Correction: The original text contains a typographical error. The correct text is:

“3 JUL 2012

MINISTER FOR MENTAL HEALTH

HON HELEN MORTON MLCL

Yours sincerely

I am pleased to be able to also provide you with a copy of the report.

...
INQUIRY INTO THE MENTAL HEALTH AND WELLBEING OF CHILDREN AND YOUNG PEOPLE IN WESTERN AUSTRALIA (WA)

OVERVIEW OF PROGRESS APRIL 2012

This document provides an overview of progress in areas identified by the Commissioner for Children and Young People (CCYP) Report of the Inquiry.

The Commissioner for Children and Young People in Western Australia (WA) was tabled in the WA Parliament on 5th May 2011.

Acknowledging the mental health needs of children and young people, key priorities include:

- Increased funding of child and adolescent psychiatrists;
- Increased learning and understanding about mental illness;
- Improved mental health and early childhood mental health services;
- Improved mental health and wellbeing of children and young people.

Key achievements include:

- Improved mental health and wellbeing of children and young people. The Commissioner commissioned a comprehensive approach to the mental health needs of children and young people.

The WA Government has increased its focus on the mental health needs of children and young people through:

- Identifying youth, infants and children as a specific priority population in the State's strategic policy on Mental Health, Mental Health 2020: Making it personal and everybody's business (Mental Health 2020);
- Convening an infant mental health planning group comprising representatives from the Mental Health Commission (MHC), Department of Health (DoH), Department for Communities (DfC), and the Australian Association for Infant Mental Health to develop short and long-term planning ideas for developing and strengthening infant mental health services.

The WA Government has also worked with the Commonwealth Government and other State Governments to develop a 10 year Roadmap for Mental Health. The draft National Roadmap, released for consultation in January 2012, includes recognition of the underlying principle that mental illness is experienced across the lifespan and is experienced disproportionately by young people.

Comprehensive approach to the mental health and wellbeing of children and young people

WA was one of the first States to create a dedicated Ministerial portfolio for Mental Health. This initiative, combined with establishing the MHC in 2010, paves the way for a comprehensive approach to strategic policy, planning, purchasing and monitoring of mental health services in WA. This initiative, combined with establishing the MHC in 2010, paves the way for a comprehensive approach to the mental health and wellbeing of children and young people.
increased mental health assertive community intervention services that respond to the needs of children (aged 0-16 years) and their families. Over the next two years, an Child and Parent Centres will be established in public schools in new and make a positive contribution to society.

There is also strong evidence that when government and non-government sectors work together in an integrated way, the broader community benefits. Over the next years, a Child, Cognitive, Linguistic, emotional and physical development in the early years

Integration of services

Education, Disability Services Commission (DSC) and the MHC. The DSC is the lead agency to establish an across government mechanism to coordinate, collaborate on and deliver effective parenting programs across WA. The MHC has a strong working relationship with the CAMHS in the DoH and other key stakeholders including beyondblue, Carers WA and Arafmi Mental Health Carers to provide a continuum of mental health programs for all age groups. CAMHS is also establishment a School-Aged Children Mental Health Interagency Group which

Integration of services

aims to strengthen communication and collaboration, establishing a School-Aged Children Mental Health Interagency Group which

Governance

In addition, a comprehensive plan for the delivery of specialist public CAMHS is

- an integrated mental health system for young people and their families;
- increased mental health assertive community intervention services that respond to the needs of children (aged 0-16 years) and their families;
this initiative, with $10.9 million being spent on capital works in schools. The new Centres will build on the highly successful models currently operating on school sites such as Challis Early Childhood Education Centre and Roseworth Primary School. These centres will bring together a range of services and supports, including the views of children and young people.

Involving children and young people

Starting in 2013, areas will be eligible for an annual Early Years Service Grant of up to $10,000 each. A number of public schools already have commenced significant and valuable work with families, and parents to engage with families and provide the support they need to nurture their children. There is a trend towards providing school-based services on school sites, where these services can be better integrated with local school and view in the context of broader and integrated services that families support their children.

