

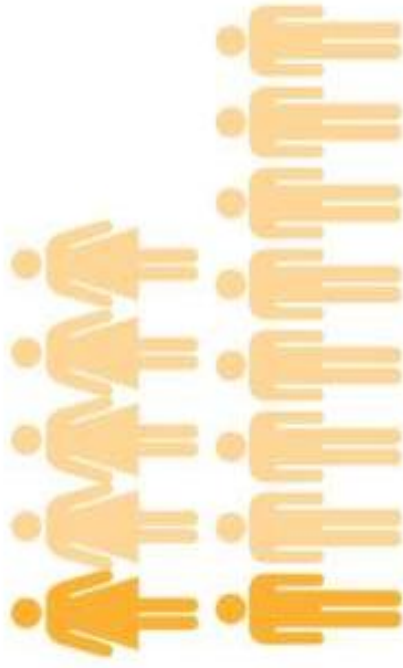


‘Mental Health and AOD – Responding to challenges and working in partnership’.

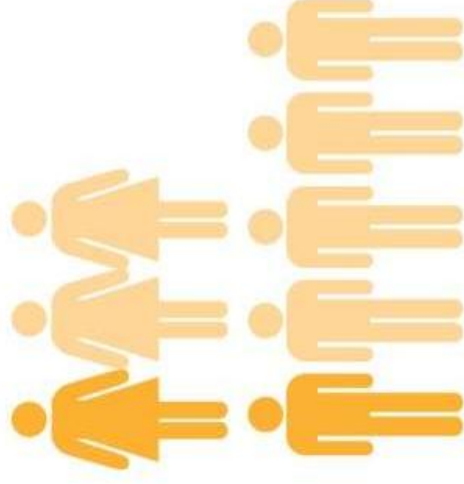
**Presentation by Kate Carnell AO
CEO *beyondblue***



Prevalence of depression and anxiety



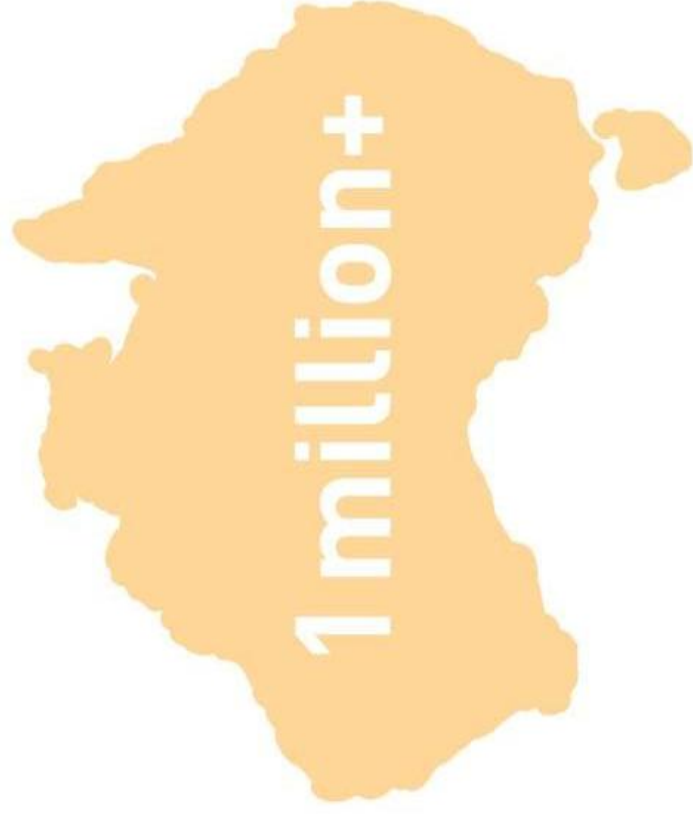
1 in 5 women and 1 in 8 men are likely to experience depression in their lifetime.



1 in 3 women and 1 in 5 men are likely to experience anxiety in their lifetime.



