

Nepean Blue Mountains - NMHSPA Bilateral PHN Program 2022/23 - 2026/27 Activity Summary View



NAB-UAS - 1 - 2023-24 Universal Aftercare Services



Activity Metadata

Applicable Schedule *

NMHSPA Bilateral PHN Program

Activity Prefix *

NAB-UAS

Activity Number *

1

Activity Title *

2023-24 Universal Aftercare Services

Existing, Modified or New Activity *

New Activity



Activity Priorities and Description

Program Key Priority Area *

Other (please provide details)

Other Program Key Priority Area Description

National Mental Health & Suicide Prevention Agreement & Bilateral PHN Program-NAB Aftercare Services

Aim of Activity *

This activity will aim to support the implementation of aftercare services in the community within the NBM region that will assist individuals following a suicide attempt and/or suicidal crisis; and to ensure consistent and best practice services are delivered.

Description of Activity *

1. Commission a service provider to deliver aftercare services in the NBM region in collaboration and partnership with the NBM LHD and the NSW Ministry of Health.
2. Ensure the aftercare service meets the requirements of the service model specified by the NSW Ministry of Health, including improvements to the model in line with the principles of good aftercare.

3. Implement other improvements to aftercare services that align with the Suicide Prevention and Response priorities of the National Agreement. These may include the needs of identified priority population groups within the NBM region, increasing accessibility, developing services and programs in collaboration with people with lived experience, improving quality, building workforce competency, and addressing gaps, fragmentation, duplication and inefficiencies.

Needs Assessment Priorities *

Needs Assessment

Needs Assessment 2021/22 - 2023/24

Priorities

Priority	Page reference
Address high rates of suicide deaths and intentional self-harm hospitalisations	269
Address high suicide rates among Aboriginal and Torres Strait Islander people / culturally safe suicide prevention for Aboriginal people	273
Address lack of assertive aftercare when people are discharged from hospital after a suicide attempt.	275
Support an increase in service provision for suicide prevention, aftercare and postvention services that meet gaps in the region through community based, ambulatory care that are accessible and afford	286
Facilitate service Integration	296



Activity Demographics

Target Population Cohort

People who have accessed a healthcare service in or following a suicidal crisis and whose risk of suicide is identified as imminent.

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Consultation and Collaboration

Consultation

Consultation processes will be driven by the commissioned service as a part of the model of care development and localisation within the NBM region. This will include but not be limited to:

1. Stakeholder engagement - to identify needs and socialise the concept of aftercare services.
2. Codesign - with consumers with lived experience to support a localisation of the model and services to best suit the needs of the region.

Collaboration

GPs,
 Other primary care mental health clinicians,
 LHD Mental Health services,
 Ambulance,
 Police,
 NGOs,
 Councils,
 Consumer and or community advisory committees,
 Consumers with lived experience,
 Data custodians



Activity Milestone Details/Duration

Activity Start Date

30/04/2023

Activity End Date

29/06/2026

Service Delivery Start Date

01 April 2023

Service Delivery End Date

30 June 2026

Other Relevant Milestones

Commissioning time frame needs to be accommodated prior to service commencement as follows:

- 01 July to 30 Sep 2023 - Request for Tender developed and promoted
- 01 Oct to 31 Dec 2023 - Commissioned service provider selection and contract execution
- 01 Jan to 01 Mar 2024 - Commissioned service provider localisation of model through codesign
- 04 Mar - 31 2024 - Service commencement



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: Yes
Expression Of Interest (EOI): Yes
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?

Yes

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

No

Decommissioning

Decommissioning details?

Co-design or co-commissioning comments

Co-design will be implemented by the preferred commissioned service provider as a part of the model of care development and localisation prior to service commencement.

This service implementation is a component of the National Bilateral Agreement for Mental Health and Suicide Prevention, with the NSW Ministry of Health entering into a separate co-commissioning partnership agreement with NBMPHN and NBMLHD to co-commission aftercare services in the NBM region.



NAB-HE - 3 - 2023-24 headspace Penrith Enhancement



Activity Metadata

Applicable Schedule *

NMHSPA Bilateral PHN Program

Activity Prefix *

NAB-HE

Activity Number *

3

Activity Title *

2023-24 headspace Penrith Enhancement

Existing, Modified or New Activity *

New Activity



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 2: Child and youth mental health services

Other Program Key Priority Area Description

Aim of Activity *

The headspace Penrith service provides evidence based early intervention mental health, alcohol and/or other drugs, physical and sexual health, and vocational services for people 12-25 years of age. Referrals can occur from any source, including self-referrals.

The enhancement of headspace services is intended to increase access to coordinated, multi-disciplinary care for young people aged 12-25 years old, as well as to improve workforce attraction and retention at headspace Penrith. The implementation of headspace enhancement funding is not intended to add to, or change, the parameters of the headspace Model Integrity Framework (hMIF) and headspace Centre Service Model (collectively, the headspace model). This funding aims to enhance the capacity of headspace Penrith to respond to local need in alignment with the headspace model.

