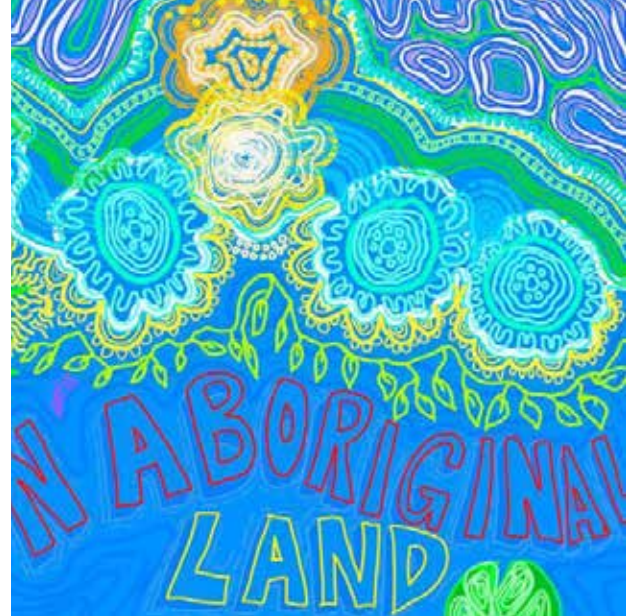
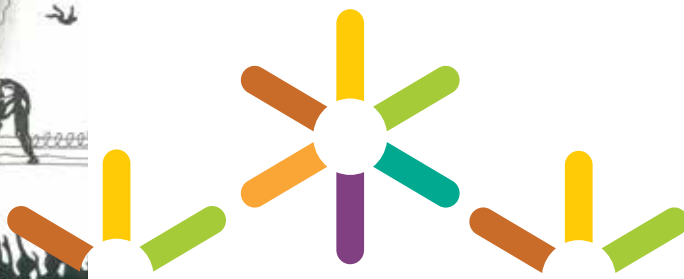


# Young People's Mental Health and Alcohol and Other Drug Use: Priorities for Action 2020-2025

Progress Highlights 2022-23



Government of Western Australia  
Mental Health Commission



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Curated by Zac Cawdron, (21) to promote art  
addressing mental health.



### **Acknowledgements**

The Mental Health Commission acknowledges Aboriginal and Torres Strait Islander people as the Traditional Custodians of this country and its waters. The Commission wishes to pay its respects to Elders past, present and future.

We recognise the individual and collective expertise of those with a living or lived experience of mental health, alcohol and other drug issues. We recognise their vital contribution at all levels and value the courage of those who share this unique perspective for the purpose of learning and growing together to achieve better outcomes for all.

The Mental Health Commission would like to acknowledge the valuable participation of all employees, as well as all external stakeholders, who have contributed to the development of the *Young People's Mental Health and Alcohol and Other Drug Use: Priorities for Action 2020-2025, Progress Highlights 2022-23*.

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### **Accessibility**

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Mental Health Commission, Government of Western Australia



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# Introduction

**The Young People's Mental Health and Alcohol and Other Drug Use: Priorities for Action 2020-2025 (YPPA) was launched in December 2020 and guides the mental health and alcohol and other drug (AOD) sector in supporting and responding to the mental health and AOD needs of young people aged 12 to 24 years. It provides a clear way forward for the State Government, the Mental Health Commission and other agencies and other stakeholders across the community.**

In May 2022, the YPPA Report on Implementation 2021 was released as an across agency commitment to support the delivery of current and future YPPA initiatives and included a commitment to annual reporting on progress. Extensive stakeholder engagement was undertaken to develop the YPPA Report on Implementation 2021. This included the Mental Health Commission partnering with the Youth Mental Health Sub Network and the Youth Affairs Council of Western Australia (YACWA) to help ensure that young people had different ways they could choose to be represented, engaged, and involved.

There has also been increased focus on children's mental health resulting from the Report of the Ministerial Taskforce into Public Mental Health Services for Infants, Children and Adolescents aged 0-18 years in Western Australia (ICA Taskforce Report) in March 2022. The ICA Taskforce Report proposed key actions and recommendations to transform the public infant, child and adolescent mental health system. Current implementation of the reforms recommended in the ICA Taskforce Report strongly align with and complement many of the actions outlined in the YPPA.

This YPPA Progress Highlights 2022-23 report contains an overview of progress made in implementing the YPPA from 1 July 2022 to 30 June 2023 and highlights the advances in selected key initiatives.

Implementation of the YPPA is a collaborative commitment between the Mental Health Commission and the Departments of Communities, Education, Health, Justice, Local Government, Sport and Cultural Industries, the Premier and Cabinet, Treasury, Training and Workforce Development, Western Australia Police Force and WA Primary Health Alliance.

### The Skies

*After a long day of flying through the skies in your airship you decide to sit and enjoy the sunset before exploring the abandoned city ahead.*

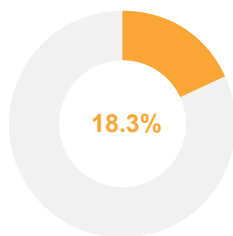
**Connor Johnston**



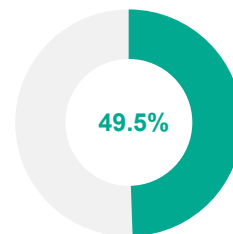
# Key Statistics



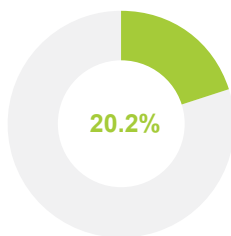
In 2022-23, there were an estimated  
**446,700**  
young people aged 12 to 24 in Western Australia.  
This represents **an increase of 3.5%** compared to  
2020-21, when there were an estimated 431,600  
young people in this age group.<sup>1</sup>



As of June 2023, an estimated 18.3% or  
**82,300 young people**  
in WA experienced mild, moderate or severe  
mental health issues in the past 12 months.<sup>2</sup>



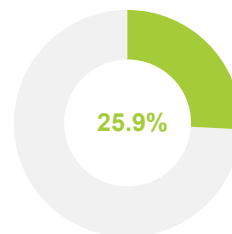
In 2019, an estimated  
**49.5% of**  
**young people**  
aged 14 to 24 years in WA consumed  
alcohol in the past 12 months.<sup>3</sup>



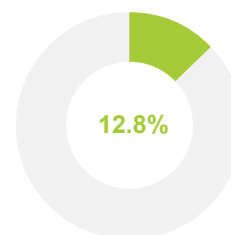
In 2019, an estimated

**20.2% of young people** aged 14 to 24 years in WA used **at least one illicit drug** in the past 12 months.<sup>4</sup>

