

Nepean Blue Mountains - Mental Health Supports for Bushfire 2019/20 - 2023/24 Activity Summary View



BF - 26 - 2023-2024 Community Wellbeing and Participation Activity



Activity Metadata

Applicable Schedule *

Mental Health Supports for Bushfire

Activity Prefix *

BF

Activity Number *

26

Activity Title *

2023-2024 Community Wellbeing and Participation Activity

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Other (please provide details)

Other Program Key Priority Area Description

Bushfire

Aim of Activity *

The Community Wellbeing and Participation funding activities will increase the delivery of non-clinical supports in fire affected areas in response to the identified needs in collaboration with local government, the National Bushfire Recovery Agency and the National Mental Health Commission.

Description of Activity *

NBMPHN has worked with the National Bushfire Recovery Agency, Mental Health Commission, local government recovery personnel as well as other recovery workers to determine the needs of the bushfire affected communities in our region and allocate funding in response to identified need through the bushfire Needs Assessment.

A key finding from the Needs Assessment indicated a need for mental health education & training to assist community members to recognise and support distressed people. A follow up survey queried the duration, format, types of education and demand. Local suppliers will continue to be engaged in providing education and training offerings in Accidental Counsellor, mental health first aid and trauma informed approaches and practice.

Disaster Recovery Community Development Workers have also been engaged in the Blue Mountains, Hawkesbury and Lithgow LGAs to assist bushfire and flood impacted areas in the next stage of their recovery journey to become self-supporting and sustaining by increasing the capacity of the community to mobilise, organise and develop ongoing sustainable networks in order to build a more resilient community capable of self-support through the accumulated trauma of recent multiple disasters and in preparation for inevitable future disasters.

As part of the Disaster Recovery Community Development Worker's remit, and building on the Trusted Advocates pilot initiated under the Empowering our Communities program, they will identify existing and emerging leaders that support the community during times of disasters that will receive training to identify distressed community members and navigate them to appropriate services.

Needs Assessment Priorities *

Needs Assessment

NBMPHN Needs Assessment 2019/20-2021/22

Priorities

Priority	Page reference
Improve Aboriginal and Torres Strait Islander people's access to high quality, culturally appropriate health care, including primary care and care coordination services.	n/a
Access to culturally appropriate health services	478
Education and training	405
Education and training	415
Collaboration with local councils	399
Consumer perspective	432
Social Disadvantage and Equity further identified	434
High suicide rates of Aboriginal people	439
Access to primary healthcare services	477
Social Isolation and stigma	446
Mental Health Literacy and navigation of the local service system	446
High rates of suicide among men	438
Increasing rates of suicide amongst youth	438



Activity Demographics

Target Population Cohort

Individuals and communities affected by 2019-20 bushfires who are at risk of and/or experiencing distress or trauma in the NBM region

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes

SA3 Name	SA3 Code
Blue Mountains - South	12402
Lithgow - Mudgee	10303
Richmond - Windsor	12404
Hawkesbury	11503
Blue Mountains	12401



Activity Consultation and Collaboration

Consultation

A comprehensive Needs Assessment and a follow up survey has been undertaken. Information was gathered from meetings, consultations and interviews from December 2019 through to October 2020. Anecdotal evidence was also collected from residents speaking publicly and privately at community meetings held by local councils and facilitated by Resilience NSW. Information was also sourced from official but confidential reports that were provided by several organisations as reference and not available publicly. A range of research reports and evidence informing disaster recovery community engagement approaches were referred to informing approach to community consultation, questions and framework.

A public version of the Needs Assessment is available on NBMPHN's website and tabled at various recovery committees. It is used as the basis of collaboration with the local councils, National Bushfire Recovery Agency and Mental Health Commission to guide funding decisions.

Collaboration

A briefing paper was prepared for key stakeholders including National Bushfire Recovery Agency, Mental Health Commission and local Councils, recovery officers. Key stakeholders will be invited to promote, refer and participate in the education and training offerings.