Description of Activity *

The following list of initiatives are planned at headspace Penrith under the enhancement activity funding:

- (a) Recruitment of additional clinical and non-clinical staff which may include identified positions reflective of community demographics.
- (b) Professional development and upskilling of the current multi-disciplinary workforce at headspace Penrith.
- (c) Supplement salaries and increase remuneration for the existing multi-disciplinary workforce at headspace Penrith.
- (d) Increase current community engagement and awareness activities.
- (e) Improve the care coordination, referral pathways and service integration with state-funded and other appropriate youth services in the Nepean Blue Mountains areas.

Needs Assessment Priorities ***Needs Assessment**

Needs Assessment 2021/22 - 2023/24

Priorities

Priority	Page reference
Address high burden of mental health disorders among children and youth / inadequate service provision in psychiatry and mental health for children and youth	279
Address the need for culturally appropriate Services	302
Address high proportion of young people have contemplated suicide or developed a suicide plan, and high rate of intentional self-harm hospitalisations among young people	272

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

Young people aged 12-15 years of age.

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

No

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

No

SA3 Name	SA3 Code
Penrith	12403
St Marys	12405



Activity Consultation and Collaboration

Consultation

NBMPHN partnered with Uniting the lead agency to establish headspace Penrith. Prior to establishment, consultations were held with key stakeholders including LHD Child and Youth Mental Health Services, young people, local high schools, local youth services, the local youth interagency, local council and allied health providers. These key stakeholders continue to be consulted as necessary to assist the lead agency in providing a locally relevant headspace service. Key stakeholders sit on and have representation on the consortium for headspace Penrith which provides advice and in-kind services to the centre. Local young people are also active members of the Youth Advisory Committee and advise the headspace centre from a youth perspective, as well as assist in recruitment, community events and guiding promotional and key materials at the headspace centre. Similarly, friends and families of young people have an advisory committee that functions in the same way as the youth advisory committee.

These key stakeholders will be consulted as needed for the planned activities for the enhancement funding.

Collaboration

The headspace service was co-designed with the lead agency, local young people, local relevant youth services, high schools and local council, keeping in line with headspace National Guidelines. These key stakeholders are represented on the headspace Penrith consortium, youth advisory committee and friends and family committee and will be collaborated with as needed for the planned activities for the enhancement funding.



Activity Milestone Details/Duration

Activity Start Date

30/04/2023

Activity End Date

29/06/2026

Service Delivery Start Date

01/07/2023

Service Delivery End Date

30/06/2026

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: 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?

Yes

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?

Co-design or co-commissioning comments



NAB-HE - 4 - 2023-24 headspace Katoomba Enhancement



Activity Metadata

Applicable Schedule *

NMHSPA Bilateral PHN Program

Activity Prefix *

NAB-HE

Activity Number *

4

Activity Title *

2023-24 headspace Katoomba Enhancement

Existing, Modified or New Activity *

New Activity



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 2: Child and youth mental health services

Other Program Key Priority Area Description

Aim of Activity *

The headspace Katoomba satellite service provides evidence based early intervention mental health, alcohol and/or other drugs and vocational services for people 12-25 years of age. The satellite service does not currently offer in house services for physical and sexual health due to the size of the centre, however it has close linkages with local GP practices and the Women's service. The satellite service is supported by headspace Penrith who is the parent headspace service. Referrals can occur from any source, including self-referrals.

The enhancement of headspace services is intended to increase access to coordinated, multi-disciplinary care for young people aged 12-25 years old, as well as to improve workforce attraction and retention at headspace Katoomba. The implementation of headspace enhancement funding is not intended to add to, or change, the parameters of the headspace Model Integrity Framework (hMIF) and headspace Centre Service Model (collectively, the headspace model). This funding aims to enhance the capacity of headspace Katoomba to respond to local need in alignment with the headspace model.

Description of Activity *

The following list of initiatives are planned at headspace Katoomba under the enhancement activity funding:

- (a) Recruitment of additional clinical and non-clinical staff which may include identified positions reflective of community demographics.
- (b) Professional development and upskilling of the current multi-disciplinary workforce at headspace Katoomba.
- (c) Supplement salaries and increase remuneration for the existing multi-disciplinary workforce at headspace Katoomba.

(d) Increase current community engagement and awareness activities.

(e) Improve the care coordination, referral pathways and service integration with state-funded and other appropriate youth services in the Nepean Blue Mountains areas.