The key to a successful start in life is to make sure that families know about, and have ready access to, early childhood services in their immediate community. There is a public school in almost every town and community in WA. Primary schools are accessible to all families and research shows that families support their children.

The Office of Early Childhood Development and Learning in the Department of Education (DoE) will lead the initiative; however, the strategic and operational decisions will be jointly overseen by the Director Generals of the Departments of Education, Health and Communities, through a joint coordination group.

The success of the initiative will depend on the engagement of families and children in their communities. The Office of Early Childhood Development and Learning will work in close collaboration with the education and health sectors, the Department of Education (DoE) and the Department of Health to ensure that families are engaged in the planning and delivery of services.
funding social research to reduce stigma, that will be inclusive of young people, on strategies to achieve behavioral and attitudinal change; funding projects and programs that are specifically targeted at encouraging young people to express themselves in regard to mental health concerns; and funding for a young Aboriginal woman from a remote location to be a guest speaker at the Preventing Suicide in Aboriginal Communities forum in Perth.

The MC also supports community organisations involving young people in the decision making processes in relation to strategies and activities that are important to them. The direct involvement of young people in the development of targeted Community Action Plans through the WA Suicide Prevention Strategy is an example of how this has been achieved.

Innovative service models

An example of how this has been achieved is of targeted community action plans through the WA Suicide Prevention Strategy is the direct involvement of young people in the development of targeted Community Action Plans through the WA Suicide Prevention Strategy. The WA Suicide Prevention Strategy involves the direct involvement of young people in the development of targeted Community Action Plans through the WA Suicide Prevention Strategy. The WA Suicide Prevention Strategy involves the direct involvement of young people in the development of targeted Community Action Plans through the WA Suicide Prevention Strategy. The WA Suicide Prevention Strategy involves the direct involvement of young people in the development of targeted Community Action Plans through the WA Suicide Prevention Strategy. The WA Suicide Prevention Strategy involves the direct involvement of young people in the development of targeted Community Action Plans through the WA Suicide Prevention Strategy.

There will be a dedicated Youth Mental Health stream within Adult Mental Health Services to assist young people.

The CANHS and Adult Mental Health Services have worked together to prepare a

**Small grants for sport and recreation, and arts activities in local communities.**

**Accounting Community – a State-wide campaign promoting community and school**

**Youthbeyondblue – targeted information and programs as part of BeyondBlue.**

A Memorandum of Understanding between the Department of Health (Child and Adolescent Mental Health) and the Department of Education has been signed in March 2010. It outlines the parameters of the cooperation between the two departments on a range of initiatives to improve mental health outcomes for young people.

The outcomes include:

- Increased funding for youth mental health services.
- Development of a Youth Mental Health Unit within Adult Mental Health Services.
- Enhanced training for education and health professionals in mental health.
- Increased access to mental health services for young people.
- Development of a Youth Mental Health Strategy.

Since 2007, approximately 50 schools (public and non-government) have engaged with MindMatters module training. There are six secondary schools that are fully accredited MindMatters schools.

There are currently 120 schools (public and non-government) in WA participating in the MindMatters Program. There are 120 programs to be delivered from 2012 to 2013.

The outcome required was for 120 programs to be delivered through to December 2012. The outcome required was for 120 programs to be delivered through to December 2012.

**The KidsMatter Program.**

There are currently 70 schools (public and non-government) in WA participating in the KidsMatter Program. There are 120 schools (public and non-government) in WA participating in the KidsMatter Program.

**The Positive Parenting Program, known as Triple P, is a comprehensive, multi-level training program developed at the University of Queensland. This program encompasses universal parenting strategies through to more targeted interventions for high-risk children and their parents.**

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There are currently 120 schools (public and non-government) in WA participating in the KidsMatter Program.
To increase the number of Triple P programs available for parents throughout WA, the training of school psychologists has been essential. From 2009, the number of programs being delivered has increased.

In 2009, a total of 43 Triple P programs were facilitated by school psychologists; 39 in the metropolitan area and four in regional WA.

