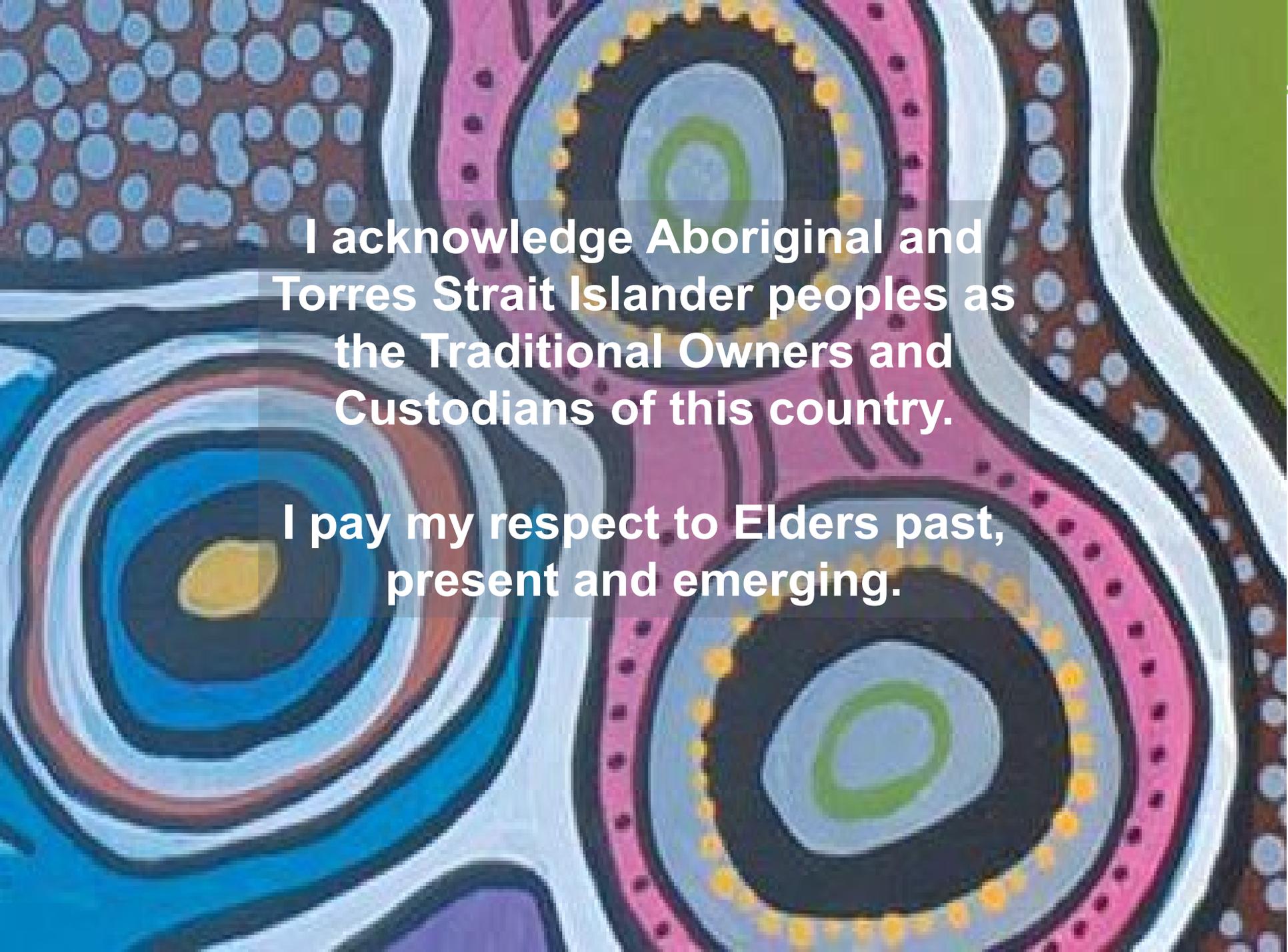




Queensland
**Mental Health
Commission**

**Shifting Minds Renewal and Every Life Phase 2
Amelia Callaghan**



I acknowledge Aboriginal and Torres Strait Islander peoples as the Traditional Owners and Custodians of this country.

