



Mental Health, Suicide Prevention and Alcohol and Other Drug Strategy

2024 - 2027



Acknowledgement of Country

Baugull nyungai – Yugambah good day (Bundjalung-Yugambah – Beaudesert, Logan)
Gurumba bigi – Yugarabul good day (Brisbane western suburbs)
Maroomba biggee – Jandai good day (Minjerribah – North Stradbroke Island)

We acknowledge the Traditional Custodians of the land on which we live and work, and of the many different nations across the wider Brisbane South region.

We pay our respects to the Elders, past, present and emerging, as the holders of the memories, the traditions, the culture and the spiritual wellbeing of the Aboriginal and Torres Strait Islander peoples across the nation. We acknowledge any Sorry Business that may be affecting the communities as a whole.

In the spirit of reconciliation, partnership and mutual respect, we will continue to work together with Aboriginal and Torres Strait Islander peoples to shape a health system that responds to the needs and aspirations of the community.



Equity, diversity and inclusion statement

Brisbane South PHN values an inclusive culture that embraces the diversity of our people, service providers and community, and role models reconciliation. Building a safe and equitable system of health care for all is at the core of our business.



Introduction



Brisbane South PHN is one of 31 regional Primary Health Networks (PHNs) established nationally by the Australian Government to help deliver an efficient and effective primary health care system for the people of Australia.

In order to deliver an efficient and effective primary health care system, Mental Health, Suicide Prevention and Alcohol and Other Drug services are recognised as key focus areas and are essential to meeting the health and wellbeing needs of our communities.

Brisbane South PHN's Mental Health, Suicide Prevention and Alcohol and Other Drug team have engaged with health professionals and communities across the region to understand these needs and develop a strategy that delivers results for the people and communities in our region while supporting broader health system reform.

Our strategy, along with the local health needs assessment, acknowledges that social determinants are an important consideration in the development of appropriate health and wellbeing responses. We continue to work with our partners – alongside our communities – to improve health equity and drive integrated primary care responses, especially for those with the greatest need.

Our region

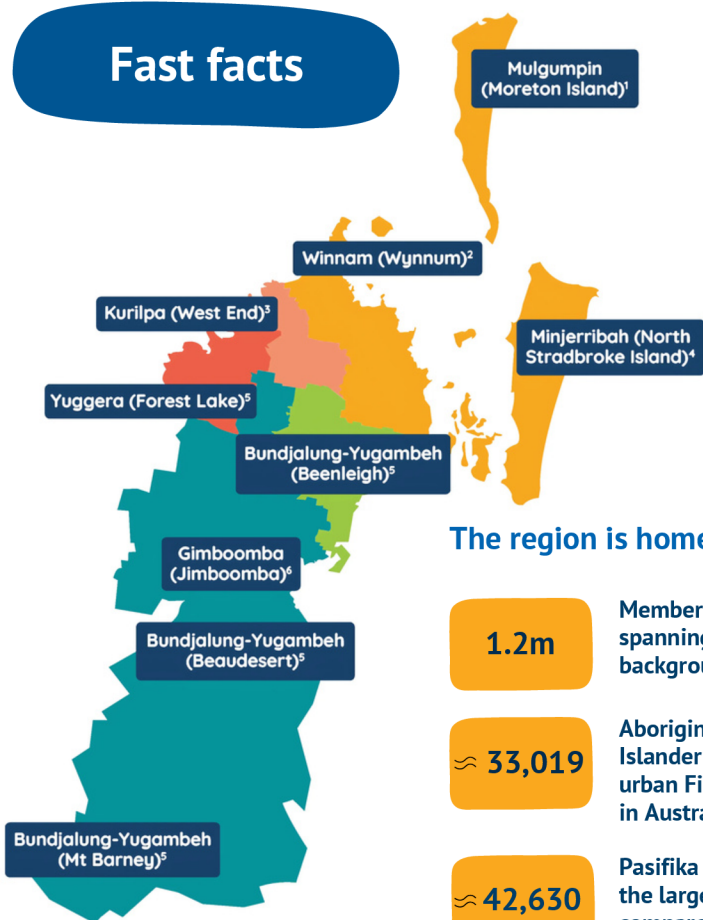
The Brisbane South PHN region spans a large geographic area south of the Brisbane River, encompassing predominantly metropolitan areas with pockets of rural (Beaudesert) and remote (Bay Islands) locations.

