

Innovative outreach model for headspace Pilbara

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Young people in the Pilbara are the first in Australia to benefit from an innovative new mental health service, with a two-year trial of a unique headspace outreach model now underway.

Recognising the characteristics of the region, **headspace** Pilbara will offer services within the community, unlike the usual centre-based headspace model where young people attend a fixed location.

Youth wellbeing workers will be based in Newman, Port Hedland and Karratha, but the service has been designed to reach out in a flexible way rather than require young people to come into the centres.

headspace staff will spend time in schools, youth services, Aboriginal Medical Services, community centres, as well as other locations that will allow them to reach young people not typically engaged with school or youth services.

WA Primary Health Alliance, via its Country WA Primary Health Network, has commissioned Anglicare WA to design, plan and deliver the \$2.2 million service that will cater for young people aged 12 to 25 experiencing mild to moderate mental health issues.

Anglicare WA has partnered with 11 other health, community, Aboriginal and youth Pilbara organisations to ensure a coordinated approach to meeting young people's wellbeing needs.

WA Primary Health Alliance CEO Learne Durrington said it is important for young people to have access to mental healthcare in a way that matches their lifestyle, environment and needs.

"We can't continue to rely on traditional location-based approaches, particularly when faced with the challenges of resourcing services across vast areas such as the Pilbara.

"This requires innovative thinking and Anglicare has done an outstanding job in delivering a service model that goes to where the young people are, has their needs front and centre and has the potential to transform lives," Ms Durrington said.

Anglicare WA Director Services Mark Glasson, said the idea for the trial had been designed over a six-month period and involved participation from young people, families and local organisations.

"We have tailored the **headspace** Pilbara project through the insights of people living in the unique Pilbara region, along with the needs of the young people in this part of the state," Mr Glasson said.

Anglicare WA says delivery will be targeted to those most in need, so as the trial unfolds, it will have a better understanding of its capacity to meet demand.

headspace CEO Jason Trethowan is looking forward to **headspace** providing targeted youth mental health support services in the Pilbara region.

"Being able to provide essential support for mental health, physical health, alcohol and other drugs, and work and study support to young people, their families and friends in the Pilbara region will have a significant impact.

“This outreach model of care will greatly benefit young people based in regional and rural areas who are unable to access a physical **headspace** centre,” Mr Trethowan said.

headspace Pilbara will provide support for young people in relation to their general health, sexual health, mental health, education/vocation, and alcohol and substance use.

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About WA Primary Health Alliance: WA Primary Health Alliance oversees the strategic commissioning functions of the Perth North, Perth South and Country WA Primary Health Networks (PHNs). The WA PHNs are three of 31 PHNs established by the Australian Government nationally to increase the efficiency and effectiveness of medical services for the community. We work across the WA healthcare system with doctors, allied health professionals, Area Health Services and service providers to improve the coordination of care for people who are at risk of poor health outcomes. For more information, visit www.wapha.org.au