I pay my respect to Elders past, present and emerging.

Outline

- Overview of *Shifting minds*
- Purpose and context of renewing *Shifting minds*
- *Every Life Phase 2*
- Progress update
- Next steps

Shifting minds

Queensland Mental Health,
Alcohol and Other Drugs Strategic Plan
2018–2023



Queensland
Mental Health
Commission



Overview of *Shifting minds*

- Whole-of-person, whole-of-system and community, whole-of-government approach.
- Inclusive of mental illness, problematic alcohol and other drugs (AOD) use, and suicide.
- Provides the overarching direction for collective and coordinated action

Shifting minds

Queensland Mental Health, Alcohol
and Other Drugs Strategic Plan
2018–2023



Every life

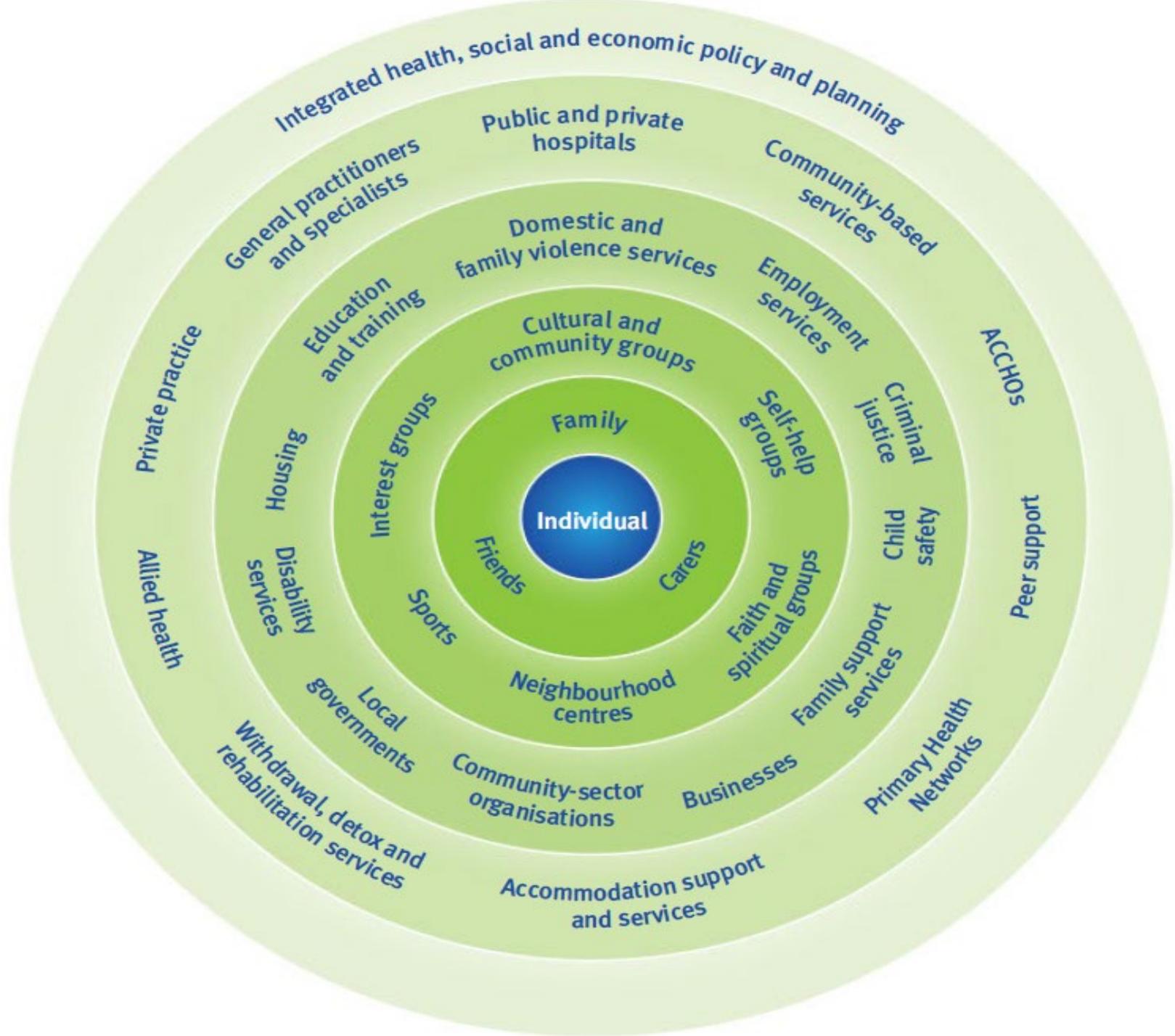
The Queensland Suicide Prevention Plan
2019–2029



