

Nepean Blue Mountains - Headspace Demand Management and Enhancement 2024/25 - 2027/28 Activity Summary View



WTRP - 1 - 2025-26 Headspace Demand Management & Enhancement - Wait Time Reduction Program



Activity Metadata

Applicable Schedule *

Headspace Demand Management and Enhancement

Activity Prefix *

WTRP

Activity Number *

1

Activity Title *

2025-26 Headspace Demand Management & Enhancement - Wait Time Reduction Program

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 Demand Management and Enhancement program aims to identify existing headspace services with high wait times for clinical services. This program funds the development and implementation of activities and initiatives to assist in reducing these wait times. Funding for this initiative is provided under three streams (capital works funding, building cultural capacity, and wait time reduction funding) to support the long-term sustainability of the headspace program and to improve the health outcomes for young people aged 12 to 25 with, or at risk of, mental illness accessing headspace services and their families.

Description of Activity *

Description of Activity*

Describe the activity, including what work will be undertaken, and how the activity and/or services will be delivered. The

headspace Demand Management project (headspace Lithgow Wait Time Reduction) will assist in the provision of services and strategies which specifically focus on increasing access to services and reducing wait times for young people.

1. headspace Lithgow Wait Time Reduction

This project includes funding for several additional roles and staff training at headspace Lithgow to enhance service provision and reduce wait times, including:

- 1.0 FTE Youth Care Coordinator to increase capacity for additional intake and low intensity clinical intervention appointments.
- 0.2 FTE Clinical Supervisor to support and build the capacity of the Youth Care Coordinators;
- Provide single session solution focused therapy training to staff at headspace Lithgow; and
- Implement single session focused therapy at headspace Lithgow

This funding will run until 31 December 2027.

Needs Assessment Priorities *

Needs Assessment

NBMPHN_Needs Assessment 2024

Priorities

| Priority | Page reference |
|--|----------------|
| Address high rates of mental health disorder hospitalisations | 164 |
| Address high proportion of young people have attempted suicide, developed a suicide plan, and/or are experiencing suicidal ideation and the high rate of intentional self-harm hospitalisations among yo | 181 |
| Address the need for culturally appropriate services. | 195 |
| Poor mental health among LGBTIQ+ population | 167 |
| 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 | 172 |
| Address the need to improve access to primary healthcare services. | 128 |
| Recognise 'at-risk' populations and communities in service planning | 183 |



Activity Demographics

Target Population Cohort

Young people aged 12 to 15 years accessing mental health services provided through a headspace service.

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

No

| SA3 Name | SA3 Code |
|------------------|----------|
| Lithgow - Mudgee | 10303 |



Activity Consultation and Collaboration

Consultation

NBMPHN partnered with Marathon Health for headspace Lithgow. There have been ongoing consultations as needed with key stakeholders including LHD Child and Youth Mental Health Services, young consumers, local high schools, local youth services, local council and allied health providers to better understand the profile of need of young people and tailor the various demand management projects to meet these needs.

Key stakeholders sit on and have representation on the consortium for headspace Bathurst (parent centre for headspace Lithgow), which provide advice and in-kind services to the service. Local young people are also active members of the Youth Advisory Committee and advise the headspace service from a youth perspective, as well as assist in recruitment, community events and guiding promotional and key materials. Similarly, friends and families of young people have an advisory committee that functions in the same way as the youth advisory committee.

Collaboration

NBMPHN will continue working in close collaboration with Marathon Health, the lead agency of headspace Lithgow, to support all demand management fundrd projects. Other important key stakeholders such as LHD Child & Youth Mental Health Services, young people, local high schools, local youth services and allied mental health providers are key stakeholders who are represented on the headspace Bathurst (parent centre for headspace Lithgow) consortium, Youth Advisory Committees and Friends and Family committees. These key stakeholders have been and will be collaborated with as needed for all demand management funding activities.



Activity Milestone Details/Duration

Activity Start Date

30/06/2025

Activity End Date

30/12/2027

Service Delivery Start Date

01/07/2025

Service Delivery End Date

31/07/2027

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

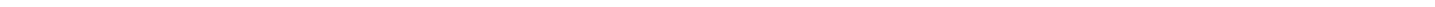
No

Decommissioning details?