### Girls with low life satisfaction



### Boys with low life satisfaction

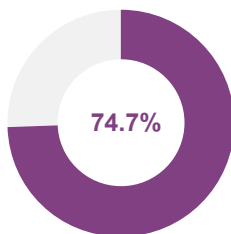


In 2021, 12.8% of male students and 25.9% of female students in years 7 to 12 in WA reported low life satisfaction.<sup>6</sup>

Compared to 2019, there was an

**8.5% increase**

in the proportion of female students with low life satisfaction.<sup>7</sup>



In 2021,

**74.7% of WA students in Years 7-12** thought people their age should not use any substances including cigarettes, alcohol, marijuana or other drugs, **a 2.1% increase compared to 2019.**<sup>5</sup>



## Vision

**The vision of the YPPA is that young people are healthy and have fulfilling lives, where young people can learn, grow and contribute to society as they set up life within the community. Most importantly we want young people to be well and stay well.**

“

We, as young people, all need support and education to help keep one another well and build our resilience. If we need services, we should be able to find them easily, with fewer wrong doors or long queues. We need services to work together, respect our differences, make us feel welcome, and treat us as equal partners.<sup>1</sup>

”

<sup>1</sup> MHC, *Young People's Mental Health and Alcohol and Other Drug Use: Priorities for Action 2020-2025* (2020).

# Strategies to implement the vision



## 1. Helping us stay well:

Promoting mental wellbeing, and intervening early to prevent mental health issues and alcohol and other drug related harm.



## 2. Supported by our family and community:

Boosting whole of community and whole of family engagement, and support for families, loved ones and carers so they can go on supporting young people.



## 3. Making it easier to find and access services that are right for us:

The right services are available when and where they are needed and are easier to find and access.



## 4. Valuing that we are all unique:

Diversity and culture is respected, nurtured and catered for at every point, ensuring services and workforces are welcoming, inclusive, culturally safe, person-centred and holistic.



## 5. Services working together:

There is a partnership approach to recovery with better coordination and transition between and across sectors, services and life stages.



## 6. Experiencing positive and trusting relationships and best practice care:

Building the capacity, capability and confidence of everyone who works with young people and their families and carers.

# Priorities for action

The YPPA consists of 141 actions across six strategies that young people and stakeholders from across the sector identified for change.

In 2020, these 141 actions were prioritised for implementation as follows:

- **Immediate Actions (50 actions)** - Initiatives currently being implemented, within existing resources;
- **Top Priorities (77 actions)** - The first priorities for implementation should additional funding become available; and
- **Future Steps (14 actions)** - Longer term priorities for implementation into the future.



**Goorlil**

*On Yawuru country, Turtles, also known as Goorlil, captures the essence of the symbiotic relationship that culture, country and language hold for myself as a proud First Nations woman.*

**Leanne (Lee) Dolby**



# Overview of YPPA progress in 2022-23

## Key state budget commitments

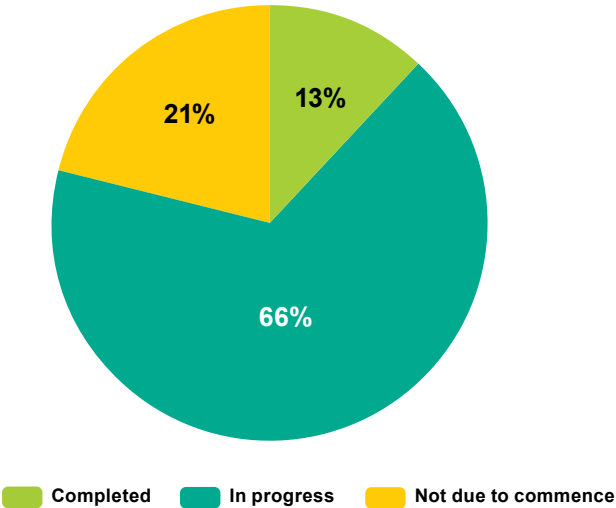
In the 2021-22 State Budget, a number of YPPA Top Priorities were funded as part of the \$1.114 billion investment in mental health and AOD services in Western Australia.

The 2022-23 State Budget saw a record \$1.257 billion investment in mental health, AOD services in Western Australia, and funding provided for the following dedicated initiatives and services for children and young people:

- \$6.1 million over four years to continue the delivery of the Preventing Fetal Alcohol Spectrum Disorder public education campaign and ongoing training of health workers including those in remote and regional communities.
- \$4 million to ensure the immediate recommendations of the Infant, Child and Adolescent Taskforce are effectively overseen, designed and implemented.
- \$12.9 million over four years to enhance the Infant, Child and Adolescent mental health peer workforce.
- \$1.3 million over two years to develop a specific Infant Child and Adolescent mental health workforce plan.
- \$18.5 million over four years to increase to the WA Country Health Service Infant, Child, Adolescent mental health frontline face to face workforce, providing support for psychiatry, nursing, peer and Aboriginal Mental Health Workers.
- \$10.5 million over two years to expand Crisis Connect and support children (aged 0-18) and their families and carers waiting to access public specialist Infant, Child and Adolescent (ICA) mental health services.
- \$54.6 million in additional support for initiatives that reduce the number of youth and vulnerable people coming into contact with the justice system, including extending the Target 120 and Kimberley Juvenile Justice Strategy programs for at-risk youth, and continuing the Aboriginal Community Connectors Program.
- \$38.6 million to improve the wellbeing of students through pastoral care services and student support strategies under the National Wellbeing Program.
- Under the Bilateral Schedule on Mental Health and Suicide Prevention: Western Australia, the State Government has co-funded \$12.6 million over for years to establish one new Head to Health Kids Hub in Western Australia.

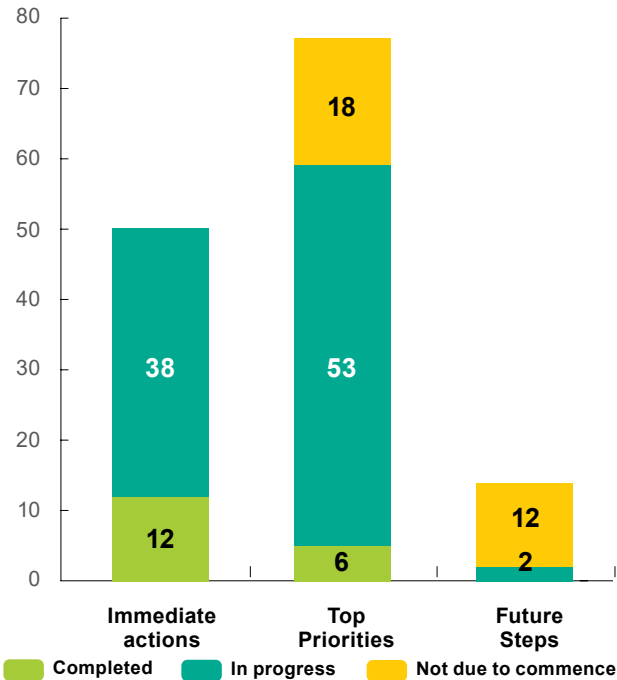
# Overall progress in 2022-23

The chart below shows that as at 30 June 2023, the overall progress in implementing all 141 YPPA actions is 13% (18 actions) are completed, 66% (93) are in progress and 21% (30) are not due to commence.