In 2010, school psychologists delivered 77 programs; 43 in the metropolitan area and 34 in regional WA.

In 2011, there were 26 Triple P training and accreditation programs provided for DoE staff, predominantly school psychologists. This resulted in a total of 168 trained staff delivering 86 programs across WA; 55 in the metropolitan area and 31 in regional WA.

Over 1000 parents registered to attend these programs. The Triple P Parenting online program has been developed collaboratively by the DfC and the international Triple P program based at the University of Queensland. The online program is designed for parents who might not be able to attend parenting programs due to distance, cost and time. The program is targeted at parents of children aged 2-9 years and offers ideas on how to build relationships with children and manage misbehavior.

Teen Triple P Parenting online program, which is now trialing an online program with young people aged 12-20 years, has been delivered in the metropolitan area and seven programs have been delivered in regional WA.

The required program delivery outcomes, under the funding arrangement, have been delivered in the previous three years.

To increase the number of Triple P programs available for parents throughout WA, the training of school psychologists has been essential. The number of programs being delivered has increased.
The Bullying. No way! (BNW) website developed and managed through the Safe and Supportive School Communities: Finding workable solutions for countering bullying, harassment and violence in schools (SSSC) project provides materials specifically on the topic of gender and sexuality discrimination and bullying in schools. The Government supports this cross-jurisdictional initiative. The Department supports the National Day of Action against Bullying and Violence on 16 March and the resources related to the event on the BNW website which will be made available to all schools and students.

Public schools have access to the expertise of the team at Edith Cowan University's Child Health Promotion Research Centre. Schools have been able to trial and implement programs to prevent and manage bullying including Friendly Schools and Families and Solid Kids, Solid Schools which support schools to develop and implement effective bullying prevention and management strategies.

The DoE will be supporting the promotion of the updated resources developed by Edith Cowan University's Child Health Promotion Research Centre and will be implementing effective bullying prevention and management initiatives.

School psychologists also provide a range of professional development programs to Public schools and students.

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Mental Health 2020 has a strong commitment to addressing early intervention and treatment for youth mental health issues and is a prominent non-government organisation. Mental Health 2020 has a strong commitment to addressing early intervention and treatment for youth mental health issues and is a prominent non-government organisation. Mental Health 2020 has a strong commitment to addressing early intervention and treatment for youth mental health issues and is a prominent non-government organisation. Mental Health 2020 has a strong commitment to addressing early intervention and treatment for youth mental health issues and is a prominent non-government organisation.
An increased focus on early intervention and treatment can be seen through the following investments and strategies:

**Mother and Baby Unit**
- An additional eight bed Mother and Baby Unit within the new Fiona Stanley Hospital to support mothers who have developed a mental illness post birth and their babies.

**E-technology and Data Management**
- Greater use of e-technology, effective data collection and sharing, up-skilling of clinicians and other staff in data usage and management to improve mental health services.

**Community and Agency Action Plans**
- Development of community and agency action plans, and contributions towards crisis lines and suicide prevention services.

**Refurbishment**
- The refurbishment of the Bentley Adolescent Unit.

**Subacute Services**
- Development of a number of subacute services in Joondalup, Rockingham and Rockingham and significant reduction in waiting times for children with developmental delay in the capacity of the Child Development Service.

**Investment in Child Development Service**
- Significant investment in the State Child Development Service and an increase in the capacity of the Child Development Service.

**Community Early Intervention**
- Additional investment for metropolitan young people and adults.

**Specialist Aboriginal Mental Health**
- Commissioning of the Steere-Wide Specialist Aboriginal Mental Health Service.

**Rural and Remote Services**
- Targeted investment in rural and remote children’s and youth early intervention.

**Mental Health Framework**
- Commissioning the Henderson Report to provide advice on a quality assurance framework for mental health in WA.

**Henderson Report**
- Commissioning of the Henderson Report to provide advice on a quality assurance framework for mental health in WA, and working towards new registration for people with mental illnesses that will reflect best practice in the field.

