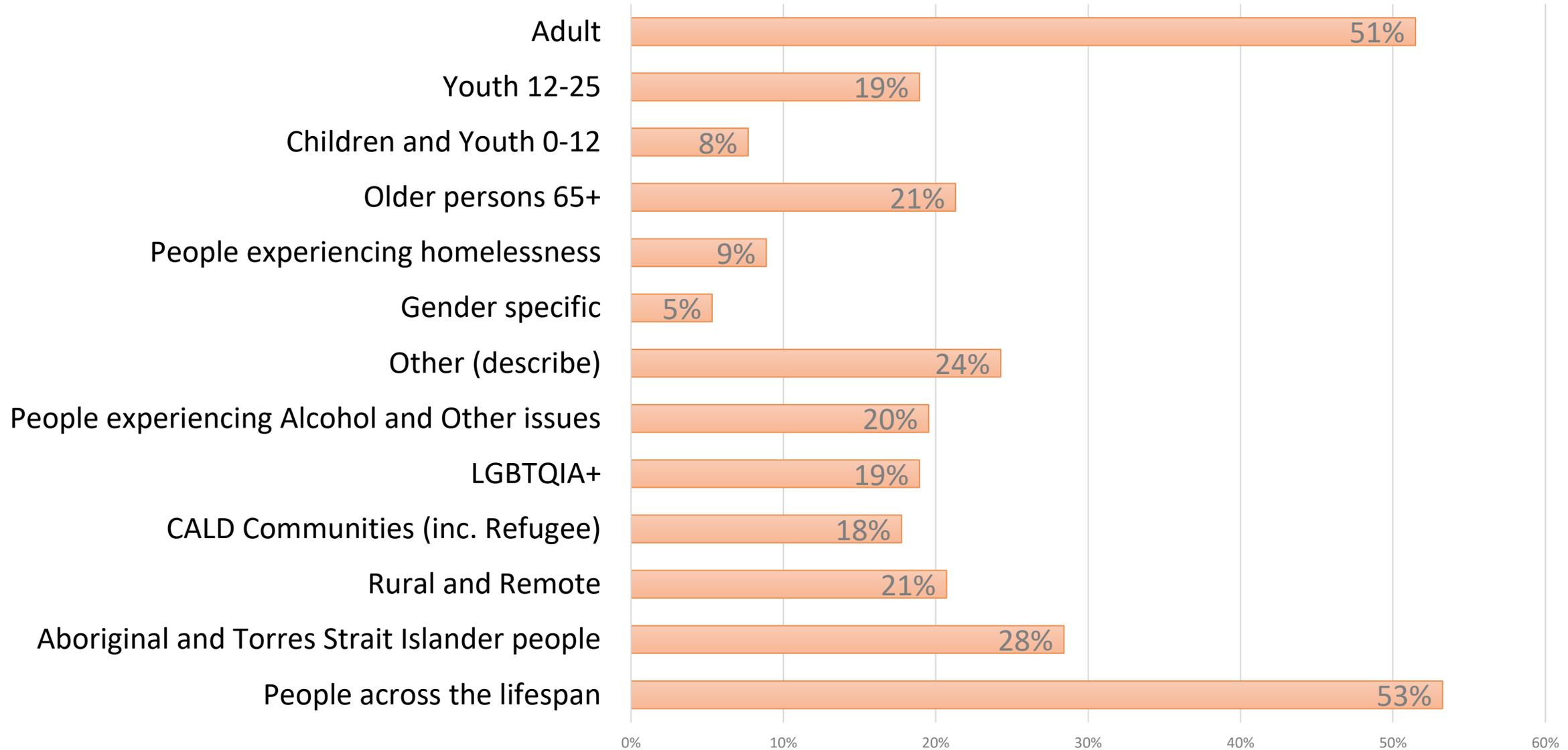
WHAT IS THE APPROACH AND/OR RESOURCES/TECHNOLOGY BEING UTILISED FOR THIS INITIATIVE/ACTIVITY?