Activity Milestone Details/Duration

Activity Start Date

11/01/2020

Activity End Date

29/06/2023

Service Delivery Start Date

tbd

Service Delivery End Date

31/12/2022

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: Yes

Continuing Service Provider / Contract Extension: No

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

Yes

Is this activity the result of a previous co-design process?

No

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

na

Co-design or co-commissioning comments

na



BF - 2100 - 2023-24 Frontline Emergency Distress and Trauma Counselling Activity



Activity Metadata

Applicable Schedule *

Mental Health Supports for Bushfire

Activity Prefix *

BF

Activity Number *

2100

Activity Title *

2023-24 Frontline Emergency Distress and Trauma Counselling Activity

Existing, Modified or New Activity *

Modified



Activity Priorities and Description

Program Key Priority Area *

Other (please provide details)

Other Program Key Priority Area Description

Bushfire

Aim of Activity *

The aim of this activity is to provide frontline emergency distress and trauma counselling for individuals and families affected by the bushfires through appropriately qualified professionals.

Description of Activity *

1. The NBMPHN Bushfire Needs Assessment (December 2020) highlighted the need for outreach mental health supports and psycho-education in bushfire affected areas to “normalise” the recovery process.

Stormbirds is an Australian evidence-based trauma informed natural disaster response program supporting children (5-10 years) and young people (11 - 16 years) and their parents and carers. It is an education program that provides an opportunity for children and young people to examine how natural disasters have impacted on their lives.

The program will be delivered in schools by a Stormbirds Community Resilience Officer who is a mental health professional or by a trained adult facilitator (known as a 'companion') who may be a teacher, counsellor, psychologist, social worker, chaplain or health professional that are endorsed by their school/agency ensuring the appropriate state or territory child protection requirements.

Stormbirds has proved to be an effective screening process for children and young people who would benefit from referral for additional support.

2. This activity will also partially fund the Low Intensity Mental Health and Group Exercise Program commissioned through Live Life Get Active (LLGA) who will continue to deliver evidence-based Exercise and Mental Well-being Program consisting of three distinct sessions: yoga, boxing and cross-training. The Program is designed to provide a positive pathway to a healthier life in an environment that is welcoming, caring and non-judgmental, and facilitates social connection. Participants also have access to my positive mind course to assist with stress management and increasing coping skills & self-efficacy. This program also engages regional General Practices to participate in social prescribing. GPs are able to social prescribe and make referrals directly to the program via a portal. The model meets the low intensity guidelines. The activity is also funded from the Primary mental health schedule.

3. Continue to offer psychological therapies services to people impacted by bushfires

Needs Assessment Priorities *

Needs Assessment

Needs Assessment 2021/22 - 2023/24

Priorities

Priority	Page reference
Address prevalence of diagnosed mental health disorders, including mild, moderate, and severe mental illness, and high prevalence of high or very high psychological distress among adults	277
Broaden the scope of early intervention services to enhance access for people at risk of and with mental illness	286
Facilitate navigation of people to match needs and care requirements to appropriate service provision	289
Support Mental Health Literacy and navigation of the local service system	290



Activity Demographics

Target Population Cohort

This service targets young people and their parents/carers who have been significantly impacted by bushfires. This may include residents from affected areas migrating across the four LGAs and temporarily residing within lesser impacted LGAs. This includes people who were impacted by the 2013 bushfires.

Additionally individuals and groups identified by GPs and other allied health professionals as being at risk of developing mental illness, and likely to benefit from greater social connectedness and/or physical lifestyle interventions as a result of participating in the program.

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

No

SA3 Name	SA3 Code
Lithgow - Mudgee	10303
Richmond - Windsor	12404
Hawkesbury	11503
Blue Mountains	12401



Activity Consultation and Collaboration

Consultation

A Bushfire Needs Assessment (December 2020) was conducted which supported the need for mental health outreach via services that had built trust and credibility with affected and traumatised communities.