**Significant Reduction**
- Significant reduction in waiting times for children with developmental delay.

**Waitlist**
- Waiting list for specialist autism assessment in metropolitan area.

**Evidence of Impact**
- Evidence of impact:
  - Increase in the number of school psychologists.
  - Increase in the number of school psychologists.
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  - Increase in the number of school psychologists.
  - Increase in the number of school psychologists.
  - Increase in the number of school psychologists.

**Increased Access**
- Increased access to fee-for-service, behaviour and learning support.

**Mental Health Support**
- Mental health support to vulnerable children and young people.

**Appropriate Support**
- Service which supports appropriate children, young people and adults.

**Vulnerable Children**
- Vulnerable children and young people.

**Specialised Responses**
- Specialised responses to mental health issues and these groups require specialist responses. These groups include but are not limited to:

- Children and young people in care.
- Women who have developed a mental illness post birth and an additional eight bed Mother and Baby Unit within the new Fiona Stanley Hospital.
- Vulnerable children and young people.
- An increased focus on early intervention and treatment can be seen through the following investments and strategies:
Aboriginal children; children of parents with a mental illness; and children and young people involved with the criminal justice system.

Under the Healthcare Planning Pathway (a joint initiative of the DCP and the DoH), a comprehensive assessment is conducted for children on entry into care. This includes a mental health assessment. The assessment process facilitates early identification of issues and referral to appropriate services.

The DCP and the MHC are currently looking to review the Healthcare Planning Pathway a joint initiative of the DCP and the DoH.

The MHC has established a planning process to determine future forensic bed requirements for WA, including beds for young people.

Growing up is complex, and children and young people may experience stress and even depression. The DPC has developed community resources and strategies such as: 
- The Fit Mind - Fit Body and Soul Kit. This consists of a series of 10 "Help Sheets" and a young person's guide for positive mental and emotional health.
- Young People and Alcohol - Helpful Information for Parents and Carers. This program includes a young person's guide to positive mental and emotional health.
- Other key initiatives include:
  - the Young Career Pathway delivered by Careers WA is supported by the MHC.
  - the Integrated Committee and Development of Resources and
    - enhancement initiatives for children of parents with a mental illness
    - planning with not-for-profit community agencies to establish a position to
      - require for young people's community agencies to establish a position to
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The MHC has established a planning process to determine future forensic bed requirements for WA, including beds for young people.

A key direction of Mental Health 2020 is improved forensic prevention, diversion and treatment services for young people with mental health problems who are involved in the criminal justice system. The MHC and the Department of the Attorney General have recently partnered to develop a new dedicated mental health and judicial support service for people with mental health problems and/or mental illness who come before the magistrates' courts. This includes special mental health expertise being placed within the Perth Children's Court. This vital and innovative program aims to reduce the adverse and unintended impact of the justice system on young people with mental health needs.

A health needs assessment of children in care is a priority. The MHC and the DCP are currently looking to review options for strengthening responses to the mental health needs of children involved with the criminal justice system. Under the Healthcare Planning Pathway, a joint initiative of the DCP and the DoH.

- children and young people involved in the criminal justice system
- children of parents with a mental illness
- Aboriginal children.
information on alcohol and the laws in WA, the harms alcohol can cause, what parents can do, and talking with young people about drinking;

One Sky, Many Paths - an Indigenous leadership program targeting young people from metropolitan and remote communities. The program has an online learning component, two one-week residential conferences in Perth with an array of Aboriginal speakers and leadership experiences, and a community project over a 10 week period. The program is accredited and conducted by the Challenger Institute of Technology;

The MHC provides funding to support a range of initiatives aimed at developing the capacity of the non-government mental health workforce in WA, including:

• Deliberative Services - for at least three years providing confidentiality for community sector organisations; and

Program on social and emotional development of children in the middle years (9-14 years). Four seminars were held for parents, the Aboriginal community, government agencies, and not-for-profit organisations. The DIC partnered with the Commissioner for Children and Young People's 2012 Thinker in Residence. Dr Shenker spoke about the importance of self-regulation and what can be done to enhance this for children and young people in WA.

