



OVERVIEW

Queensland Plan for Mental Health 2007-2017

A vision for mental health

The vision of the *Queensland Plan for Mental Health 2007-2017* is to facilitate access to a comprehensive, recovery-oriented mental health system that improves mental health for Queenslanders.

A way forward for mental health services

The *Queensland Plan for Mental Health 2007-2017* ('the Plan') describes the Queensland Government's plan to reform and improve mental health services over the next ten years.

The Plan challenges government, private sector, and non-government organisations to work collaboratively to provide recovery-oriented, consumer-focused mental health services that:

- promote mental health and wellbeing
- where possible prevent mental health problems and mental illness
- reduce the impact of mental illness on individuals, their families and the community
- promote recovery and build resilience
- enable people who live with a mental illness to participate meaningfully in society.

The Queensland Government has set clear targets to measure and evaluate progress over the next ten years.

The Plan provides a way forward for mental health services over the next ten years. The Plan identifies clear ten-year targets for inpatient beds, community mental health staff, and non-government sector support services needed to provide mental health services that are responsive to the needs of consumers, families and carers.

Collaboration and partnership between multiple stakeholders is pivotal in meeting the need for mental health services in the Queensland community and supporting recovery for people living with mental illness.

“ We are reforming and improving the way we deliver mental health services ”

Principles

The Plan articulates six principles to guide reform. Mental health service delivery across all sectors in Queensland should align with these principles.

PRINCIPLE 1

Consumer and carer participation

Consumers, families and carers are actively involved in all aspects of the mental health system

The mental health system will support active participation of consumers, families and carers in all aspects of activity including policy development and implementation, service planning and delivery, and research to ensure mental health care is oriented to meeting the specific needs of individuals.

PRINCIPLE 2

Resilience and recovery

The mental health system promotes resilience and recovery

Mental health care will be provided within an operational framework that promotes resilience and recovery.

PRINCIPLE 3

Social inclusion

The mental health system is community-oriented, comprehensive, integrated and socially inclusive

Consumers, their families and carers will have access to a comprehensive community-based system of treatment, care and support that promotes recovery and works in a positive manner to address the impact of mental illness.

PRINCIPLE 4

Collaboration and partnerships

Cooperation, collaboration and partnerships are key elements of the mental health system

The mental health system will operate through inter-sectoral cooperation, collaboration and partnerships with a range of stakeholders including consumers, families and carers.

PRINCIPLE 5

Promotion, prevention and early intervention

Promotion, prevention and early intervention are integral to the mental health system

Promotion, prevention and early intervention (PPEI) will occur at the population, group and individual level, to build individual and community resilience and wellbeing, effectively target key risk and protective factors, and facilitate early intervention.

PRINCIPLE 6

Evidence-based

Mental health care is evidence-based, prioritising quality and safety

High quality services will be accessible and responsive, informed by research and evidence of best practice, provided by a suitably skilled and supported workforce, and deliver improved outcomes to people living with mental illness, their families and carers, and the wider community.



The Queensland Plan for Mental Health 2007-2017

Priorities for reform

PRIORITY 1 Promotion, prevention and early intervention	Strengthen collaborative action to: <ul style="list-style-type: none">• build individual and community resilience and wellbeing• effectively target key risk and protective factors• facilitate early intervention in known high risk groups for mental illness.
PRIORITY 2 Improving and integrating the care system	Enhance and develop the continuum of clinical mental health treatment and care for consumers, families and carers. This system will promote resilience and recovery.
PRIORITY 3 Participation in the community	Build capacity to assist and support people with mental illness to live full and meaningful lives in the community.
PRIORITY 4 Coordinating care	Facilitate the linkage of a range of services to provide an integrated system of care to consumers, families and carers.
PRIORITY 5 Workforce, information quality and safety	Enhance and strengthen the capacity of services to provide high quality, safe and evidence-based mental health care.



- It is estimated that 16.6% of the Queensland population is affected by mental disorders in any one year (excluding dementia and alcohol and drug-related disorders, except where co-existing with another mental disorder).
- The figure rises to about 22% when alcohol and drug-related conditions are included.
- Anxiety-related and depressive disorders are the most prevalent, affecting approximately 7% and 6% of the population within any year respectively.
- Almost 2.5% of Queensland people experience severe mental disorders. About half of this group have a psychotic disorder and the remainder experience major depression or severe anxiety disorders and disabling forms of other disorders such as anorexia nervosa.
- Approximately 4.5% have a mental disorder of moderate severity, including depression, generalised anxiety disorder, post-traumatic stress disorder and panic disorder/agoraphobia.
- A further 9.6% have a disorder of mild severity and are at risk of recurring or continuing mental disorders.

Like a copy of the Plan?

Copies of the *Queensland Plan for Mental Health 2007–2017* are available:

- electronically from Queensland Health's website www.health.qld.gov.au/mentalhealth
- or you can order hard copies online from the Queensland Government Bookshop at www.bookshop.qld.gov.au



Queensland Government

Prepared by the Mental Health Branch, Queensland Health.