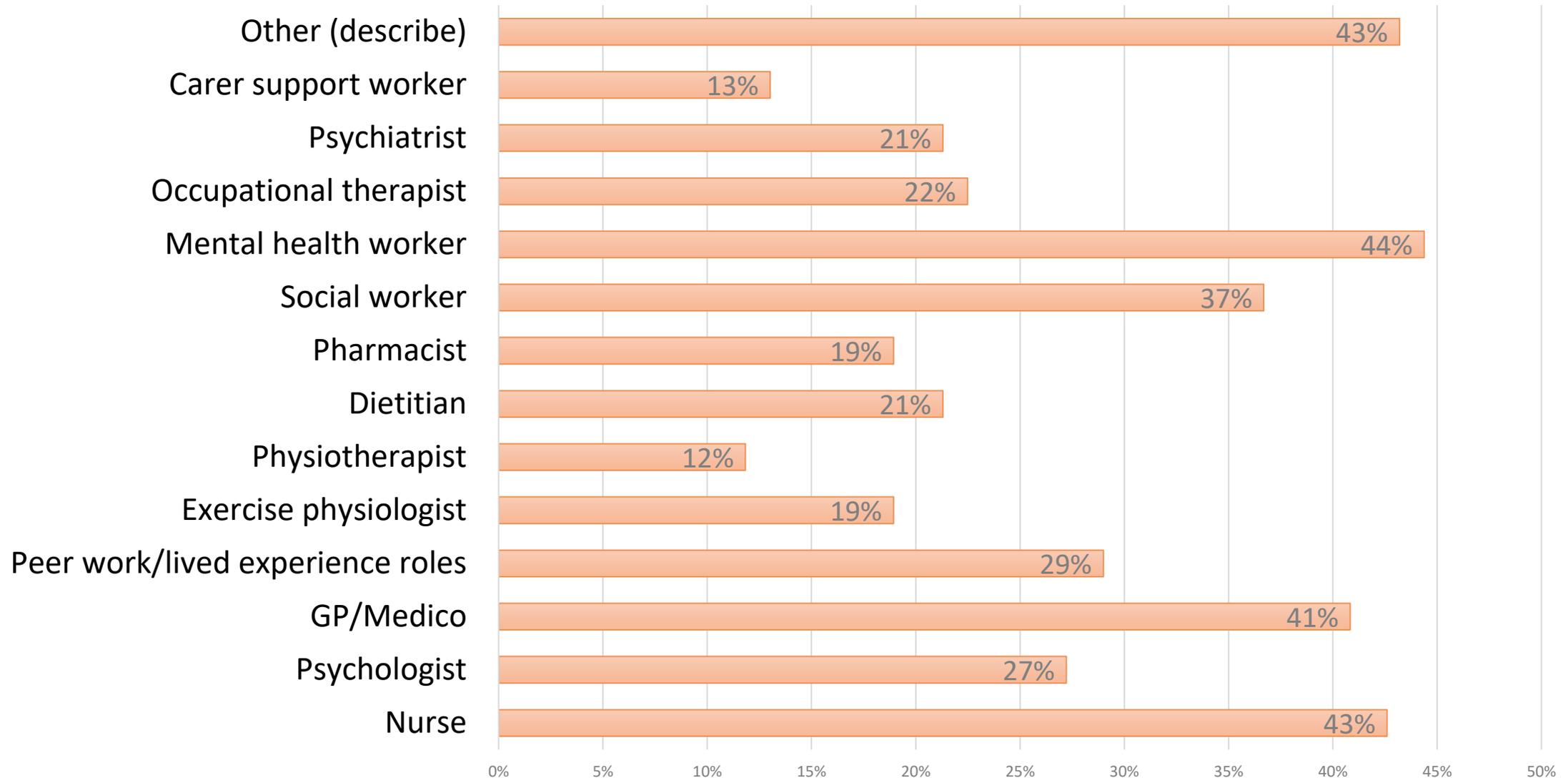
What physical and preventable health condition is being focused on?



What is the population/cohort focus of the activity/initiative?