# Progress by YPPA priority status

The chart below shows that as at 30 June 2023, for Immediate Actions, 12 (24%) are completed; and 38 (76%) are in progress. For Top Priorities, 6 (8%) are completed, 53 (69%) are in progress and 18 (23%) are not due to commence. For Future Steps, 2 (14%) are in progress and 12 (86%) are not due to commence. A majority of actions not due to commence in 2022-23 are YPPA Top Priorities or Future Steps that are yet to be funded, or are partially funded.

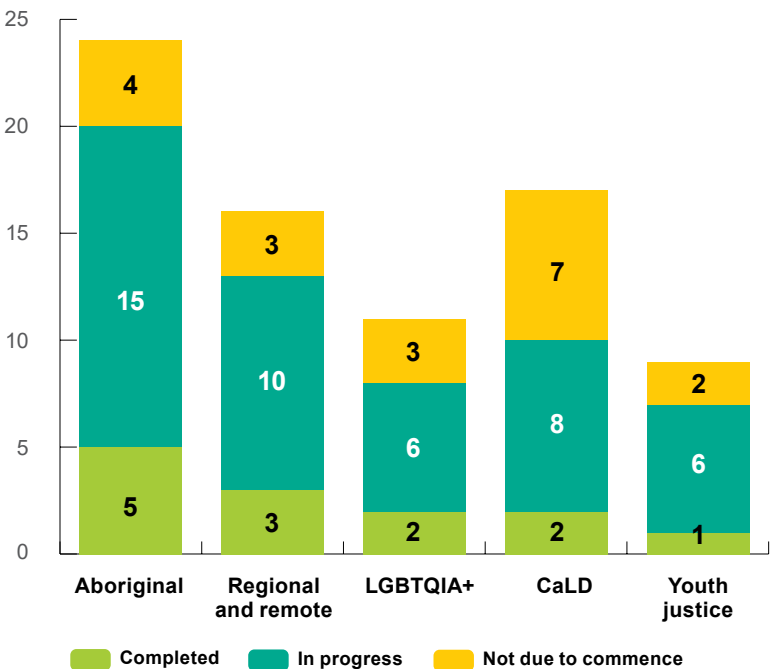


Overview of YPPA progress in 2022-23

# Specific priority groups and communities

The YPPA includes a number of actions with a specific focus on priority groups and communities such as culturally appropriate services and supports for Aboriginal people, people in regional and remote areas, lesbian, gay, bisexual, transgender, intersex, queer, asexual and other sexually or gender diverse people (LGBTQIA+), people from culturally and linguistically diverse (CaLD) backgrounds and youth justice. The chart below demonstrates progress of actions which focus on these priority groups and communities, as at 30 June 2023.

The vast majority of YPPA actions apply to the whole population, and these have not been included in the chart below. Additionally, some actions relate directly to more than one priority group, and in this circumstance, have been counted against both priority groups/communities.





**Whurrong | Gunditjmara Boodja**

*This painting was inspired by my trip to Naarm | Yambuk (Melbourne | Victoria), where we had the amazing opportunity to see Deen Maar. Deen Maar (Island) has a strong spiritual and visual connection with the Gunditjmara people, as this was where Bunjil (Wedge-tailed Eagle), the Creator, left this world.*

**Rita Miller**





### **Home**

*A memory of being away from the busy city, a past which was surrounded by nature, a desire to go back to here in here is peace and natural beauty.*

**Fatima (Tima)  
Webster**



## Helping us stay well

Promoting mental wellbeing, and intervening early to prevent mental health challenges and alcohol and other drug related harm.

### Immediate actions

#### 1.2 Fetal Alcohol Spectrum Disorder (FASD)

**ACTION** Increase awareness of the harms associated with alcohol use among women of child-bearing age, the broader community and health professionals, through state-wide and targeted evidence-based initiatives.

**2022-23 UPDATE** A state-wide public education program was launched in September 2022 to reduce harms from drinking in pregnancy. The campaign's critical message is "No alcohol during pregnancy is the safest choice". As well as ads running in mass media, the program includes training for health workers to assist them in their conversations with pregnant women and their support people. The Alcohol and Pregnancy campaign is part of the broader preventing fetal alcohol spectrum disorder (FASD) project.

#### Helping us stay well 1.2 (Immediate action)

<b>Lead Agency</b>	Mental Health Commission
<b>Partner Agencies</b>	Department of Health
<b>Status</b>	Completed

Helping us stay well

1.11 Expanded state-wide campaigns and related community action

**ACTION** In order to: reduce alcohol-related harm; minimise the risk of harms relating to drug use; and raise awareness of social and emotional wellbeing and the harms associated with AOD use among young Aboriginal people, their families and communities, such as through the Strong Spirit Strong Mind Metro Project.

**2022-23 UPDATE** *The Stay Strong, Look After your Mob and The Growing Brain* public education campaigns were launched in 2022 and 2023, with a focus on supporting social and emotional wellbeing (SEWB) and reducing WA youth’s cannabis use. A new Strong Spirit Strong Mind Aboriginal youth focussed campaign is due to be launched in late 2023 and 2024.

Community consultation, led by an Aboriginal community organisation, has commenced to develop a model of service for community outreach youth services.

SEWB grants have been awarded in 2022 to support communities to run SEWB initiatives for Aboriginal youth. An additional round of community grants has commenced in 2023.

Helping Us Stay Well 1.11 (Immediate action)	
Lead Agency	Mental Health Commission
Partner Agencies	Department of Health
Status	In Progress

## Top priorities

### 1.22 Support at-risk young people in the Kimberley, through implementing the Kimberley Juvenile Justice Strategy

**ACTION** Continue to work in partnership with local governments and Aboriginal Community Controlled Organisations to expand place based on country activities and night patrol programs to engage with young people constructively after hours, weekend and school holidays thereby reducing the risk of them engaging in antisocial behaviour.

**2022-23 UPDATE** The Kimberley Juvenile Justice Strategy (KJJS) continues to fund and support a range of community-led place based initiatives across the Kimberley, engaging young people in culturally safe and culturally appropriate activities that steer them away from the criminal justice system.

Initiatives include individualised case management services, mental health, alcohol and other drug and social and emotional wellbeing supports and workshops. The provision of positive role models is integral to these programs.

The majority of KJJS initiatives are delivered in partnership with Aboriginal Community Controlled Organisations (ACCOs) and Aboriginal Corporations.