Prevalence of depression and anxiety



Australians live with depression



Australians have anxiety

Common signs of depression

Physical	Feeling	Thinking	Behavioural
<ul style="list-style-type: none">• Disturbed sleep• Appetite changes• Sick and run down• Fatigue	<ul style="list-style-type: none">• Overwhelmed• Indecisive• Lacking confidence• Irritable	<ul style="list-style-type: none">• Negative thinking patterns• Hopeless, helpless and worthless• Suicidal thoughts	<ul style="list-style-type: none">• Poor concentration• Reduced Productivity• Alcohol and other drug use• Social withdrawal

Common signs of anxiety disorders

Physical	Feeling	Thinking	Behavioural
<ul style="list-style-type: none">• Muscle pain• Difficulty sleeping• Restless and on edge• Sweating	<ul style="list-style-type: none">• Overwhelmed• Fearful• Sudden, intense panic• Irritable	<ul style="list-style-type: none">• Constant worrying• Recurring / obsessive thoughts	<ul style="list-style-type: none">• Avoidance• Poor concentration• Alcohol and other drug use

Drug and alcohol use can both lead to, and result from, depression.



Impact on the workplace



- Depression alone currently costs Australian employers approximately **AUD\$8 billion per annum.**
- **Stress related workers comp claims top \$10 Bill**
- **Over 6 million working days** lost each year in Australia.
- **Over 12 million days lost to reduced productivity**
- **With 3 to 4 days off work per month .**



The major challenges

- Nearly 3 million Australians currently live with anxiety and/or depression.
- Only 35% of Australians with anxiety and depression access treatment

So why don't people seek help?

- Mindset
- Don't feel sick enough
- Stigma
- Access is limited in some regions
- Lack of social support and community connections
- Lack of knowledge

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How to create a mentally healthy workplace

With over 11.5 million Australians in employment, workplaces can play a significant role in supporting mental health.

Workplaces can affect mental health, either positively or negatively. Although employment is generally associated with better mental health, some job roles and working environments can present risk factors for depression and anxiety.

A 'mentally healthy workplace' promotes and protects employee mental health and can have a positive

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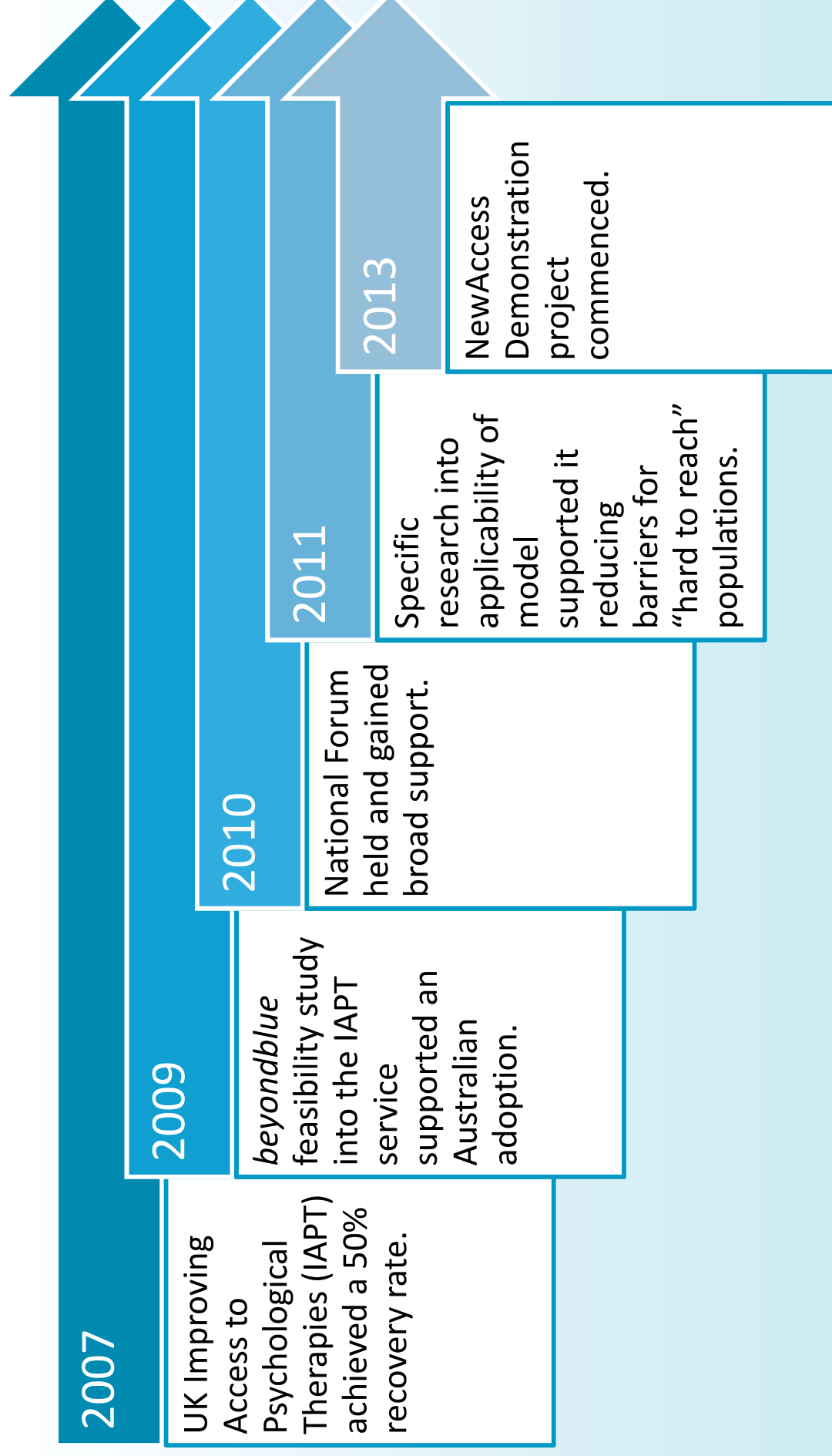
NewAccess

