

‘Tough Times, Hard Decisions, Strong Sector’
NTCOSS Conference 2015

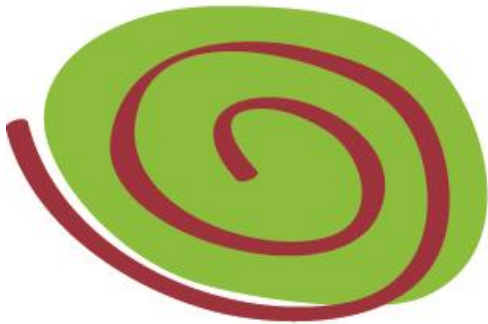
Impacts of Social Policy

(and how to survive)

Helen Egan,
CEO TEAMhealth



also President of



NORTHERN TERRITORY

MENTAL HEALTH
COALITION

TEAMhealth - our social context

- Community mental health
- Individuals impacted by mental illness
- Carers and families
- Skilled staff
- Non-Government Organisation (NGO)

Our social context

- Stakeholders

- Our participants, carers and families, staff
- Other services and providers
- Government services - NT and Commonwealth
- Primary Health Network (formerly NTML)
- Other peak bodies
- Funders: - NTG, DSS, C'wth DoH, PM&C

Many touch points

Many impacts on our participants

Many impacts on our services

Many impacts on communities





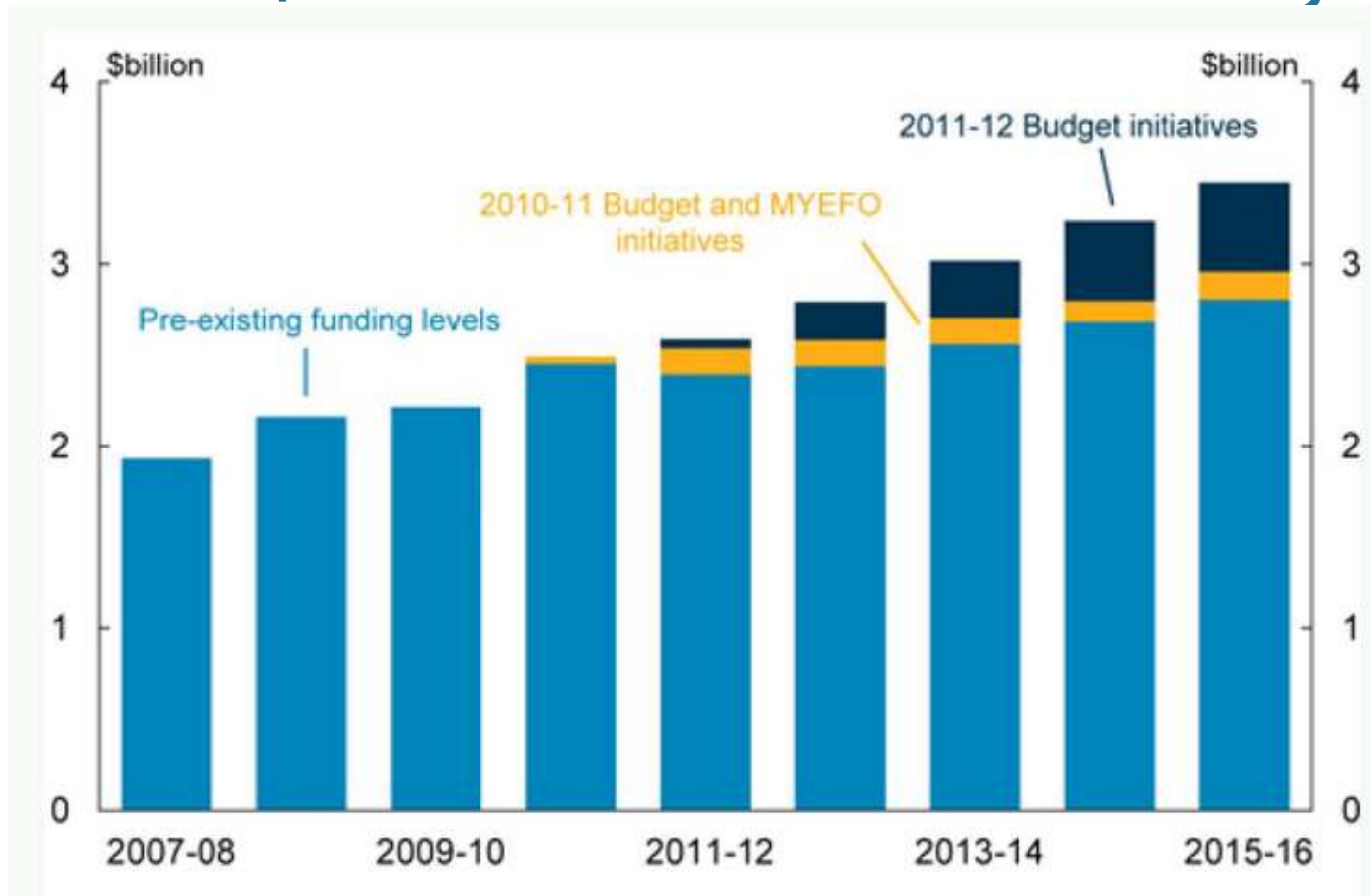


29/05/2015

What is spoiling my sleep?

