

WA Primary Health Alliance Mental Health Strategy 2023-2026

About the Mental Health Strategy

The WA Primary Health Alliance (WAPHA) Mental Health Strategy has been developed to complement our Strategic Plan 2023-2026. The Strategy provides an overview of WAPHA's priorities and strategic directions for mental health, and the principles that underpin our approaches.

Our Mental Health Strategy aligns with WAPHA's vision of Better Health, Together and our mission: To shape, strengthen and sustain primary health care in Western Australia through partnerships and strategies that demonstrate a one health system philosophy and improve people's access and health outcomes. The Strategy is supported by an implementation plan.



Mental health guiding principles

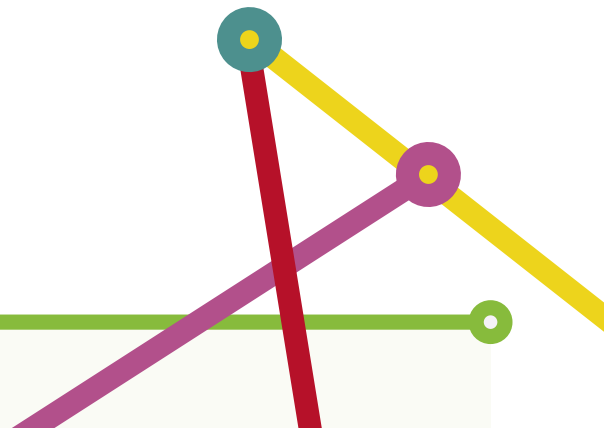
The following guiding principles describe WAPHA's intentions for our mental health program. They are to be read in conjunction with the guiding principles contained in [WAPHA's Strategic Plan 2023-2026](#).

WAPHA will:

1. Focus on person centred primary health care that improves consumer experience and outcomes.
2. Embed lived experience engagement across the commissioning cycle.
3. Promote care that is free from stigma, discrimination or judgement.
4. Commission treatment interventions that are evidence informed, have known effectiveness and are based on individual needs and goals.

Mental health priorities

WAPHA has identified three overarching Mental Health priorities for 2023-2026:

1. Increase timely access to primary mental health care for people in under-served groups and/or experiencing locational disadvantage.
 2. Continuously improve the safety and quality of primary mental health care.
 3. Enhance efficiency and improve the experience and outcomes of people accessing services, by working with partners to reduce fragmentation between general practices and other services.
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Mental health strategic directions

The strategic directions below outline how we propose to achieve our Mental Health priorities. A series of tangible implementation actions will facilitate each strategic direction.

1. Increase timely access to primary mental health care for people in under-served and/or experiencing locational disadvantage.

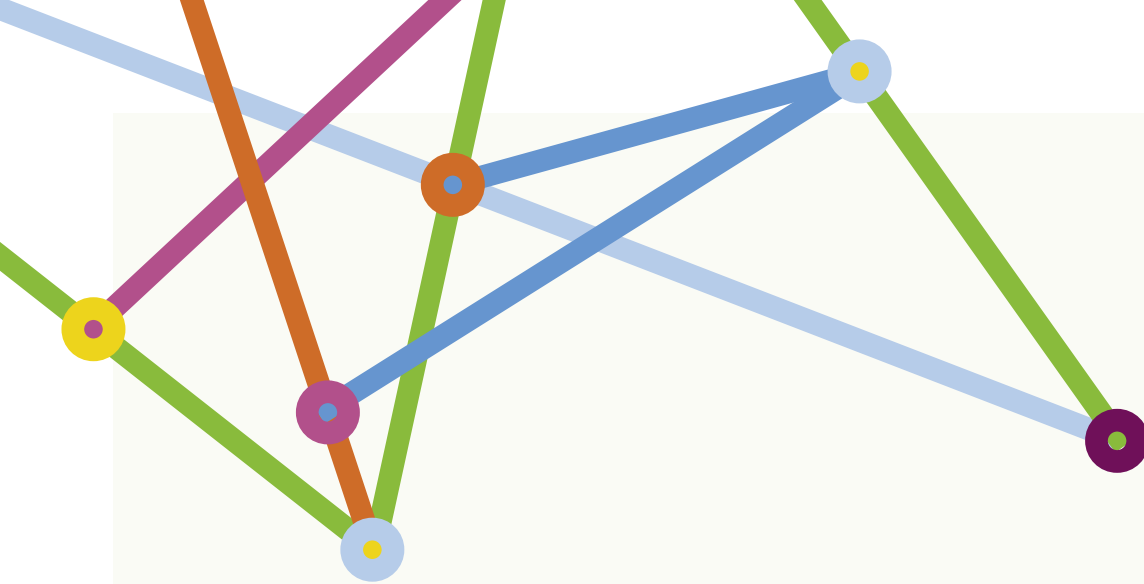
- 1.1. Ensure new and existing service models and care pathways emphasise access and ease of navigation for consumers and carers.
- 1.2. Increase access to treatment through expanding the use of digital technology and virtual supports.
- 1.3. Work with the Australian Government and partners to identify priority locations for the commissioning of headspace centres, Head to Health centres and satellites and other mental health and suicide prevention programs.
- 1.4. Consider potential for on site mental health services in high need locations and with emphasis on complexity.

2. Continuously improve the safety and quality of primary mental health careEnsure commissioned service provision is person-centred and trauma-informed.

- 2.1. Ensure commissioned service provision is person-centred and trauma-informed.
- 2.2. Emphasise requirement for the holistic treatment of physical and mental health issues, in alignment with the Equally Well National Consensus Statement, where appropriate.
- 2.3. Support the development of a lived experience (peer) workforce in primary care settings.
- 2.4. Facilitate access for commissioned service providers and general practice, to targeted education, training and continuous quality improvement activities to build workforce cultural competency and capability in line with WAPHA's cultural competency frameworks.
- 2.5. Ensure contracted providers are appropriately accredited and underpinned by sound clinical governance.
- 2.6. Focus on the continuous improvement of commissioned service provision, through use of reported data and promotion of engagement in communities of practice.

3. Enhance efficiency and improve the experience and outcomes of people accessing services, by working with partners to reduce fragmentation between general practices and other services.

- 3.1. Work with the Mental Health Commission, WA Department of Health and other State government partners to implement coordinated approaches to planning and commissioning across the service system.
- 3.2. Integrate the Head to Health Assessment and Referral service within WAPHA commissioned activity and explore opportunities for integration with State government funded phone services.
- 3.3. Co-design and implement an integrated healthcare precincts approach in priority locations.
- 3.4. Support the implementation of the European Alliance Against Depression system-based approach to suicide prevention, in priority locations.
- 3.5. Encourage general practice and other services to integrate through development of shared vision, shared mechanisms and shared resources.
- 3.6. Implement approaches to support increase of GP referrals to WAPHA commissioned services, including through secure messaging and other secure approaches.



Acknowledgement

WA Primary Health Alliance acknowledges and pays respect to the Traditional Owners and Elders of this country and recognises the significant importance of their cultural heritage, values and beliefs and how these contribute to the positive health and wellbeing of the whole community.

Disclaimer

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