A *beyondblue* program

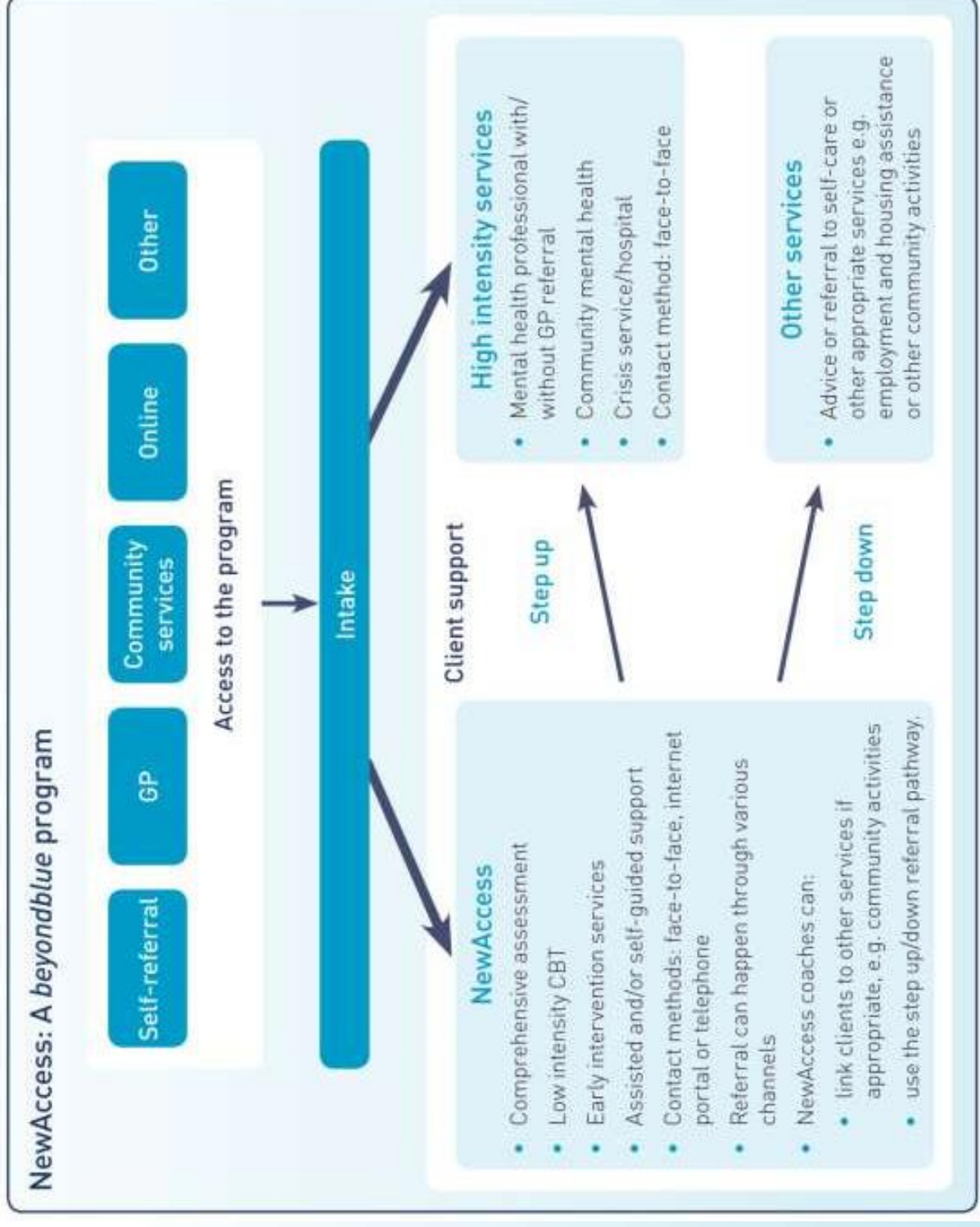


History of NewAccess

NewAccess is the result of four years of research and collaborative discussion in Australia.



The Model



The Role of Medicare Locals

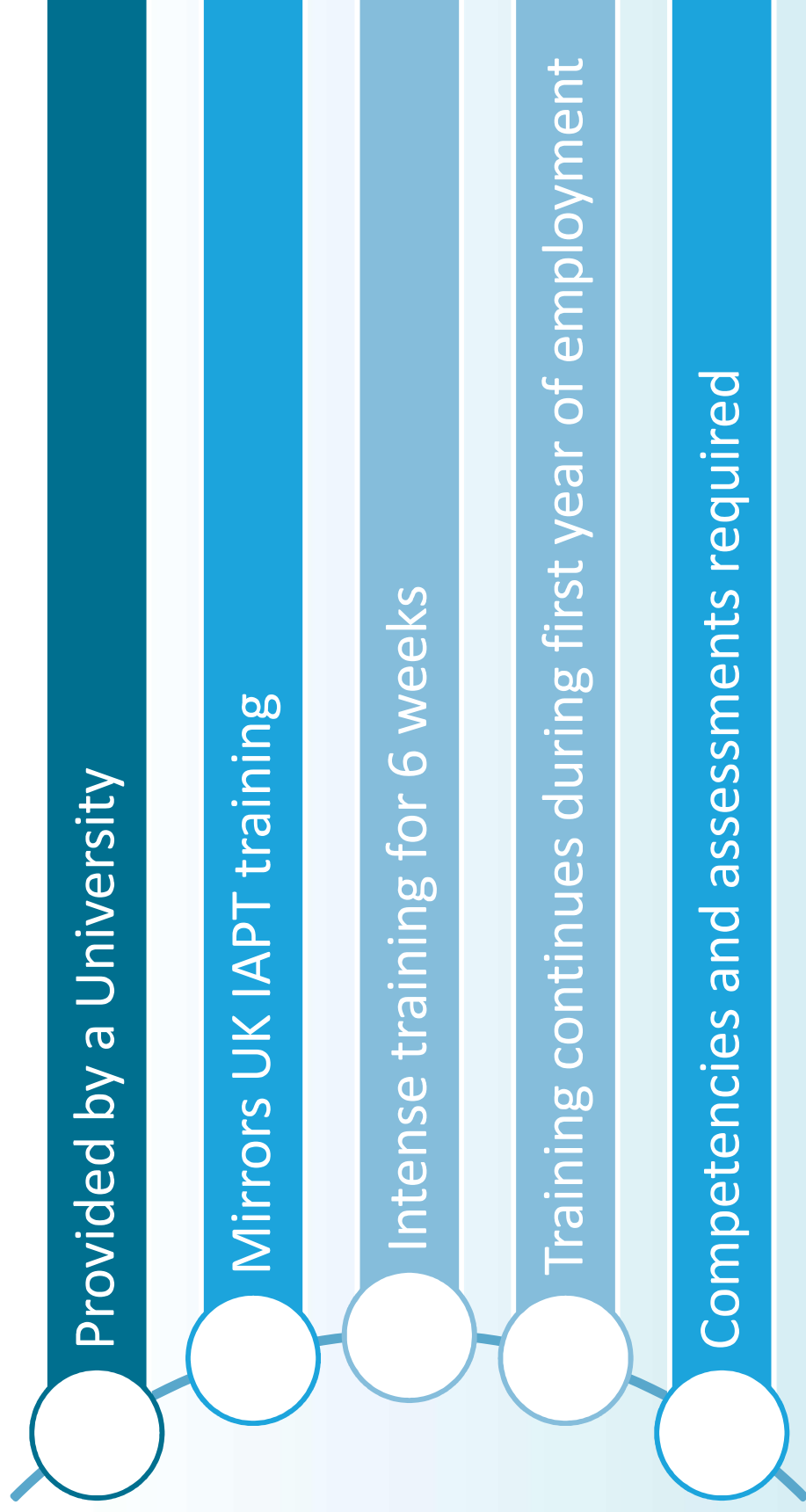
A diagram consisting of three overlapping circles. The top circle is white with a blue outline. The middle circle is white with a blue outline. The bottom circle is white with a blue outline. The circles are connected by lines, forming a triangular shape.

