

Brisbane North PHN Commissioned Services

Mental health, suicide prevention, alcohol and other drugs 2023/24

This snapshot provides an overview of the commissioned activities and services provided to those living in the North Brisbane and Moreton Bay regions in 2023/24. Brisbane North PHN commissioned 32 organisations to deliver services. Additionally, for the first time, we are including a snapshot of our Norfolk Island activity. Unless otherwise specified, data is inclusive of Norfolk Island activity.

For more information on PHN commissioned services see:
brisbanenorthphn.org.au/our-programs/mental-health-services

9,644

From 1 July 2023 to 30 June 2024, 9,644 people across the North Brisbane region accessed services commissioned by the PHN.

Mental health and suicide prevention

People accessing services:

Service providers deliver a wide range of services including psychological therapies, care coordination and psychosocial supports.

64.2%

of people accessing services were female and 31% were male

14.4%

identified as Aboriginal, Torres Strait Islander or both

19.1%

were born overseas

3.2%

other gender

10,120

Number of episodes per service type across the Stepped Care continuum.

2963

Psychological therapy

217

Psychosocial Services

721

Low intensity psychological intervention

2765

Child and youth-specific mental health services

1051

Clinical care coordination

1002

First Nations specific

1401

Other

Conditions / Diagnoses

Principal diagnoses recorded

Anxiety disorders – **23.8%**

Affective (Mood) disorders – **11.7%**

Additional diagnoses recorded

No additional diagnosis – **36.8%**

Anxiety disorders – **19.2%**

School Readiness Program

- Currently operating from two early education centres in Caboolture and a playgroup in Redcliffe.
- Facilitates linkages to local primary healthcare services to ensure improved health outcomes to children
- Allied Health Professionals (AHPs) including occupational therapists and speech pathologists, screen children for developmental issues.

Results:

- Increased school readiness by **70%**
- Successful proof-of-concept found children improved in one year by:
 - **21%** social
 - **50%** gross motor
 - **25.5%** language skills (foundational development milestone needs for school)

85,865

Service contacts occurred over the year

28.8% had GP Mental Health Care Plan

37.8% service contacts were delivered in a modality other than face to face i.e. telephone, virtual appointments etc.

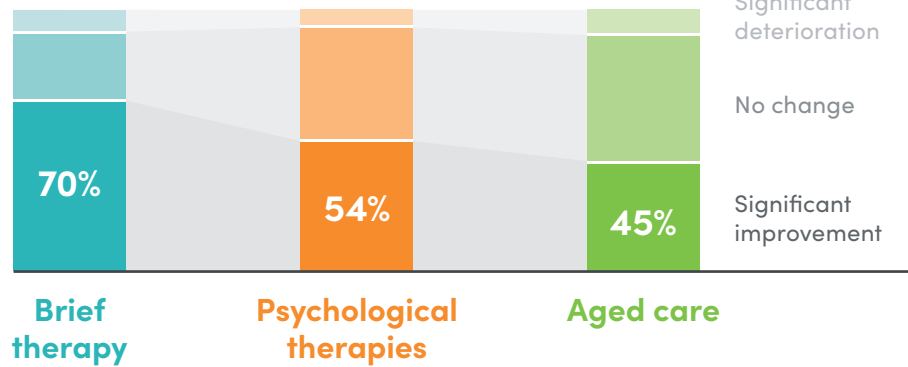
29.5% of service contacts were conducted as outreach (not in service providers office)

42.6% of people accessing services lived in Moreton Bay region.

Outcomes achieved:

Positive outcomes were achieved for people in the region

Outcome Score Improvements



Alcohol and other drugs:

Service providers provide a range of treatment support options to people experiencing concerns regarding their substance use, ranging from harm reduction based brief interventions through to counselling and day support programs.



23,657 occasions of service were delivered to **3,876** service users, **7522** more than 2022/23.

2.5% of all service users identified as Aboriginal and/or Torres Strait Islander. No data is available on the number of people who identified as a member of the LGBTIQ+ communities.

77.4% of all service users experienced a co-existing mental health concern along with problematic substance use.



Safe Space:

4 safe space programs in the PHN region providing after-hours, peer-led alternative to EDs.

Average **480** visits per month, total of **5,765** visits.

1943 individual guests were welcomed.

Monthly new guests accounted for **55-77%** of individual guest visits.

Main age group accessing Safe Spaces is **25-64** years, followed by **18-24** years.

Norfolk Island

Brisbane North PHN have been working with the Norfolk Island community – our most remote point of service – since 2022. As part of a Mental Health and Wellbeing Program, we commission clinical services such as a psychologist who provides on island and telehealth services and health and wellbeing activities through community engagement.

59 clients received **197** service contacts.

70% service contacts face to face vs **2%** telehealth vs **37%** internet based

Lived Experience workforce

A commissioned provider stocktake survey in June 2023 identified that **60%** of providers employ Lived Experience (peer support) workers.