

FOCUSSING ON YOUTH MENTAL ILL-HEALTH

headspace regional forum

Embargoed until Wednesday 28 June

Dated 27 June 2017

Leading voices on mental health will gather in Bendigo this week to discuss the impact of severe youth mental ill-health and ways to build services to support young people at risk in our region.

Professor Patrick McGorry AO, Executive Director of Orygen and former Australian of the year, Jason Trethowan, the CEO of headspace and Shea Spierings, UN Youth Ambassador 2015 will speak about severe youth mental ill-health at a regional forum in Bendigo on Wednesday and Thursday.

Late last year, Murray PHN began consultation with five headspace centres - Bendigo, Mildura, Shepparton, Swan Hill and Wodonga, to discuss possible options for each headspace centre in developing a new model of care* for young people in this group.

Murray PHN Executive Director Anne Somerville said the organisation was looking to strengthen local integration of services through the headspace model, to support connections with the broader service system to improve outcomes for young people.

“Our longer-term goal is the development of a stepped model of care based on best practice principles. We are working closely with Orygen and headspace to ensure young people receive the right care, in the right place and at the right time,” Ms Somerville said.

The forum will provide a space for young people who use headspace services, their families and carers, headspaces centre managers and clinicians to share their experiences and insights to help develop collaborative and innovative approaches to implementing new models of care.

Professor McGorry said mental-ill health was the leading cause of disability and death among Australians aged 15 to 24.

“Still only a minority of young people access professional mental health care,” Professor McGorry said. “Young men aged 16-24 are least likely to seek professional help of any age group.”

Despite these percentages, headspace centres in the Murray PHN region saw 12,670 visits across the region during 2016. “headspace centres attract and offer support to young people from marginalised and at-risk groups,” Jason Trethowan CEO headspace said. “This includes people who are often disadvantaged when it comes to access to health care. That can include Aboriginal and Torres Strait Islander young people, young people living in regional areas and those identifying as LGBTIQ.”

“Early intervention is absolutely critical to helping young people with mental health issues. Improving integration of headspace centres with other services at a regional level - such as primary mental health care, state child and adolescent, alcohol and other drug services - will coordinate and deliver the right interventions for at-risk young people.” Mr Trethowan said.

Interview availability

Wednesday 28 June 10.45-11am.

Contact details

For more details, Jackie Grant Communications Coordinator, t: 03 4408 5613, m: 0408 366 312 or e: jgrant@murrayphn.org.au

Murray PHN gratefully acknowledges the financial and other support from the Australian Government Department of Health.

Background

Murray PHN is charged with commissioning primary care mental health services for people with severe mental illness, including clinical care coordination for people with severe and complex mental illness. Murray PHN has been responsible for commissioning headspace centres within the Murray PHN region since July 2016.

headspace is the National Youth Mental Health Foundation, providing early intervention mental health services to 12-25 year olds.

Orygen, the National Centre of Excellence in Youth Mental Health, has a national partnership with PHNs across Australia to support the new model of care for young people.

References

*A model of care broadly describes the way health services are delivered. It outlines best practice care and service types for a patient as they progress through the stages of a condition, injury or event.

Reporting guidelines

Any story about mental health and young people should include details for headspace and the following guideline:

People aged 12-25 seeking help for a mental health problem can contact headspace headspace.org.au Details of other organisations, such as Lifeline and Kids Helpline, can also be included, depending on the nature and content of the story. More information about reporting on suicide can be found here: mindframe-media.info

Other contacts

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