Our diverse communities represent a rich tapestry of backgrounds and cultures. As the largest catchment in Queensland by population size, our region is home to over 1.2 million people—nearly one-quarter of the Queensland population.

Population projections estimate that our region will grow to approximately 1.4 million people by 2036, reflecting an annual growth rate of 2% with the fastest growth expected in the Logan-Jimboomba region. This underscores the importance of our role in understanding and responding to the evolving health and wellbeing needs of our communities.



Fast facts



The Brisbane South PHN region covers a large area south of the Brisbane River spanning:

4

Local Government areas including Logan, Redland, Brisbane and the Scenic Rim

223

Suburbs

3700

Square kilometres

The region is home to:

1.2m

Members of the community, spanning a range of diverse backgrounds and cultures

≈ 33,019

Aboriginal and Torres Strait Islander peoples – the largest urban First Nations population in Australia

≈ 42,630

Pasifika and Māori peoples – the largest population compared to all other metropolitan PHNs nationally

1 in 3

People were born or have parents who were born overseas

1 in 5

People were born in non-English-speaking countries

240+

Languages spoken

Priority Populations for MHSPAOD Services

Youth (15-24yrs)

People who identify as LGBTQIA+

People with disability

Aboriginal and/or Torres Strait Islander People

People experiencing homelessness

People of CALD background

Women

People experiencing domestic, family and sexual violence (DFS)

**Our shared
aspiration for
Brisbane South**

Our vision for Brisbane South
**Healthy thriving
communities**

Our purpose as a PHN

We partner with care providers and communities to strengthen health and wellbeing, especially for those with the greatest need

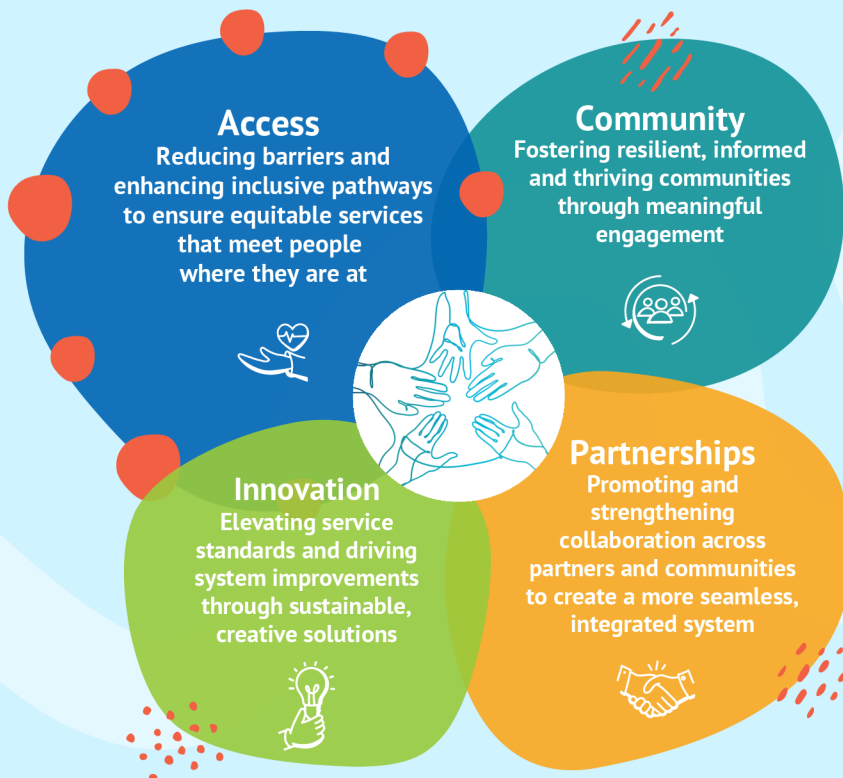
What we want to achieve for Brisbane South and all its people