Deliver the NewAccess service in the local community for two years

Medicare Locals will incorporate urban and regional areas

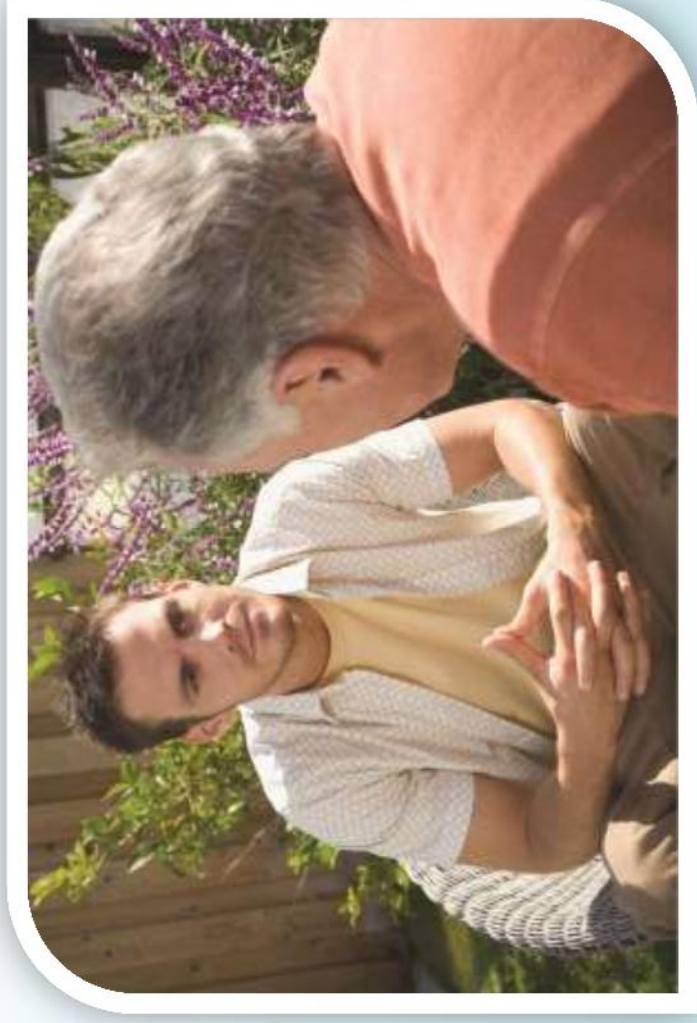
ACT Medicare Local first site commencing October 2013