Additionally GPs, Allied Mental Health Professionals (AHPs) Lived Experience representatives and the NBMLHD (through the established Mental Health Professionals Advisory Committee and Mental Health Consumer and Carer Advisory Committee)

Collaboration

Various recovery and resilience stakeholders will assist with program delivery such as NBMPHN's commissioned Wellbeing Workers engaged by Peppercorn Services Inc, the local council's Community Recovery Coordinators, the LHD's Disaster Recovery Clinician as well as school-based stakeholders such as the Department of Education, school principals and various place-based community organisations.

Additionally the Mental Health Professionals Advisory Committee (which includes representation from GPs, AHPs, LHD Mental Health, Lived Experience representatives) and the Mental Health Carer and Consumer Advisory Committee will continue to assist in supporting the oversight and monitoring of the local low intensity programs against needs and outcomes



Activity Milestone Details/Duration

Activity Start Date

30/04/2023

Activity End Date

29/06/2024

Service Delivery Start Date

01/05/2023

Service Delivery End Date

30/06/2024

Other Relevant Milestones

N/A



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No
Continuing Service Provider / Contract Extension: Yes
Direct Engagement: Yes
Open Tender: No
Expression Of Interest (EOI): No
Other Approach (please provide details): No

Is this activity being co-designed?

Yes

Is this activity the result of a previous co-design process?

No

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

N/A



BF - 2200 - 2023-24 Trauma Response Coordinator



Activity Metadata

Applicable Schedule *

Mental Health Supports for Bushfire

Activity Prefix *

BF

Activity Number *

2200

Activity Title *

2023-24 Trauma Response Coordinator

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Other (please provide details)

Other Program Key Priority Area Description

Bushfire

Aim of Activity *

The aim of this activity is to:

- 1) Engage with other bushfire recovery stakeholders to identify and advise referral options and pathways
- 2) Complement the array of personnel attending community events and meetings
- 3) Promote NBMPHN's Bushfire Psychological Therapy Service, Better Access and other mental health support services for the community

Description of Activity *

The Bushfire Coordinators (the role is shared by a number of PHN staff to ensure regional coverage) work closely with key stakeholders including the LHD bushfire mental health recovery personnel and other recovery agencies to identify current and emerging issues and advise appropriate mental health referral pathways.

They attend regional and local recovery committee meetings with other recovery stakeholders to ensure a joined up and collaborative approach.

Needs Assessment Priorities ***Needs Assessment**

NBMPHN Needs Assessment 2019/20-2021/22

Priorities

Priority	Page reference
4.12 Referral Pathways	463
Integrated models of care across primary and acute care in conjunction with NBM Local Health District	400
4.4 Service Integration	452
Social Disadvantage and Equity further identified	434
Social Isolation and stigma	446
Mental Health Literacy and navigation of the local service system	446
Increasing prevalence of diagnosed mental health disorders among adults	442



Activity Demographics

Target Population Cohort

All people who live in the Nepean Blue Mountains region who were impacted by the 2020 bushfires

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

We participate in regional and LGA-specific recovery committees that involve government and non-government agencies involved in bushfire response to ensure complementarity of services and integrated service pathways. These agencies include Resilience NSW, Department of Education, Service NSW, Department of Primary Industries, NBMLHD, local Councils, Lifeline, Red Cross, Lifeline, Step by Step, Rural Adversity Mental Health Program, and Mountains Community Resource Network.

We work closely with the LHD’s Bushfire and COVID-19 Trauma Recovery – Specialist Mental Health Clinicians and other frontline service providers such as Step by Step to ensure they are aware of the referral options and pathways to Better Access and NBM’s free Bushfire PTS stream.

Collaboration

We collaborate with the following stakeholders to ensure integration, avoid duplication, share information and identify gaps and needs within the region: mental health professionals, NBMLHD Trauma Recovery Specialist, Resilience NSW and Local NGO. We also work closely with communities impacted by the bushfire.



Activity Milestone Details/Duration

Activity Start Date

11/01/2020

Activity End Date

30/12/2023

Service Delivery Start Date

12 January 2020

Service Delivery End Date

31 December 2023

Other Relevant Milestones

N/A



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: No

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): Yes

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

No

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

N/A



BF - 2300 - 2023-24 Expansion of Mental Health Services



Activity Metadata

Applicable Schedule *

Mental Health Supports for Bushfire

Activity Prefix *

BF

Activity Number *

2300

Activity Title *

2023-24 Expansion of Mental Health Services

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Other (please provide details)

Other Program Key Priority Area Description

Bushfire

Aim of Activity *

Expand the existing mental health services in bushfire affected NBM region to meet local needs.

