

Mental Health Commission: service type descriptions

Descriptions for services purchased by the Commission from non-government organisations

Prevention

Service type	Service stream	Description
AOD Community Prevention	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	Prevention	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
Mental Illness Prevention	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
Sector Development and Representation	Prevention	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
Workforce Development	Prevention	These are structured education and training programs designed to enhance the capacity of workers to work with people with mental health or AOD problems. Programs may also aim to develop the capability of the broader health and human services workforce to contribute to preventing mental illness and to meet the needs of people with mental health or AOD problems

Community Support

Service type	Service stream	Description
AOD Community Support	Community Support	These services provide individuals with access to the help and support they need to participate in the community and reduce the harm associated with their AOD use. They include needle and syringe provision, overdose prevention, patrol services and safe places for intoxicated people (sobering up centres). AOD Community Support programs also include the Transitional Housing and Support Program, which provides supported accommodation for people exiting residential rehabilitation treatment
AOD Community Support Sobering Up	Community Support	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
Counselling, Support, Information and Referral – Telephone	Community Support	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 and Training	Community Support	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 and Carer Support	Community 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	Community Support	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	Community Support	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

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		either a short-term or issue specific basis
Mutual Support and Self Help	Community Support	These services provide information and peer support to people with a lived experience of mental illness. People meet to discuss shared experiences, coping strategies and to provide information and referrals Self Help groups are usually formed by peers who have come together for mutual support and to accomplish a specific purpose
Personal Care Subsidy	Community Support	These services provide assistance to residents residing in large congregate care hostels. The intention of personal care support is to encourage and maintain the current skills of individuals, to increase autonomy and self-management and to improve the quality of life for residents. The amount of subsidy paid to each Hostel is based on the level of support required by each individual to meet their personal care needs
Personalised Support – Linked to Housing	Community Support	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 – Other	Community Support	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
Staffed Residential Services Staffed Residential Service – Personal Care Support	Community Support	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

Service type	Service stream	Description
AOD Cannabis Community Treatment	Community Treatment	These services provide Cannabis Intervention Sessions for people issued with a Cannabis Infringement Requirement by WA Police for low level cannabis related offences under the Cannabis Law Reform Act 2010
AOD Community Treatment	Community Treatment	These services provide non-residential clinical care 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
AOD Diversion Community Treatment	Community Treatment	WA Diversion Programs include a range of voluntary and pre-sentence programs for youth and adults that offer clients the opportunity to engage in treatment programs prior to sentencing. This category is for treatment services such as counselling, provided in the community
Counselling – Face to Face	Community Treatment	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 Bed-Based

Service type	Service stream	Description
AOD Community Bed-Based	Community Bed-Based	These services include residential rehabilitation and low medical withdrawal services which provide 24 hour, seven days per week recovery-orientated treatment in a residential setting to people with AOD problems
AOD Diversion Community Bed-Based	Community Bed-Based	The WA Diversion Programs include a range of voluntary and pre-sentence programs for youth and adults that offer clients the opportunity to engage in treatment programs prior to sentencing. Programs are available in non-residential and residential (bed-based) settings

Hospital Bed-Based

Service type	Service stream	Description
Clinical Treatment and Care – Admitted	Hospital Bed-Based	Hospital-based services provide treatment and support to help people with mental health issues in a recovery-oriented environment. These services provide individualised, multi-disciplinary treatment delivered in a safe and structured environment