The Strategy also continues to support the alternative learning program “Young and Deadly,” in Broome and Kununurra. Facilitated by North Regional TAFE, the program is for disengaged young people aged between 14 and 9 months, to 18 years and is designed to inspire and build young people’s confidence and assist in building basic literacy and numeracy. Learning is hands-on and interactive with an emphasis on engagement and employability skills.

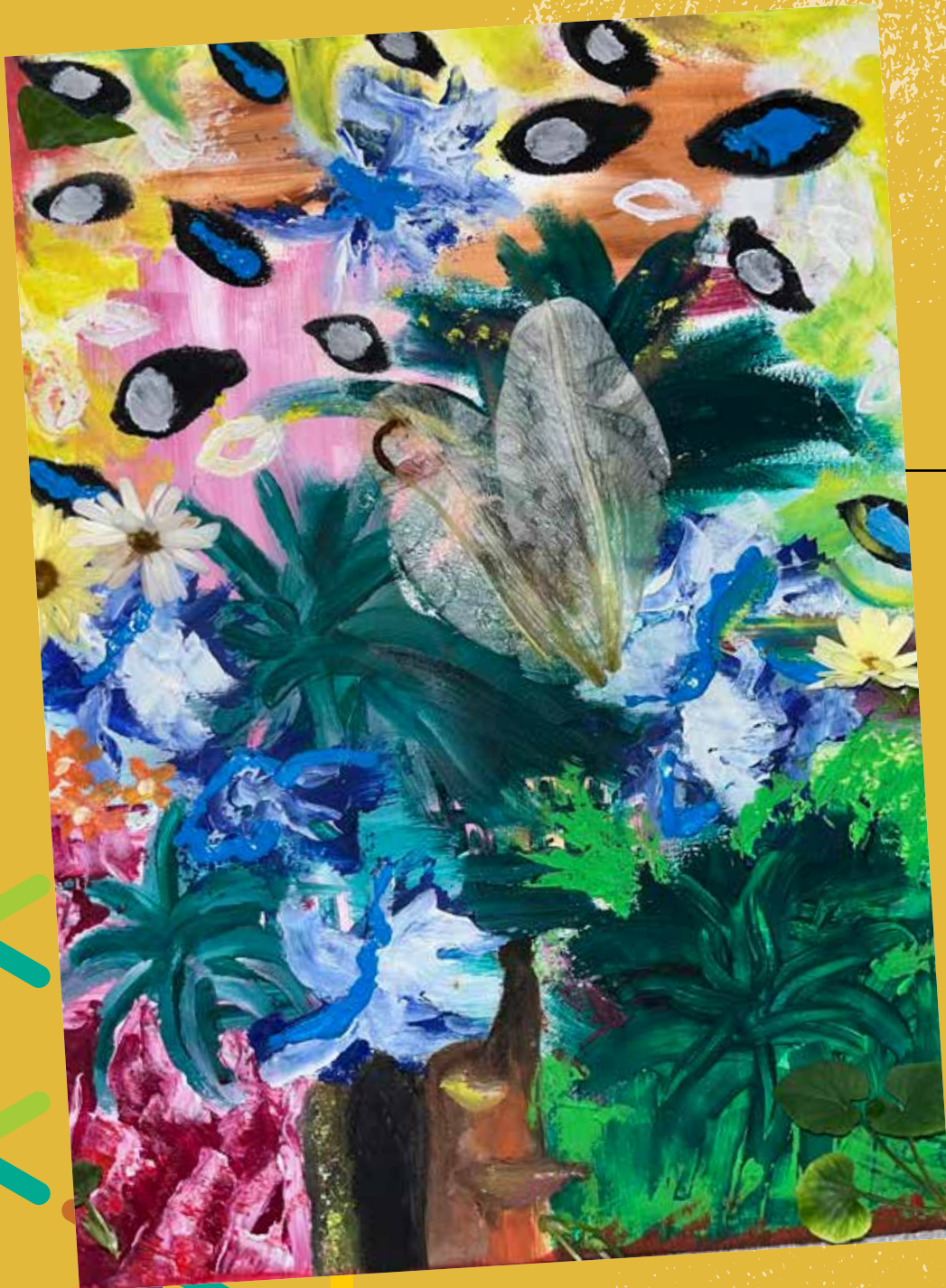
#### Helping us stay well 1.22 (Top priority action)

Lead Agency	Department of Justice
Partner Agencies	Department of Education; Department of Training and Workforce Development; Department of Communities; Department of Health; Department of Local Government, Sport and Cultural Industries; Department of Premier and Cabinet; Mental Health Commission; and WA Police Force
Status	In Progress

#### Linked Actions

**1.23** Expand on alternative education and vocational programs to re-engage young people who have contact with the justice system and are disengaged with mainstream education services to provide pathways to further education and/or employment.

**1.24** Provide targeted culture based intensive programs that address mental health, AOD and behavioural issues.



### **Inner Bliss**

*Happiness, the bright colours portray a positive, warm and possibly eye catching story. Includes a small part of nature with a wish to be more active in nature physically and spiritually. The joy of creating an artwork without any negative thoughts. The eyes represent one's view/interest in the small parts of nature, observing their surroundings, creating a gateway between that of nature.*

**Fatima (Tima)  
Webster**



## Supported by our family and community

Boosting whole of community and whole of family engagement, and support for families, loved ones and carers so they can go on supporting young people.

### Top priorities

#### 2.9 Support for parents and schools

**ACTION** Make it the norm for parents not to provide alcohol to their teenager.

**2022-23 UPDATE** A new phase of the Alcohol. Think Again - Parents, Young People and Alcohol campaign, titled 'We all need to say no', launched state-wide in July 2022. The campaign forms part of a comprehensive strategy in Western Australia that seeks to reduce harm from alcohol among young people.

The key message of the campaign is 'no one should give alcohol to under 18s'. One of the key campaign objectives is to increase the proportion of parents who consider it inappropriate to give alcohol to under 18s. The campaign was advertised across Western Australia until January 2023.

Supported by our family and community 2.9  
(Top priority action)

**Lead Agency** Mental Health Commission

**Partner Agencies** Department of Education

**Status** In Progress

Supported by our family and community

2.13 Information for CaLD Communities

**ACTION** Address gaps in information and create awareness of mental health and AOD services to families from CaLD backgrounds and cultural and religious leaders.

**2022-23 UPDATE** The DLGSC promotes mental health and AOD initiatives through its online Office of Multicultural Interests (OMI) Weekly News that reaches over 5,000 CaLD community members and organisations. Examples of mental health and AOD initiatives shared via the OMI Weekly News include:

- Asian Australian Mental Health Practitioner List.
- Headspace Cannington and MercyCare’s ‘Standing Strong’ workshop series.
- Curtin University and Mettamorphosis’ research, ‘Hidden Voices: Children and young people’s experiences of living with and/or exposure to intimate abuse and family violence in CaLD communities in WA’.
- Association of Services to Torture and Trauma Survivors (ASeTTS) after-school workshops exploring themes such as emotions and feelings, self-esteem and strengths, healthy relationships, and cultural identity and belonging.
- Partners in Culturally Appropriate Care (PICAC) Alliance webinar series ‘Bounce-ability: Your resilience journey starts here’.
- South East Metro Parenting Support Service programs and workshops.