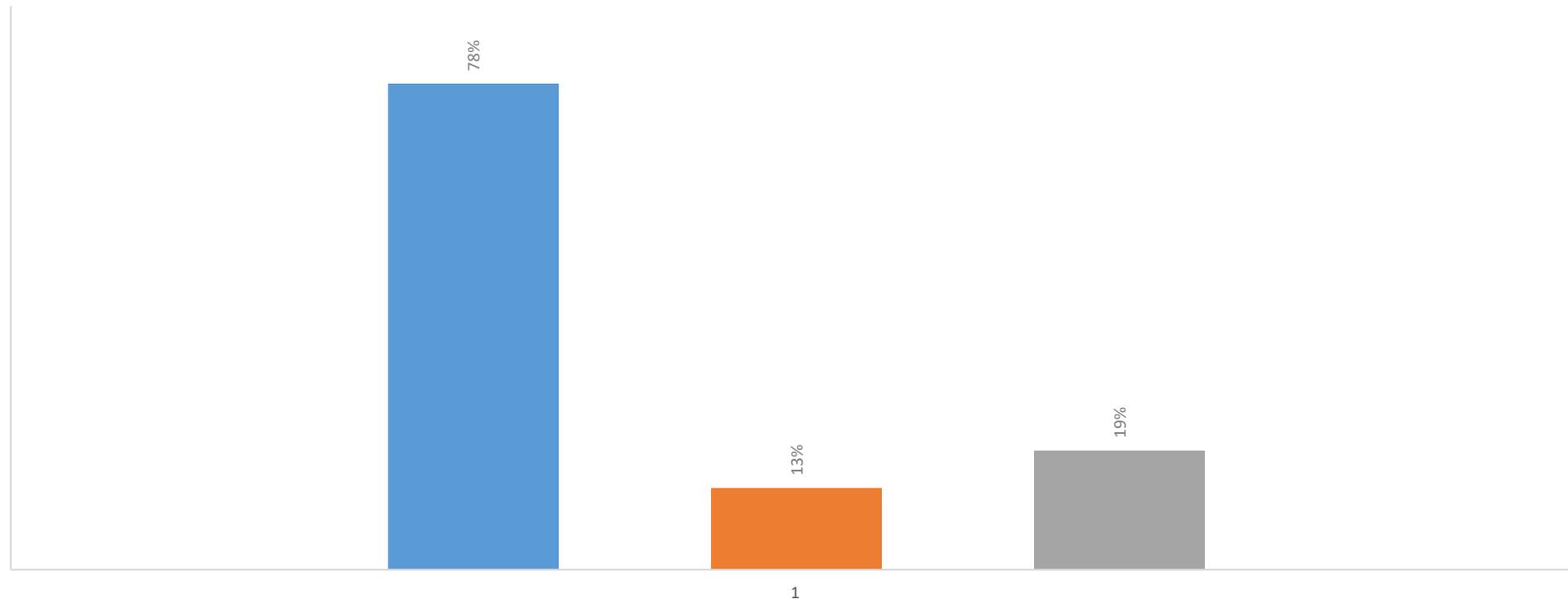


What staff/professionals are involved in the activity?



WERE MEASURES USED TO INCORPORATE LIVED EXPERIENCE VIEWS INTO THE DESIGN AND IMPLEMENTATION OF THE INITIATIVE/ACTIVITY?

■ Yes ■ No ■ Unsure



Activities Scan Webpage



Quality of Life - Equality in Life

Contact Us

Initiatives and Activities Scan

Program Focus

Health Focus

Population / Cohort

While You Wait – GP

The While You Wait GP Resource Pack was collaboratively developed by a team of GPs, lived experience representatives, and researcher Kath Thorburn. This initiative was funded by the Mental Health Commission's Health Literacy Initiative. These resources aim to assist GPs and their clients in proactively managing well-being while awaiting mental health services. The PHN has effectively distributed these materials through targeted marketing channels tailored to GPs. For more information and access to the resources, please visit: <https://cesphn.org.au/mental-health/resources-and-links>

Organisation: Central and Eastern Sydney Primary Health Network

More information: <https://cesphn.org.au/>

Phone: 1300 986 991

Email: regionalplan@cesphn.com.au

Commissioned Service – Shared Care



The Shared Care program, in collaboration with SESLHD, SLHD, and SVHN, aims to support the physical health needs of individuals with severe mental illness who are receiving community mental health services or transitioning from secondary to primary care.

Organisation: Central and Eastern Sydney Primary Health Network

More information: <https://cesphn.org.au/>

Phone: 1300 986 991

Email: regionalplan@cesphn.com.au

Commissioned Service – PICS



The Primary Integrated Care Support Program offers clinical care, coordination, and psychosocial support to individuals experiencing severe mental illness through the expertise of mental health nurses and the peer workforce.

WW

Webpage

[Initiatives and Activity Scan – Equally Well](#)

www.equallywell.org.au



<https://drive.google.com/drive/folders/1eY9dwpL5xGo5M-iEXLWbbVrq4j0UQMb4>

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Next steps - add and update and refine.

Seek content from

- other services
- other sources
- other partners –subgroups – LHD's/LHN's
- Add work in development

Research scan

Tag and curate resource repository

www.equallywell.org.au

