



Planning For Wellbeing Learnings and Achievements

Planning for Wellbeing a Regional Plan for Brisbane North and Moreton Bay focusing on mental health, suicide prevention and alcohol and other drug treatment services 2018 – 2025 was endorsed by the Brisbane North Strategic Coordination Group and launched in October 2018. It established a shared regional vision and action plan to guide collaborative system reform.



Focus Areas:

The plan identified 12 interconnected focus areas:

- People with a lived experience leading change
- Supporting families and carers
- Sustaining good mental health
- Commissioning services
- Delivering integrated services
- Responding to diversity
- Aboriginal and Torres Strait Islander social and emotional wellbeing
- Alcohol and other drug treatment services
- Infants, children, young people and families
- Psychological therapies
- Severe and complex mental illness
- Suicide prevention

What Worked

Key strengths and achievements from implementation included:

- Lived experience participation, engagement, and leadership
- Genuine collaboration and trusted relationships
- Increased trust and reduced competition between service providers
- Inclusion of diverse communities
- Delivery of services and programs that reflect community needs
- Improved referral pathways and innovative service models

Plan in Action – Highlights of implementation activities and initiatives





Key achievements include:

- **Head to Health Phone Service**
 - 1,796 enquiries received
 - Partnered with Queensland Police Service to support referral pathways
- **Integrated Mental Health Hubs**
 - 21,982 occasions of service delivered to 1,533 people across our Integrated Mental Health Hubs which implemented a physical health project
- **The Way Back Support Service (TWBSS)**
 - Expanded to The Prince Charles Hospital Catchment with 11,549 occasions of service delivered to 222 participants.
- **Establishment of Bribie Island headspace Satellite**
- **Establishment of Compassionate Villages as part of the Safe Spaces Network**
 - Delivered 'Recognising and Responding to Distress in the Community' workshops to 50 frontline workers
- **Brisbane MIND & Brisbane MIND4Kids**
 - Delivered up to 12,000 psychological therapy and psychosocial support services to support people experiencing moderate mental health symptoms.
- Since July 2023, Brisbane North PHN and Metro North Mental Health have been developing a **Crisis Reform Strategy**, to enhance crisis care through collaboration and community input. Key reforms already underway include the [Nujum Jawa Crisis Stabilisation Unit](#), mobile mental health teams, improvements to the [1300MHCALL phoneline](#), and expanded peer-led [Safe Spaces](#). These initiatives aim to improve access to care, provide culturally safe and trauma-informed support, and strengthen service integration for better outcomes for consumers, families, and carers.