Needs Assessment Priorities *

Needs Assessment

Needs Assessment 2021/22 - 2023/24

Priorities

Priority	Page reference
Address high burden of mental health disorders among children and youth / inadequate service provision in psychiatry and mental health for children and youth	279
Address the need for culturally appropriate Services	302
Address high proportion of young people have contemplated suicide or developed a suicide plan, and high rate of intentional self-harm hospitalisations among young people	272



Activity Demographics

Target Population Cohort

Young people aged 12-25 years old.

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

No

SA3 Name	SA3 Code
Blue Mountains - South	12402
Blue Mountains	12401



Activity Consultation and Collaboration

Consultation

NBMPHN partnered with Uniting the lead agency and headspace Penrith to establish and continue to support the Satellite Service. Prior to establishment, consultations were held with key stakeholders including LHD Child and Youth Mental Health Services, young people, local high schools, local youth services, the local youth interagency, local council and allied health providers. These key stakeholders continue to be consulted as necessary to assist the lead agency in providing a locally relevant Satellite service. Key stakeholders sit on and have representation on the consortium for headspace Katoomba which provides advice and in-kind services to the centre. Local young people are also active members of the Youth Advisory Committee and advise the headspace centre from a youth perspective, as well as assist in recruitment, community events and guiding promotional and key materials at the headspace centre. Similarly, friends and families of young people have an advisory committee that functions in the same way as the youth advisory committee.

These key stakeholders will be consulted as needed for the planned activities for the enhancement funding.

Collaboration

The headspace service was co-designed with the lead agency, local young people, local relevant youth services, high schools and local council, keeping in line with headspace National Guidelines. This was achieved through a round-table event and regular one on one or group consultations with stakeholders. These key stakeholders are represented on the headspace Katoomba consortium, youth advisory committee and friends and family committee and will be consulted as needed for the planned activities for the enhancement funding.



Activity Milestone Details/Duration

Activity Start Date

30/04/2023

Activity End Date

29/06/2026

Service Delivery Start Date

01/07/2023

Service Delivery End Date

30/06/2026

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: 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?

Yes

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?

Co-design or co-commissioning comments



NAB-HE - 5 - 2023-24 headspace Lithgow Enhancement



Activity Metadata

Applicable Schedule *

NMHSPA Bilateral PHN Program

Activity Prefix *

NAB-HE

Activity Number *

5

Activity Title *

2023-24 headspace Lithgow Enhancement

Existing, Modified or New Activity *

New Activity



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 2: Child and youth mental health services

Other Program Key Priority Area Description

Aim of Activity *

The headspace Lithgow satellite service provides evidence based early intervention mental health, alcohol and/or other drugs, physical and sexual health and vocational services for people 12-25 years of age. The satellite service is supported by headspace Bathurst who is the parent headspace service. Referrals can occur from any source, including self-referrals.

The enhancement of headspace services is intended to increase access to coordinated, multi-disciplinary care for young people aged 12-25 years old, as well as to improve workforce attraction and retention at headspace Lithgow. The implementation of headspace enhancement funding is not intended to add to, or change, the parameters of the headspace Model Integrity Framework (hMIF) and headspace Centre Service Model (collectively, the headspace model). This funding aims to enhance the capacity of headspace Lithgow to respond to local need in alignment with the headspace model.

Description of Activity *

The following list of initiatives are planned at headspace Lithgow under the enhancement activity funding:

- (a) Recruitment of additional clinical and non-clinical staff which may include identified positions reflective of community demographics.
- (b) Professional development and upskilling of the current multi-disciplinary workforce at headspace Lithgow.
- (c) Supplement salaries and increase remuneration for the existing multi-disciplinary workforce at headspace Lithgow.
- (d) Increase current community engagement and awareness activities.

(e) Improve the care coordination, referral pathways and service integration with state-funded and other appropriate youth services in the Lithgow local government area.

Needs Assessment Priorities *

Needs Assessment

Needs Assessment 2021/22 - 2023/24

Priorities

Priority	Page reference
Address high burden of mental health disorders among children and youth / inadequate service provision in psychiatry and mental health for children and youth	279
Address the need for culturally appropriate Services	302
Address high proportion of young people have contemplated suicide or developed a suicide plan, and high rate of intentional self-harm hospitalisations among young people	272



Activity Demographics

Target Population Cohort

Young people aged 12-25 years of age.

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

No

SA3 Name	SA3 Code
Bathurst	10301
Lithgow - Mudgee	10303



Activity Consultation and Collaboration

Consultation

NBMPHN partnered with Marathon Health the lead agency and headspace Bathurst to establish and continue to support the Satellite Service. Prior to establishment, consultations were held with key stakeholders including LHD Child and Youth Mental Health Services, young people, local high schools, local youth services, the local youth interagency, local council and allied health providers. These key stakeholders continue to be consulted as necessary to assist the lead agency in providing a locally relevant Satellite service. Key stakeholders provide in-kind services to the centre and/or sit on and have representation on the consortium for headspace Bathurst which also oversees headspace Lithgow. Local young people are also active members of the Youth Advisory Committee and advise the headspace centre from a youth perspective, as well as assist in recruitment, community events and guiding promotional and key materials at the headspace centre. Similarly, friends and families of young people have an advisory committee that functions in the same way as the youth advisory committee.