Achieving balance

The Queensland Alcohol and Other Drugs Plan
2022–2027





Three areas for strategic focus

Focus area 1

Better lives

Individuals	Strategic directions
	Personalising and integrating care
	Removing barriers to social and economic participation
	Individual outcomes
	Connected and integrated services
	Secure housing, work, education and skills, daily living support, inclusion
	Services close to home
	Physical health, including harm reduction for AOD use
	Social, cultural and trauma-informed considerations in service provision and support
	Safety and support at times of crisis and higher risk

Focus area 2

Invest to save

Populations	Strategic directions
	Strengthening mental health and wellbeing
	Getting in early
	Population outcomes
	Individual, community and service system awareness and capacity
	Best start in life
	Prevention and early intervention in schools, workplaces and communities
	Ageing well
	Early intervention for individuals experiencing adverse life events and circumstances

Focus area 3

Whole-of-system improvement

Systems	Strategic directions
	Balancing our approach
	Collective responsibility
	Whole-of-system outcomes
	Balanced growth across the continuum of interventions
	Integrated planning, funding, commissioning and governance
	Funding and reporting models that support individual and system outcomes
	Whole-of-government leadership and accountability

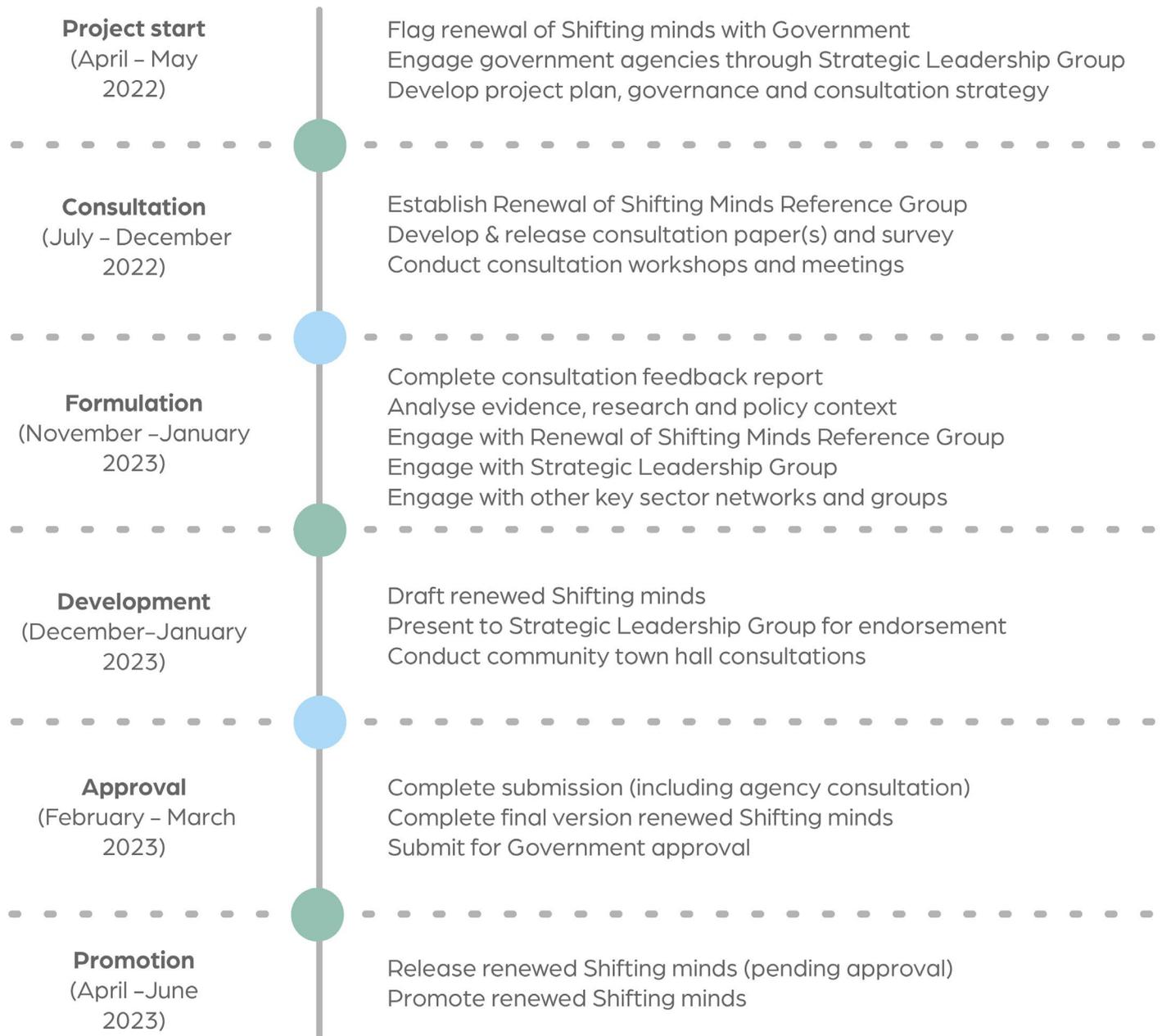
Why renewal and not 'new'

We want to:

- Build upon **progress achieved** and learnings to date
- Recognise that **reform takes time**
- Strengthen **capability for reform**
- Manage **timeframes**

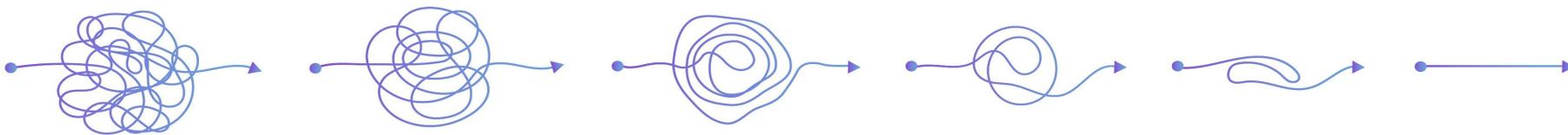
- Incorporate learnings
- Scope of renewal
- Targeted rather than broad consultation
- Future and solutions focussed rather than on issues and challenges
- System thinking

Renewal timeline



Reference Group

- Collective leadership of the renewal process
- Key informants providing high level advice and feedback
- Sounding board to enable robust decision-making
- Conduit to broader networks and stakeholders
- Government, non government, lived experience representatives and peaks



Consultation & engagement

ENGAGEMENT FOCUS

ENGAGEMENT OBJECTIVE

Broad engagement

Submissions and evidence to state government parliamentary inquiries, Royal Commissions, and Productivity Commission inquiries
Consultations to develop the Alcohol and Other Drug Plan
Sector Leaders' meetings
Queensland Mental Health and Drug Advisory Council
Other QMHC sector engagement activities

Defining the scope

Focussed engagement

Renewal of Shifting Minds Reference Group
Strategic Leadership Group
Other key sector networks/expert advisory groups