Supported by our family and community 2.9  
(Top priority action)

Lead Agency	Department of Local Government, Sport and Cultural Industries
Partner Agencies	Mental Health Commission
Status	In Progress

## 2.11 Support for parents and schools

**ACTION** Increase access and promotion to free parenting programs (such as Triple P, Partners in Parenting), including greater investment in online formats.

**2022-23 UPDATE** In 2023, the Federal Government announced the funding of Triple P online for all Australians. The State Government continues to augment this delivery with in-person sessions delivered at schools by the School Psychology Service and in the community at Child and Parent Centres. Strategies to promote delivery by schools and increase adoption of the program in the community are being developed. This includes ensuring that practitioners have the appropriate supports, mentoring and schools are supported to deliver the programs.

Supported by our family and community 2.11  
(Top priority action)

**Lead Agency** Department of Education

**Partner Agencies** N/A

**Status** In Progress



Supported by our family and community

2.6 Support for parents and schools

**ACTION** Expand the current Gatekeeper Suicide Prevention Training and youth/teen Mental Health First Aid to support staff in schools.

**2022-23 UPDATE** The Department of Education coordinates the Schools Response to Suicide and Self-Harm Program, which includes the coordination and delivery of Gatekeeper Suicide Prevention Training and Teen Mental Health First Aid across Government and non-Government schools.

The Child and Adolescent Mental Health Service collaborates with the Department of Education on the Response to Suicide and Self Harm in Schools Program.

Department of Education staff access the Gatekeeper Suicide Prevention Training which has been developed for professionals and paraprofessionals working with at risk youth.

The Department of Education delivers the Teen Mental Health First Aid course which provides Years 10 to 12 students with skills to identify and support peers with mental health issues and link them in with appropriate adults.

Supported by our family and community 2.6  
(Top priority action)

**Lead Agency** Department of Education

**Partner Agencies** Mental Health Commission

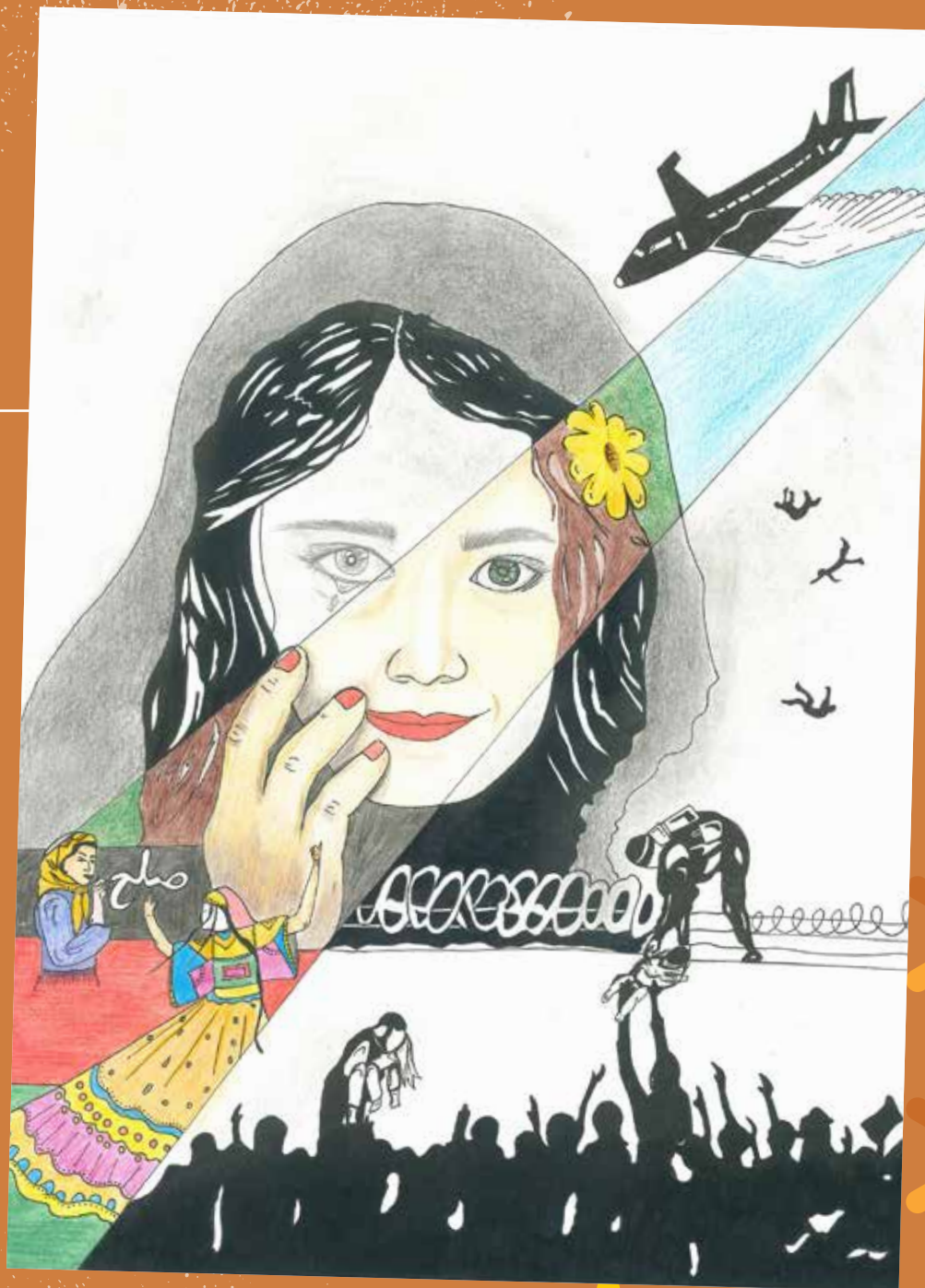
**Status** In Progress



**Peace**

*My wish is to see my  
country prosperous  
and away from war.*

**Nazdana Rezaie**





# Making it easier to find and access services that are right for us

The right services are available when and where they are needed and are easier to find and access.

## Immediate actions

### 3.16 Early intervention

**ACTION** Outreach services to address needs of young people in crisis.

**2022-23 UPDATE** Work has commenced to establish an Acute Care Response Team pilot, which will provide urgent access to provide intensive, timely and responsive support to children, families, and carers in a mental health crisis by responding to children, who can be safely, appropriately and effectively supported in their home or community. The team is a mobile team that supports children and adolescents (0 to 17 years), as well as their families and carers, who are experiencing a mental health crisis, or require more intensive support than available in a community Infant, Child and Adolescent Mental Health Service (ICAMHS) setting. The team will partner with Child and Adolescent Mental Health Services Crisis Connect and EDs to ensure an all-hours response to children in crisis. The team is expected to commence in January 2024.