A responsive and integrated system that promotes mental health and wellbeing; meets people where they are at and supports communities to thrive

*As a Mental Health, Suicide Prevention and Alcohol and Other Drug team,
our most valuable contribution to the region is to:*

Partner and strengthen connections to provide **accessible, responsive** initiatives that **improve the overall health and wellbeing** of individuals and communities.

That means we focus on:



Things that will enable us to achieve together



Shared focus on community impact

Place-based commissioning

Co-design and collaboration

Integrating diverse insights: Lived Experience, First Nations, Disability, CALD and LGBTQIA+

Data-driven decision-making

How we will do it

Access

Everyone has access to the care they need when they need it



- Work collaboratively to design and drive a 'no wrong door' approach for Mental Health, Suicide Prevention and Alcohol and Other Drug services
- Expand community-based services that focus on priority and less advantaged communities
- Partner across our network to develop responsive solutions for individuals navigating service waitlists
- Enhance the availability and accessibility of harm reduction and Alcohol and Other Drug treatment services
- Improve service navigation, coordination and support including partnering to ensure holistic services
- Adapt services to meet the region's growing, diverse cultural and social needs

Community

Our communities are engaged and actively contribute to shared wellbeing



- Engage communities and reduce stigma through mental wellbeing capability and capacity building
- Build public awareness and understanding of Mental Health, Suicide Prevention and Alcohol and Other Drug services and early intervention strategies
- Foster community-led, clinical and non-clinical initiatives and services that focus on prevention and early intervention
- Expand peer support networks to ensure connection and support at each part of the stepped care model
- Increase localised place-based approaches that align with region-wide commissioning
- Implement feedback loops where community input directly informs the design and adaptation of services

Partnerships

We work as one with our partners to support our communities



- Enhance visibility and collaboration across our provider network to deliver better health outcomes and experiences of care
- Strengthen alignment and coordination of services with our local HHS's and state and federal agencies (e.g. joint commissioning, shared systems, training, terminology and communication)
- Engage actively with primary care providers to increase awareness of options (from preventative to complex needs) and encourage referrals that best align with consumer need
- Strengthen collaborative partnerships across health, community and social sectors to improve knowledge, resource and data sharing
- Focus on long-term workforce strategies to support and enhance employee development

Innovation

We leverage creative thinking, data and systems to improve lives in sustainable and measurable ways



- Identify and secure funding opportunities for services to address current service gaps and emerging needs
- Co-design a comprehensive outcomes-based measurement and evaluation framework
- Leverage data, digital solutions and emerging research to drive planning, quality improvement and enhance service delivery
- Work collaboratively with providers to commission services that enhance the ability to flexibly respond to evolving and diverse needs
- Develop support mechanisms to enhance smaller providers' ability to access funding opportunities
- Facilitate innovative co-design approaches that amplify consumer voice in shaping mental health, suicide prevention and alcohol and other drug services

What does success look like?

- Improved service access and system wide integration
- Enhanced community engagement and co-design
- Uplift in service provider capability and performance
- Enhanced cross-sector collaboration
- Data-driven service evolution and efficiency
- Improved consumer experience and outcomes

Next steps

- Communicate the strategy through publication on Brisbane South Primary Health Network website and share with providers.
- Develop a detailed Implementation Plan for how the strategy will be delivered and impact measured over the next three years.
- In partnership, develop the Joint Regional Plan for Brisbane South, to strengthen collective impact and deliver better outcomes for our communities.