Mental Health Commission: Program area descriptions

This document provides descriptions for the types of services that are commissioned under each program area.

Prevention

Program Area	Description
AOD Prevention	These include a range of programs, initiatives and strategies that aim to delay the uptake and reduce the harm associated with AOD use in the community. Initiatives can be targeted at the whole population or specific to a target group.
Mental Health Promotion	These services aim to raise awareness of mental health issues, improve mental health literacy, reduce stigma and discrimination, and maximise the population's mental health and wellbeing. Mental Health Promotion may include programs targeted to population segments, based on age (e.g. early childhood) or setting (e.g. school or workplace), as well as initiatives to educate the general population.
Suicide Prevention	Prevention/Early intervention • These services aim to promote wellbeing and prevent the development of suicidal behaviour. Initiatives may occur across the whole population or within specific communities. Activities focus on promoting wellbeing and reducing the risk factors and enhancing the protective factors for communities. This can include strategies to address social determinants of health. Support/Aftercare • These services aim to provide early and effective support to reduce suicide and quality care following a suicide attempt. Initiatives are aimed at individuals who are showing early signs of suicidal behaviour or experiencing suicidal crisis. This includes those who have recently been suicidal, and the people who support them. Activities focus on helping to identify possible signs of suicidal behaviour and clear pathways for appropriate support. This also includes appropriate support to lower the severity and duration of a suicidal crisis and/or attempt.

	Postvention • These services provide interventions which occur after a death by suicide aimed to support and assist those bereaved or affected (family, friends, professionals, peers, responders, community) to recover from trauma, cope with additional stressors, and to manage the experiences of loss and grief. Postvention priorities target people and communities impacted by suicide loss, including strategies for responding to differences in need across a lifetime, and aimed to reduce the potential for further harm.
Mental Illness Prevention	These services work to prevent the onset of mental disorders, in order to reduce the incidence and prevalence of mental illness in the community. Mental Illness Prevention activities are directed at reducing known risk factors and/or preventing people that display early signs of mental illness from developing a diagnosable mental illness. These activities can be either population-wide or targeted at vulnerable segments of the community. In contrast to Mental Health Promotion, which seeks to enhance the population's mental health, Mental Illness Prevention aims to prevent the development of mental illness.

Community Bed Based

Program Area	Description
Low Medical Withdrawal	These services include low medical withdrawal services which provide 24 hour, seven days per week recovery-orientated treatment in a residential setting to people with AOD problems.
Residential rehabilitation	These services include residential rehabilitation services which provide 24 hour, seven days per week recovery-orientated treatment in a residential setting to people with AOD problems.
Staffed residential - Step Up Step Down	Step Up, Step Down services provide short stay, 24/7 staffed, residential facilities (maximum 28 days) for step down when a person no longer needs acute inpatient care but requires additional supports to assist re-establishing in the community. Step up support is for a person to manage deterioration in mental health that does not require admission to hospital.

Program Area	Description
Staffed residential	Staffed residential services provide overnight accommodation in a domestic style environment, with on-site support workers. Accommodation may be provided on a short, medium or long term basis for people with severe and persistent mental health problems.

Community Treatment

Program Area	Description
Community Treatment Community Alcohol and Drug Services (CADS) - Regional	These services provide non-residential counselling and support in the community to help people reduce the harms associated with AOD use. They include screening and assessment, individual and group counselling for families and carers and pharmacotherapy programs.
Community Treatment Community Alcohol and Drug Services (CADS) - Metropolitan	These services provide non-residential clinical care, counselling and support in the community to help people reduce the harms associated with AOD use. Services are integrated with Next Step and include screening and assessment, individual and group counselling for families and carers and pharmacotherapy programs.
Community Treatment Specialist Services	These services provide non-residential counselling and support in the community to help people reduce the harms associated with AOD use. They include screening and assessment, individual and group counselling for families and carers and pharmacotherapy programs. These services are unique in the types of service they offer or have a specialist target group.
Community Treatment Specialist Services – Aboriginal Community Controlled Organisations (ACCOs)	
Counselling Face-to-face	Face to Face Counselling is a structured process where a counsellor works on an individual basis with the client to address and resolve specific problems, make decisions, work through feelings and inner conflicts, or improve relationships with others. Counselling facilitates personal growth, development, self-understanding, and the adoption of constructive life practices.

Community Support

Program Area	Description
AOD Education and Support	The Youth Alcohol and Other Drug Education Program provides full time on-site Drug Education Support Service (DESS) workers who support young people aged 15 to 25 years, who are homeless or at risk of becoming homeless, to address their AOD issues in a safe and supportive environment. Through a harm reduction model, services include counselling, brief interventions, education, support and referrals.
Community Support Sobering Up Centre	This is a dedicated category for sobering-up centres. These centres provide a safe, supervised place for intoxicated people to be cared for overnight. Clients are also offered access to treatment through in-reach or referral to other services.
Community Support Specialist Services	This category contains a mix of mental health and Alcohol and Other drug community support services that are not homogenous.
Community Support Transitional Housing and Support Program (THASP)	The THASP targets people exiting residential AOD treatment services that require ongoing support and / or are at risk of homelessness and / or are homeless. These services are inclusive of property management and support services for people transitioning back into the community following residential treatment for drug and / or alcohol problems. The Service Provider undertakes the following: • ongoing case management of clients that includes assessment, support services and referral to treatment services, as appropriate; • assistance with welfare issues related to maintaining a tenancy; including but not limited to developing specific skills such as financial management and accessing employment, education, and training opportunities; and • facilitating connection with social and family networks.
Counselling, Support, Information & Referral - Telephone	Mental health support, information and referral telephone services are those that provide support for people experiencing mental illness and which offer reliable referrals, information and self-help resources to empower people to take steps towards maintaining mental health and emotional wellbeing.

Education, Employment & Training	This category includes services where the principal function is to provide or support people with lived experience of mental illness, in gaining education, employment and/or training.
Family & Carer Support	Family and carer support services provide families and carers of people living with a mental illness support, information, education, and skill development opportunities to fulfil their caring role, while maintaining their own health and wellbeing.
Group Support Activities	Group support activities include services that aim to improve the quality of life and psychosocial functioning of mental health consumers, through the provision of group-based social, recreational or pre-vocational activities. In contrast to services in the Mutual Support and Self-Help service type, group support activities are led by a staff member of the NGO providing the service.
Individual Advocacy	These services seek to represent the rights and interests of people with a mental illness, on a one-to-one basis, by addressing instances of discrimination, abuse and neglect. Individual advocates work with people with mental illness on either a short-term or issue specific basis.
Personalised Support - Individualised Community Living Strategy	These are flexible services tailored to a mental health consumer's individual and changing needs to assist people maintain their tenancy and to support them to live independently.
Personalised Support - Linked to housing	
Personalised Support - Other	These are flexible services tailored to a mental health consumer's individual and changing needs to support them in their recovery journey. They include a range of one-on-one activities and psychosocial support provided by a support worker directly to mental health consumers in their homes or local communities.
Sector Development and Representation	Mental health sector development and representation services engage with a wide variety of issues regarding the sustainability and development of the mental health sector. This includes information dissemination, advocacy, policy analysis, program development and sector capacity building.
Sector Development and Representation - WAAMH & WANADA	