Gaining clarity

Targeted issue-based engagement

Targeted roundtables and workshops
Targeted consultation papers
Stakeholder discussions

Finding leverage

Formulate & develop

Renewal of Shifting Minds Reference Group
Strategic Leadership Group
Queensland Mental Health Commission

Acting strategically

What we are hearing so far

- Accessible
- Community based
- Integrated
- Whole of person
- Housing with supports
- Employment with supports
- Early in Life, illness, vulnerability
- Across age range
- Multiple settings
- Wellbeing focused

Emerging populations:

- Children
- Ageing Population
- Contact with criminal justice system (vulnerability)

Enablers:

- Workforce
- Lived Experience leadership
- Data and Evaluation

Every life

The Queensland Suicide Prevention Plan
2019–2029

Phase One

The bottom half of the page features a large, abstract graphic composed of thick, textured brushstrokes in various shades of orange and yellow. The strokes are layered and overlapping, creating a sense of movement and depth. The colors transition from a deep orange on the left to a bright yellow on the right.

Every life phase one

Phase One 2019–2022

Action area 1

Building resilience

Improve wellbeing in people and communities

Enable children and families to thrive

Strengthen school mental health supports

Build mentally healthy workplaces

Public sector leading by example

Build inclusive, resilient communities

Create safer public spaces

Action area 2

Reducing vulnerability

Strengthen support to vulnerable people

Prioritise suicide prevention for men

Work together to support vulnerable people

Target interventions for those at greater risk

Action area 3

Enhancing responsiveness

Enhance responses to suicidality

Make every contact an opportunity for intervention

Enhance options for care

Pursue excellence in care

Provide timely support following a suicide

Action area 4

Working together

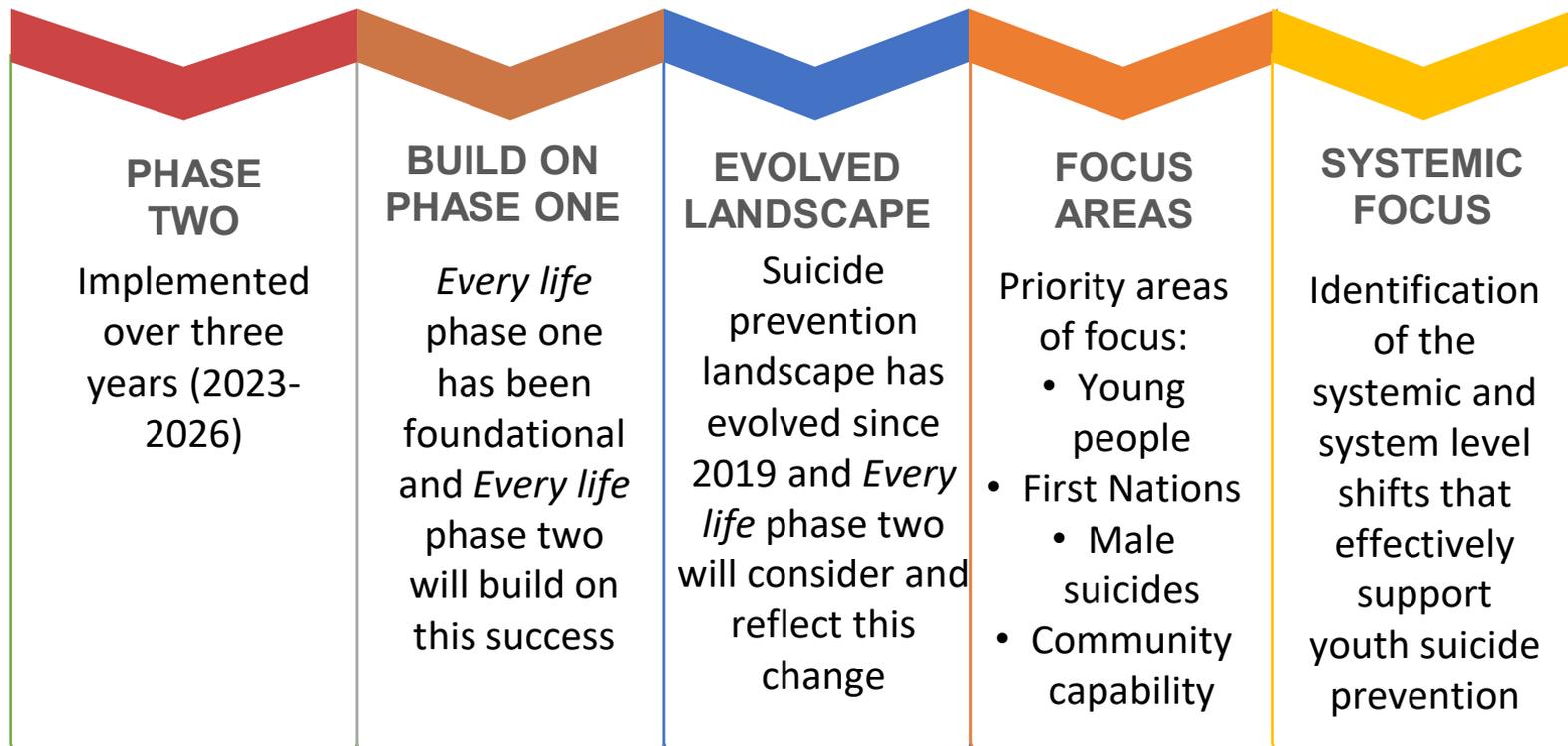
Achieve more by working together

Create a coordinated approach to suicide prevention

Strengthen Aboriginal and Torres Strait Islander leadership in suicide prevention

Improve use of data, evidence and evaluation

Approach to *Every life* phase two



Every life pillars – Phase two

