

Spotlight On Mental Health

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Session Outline

- Introduction to the mental health service system
- Challenges for workers
- Introduction to mental illnesses
- The impact of mental illness on sufferers and families

The Mental Health Service System in Victoria

Public & Private Sectors

Primary & Specialist Care

Clinical & Non-Clinical Services

Hospital/Residential & Community Settings

The Mental Health Service System in Victoria

Public Sector

Clinical Services

Non-Clinical Services

Area/regional geographical boundaries

Statewide Services

Service Delivery Framework

Regional Services

Statewide Services

	Child and Adolescent Mental Health Services (Ages 0–18 years)	Adult Mental Health Services (Ages 16–64 years)	Aged Persons Mental Health Services (Ages 65+ years)	
COMMUNITY MENTAL HEALTH SERVICES	<ul style="list-style-type: none"> Assessment and Treatment Services 	<ul style="list-style-type: none"> Crisis Assessment and Treatment Services Mobile Support and Treatment Services Continuing Care, Clinical and Consultancy Services Residential and Non-Residential Rehabilitation Services Residential and Non-Residential Disability Support Services 	<ul style="list-style-type: none"> Psychogeriatric Assessment and Treatment Services Extended Care Inpatient Services 	<ul style="list-style-type: none"> Forensic Psychiatric Service Transcultural Psychiatry Unit Postnatal Psychiatry Units Aboriginal Mental Health Network Specialist HIV/AIDS Service Brain Trauma Service Neuropsychiatric Unit
HOSPITAL INPATIENT SERVICES	<ul style="list-style-type: none"> Acute Inpatient Services 	<ul style="list-style-type: none"> Acute Inpatient Services Secure/Extended Care Inpatient Services 	<ul style="list-style-type: none"> Acute Inpatient Services 	

Public Sector Services - Clinical

Child & Adolescent Mental Health Services

Children and adolescents up to the age of 18 years with serious emotional disturbance &/or mental illness

- 13 CAMHS services in Victoria
 - 5 in metropolitan areas
 - 8 in regional/rural areas

Public Sector Services - Clinical

Adult Mental Health Services

Provide assessment, diagnosis, treatment and clinical case management to people aged 16- 64 years, with a serious mental illness.

- 21 Area Mental Health Services in Victoria
 - 13 metropolitan
 - 8 regional/rural

Adult Mental Health Services

Service Components

- Acute in-patient beds
- Crisis Assessment & Treatment Team (CATT)
- Continuing Care Team (CCT)
- Primary Mental Health Team (PMHT)
- Mobile Support and Treatment Service (MSTS)
- Community Care Unit (CCU)
- Secure Extended Care Beds (SECU)

Public Sector Services - Clinical

Aged Persons Mental Health Services

- 65 + years
- long-standing mental illness or who have developed mental illness in later life.
- psychiatric or severe behavioural difficulties associated with organic disorders such as dementia.
- 17 Aged Mental Health Services in Victoria
 - 9 metro
 - 8 regional/rural

Public Sector Services - Clinical

Statewide & Specialist Services

- Forensic Institute of Mental Health (Forensicare)
- Spectrum
- Bouverie Centre
- Brain disorders
- Mother Baby/Perinatal Mental Health
- Eating Disorders

Public Sector Services - Clinical

Statewide & Specialist Services

- Koori mental health
- Dual Disability
- Dual Diagnosis
- Orygen/Eppic Statewide
- VTPU
- Neuropsychiatry
- Psychotropic Drug Advisory Service

Public Sector Services – Non Clinical

Psychiatric Disability Support & Rehabilitation Services (PDRSS)

- Managed by non-government organisations
- Psychosocial rehabilitation day programs
- Home based outreach

Public Sector Services – Non Clinical

Psychiatric Disability Support & Rehabilitation Services (PDRSS)

- Residential rehabilitation
- Planned respite
- Mutual support and self help

Private Sector Services

- Private Psychiatrists
- Private hospitals
- Medicare funded allied health services
- General Practitioners

Broader Service System

- Drug & Alcohol
- Housing
- Education & Training
- Justice
- Disability Services
- Emergency Services
- Acute Health
- Local Government

Challenges Facing the Mental Health System

- Insufficient access to clinical services
 - 44% of people severely disabled by mental illness are not serviced by either the public or private system
 - Too few beds and mental health clinicians to meet need
 - 'Cracks' between Commonwealth and State funded parts of the mental health system
 - Unwillingness to seek/accept treatment

Challenges Facing the Mental Health System

- Lack of Connectedness
 - Insufficient integration of State and Commonwealth funded clinical services
 - Access to non-clinical services (housing, employment, drug/alcohol) is problematic for people with mental illness and related disability
 - The clinical and support system is fragmented and complex. Navigating the system is very challenging!

