



**WESTERN AUSTRALIAN MENTAL HEALTH, ALCOHOL
AND OTHER DRUG SERVICES PLAN 2015-2025:
BETTER CHOICES. BETTER LIVES.**

SOUTH METROPOLITAN

OVERVIEW

The South Metropolitan has a catchment area of 4,000 square kilometres and in 2014 had a population of 955,000 (37.2% of the State's total population). By 2025, the population is expected to reach 1.23 million people (38.4% of the State's population).

There are a total of seven publicly funded hospitals in this area, including one tertiary (Fiona Stanley Hospital), and six other hospitals (Fremantle Hospital, Bentley Hospital, Armadale Hospital, Rockingham Hospital, Peel Health Campus, and Murray District Hospital).

ABORIGINAL POPULATION

The Aboriginal population in the South Metropolitan area was approximately 15,500 people in 2011, which represented 20.4% of the State's total Aboriginal population. This is expected to grow to 25,200 people by 2025, with the percentage increasing slightly to 21.0% of the State's total Aboriginal population. By 2025, there will be more Aboriginal people living in the South Metropolitan area compared to the Kimberley area, making it the highest Aboriginal population in the State.

CONSULTATION FEEDBACK

During the consultation process for the Plan, people raised a range of issues and priorities, including:

- a need for a greater level of detail about services for their region
- culturally secure services and programs for Aboriginal people
- the high proportion of children and young people in some areas and the need for early intervention
- challenges regarding transport and geographical distance.

Feedback received during the Plan consultation period (including from consumers, carers and service providers) indicated a need for mental health observation area (MHOA) beds in the Rockingham and Peel areas. Following further data analysis, the cost effectiveness of MHOA beds and in response to strong public opinion, MHOA beds have now been included for both the Rockingham and Peel areas (see pages 73-74 of the Plan).



The new Fiona Stanley Hospital Mental Health Unit



SOUTH METROPOLITAN



SERVICE TYPE	CURRENT	2025
Community Support Services		
Hours ('000)	n/av	1,997
AOD only beds	-	12
Community Treatment Services		
Hours ('000)	901	2,095
Community Bed-Based Services		
Beds	205	615
Hospital-Based Services		
Beds	223	401

NOTES

MH = Mental health

AOD = Alcohol and other drugs

n/av: Data is not available

- : Service is not available

Note: All services are Mental Health and Alcohol and Other Drug combined, unless otherwise specified.

Define: Hours of Support (community support only): includes face-to-face time only. For example, hours a person spends in respite care, hours spent undertaking an activity, hours of face-to-face support with peer workers, or health, social and welfare support workers etc.

Define: Hours of Service (prevention, community treatment, specialised statewide services, forensics): includes face-to-face time between consumers/carers and staff, travel time, and time for other duties such as administrative requirements, training and research.

Note: the Plan articulates the overall intentions regarding service development and transformation of mental health, alcohol and other drug services over the next ten years. Exact locations and distributions of services as shown are subject to the Government's fiscal capacity and approval through normal budgetary processes, and will be determined by a combination of consultation process and the assessment of relative feasibility to deliver the service.

SERVICES



Community Support Services: give people with mental health, alcohol and other drug problems the help and support they need to participate in their community. Support services can include programs that help people identify and achieve their goals and that assist them to access and maintain employment, education, housing and social interaction.



Community Treatment Services: provide clinical care in the community. These services generally operate with multidisciplinary teams who provide outreach, transition support, relapse prevention planning, physical health assessment and support for good general health and wellbeing. Alcohol and other drug community treatment services also include pharmacotherapy, screening and counselling.



Community Bed-Based Services: provide 24-hour, seven days per week recovery-oriented care in a home-style setting, low medical withdrawal services and structured, intensive residential rehabilitation for people with alcohol and other drug problems, following withdrawal. These services support people to improve their capacity to function independently following a stay at an inpatient unit or to avoid hospital admission where appropriate.



Hospital-Based Services: include acute, subacute and non-acute inpatient units, emergency departments, consultation and liaison services, hospital in the home, mental health observation areas, and alcohol and other drug detoxification services.



SERVICES FOR THE SOUTH METROPOLITAN BY THE END OF 2025

The Plan models the level and mix of services required across Western Australia by the end of 2025. The need for services in the South Metropolitan by the end of 2025 includes:

- Significant increases in community-based mental health (to 1,908,000 hours per year) and drug and alcohol support services (to 89,000 hours per year). These include peer support, employment, education and training programs, housing, social opportunities and help with daily living tasks.
- Increase community-based clinical treatment services for mental health (to 1,360,000 hours per year) and alcohol and other drug problems (to 735,000 hours per year) including the expansion of drug and alcohol service hubs and increased outreach services.
- More than double the number of community-based residential rehabilitation beds for drug and alcohol problems (from 105 to 267) and provide additional community-based beds (17 beds) for low medical withdrawal.
- A more than threefold increase in community-based mental health beds from 100 to 331 beds.
- Increase mental health hospital and hospital-in-the-home (HITH) beds (from 223 to 368 beds). Additional hospital beds for medically supervised complex alcohol and other drug withdrawal will be provided (33 beds).



MODELLING

The modelling which underpins the Plan has been undertaken according to the population in given geographical regions, including:

- North Metropolitan
- **South Metropolitan**
- Northern and Remote comprising of:
 - Goldfields
 - Kimberley
 - Pilbara
 - Midwest
- Southern Country comprising of:
 - Great Southern
 - South West
 - Wheatbelt

Exact locations and distributions of services will be determined by a combination of consultation processes and the assessment of relative feasibility to deliver the service. For example, if the modelling identifies one bed in a region, consideration will be given as to how that can be adapted or combined with other service types for the practicalities of service delivery in order to successfully and efficiently commission the services required for the region.

The modelling tools' output is provided in hours of service, hours of support or bed numbers; however, these are considered a proxy for the levels of service that will be provided in any given location. The modelled output does not specify the model of service or the service provider.

In consultation with key stakeholders (including consumers, carers, families, and clinicians), models of service will be developed to achieve a degree of standardisation throughout the State. This will enable a consistent standard of service provision, however, this must be balanced with the key aim of personalisation to meet individual needs and adaptability to meet local area characteristics (including service availability, population profile, diversity and cultural factors).