N/A

Co-design or co-commissioning comments

N/A





CEI - 3 - 2025-26 Headspace Demand Management & Enhancement - Capital Enhancement & Infrastructure



Activity Metadata

Applicable Schedule *

Headspace Demand Management and Enhancement

Activity Prefix *

CEI

Activity Number *

3

Activity Title *

2025-26 Headspace Demand Management & Enhancement - Capital Enhancement & Infrastructure

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 Demand Management and Enhancement program aims to identify existing headspace services with high wait times for clinical services. This program funds the development and implementation of activities and initiatives to assist in reducing these wait times. Funding for this initiative is provided under three streams (capital works funding, building cultural capacity, and wait time reduction funding) to support the long-term sustainability of the headspace program and to improve the health outcomes for young people aged 12 to 25 with, or at risk of, mental illness accessing headspace services and their families.

Description of Activity *

The headspace Capital Enhancement and Infrastructure project (headspace Katoomba Capital Works and headspace Lithgow Capital Enhancements) will focus on enhancing headspace premises including enhancing/extending the layout and upgrading existing equipment and build service capacity to support accommodation requirements of current and future staffing needs. These projects include:

1. headspace Katoomba Capital Works Project

Due to rising costs the originally planned multipurpose outdoor structure was unable to be built and with the Departments approval funding was utilised towards:

- the renovation of some key internal and external features to enhance a young person’s visit at the headspace Katoomba satellite site

- renovations of the outside garden space to make it available for gardening groups.
- enhancing existing headspace Katoomba satellite services such as providing increased opportunities for youth focused events, groups or other community activities and increasing availability for onsite clinician appointments.
- ensuring the provision of a youth friendly and focused service.
- the rent of 3 youth friendly group spaces (all within walking distance of the centre) to facilitate groups (as the current centre does not have any space for groups).

4. headspace Lithgow Capital Enhancements Project

This project includes funding to:

- renovate and install a suspended ceiling (including insulation);
- adhere to fire safety compliance;
- upgrade security and IT equipment.

This funding ends 30 June 2027.

Needs Assessment Priorities *

Needs Assessment

NBMPHN_Needs Assessment 2024

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. | 164 |
| Address high proportion of young people have attempted suicide, developed a suicide plan, and/or are experiencing suicidal ideation and the high rate of intentional self-harm hospitalisations among yo | 181 |
| Address the need for culturally appropriate services. | 195 |
| Poor mental health among LGBTIQ+ population | 167 |
| 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 | 172 |
| Address the need to improve access to primary healthcare services. | 128 |
| Recognise 'at-risk' populations and communities in service planning | 183 |



Target Population Cohort

Young people aged 12 to 15 years accessing mental health services provided through a headspace service.

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

No

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

No

| SA3 Name | SA3 Code |
|------------------------|----------|
| Blue Mountains - South | 12402 |
| Lithgow - Mudgee | 10303 |
| Blue Mountains | 12401 |

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

NBMPHN partnered with Uniting, the lead agency for headspace Penrith and headspace Katoomba, and Marathon Health for headspace Lithgow. There have been ongoing consultations as needed with key stakeholders including LHD Child and Youth Mental Health Services, young consumers, local high schools, local youth services, local council and allied health providers to better understand the profile of need of young people and tailor the various demand management projects to meet these needs.

Key stakeholders sit on and have representation on the consortium for headspace Penrith, Katoomba and Bathurst (parent centre for headspace Lithgow), which provide advice and in-kind services to the centre. Local young people are also active members of the Youth Advisory Committee and advise the headspace centres 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 at each centre.

Collaboration

NBMPHN will continue working in close collaboration with Uniting, the lead agency of headspace Penrith and headspace Katoomba, and Marathon Health, the lead agency of headspace Lithgow, to support all demand management funding projects. Other important key stakeholders such as LHD Child & Youth Mental Health Services, young people, local high schools, local youth services and allied mental health providers are key stakeholders who are represented on the headspace Penrith, Katoomba and Bathurst (parent centre for headspace Lithgow) consortiums, Youth Advisory Committees and Friends and Family committees. These key stakeholders have been and will be collaborated with as needed for all demand management funding activities.

**Activity Milestone Details/Duration**

Activity Start Date

28/06/2021

Activity End Date

29/06/2026

Service Delivery Start Date

01/07/2020

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?

N/A

Co-design or co-commissioning comments

N/A