

# Planning for Wellbeing

## 2021/22 Snapshot

This snapshot provides an overview of the activities undertaken across 2021/22 by Planning for Wellbeing stakeholders in the Brisbane North and Moreton Bay regions. For more information on Planning for Wellbeing, [\*please visit the website.\*](#)

**261**  
actions



**55**  
partnering  
organisations



**9**  
partnership and  
working groups with a  
total of **121 members**,  
who met on a total of  
**45 occasions**



**4**  
years of  
implementation



**75**  
objectives



**17**  
lived experience  
representatives  
across the groups



# 5 key principles

The principles underpin our work to achieve outcomes, objectives and actions

- 1 **Authentic participation** by people with a lived experience will underpin our work.
- 2 **A holistic approach** based on social determinants of health will shape our services.
- 3 Frameworks that **support matching people** to the intervention level that best meets their needs will direct our service delivery:
  - Stepped care for mental health services;
  - Lifespan for suicide prevention services; and
  - Queensland Alcohol and Other Drug Treatment Service Delivery Framework for alcohol and other drug treatment services.
- 4 **Effective communication** and strong collaboration will strengthen all we do.
- 5 We value equity, **respond effectively** to diversity and work towards social justice.

# 10 Long-term outcomes

Together we seek to build a community in Brisbane North where people:

3 are in charge of their own recovery, and services and supports respond to what they need

5 know about and are connected to the right services and supports at the right time, and in the right place

7 are understood holistically so that they can be connected to broader health and community services that address social determinants of health

9 with a lived experience contribute their experience to inform services and supports and drive service innovation and quality improvement, as part of an evidence-informed approach

1 have the resources and supports to create and maintain healthy meaningful lives

2 are free from stigma and discrimination

4 achieve their desired outcomes, assisted by services and supports when needed

6 seamlessly access different services and supports as their needs change

8 with a lived experience are actively involved in all levels of policy, planning, delivery and evaluation

10 have confidence in services and supports that are appropriately resourced, work collaboratively, and maintain a stable, skilled workforce, including peers and carers.

# 15 focus areas (chapters)

- 1 People with a lived experience leading change
- 2 Supporting families & carers
- 3 Sustaining good mental health
- 4 Commissioning services
- 5 Delivering integrated services
- 6 Responding to diversity
- 7 Aboriginal and Torres Strait Islander social and emotional wellbeing
- 8 Alcohol and other drug treatment services
- 9 Infants, children, young people and families
- 10 Psychological therapies
- 11 Severe and complex mental illness
- 12 Suicide prevention
- 13 Our governance approach
- 14 Measuring outcomes, implementing, and reviewing the Plan
- 15 Regional resourcing

### Completed:

Actions for which implementation is complete.

### Not started:

Actions for which implementation has not yet been started.\*

### On track:

Actions that are being implemented and are on track for completion and/or will be ongoing in the future.

### On hold:

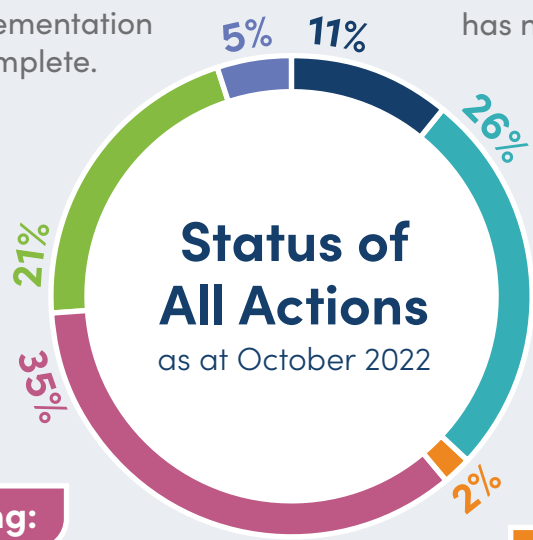
Actions that have started but are not currently being progressed.\*

### Ongoing:

Actions for which implementation is complete and now the action continues on as business as usual.

### Delayed:

Actions that are being implemented, but completion is delayed.\*



\*The reason/s for an action being on hold, delayed or not started are often complex and specific to the particular action. Such a status may be due to limited or lack of funding; limited workforce capacity; competing priorities in operations; broader sector challenges; and/or other factors. To understand more about a particular action's status, and support transparency and accountability, it is recommended that the interested party contact the regional plan coordinator to liaise with relevant implementation staff for details.

# 12 Activities or initiatives

with positive community impact in the past year

## A Planning for Wellbeing Lived Experience Representative

wrote a submission to the Queensland Parliamentary Inquiry into Mental Health, on behalf of the Peer Participation in Mental Health Services (PPiMS) Network. Following the Inquiry, the Queensland Government has endorsed several recommendations to promote lived experience engagement going forward.

## The Institute for Urban Indigenous Health

integrated mental health into their social and emotional wellbeing program. This means that their System of Care is less fragmented and more holistic for consumers to experience as a part of their broader health needs.



## The Wellways Carer Gateway

is a federally funded early intervention program that aims to support, refer, empower and build the capacity of unpaid carers in our region. Many residents have accessed the program, which has led to them receiving counselling, coaching and peer group support.

## The Integrated Mental Health Hubs

across the region have implemented the Equally Well initiative with their partnering organisations. The initiative has directly improved and supported the physical health needs of people living with mental illness, which will likely contribute to longer life expectancy for this group.



## The Brisbane MIND program

was expanded to provide mental health services to residents who were impacted by the February 2022 floods. These programs have enabled consumers to address current stressors and work through existing trauma.

## The National Mental Health Services Planning Framework

has enabled key local and state mental health planners to better understand the gaps and service needs in the Brisbane North mental health system. In future, this will be expanded upon in our comprehensive regional plan.

## The national Head to Health Phone Service

was launched. It provides an assessment and navigation pathway for people in Brisbane North in need of mental health support. In the future, referral pathways and local service integration will continue to be developed, to ensure that people receive the right care for their needs.

## World Wellness Group

has continued to provide culturally responsive mental health services to culturally and linguistically diverse community members in Brisbane North. To continue improving service access and referral pathways, the organisation plans to focus on working more closely with GPs.

## The Brisbane North Safe Spaces

network was launched. Safe Spaces are peer-led, after-hours services that provide an alternative to the emergency department for people experiencing distress or suicidal thoughts. The network will seek to expand its reach to other local areas in the future.



## Metro North Mental Health

launched their suicide, self-harm and overdose prevention plan for 2022-24, known as SPIRES. It focuses on improving their services' ability to recognise and respond to people presenting with these concerns. Going forward, all Metro North Mental Health staff will be trained in SPIRES, as part of an ongoing commitment to improved service delivery, safety and healing.

## The Regional Youth Advisory Group

began their Lived Experience Engagement Project, which involves young people working alongside youth services to improve services. Community consultation was undertaken, and the next phase will be to create a practical tool for embedding youth lived experience participation in services.



## A clinical supervision exchange program

for alcohol and other drug (AOD) workers was implemented as part of a broader body of research. The program was found to be an effective and valuable strategy for increasing access to high-quality clinical supervision for the AOD workforce.



To learn more, watch our videos on the [\*Planning for Wellbeing website\*](#)



**Queensland** Government

**Metro North Health**

The North Brisbane and Morton Bay Health Alliance is a partnership between Metro North Hospital and Health Service and Brisbane North Primary Health Network to deliver significant improvements to the integration and coordination of health care services in the north Brisbane region with the a focus on patient health outcomes and efficient use of resources.