Description of Activity *

Expand mental health services in bushfire affected locations within NBM region to support individuals to access relevant and appropriate mental health and wellbeing services within the stepped care framework and matched to need within the disaster life cycle.

Needs will be determined through Needs Assessment and in consultation with recovery stakeholders and based on demand for current mental health services.

Needs Assessment Priorities *

Needs Assessment

NBMPHN Needs Assessment 2019/20-2021/22

Priorities

Priority	Page reference
Inadequate psychiatric services across the region	445
Social Isolation and stigma	446
Increasing rates of suicide amongst youth	438
Increasing prevalence of diagnosed mental health disorders among adults	442



Activity Demographics

Target Population Cohort

People and communities who have been significantly impacted by bushfires. This may include residents from affected areas migrating across the four LGAs and temporarily residing within lesser impacted LGAs. This includes people who were impacted by the 2013 bushfires and may be triggered by current bushfires.

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

As per other activities and based on demand

Collaboration

as per other activities and demand



Activity Milestone Details/Duration

Activity Start Date

11/01/2020

Activity End Date

29/06/2023

Service Delivery Start Date

12/01/2020

Service Delivery End Date

30/06/2023

Other Relevant Milestones

N/A



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

- Not Yet Known: No
- Continuing Service Provider / Contract Extension: Yes
- Direct Engagement: No
- Open Tender: No
- Expression Of Interest (EOI): No
- Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

No

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

N/A



BF - 2400 - 2023-24 Supporting Communities in Recovery Community Grants



Activity Metadata

Applicable Schedule *

Mental Health Supports for Bushfire

Activity Prefix *

BF

Activity Number *

2400

Activity Title *

2023-24 Supporting Communities in Recovery Community Grants

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Other (please provide details)

Other Program Key Priority Area Description

Bushfire

Aim of Activity *

Delivery of small community grants to promote resilience and social connectedness and prevent suicide and post-traumatic stress disorder in communities that have been affected by the 2019-20 bushfires in the NBMPHN region.

Description of Activity *

The bushfire grants are targeted at areas most affected by the 2019-20 bushfires and rolled out in a phased approach to address the phases of the bushfire recovery cycle. The grants are available for impacted individuals for grass roots activities as well as community groups and organisations to provide support activities working across the bushfire affected region.

Needs Assessment Priorities *

Needs Assessment

NBMPHN Needs Assessment 2019/20-2021/22

Priorities

Priority	Page reference
Collaboration with local councils	399
Consumer perspective	432
Social Isolation and stigma	446
Increasing rates of suicide amongst youth	438
Increasing prevalence of diagnosed mental health disorders among adults	442

**Activity Demographics****Target Population Cohort**

Individuals and communities in bushfire affected areas

In Scope AOD Treatment Type ***Indigenous Specific ***

No

Indigenous Specific Comments**Coverage****Whole Region**

Yes

SA3 Name	SA3 Code
Blue Mountains - South	12402
Dural - Wisemans Ferry	11502
Lithgow - Mudgee	10303
Richmond - Windsor	12404
Hawkesbury	11503
Blue Mountains	12401

**Activity Consultation and Collaboration****Consultation**

Stakeholders in disaster recovery were consulted and endorsed our approach

Collaboration

Stakeholders in disaster recovery were engaged in the promotion, dissemination and, where possible, auspiced community projects.



Activity Milestone Details/Duration

Activity Start Date

11/01/2020

Activity End Date

29/06/2023

Service Delivery Start Date

12/01/2020

Service Delivery End Date

30/06/2023

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: No

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): Yes

Is this activity being co-designed?

Yes

Is this activity the result of a previous co-design process?

No

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

N/A

Co-design or co-commissioning comments

N/A