Making it easier to find and access services that are right for us 3.16 (Immediate action)

**Lead Agency** Mental Health Commission

**Partner Agencies** Health Service Providers

**Status** In Progress

3.1 and 3.2 Youth mental health and AOD homelessness service

**ACTION** Open the interim youth mental health and AOD homelessness service and engage young people to co-design the model of service and building for the long-term youth mental health and AOD homelessness service.

**2022-23 UPDATE** The interim youth mental health and AOD homelessness service, Momentum QP opened in February 2022. A model of service for the long-term service is being drafted based on consultations with a range of stakeholders including young people, carers and family members, service providers, peak bodies and Government agencies. Concept drawings for the service have been prepared, and further consultation will be undertaken with stakeholders including youth on the draft plans.

Making it easier to find and access services that are right for us 3.1 and 3.2 (Immediate action)

Lead Agency	Mental Health Commission
Partner Agencies	Department of Health
Status	In Progress

Making it easier to find and access services that are right for us

3.9 Service delivery flexibility

**ACTION** Work with service providers to support young people, families, carers and support people to access services via both face to face and virtual methods of service delivery.

**2022-23 UPDATE** Through the 2022-23 State Budget, \$10.4 million was allocated for the provision of virtual mental health crisis support for children across the State. This included an expansion of the Child and Adolescent Mental Health Service (CAMHS) Crisis Connect. Additionally, with this investment, the WA Country Health Service established a virtual service which provides follow up care to children following mental health related presentations to regional Emergency Departments. This service also supports staff in regional Emergency Departments to respond appropriately to children presenting with mental health related needs.

Making it easier to find and access services that are right for us 3.9 (Immediate action)

Lead Agency	Mental Health Commission
Partner Agencies	Health Service Providers, Department of Health, Department of Communities, Department of Education
Status	In Progress

3.31a Support for people with personality disorders

**ACTION** Review existing service guidelines, and pathways for young people with emerging personality disorder and increase access to evidence-based treatment.

**2022-23 UPDATE** Youthlink is delivering a Dialectical Behaviour Therapy (DBT) Program for young people accessing care. The program is for young people with personality disorders or emerging personality disorders. In addition, a pilot project has commenced in the Midwest region, offering DBT to young people with emerging unstable personality disorder. The team is comprised of local multidisciplinary clinicians, with regular supervision with the Director of Youth Psychiatry.

Making it easier to find and access services that are right for us 3.31a (Immediate action)

Lead Agency	Health Service Providers
Partner Agencies	Department of Health; Mental Health Commission
Status	In Progress



Making it easier to find and access services that are right for us

## Top priority

### 3.18 Forensic services for young people

**ACTION** Develop a child, adolescent and youth forensic outreach service for those at risk of, or with a history of offending.

**2022-23 UPDATE** The Child and Adolescent Forensic Service commenced partial operation in May 2023, providing consultation liaison forensic mental health advice. In late 2022, the State Government allocated \$9.8 million over five years for expansion of the Child and Adolescent Forensic Service to include a multidisciplinary mental health team, to be co-located at Banksia Hill Detention Centre. Recruitment has commenced for this multidisciplinary team.

Making it easier to find and access services that are right for us 3.18 (Top priority action)

**Lead Agency** Mental Health Commission

**Partner Agencies** Department of Health

**Status** In Progress

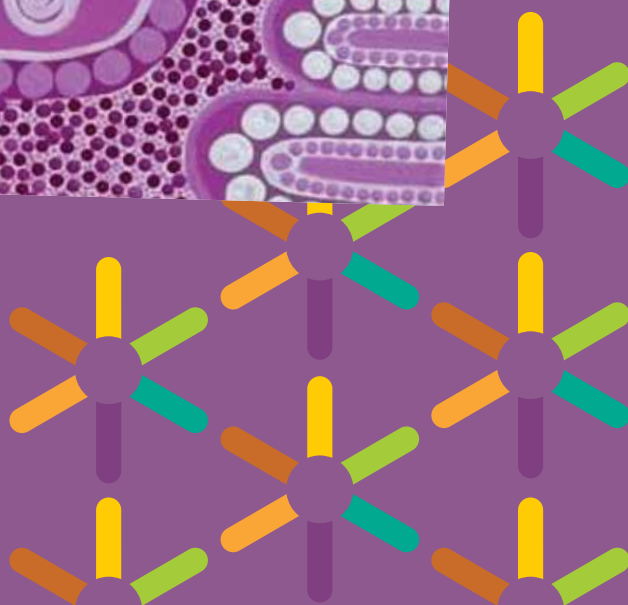




**Yorga's Yarning**

*This painting represents my sisters and I sitting around yarning, laughing and learning from one another.*

**Rita Miller**





## Valuing that we are all unique

Diversity and culture is respected, nurtured and catered for at every point, ensuring services and workforces are welcoming, inclusive, culturally safe, person-centred and holistic.

### Top priorities

#### 4.17 Peer workers

**ACTION** Increase involvement of the peer workforce to support and respond to the mental health and AOD needs of young people with co-existing conditions, and their families and carers.

**2022-23 UPDATE** As part of the 2022-23 State Budget, \$12.9 million over four years was provided to increase the frontline mental health peer workforce as part of the Infant, Child and Adolescent Taskforce response. This includes the establishment of a Lived Experience (Peer) workforce development team, which includes one year of organisational readiness training and training across the sector, and additional Lived Experience (Peer) Workforce Coordinators across the state. Together, these initiatives will enable upcoming peer workers to incorporate a focus on responding to young people's mental health and AOD needs, and their families and significant others.

#### Valuing that we are all unique 4.17 (Top priority action)

Lead Agency	Mental Health Commission
Partner Agencies	N/A
Status	In Progress

4.4 National Disability Insurance Scheme (NDIS)

**ACTION** Provide increased supports for people to test their NDIS eligibility.

**2022-23 UPDATE** Through the 2022-23 State Budget, the State Government allocated \$15 million over three years to increase individual and systemic disability advocacy. Funded organisations include Kiind, who are assisting children and young people and their families and carers and the Youth Disability Advocacy Network. Kiind has also been funded for peer support and self-advocacy for parents and carers of children and young people with disability, and young people living with disability.

4.14 Racism, stigma and discrimination is reduced

**ACTION** Upskill the mental health and AOD workforce to improve and strengthen their capability to effectively provide LGBTQIA+ inclusive and accessible services and supports that are free from stigma and discrimination.