Challenges Facing the Mental Health System

- Limited Investment in Prevention and Early Intervention
 - Reduction of incidence and severity of mental illness through prevention and early intervention
 - Health promotion - which \$\$ and how much?
 - Where should early intervention start?

Mental Health & Mental Illness

Mental Health

- A state of **emotional and social wellbeing** in which the individual can cope with the normal stresses of life and achieve his/her potential.
- Mental health is not simply the absence of mental illness.
- 'Mental Health' and 'Mental Illness' often used interchangeably.

Mental Health & Mental Illness

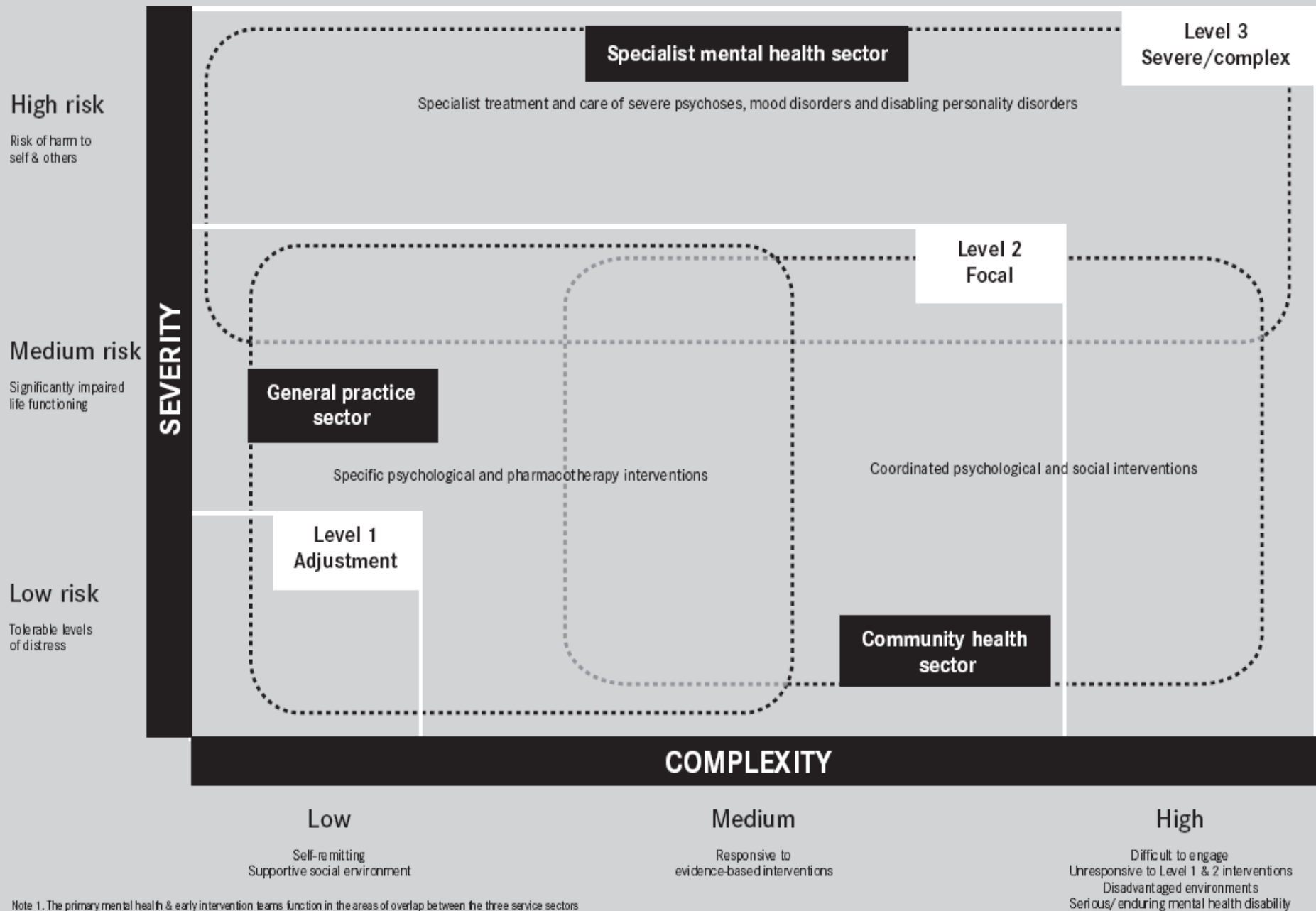
Mental Illness

- A clinically diagnosable illness or disorder that significantly interferes with an individual's cognitive, emotional and social abilities.
- Diagnosis made according to the DSM or ICD.
- Mental illnesses are usually treated by a mental health provider or other qualified provider using psychotherapy, psychotropic drugs, or other similar methods of treatment.

Mental Health & Mental Illness

Mental Illness

- 'Serious' Mental illness
- High & low prevalence
- Disability
- Risk



Note 1. The primary mental health & early intervention teams function in the areas of overlap between the three service sectors

High Prevalence Mental Illnesses

Anxiety Disorders

- Anxiety can occur in almost all age groups.
- One in five people will develop an anxiety disorder
- Anxiety may be the result of a highly traumatic experience, such as torture or abuse

High Prevalence Mental Illnesses

Anxiety Disorders

- Sufferers may experience an extreme sense of fear and worry and physical sensations that cover all systems of the body. The individual has an intense and paralysing sense of fear or a more sustained pattern of worrying when there is no real danger or threat.

High Prevalence Mental Illnesses

Depression

- Depression will be experienced by one in five adults at some point in their lives.
- Clinical depression is more than temporary unhappiness or 'feeling down'.