These key stakeholders will be consulted as needed for the planned activities for the enhancement funding.

Collaboration

The headspace service was co-designed with the lead agency, local young people, local relevant youth services, high schools and local council, keeping in line with headspace National Guidelines. This was achieved through regular one on one or group consultations with stakeholders. These key stakeholders are represented on the headspace Bathurst consortium and headspace Lithgow youth advisory committee and friends and family committee and will be consulted as needed for the planned activities for the enhancement funding.



Activity Milestone Details/Duration

Activity Start Date

30/04/2023

Activity End Date

29/06/2023

Service Delivery Start Date

01/07/2023

Service Delivery End Date

30/06/2026

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: 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?

Yes

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?

Co-design or co-commissioning comments



NAB-HE - 6 - 2023-24 headspace Hawkesbury Enhancement



Activity Metadata

Applicable Schedule *

NMHSPA Bilateral PHN Program

Activity Prefix *

NAB-HE

Activity Number *

6

Activity Title *

2023-24 headspace Hawkesbury Enhancement

Existing, Modified or New Activity *

New Activity



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 2: Child and youth mental health services

Other Program Key Priority Area Description

Aim of Activity *

The headspace Hawkesbury service is currently being established, in Richmond in the Hawkesbury local government area, with a planned opening for December 2023. It will be a service that provides evidence based early intervention mental health, alcohol and/or other drugs, physical and sexual health, and vocational services for people 12-25 years of age. Referrals can occur from any source, including self-referrals.

The enhancement of headspace services is intended to increase access to coordinated, multi-disciplinary care for young people aged 12-25 years old, as well as to improve workforce attraction and retention. The implementation of headspace enhancement funding is not intended to add to, or change, the parameters of the headspace Model Integrity Framework (hMIF) and headspace Centre Service Model (collectively, the headspace model). This funding aims to enhance the capacity of headspace Hawkesbury to respond to local need in alignment with the headspace model, with enhancement funding beginning in FY24-25.

Description of Activity *

The following list of initiatives are planned at headspace Hawkesbury (from FY24-25) under the enhancement activity funding:

- (a) Recruitment of additional clinical and non-clinical staff which may include identified positions reflective of community demographics.
- (b) Professional development and upskilling of the then existing multi-disciplinary workforce at headspace Hawkesbury.
- (c) Supplement salaries and increase remuneration for the then existing multi-disciplinary workforce at headspace Hawkesbury.
- (d) Increase of any current community engagement and awareness activities.

(e) Improve the care coordination, referral pathways and service integration with state-funded and other appropriate youth services in the Hawkesbury area.

Needs Assessment Priorities *

Needs Assessment

Needs Assessment 2021/22 - 2023/24

Priorities

Priority	Page reference
Address poor incorporation of lifestyle interventions into routine care for people with a mental health condition within primary and tertiary care settings	279
Address the need for culturally appropriate Services	302
Address high proportion of young people have contemplated suicide or developed a suicide plan, and high rate of intentional self-harm hospitalisations among young people	272



Activity Demographics

Target Population Cohort

Young people aged 12-25 years old.

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

No

SA3 Name	SA3 Code
Richmond - Windsor	12404



Activity Consultation and Collaboration

Consultation

NBMPHN is partnering with Uniting the lead agency to establish headspace Hawkesbury. Consultations are planned with key stakeholders including LHD Child and Youth Mental Health Services, young people, local high schools, local youth services, the local youth interagency, local council and allied health providers. Key stakeholders will be invited to sit on and have representation on the consortium for headspace Hawkesbury which will provide advice and in-kind services to the centre. Local young people will be invited to be members of the Youth Advisory Committee and advise the headspace centre from a youth perspective, as well as assist in recruitment, community events and guiding promotional and key materials at the headspace centre. Similarly, friends and families of young people will be invited to be part of an advisory committee that functions in the same way as the youth advisory committee.

These key stakeholders will be consulted as needed for the planned activities for the enhancement funding in FY2024-25.

Collaboration

The headspace service will be co-designed with the lead agency, local young people, local relevant youth services, high schools and local council, keeping in line with headspace National Guidelines. Key stakeholders will be collaborated with as needed for the planned activities for the enhancement funding from FY2024-25.



Activity Milestone Details/Duration

Activity Start Date

30/04/2023

Activity End Date

29/06/2026

Service Delivery Start Date

01/07/2023

Service Delivery End Date

30/06/2026

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: 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?

Yes

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?

Co-design or co-commissioning comments