**2022-23 UPDATE** All Health Service Providers have commenced introducing initiatives to upskill the workforce through LGBTQIA+ learning packages and partnerships with LGBTQIA+ organisations. For example, the East Metropolitan Health Service are LGBTQIA+ rainbow tick accredited; the North Metropolitan Health Service Youth Mental Health Service has developed strong partnerships with youth agencies and work with Freedom Centre and Transfolk; and the Child and Adolescent Health Service has formed a Pride Awareness Network to improve the inclusivity of services and workplaces.

Valuing that we are all unique 4.4  
(Top priority action)

Lead Agency	Department of Communities
Partner Agencies	Mental Health Commission
Status	In Progress

Valuing that we are all unique 4.14  
(Top priority action)

Lead Agency	Department of Health
Partner Agencies	Mental Health Commission
Status	In Progress



**Life is Our Right**

*This painting depicts my wish to see the women of my country reach their full potential within a thriving society by accessing their right to education.*

**Fatemah Rezaie**



# Services working together

There is a partnership approach to recovery with better coordination and transition between and across sectors, services and life stages.

## Immediate actions

### 5.11 Children in care and care leavers

**ACTION** Explore initiatives to address specific and complex health, psychological, housing, educational and employment needs for children in care and care leavers (child protection), including implementation of the Rapid Response Framework.

**2022-23 UPDATE** The interim roll out of Home Stretch WA has commenced, with allocation of \$37.2 million for the roll out of a permanent service. The Home Stretch WA service model is designed to provide enhanced access to services and supports for eligible young people aged 18 to 21, who are transitioning from out of home care. This includes one-on-one transition support, accommodation allowance, education/ training and employment supports, health and mental health support, financial support and a support circle of people. Over 150 young people are receiving Home Stretch WA services, with half of those Aboriginal young people.

#### Services working together 5.11 (Immediate action)

Lead Agency	Department of Communities
Partner Agencies	Mental Health Commission; Department of Education; Department of Health; and Department of Justice
Status	In Progress



Services working together

Top priority actions

5.16 Court Diversion

**ACTION** Embed the mental health court diversion services for young people in contact with the criminal justice system.

**2022-23 UPDATE** The Mental Health Court Diversion and Support Program includes Links in the Perth Children's Court. Ongoing funding for the service was approved as part of the 2021-22 Budget. A dedicated marketing strategy is being undertaken to increase visibility and referrals for Links in the Perth metropolitan area.

Services working together 5.11  
(Top priority action)

Lead Agency	Mental Health Commission
Partner Agencies	Department of Justice; WA Police Force; and Health Service Providers
Status	Completed

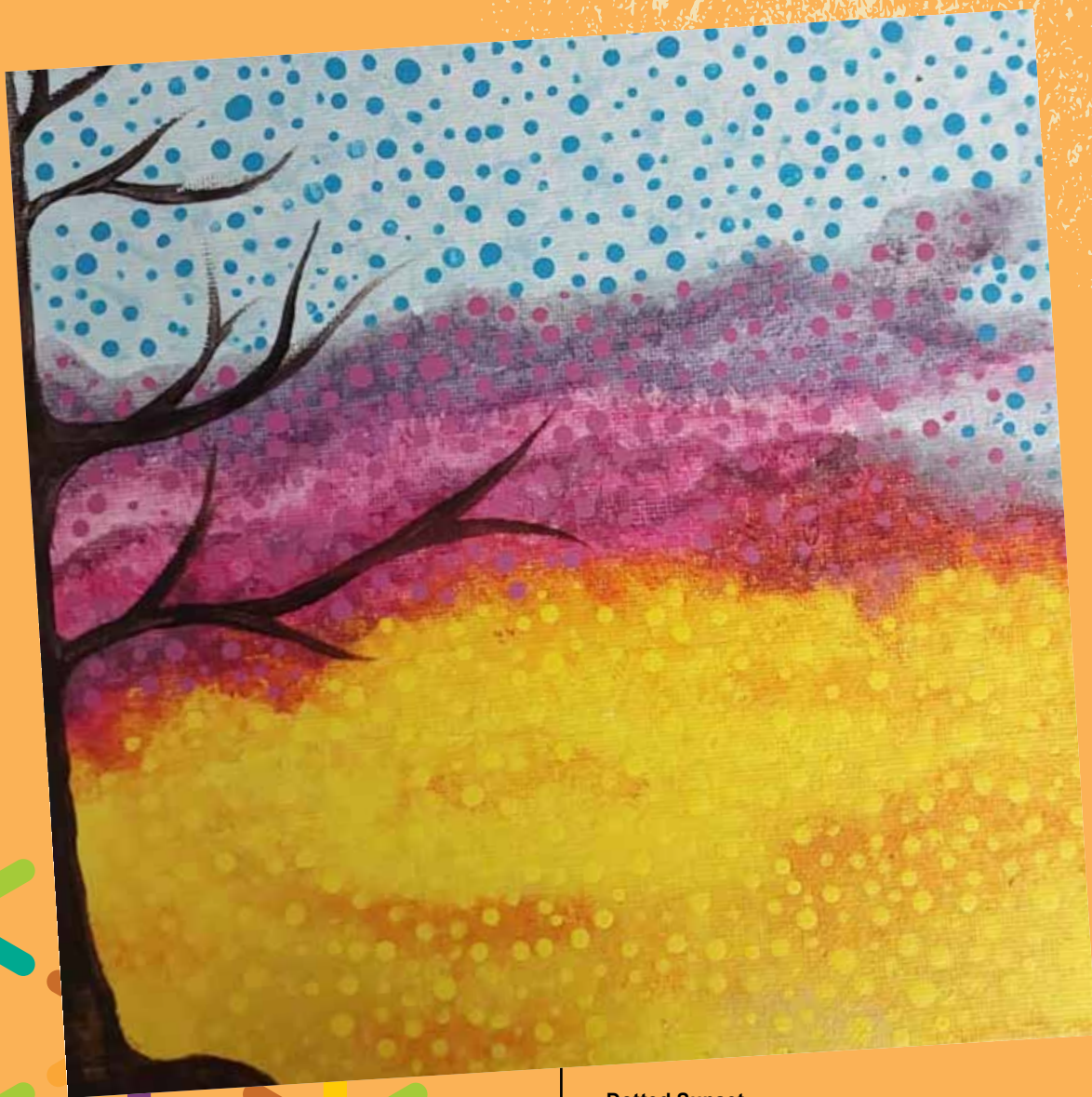
5.24 Support at-risk young people in the Kimberley, through implementing the Kimberley Juvenile Justice Strategy

**ACTION** Commence community engagement and co-design process with a view to establish a pilot residential facility where young people have a safe place on-country to address their mental health and behavioural needs while at the same time accessing educational and employment opportunities, as a response to Recommendations 25, 28 and 40 of the Coronial Inquest.