- Symptoms include sleep disturbance, loss of energy and concentration, feelings of worthlessness and hopelessness, and suicidal thoughts/thoughts of death

High Prevalence Mental Illnesses

- Both men and women experience eating disorders, but far more women are affected.
- Preoccupation with control over eating, body weight, and food.
- Anorexia nervosa
 - Intense fear of becoming fat
 - Self-induced weight loss through starvation, exercise and purging

High Prevalence Mental Illnesses

Eating Disorders

- Bulimia nervosa
 - Repeated bouts of uncontrolled over-eating (bingeing)
 - Intense fear of gaining weight
 - Attempts to limit weight gain through intensive exercise, self-induced vomiting and use of laxatives and fluid tablets

Low Prevalence Mental Illnesses

Schizophrenia

- Schizophrenia is a serious mental illness which affects one person in 100.
- The term covers several related disorders, all with overlapping symptoms.
- First onset usually in adolescence or early adulthood.
- The onset may be rapid, developing over several weeks, or it may be slow, over months or years.

Low Prevalence Mental Illnesses

Schizophrenia

- Major symptoms include:
 - Thought disorder
 - Delusions
 - Hallucinations
 - Loss of drive, initiative or motivation

Low Prevalence Mental Illnesses

Schizophrenia

Schizophrenia typically involves:

- Social withdrawal
- Impaired insight
- Blunted affect
- Bizarre behaviour

Low Prevalence Mental Illnesses

Bi Polar Affective Disorder

- Previously known as manic depression
- Involves depression and/or and mania
- Episodic course of illness
- Generally responds well to treatment

Low Prevalence Mental Illnesses

Borderline Personality Disorder

- A set of symptoms assessed over time and across a range of situations
- Ranges from mild to severe
- Significant association between borderline personality disorder and dysfunctional/abusive/traumatic childhood experiences.

Low Prevalence Mental Illnesses

Borderline Personality Disorder

- **Typically involves:**
 - **distressing emotional states**
 - **Problems with relationships**
 - **Impulsive, often destructive behaviour**
 - **Fragile sense of self**