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Agreement for mental health (WA) and beyond (youth investment program (primary school Years 4-6) and beyond) (Aboriginal child and young people through the Curtin Australian Aboriginal Leadership program in WA).

The program of mental health system provides a full range of support services, ranging from mental health promotion and prevention activities, through to early intervention, treatment and recovery. Through the MHC's role and responsibility for purchasing supports and services, investment will be made to ensure that funded specialist and community services complement and support the important roles of primary care, informal community care and self-care.

In line with the Delivering Child and Youth Mental Health Services in Partnership Policy, agreements for mental health services for children and young people will usually be for at least three years providing confidentiality for community sector organisations and self-care. The DIC can deliver several partial and early childhood protection information sessions in partnership with the Commission for Children and Young People (CYP). The DIC partnered with the Commissioner for Children and Young People's 2012 Thinker in Residence. Dr Shenker spoke about the importance of self-regulation and what can be done to enhance this for children and young people in WA.

A comprehensive and contemporary mental health system provides a full range of support services, ranging from mental health promotion and prevention activities, through to early intervention, treatment and recovery. Through the MHC's role and responsibility for purchasing supports and services, investment will be made to ensure that funded specialist and community services complement and support the important roles of primary care, informal community care and self-care.

Building the capacity of the non-government sector
As part of the 2011-12 Budget, an additional $600 million in funding was provided over four years to support a sustainable not-for-profit (NFP) community sector and ensure that a fair and appropriate price is paid by government to the sector for the services it provides. This funding will allow NFP community organisations to improve the care they provide and continue to deliver sustainable quality services to the WA community.

The MHC has worked actively with their NFP sector to transition through these reforms. Building the capacity of the workforce requires a sustainable, well trained and capable workforce able to understand and meet the diverse needs of people with mental health problems and/or mental illness, their families, carers and communities.

The National Mental Health Workforce Strategy was recently endorsed at the Australian Health Ministers’ Conference. This Strategy includes:

- Improving the existing mental health workforce capacity to deliver culturally and linguistically appropriate services to people from culturally and linguistically diverse (CaLD) backgrounds.
- Building the capacity of the workforce through these reforms.
- The MHC has worked actively with their NFP sector to transition the care they provide and continue to deliver sustainable quality services to the WA community.
- Funding will allow NFP community organisations to improve services it provides. This funding will allow NFP community organisations to improve services it provides. The latest report titled Health and mental health measures includes demographic information, diagnostic profiles and clinical outcome measures. In addition, the DoH publishes regular reports on data collected on service utilisation including child and adolescent mental health services (CAMHS - hospital and non admitted). This data and Wellbeing Surveillance System which was developed to monitor the health and wellbeing of Western Australians. Information is also collected from parents/carers of children up to the age of 15 years.

The DoH collects comprehensive data on service utilisation including child and adolescent mental health services (CAMHS - hospital and non admitted). This data

**Data collection**

- Comprehensive data on service utilisation including child and adolescent mental health services (CAMHS - hospital and non admitted).
- The DoH publishes regular reports on data collected through the Health and Wellbeing Surveillance System which was developed to monitor the health and wellbeing of Western Australians.
- Information is also collected from parents/carers of children up to the age of 15 years.
Wellbeing of Children in WA 2010, Overview and Trends is published on the DoH's website. Developments and initiatives that will facilitate data collection, monitoring and reporting specifically related to children and young people, include:

- The re-structuring of the governance arrangements of the DoH with the formation of the Child and Adolescent Health Service (CAHS) to provide a comprehensive service supporting the health, wellbeing and development of young Western Australians.

- The data collected will include information on the specific target population for mental health and wellbeing of children and young people.

- The MHC has funded a mapping project of the mental health services provided by non-government organisations in WA irrespective of the source of funding.

- The MHC has commenced a second national survey of the mental health and wellbeing of children and young people.

- Developmental work has commenced on a second national survey of the wellbeing of children in WA 2010. Overview and Trends is published on the DoH's website.