**2022-23 UPDATE** The Government's 2023-24 State Budget allocated funding to the Kimberley Juvenile Justice Strategy, inclusive of the Immediate Response Safe Space pilot program in Broome. Following an intensive co-design and community engagement process, the Immediate Response Safe Space Pilot will provide emergency triaging and support services to young people present on Broome streets at night. Young people will be kept safe in a time-limited, culturally secure and trauma-informed space while a responsible adult is located. In addition, the program will offer follow-up services.

Services working together 5.24  
(Top priority action)

Lead Agency	Department of Justice
Partner Agencies	Department of Communities Department of Education; Department of Health; Department of Local Government, Sport and Cultural Industries; Department of Premier and Cabinet; Department of Training and Workforce Development; Department of Treasury; Kimberley Development Commission; Mental Health Commission; and WA Police Force
Status	In Progress



**Dotted Sunset**

*I used watercolour and acrylic paints, I sort of got this idea from Bobby. The mixtures of the colours and dotted paints to me, makes it stand out in a way that brings happiness and joyful emotion.*

**Jayden Hansen**



## Experiencing positive and trusting relationships and best practice care

Building the capacity, capability and confidence of everyone who works with young people and their families and carers.

### Immediate actions

#### 6.1 Trauma-informed training

**ACTION** Expand delivery of trauma-informed care and practice training in the mental health community sector and to human services agencies.

**2022-23 UPDATE** Training in trauma-informed care and practice has been developed and is being delivered in the youth sector through Drug Education Support Service workers, located at six regional and 11 metropolitan sites. Trauma-informed care and practice training is also provided in person and online.

Experiencing positive and trusting relationships and best practice care 6.1  
(Immediate action)

**Lead Agency** Mental Health Commission

**Partner Agencies** N/A

**Status** In Progress

Experiencing positive and trusting relationships and best practice care

6.4 Primary care

**ACTION** Promote existing mental health, AOD and youth training available to GPs through the Australian Medical Association and Royal Australian College of General Practitioners.

**2022-23 UPDATE** WA Primary Health Alliance promotes existing appropriate mental health, alcohol and other drug and youth training opportunities and available resources to GPs and other primary care practitioners. This includes training provided by the Royal Australian and New Zealand College of Psychiatrists and the Australian Medical Association and development of quality improvement activities to assist practices to improve their work in the area of AOD, informed by youth issues.

Experiencing positive and trusting relationships and best practice care 6.4 (Immediate action)

**Lead Agency** WA Primary Health Alliance

**Partner Agencies** Department of Health

**Status** In Progress

6.9 Cultural training

**ACTION** The youth mental health and AOD sector review their cultural training, both content and process, in consultation with Elders and Aboriginal young people to improve the confidence and capability of all staff to work in genuine partnership with Aboriginal people.

**2022-23 UPDATE** All Health Service Providers are delivering cultural training, or planning improvements to this critical workforce development activity. For example, the WA Country Health Service (WACHS) Cultural Governance Framework has improved engagement with local elders and community leaders and improved cultural safety and considerations in supporting young consumers and families. WACHS engages Aboriginal people and their feedback and experiences are used to improve services offered to local people in communities.

Experiencing positive and trusting relationships and best practice care 6.9  
(Immediate action)

**Lead Agency** Health Service Providers

**Partner Agencies** Department of Health

**Status** In Progress



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**Healing Music**

*When I'm sad, music  
heals me. When I have  
my headphones on,  
everything disappears  
around me. There is  
only music and me.*

**Kateryna (Katie)  
Nahorna**

# References

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2. Diminic, S., Page, I., Gossip, K., Sparti, C., Wright, E., John, J., Woody, C., & Whiteford, H. (2021). Epidemiology Flow Charts for the National Mental Health Services Planning Framework – Commissioned by the Australian Government Department of Health, Version AUS V4.3. The University of Queensland, Brisbane.
3. Australian Institute of Health and Welfare. (2020). National Drug Strategy Household Survey 2019 – State and territory fact sheet supplementary tables. [Data set]. Australian Government. <https://www.aihw.gov.au/reports/illicit-use-of-drugs/national-drug-strategy-household-survey-2019/data>.
4. This includes consumption of illicit drugs and illicit use of prescription drugs such as sedatives, inhalants and steroids.
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6. Commissioner for Children and Young People. (2021) Speaking Out Survey 2021. The views of WA children and young people on their wellbeing – a summary report. <https://www.ccyp.wa.gov.au/our-work/projects/speaking-out-survey/>. Commissioner for Children and Young People. (2021) Speaking Out Survey 2019. Data insights: Students' views on their mental health.
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# Free help for young people in WA

In a life-threatening emergency, call **000** or go to your closest hospital emergency department.



## **CAMHS Crisis Connect (24/7)** **1800 048 636**

For people under 18 in a crisis  
or visit: [cahs.health.wa.gov.au/CAMHSCrisisConnect](https://cahs.health.wa.gov.au/CAMHSCrisisConnect)



## **Mental Health Emergency Response Line (24/7)** **1800 555 788**

For people 18 and over, families and carers in a crisis  
or visit: [mhc.wa.gov.au/MHERL](https://mhc.wa.gov.au/MHERL)



## **Kids Helpline** **1800 55 1800**

For people aged 5 to 25  
or visit: [kidshelpline.com.au](https://kidshelpline.com.au)



## **Youth Beyond Blue** **1300 22 4636**

For people aged 12 to 25  
or visit: [beyondblue.org.au/support-service/chat](https://beyondblue.org.au/support-service/chat)



## **Here for you** **1800 437 348**

For people 18 and over  
or visit: [mhc.wa.gov.au/hereforyou](https://mhc.wa.gov.au/hereforyou)



## **QLife** **1800 184 527**

Referral service for LGBTI people  
or visit: [qlife.org.au/resources/chat](https://qlife.org.au/resources/chat)



## **Headspace** **1800 650 890**

For people aged 12 to 25  
or visit: [headspace.org.au/online-and-phone-support](https://headspace.org.au/online-and-phone-support)



## **Butterfly Foundation** **1800 334 673**

For people 18 and over  
or visit: [butterfly.org.au/get-support/chat-online](https://butterfly.org.au/get-support/chat-online)



### **GET INVOLVED**

To find out more about the YPPA, visit [mhc.wa.gov.au/yppa](https://mhc.wa.gov.au/yppa)  
Youth Mental Health Sub Network, [mhc.wa.gov.au/youthnetwork](https://mhc.wa.gov.au/youthnetwork)  
Stakeholder Connect, [mhc.wa.gov.au/engagement](https://mhc.wa.gov.au/engagement)

### **ADDITIONAL SUPPORT**



Government of **Western Australia**  
**Mental Health Commission**



#### **Artworks on front cover from left to right:**

(Top Row) Leanne Dolby

(Middle Row) Rita Miller, Fatima Webster, Fatemah Rezaie

(Bottom Row) Fatima Webster, Nazdana Rezaie

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