- Decision making in government(s)
- Commissioning reviews then
- NDIS – mental health, housing, remote services
- IAS / DSS tender processes
- Short term funding
- Aged (Home Care) Packages out of kilter
- Impacts on participants, services

Mental health expenditure up by about \$1.5b over last seven years.



Source www.abc.net.au Supplied: budget.gov.au

Getting the balance right

- Burden of Disease: $\approx 14\%$ is mental illness
- % of health budget on mental health
 - OECD: $\approx 12-16\%$
 - Australia: $\approx 7\%$
- Community-based services recommended

‘Where we lack is decent community services to get to where people are living’

Been here before?

Previously:

- four national plans,
 - one roadmap,
 - two report cards,
 - one national action plan,
 - two national policies,
- and now a national review

Contributing lives,
thriving communities

Report of the National Review of Mental Health Programmes and Services

Summary

30 November 2014

 Australian Government
National Mental Health Commission

What has helped in the buffeting

- Clear vision and purpose
- Board support and advice
- Active management of organisation
- Good relationships with stakeholders
- Open, honest communication
- Speaking the truth (however hard)
- Reaching out and engaging

Know your obligations...,

- Duty of care
- Quality standards and accreditation
- National Employment Standards
- Award requirements
- Work, health and safety,
- Educate your funders about your obligations

understand the media (all of it),

- Consider the front page test
- Who sees/hears it
- What uncertainty is created (participants, families, staff, recruitment actions,)
- How message can go astray...



Twitter



Facebook

CENTRALIAN
Advocate



NEWS

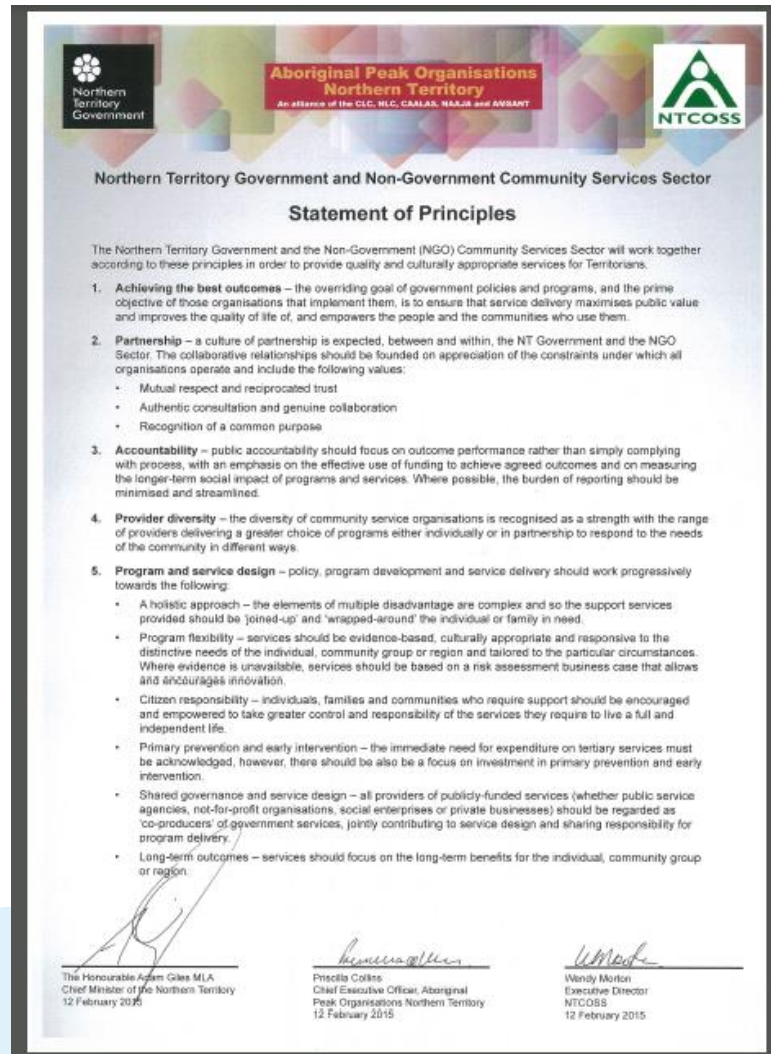
NT News



Katherine Times
YOUR TOWN & COUNTRY WEEKLY



.... and work within the Statement of Principles



- Respect gov. constraints

and / but

- Get reasonable action taken

On a personal level

- Harness your emotions
- Know your limits (stress, work, ...)
- Family time, be active, be creative, ... learn...
- Sleep
- Seek help when needed ...

A LOT ON YOUR SHOULDERS?

NO SHAME IN TALKING IT OUT

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 WWW.YARNSAFE.ORG.AU

Headspace acknowledges Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia and we pay our respects to their elders, both past and present, and to their Elders on Country. Headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Strategy.

GOT A LOT GOING ON?

NO SHAME IN TALKING IT OUT

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Thank you

