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| **Nepean Blue Mountains - Mental Health Supports for Bushfire****2022/23 - 2026/27****Activity Summary View** |

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| **BF - 2100 - 2024-25 Frontline Emergency Distress and Trauma Counselling Activity** |

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| **Activity Metadata** |

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| **Applicable Schedule \***  |
| Mental Health Supports for Bushfire |
| **Activity Prefix \***  |
| BF |
| **Activity Number \*** |
| 2100 |
| **Activity Title \***  |
| 2024-25 Frontline Emergency Distress and Trauma Counselling Activity |
| **Existing, Modified or New Activity \***  |
| Modified |
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| **Activity Priorities and Description** |

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| **Program Key Priority Area \***  |
| Other (please provide details) |
| **Other Program Key Priority Area Description**  |
| Bushfire |
| **Aim of Activity \***  |
| The aim of this activity is to provide frontline emergency distress and trauma counselling for individuals and families affected by the bushfires through appropriately qualified professionals. |
| **Description of Activity \***  |
| 1. The NBMPHN Bushfire Needs Assessment (December 2020) highlighted the need for outreach mental health supports and psycho-education in bushfire affected areas to “normalise” the recovery process. NBMPHN received an extension approval from DoH to utilise underspend from the ‘Frontline Emergency Distress and Trauma Counselling’ stream for disaster based outreach non clinical program 30 June 2024 that incorporate the requirement to gather outcome measures. Through an EOI process Learning Links "Phoenix Project", Lifeline Central West "Tackling Tough Conversations" were funded. The Phoenix Project is a generalised small group wellbeing and resilience program delivered across 4 schools across Blue Mountains and Hawkesbury including limited funding for individual counselling sessions facilitated by psychologists and/or education specialists. Tackling Tough Conversations is a trauma informed group program for students and youth utilizing evidence-based practices and focused on natural disasters includes art therapy and sessions for parents/carers. It is facilitated by 2 trained facilitators and delivered across all LGAs in NBMPHN region (Blue Mountains, Hawkesbury, Lithgow, Penrith).2. This activity will also partially fund the Low Intensity Mental Health and Group Exercise Program commissioned through Live Life Get Active (LLGA) who will continue to deliver evidence-based Exercise and Mental Well-being Program consisting of three distinct sessions: yoga, boxing and cross-training. The Program is designed to provide a positive pathway to a healthier life in an environment that is welcoming, caring and non-judgmental, and facilitates social connection. Participants also have access to my positive mind course to assist with stress management and increasing coping skills & self-efficacy. This program also engages regional General Practices to participate in social prescribing. GPs are able to social prescribe and make referrals directly to the program via a portal. The model meets the low intensity guidelines. The activity is also funded from the Primary mental health schedule.3. Continue to offer psychological therapies services to people impacted by bushfires |
| **Needs Assessment Priorities \*** |
| **Needs Assessment** |
| Needs Assessment 2021/22 - 2023/24 |
| **Priorities** |
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| **Priority** | **Page reference** |
| Broaden the scope of early intervention services to enhance access for people at risk of and with mental illness | 286 |
| Facilitate navigation of people to match needs and care requirements to appropriate service provision | 289 |
| Support Mental Health Literacy and navigation of the local service system | 290 |
| Address prevalence of diagnosed mental health disorders, including mild, moderate, and severe mental illness, and high prevalence of high or very high psychological distress among adults | 277 |

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| **Activity Demographics** |

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| **Target Population Cohort**  |
| This service targets young people and their parents/carers who have been significantly impacted by bushfires. This may include residents from affected areas migrating across the four LGAs and temporarily residing within lesser impacted LGAs. This includes people who were impacted by the 2013 bushfires.Additionally individuals and groups identified by GPs and other allied health professionals as being at risk of developing mental illness, and likely to benefit from greater social connectedness and/or physical lifestyle interventions as a result of participating in the program. |
| **In Scope AOD Treatment Type \*** |
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| **Indigenous Specific \*** |
| No |
| **Indigenous Specific Comments**  |
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| **Coverage**  |
| **Whole Region**  |
| No |
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| **SA3 Name** | **SA3 Code** |
| Lithgow - Mudgee | 10303 |
| Richmond - Windsor | 12404 |
| Hawkesbury | 11503 |
| Blue Mountains | 12401 |

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| **Activity Consultation and Collaboration** |

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| **Consultation**  |
| A Bushfire Needs Assessment (December 2020) was conducted which supported the need for mental health outreach via services that had built trust and credibility with affected and traumatised communities.Additionally GPs, Allied Mental Health Professionals (AHPs) Lived Experience representatives and the NBMLHD (through the established Mental Health Professionals Advisory Committee and Mental Health Consumer and Carer Advisory Committee) |
| **Collaboration**  |
| Various recovery and resilience stakeholders will assist with program delivery such as NBMPHN's commissioned Wellbeing Workers engaged by Peppercorn Services Inc, the local council's Community Recovery Coordinators, the LHD's Disaster Recovery Clinician as well as school-based stakeholders such as the Department of Education, school principals and various place-based community organisations.Additionally the Mental Health Services Advisory Committee (which includes representation from GPs, AHPs, LHD Mental Health, Lived Experience representatives) and the Mental Health Carer and Consumer Advisory Committee will continue to assist in supporting the oversight and monitoring of the local low intensity programs against needs and outcomes |
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| **Activity Milestone Details/Duration** |

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| **Activity Start Date**  |
| 29/04/2023 |
| **Activity End Date**  |
| 30/12/2024 |
| **Service Delivery Start Date** |
| 01/05/2023 |
| **Service Delivery End Date** |
| 30th June 2024 |
| **Other Relevant Milestones** |
| An extension for the Mental Health Supports for Bushfire Affected Australians Activity until 30 June 204 with an extension to the end date of the schedule to allow for this activity until 31 Dec 2024, provided by DoHAC 08 June 2023. |
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| **Activity Commissioning** |

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| **Please identify your intended procurement approach for commissioning services under this activity:**  |
| **Not Yet Known:** No**Continuing Service Provider / Contract Extension:** Yes**Direct Engagement:** No**Open Tender:** No**Expression Of Interest (EOI):** Yes**Other Approach (please provide details):** No |
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| **Is this activity being co-designed?**  |
| No |
| **Is this activity the result of a previous co-design process?**  |
| No |
| **Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?**  |
| No |
| **Has this activity previously been co-commissioned or joint-commissioned?**  |
| No |
| **Decommissioning**  |
| No |
| **Decommissioning details?**  |
| N/A |
| **Co-design or co-commissioning comments**  |
| N/A |
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