**BUILDING
RESILIENCE** *in
all children and
young people*

**REDUCING
VULNERABILITY** *in young people
at higher risk of
suicide*

**ENHANCING
RESPONSIVENESS** *to young people in
crisis*

ENABLING REFORM

- *Lived experience*
- *Governance*
- *Data and surveillance*
- *Workforce*

Consultation and engagement program

Strategic
Leadership Group
and Reference
Group workshops

Every life (phase 2)
consultation
workshops

Series of facilitated
consultation
workshops

Series of existing
network meetings

State Government
departmental
consultation

Series of one-on-
one conversations

Consultation paper
and survey

Series of public
consultation
forums

Other consultation
meetings
(emerging topics)

Systems Thinking Iceberg

Leverage through Systems Thinking

WHAT



Events - observed

What is occurring?
e.g., the things that occur that we see

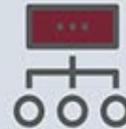
WHAT



Patterns / Behaviours - can be deduced

What trends are there over time?
e.g., the recurring patterns of the events that we observe

WHY



Structures - Inherent in the system design

How are the parts related?
What influences the patterns?
e.g., the pressures, policies, power dynamics, perceptions and purpose that are inherent in the system, that create the patterns & behaviours

WHY



Mental Models - deeply held, not always understood

What values, assumptions & beliefs shape the system?
e.g., Our assumptions and deeply held beliefs that create the structures that we design

Next steps

- Consultation and engagement (mid-Dec)
- Discussion paper and survey – coming soon
- Consultation findings (January)
- Government consideration (March)

Upcoming consultation forums

Townsville
(Sector consultation)
Tuesday 29
November

Gold Coast
(Older Adults)
Friday 2
December

Brisbane
(Lived experience)
Monday 5
December

Webinar
(regional, rural and remote)
Monday 12 December

Webinar
(Sector consultation)
Tuesday 13 December

Community forums
Caboolture, Ipswich, Cairns, Rockhampton
(Members of the public and local service providers and organisations)
Beginning week of 30 January 2023

Stay in touch!

Queensland Mental Health Commission

Phone: 1300 855 945

Email: Shiftingminds@qmhc.qld.gov.au

Website: www.qmhc.qld.gov.au