Training and Support



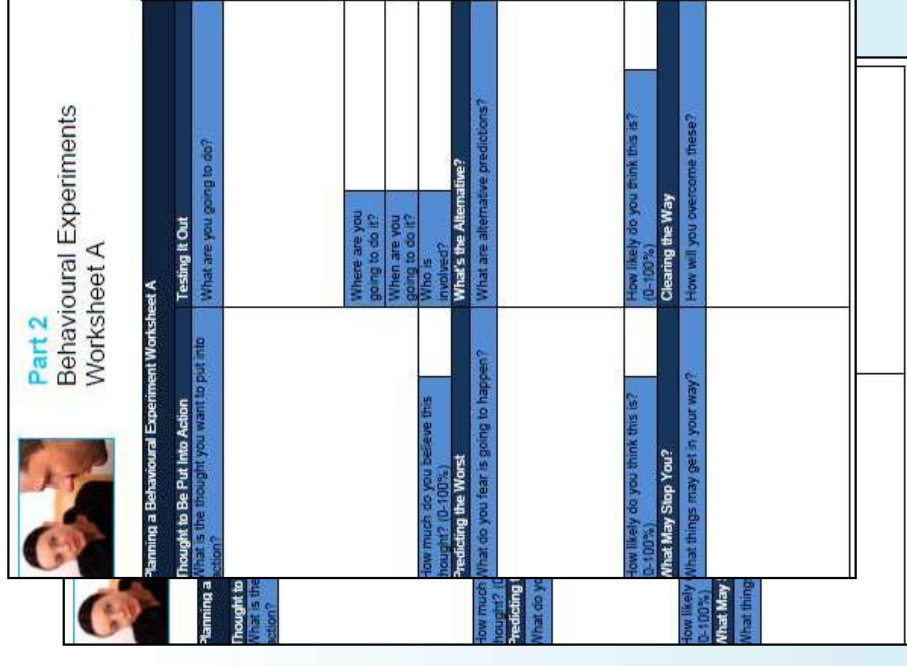
The Access Coach

- Part of the local community;
- Not currently providing a health service;
- Preference for undergraduate degree; and
- Personal attributes suited to the role.



The work of an Access Coach

- Client Centric Service
 - Tailored program in collaboration with client
 - Assisted and/or self-guided Low Intensity CBT
 - Client workbooks
- Connecting clients with services
 - Link to client to appropriate community networks
 - Refer to other support services e.g. employment, financial or housing



Part 2
Behavioural Experiments
Worksheet A

Planning a Behavioural Experiment Worksheet A

Planning a Behavioural Experiment Worksheet A		Testing It Out	
Thought to Be Put Into Action		What are you going to do?	
Planning a Behavioural Experiment Worksheet A	What is the thought you want to put into action?		
Thought to Be Put Into Action	What is the thought you want to put into action?		
How much do you believe this thought? (0-100%)		Where are you going to do it?	
Predicting the Worst		When are you going to do it?	
What do you fear is going to happen?		Who is involved?	
How much do you believe this thought? (0-100%)		What's the Alternative?	
Predicting the Best		What are alternative predictions?	
How much do you believe this thought? (0-100%)			
What do you think this is? (0-100%)		How likely do you think this is? (0-100%)	
What May Stop You?		Clearing the Way	
What things may get in your way?		How will you overcome these?	
How likely do you think this is? (0-100%)			
What May			
What thing			

Supervision of Coaches

A diagram consisting of three white circles with blue outlines, arranged in a horizontal line. Each circle is connected to a corresponding text box by a thin blue line. The first circle connects to the first box, the second to the second, and the third to the third.

Provision of central supervision ensures consistency and high quality services

Supervision framework the same as the proven UK framework

Specifically designed IT system aids supervision



The Evaluation

Independent Evaluation Organisation

Six objectives

- providing a service for an unmet need in the community
- proving successful in the Australian context
- being clinically effective
- being cost-effective
- being a suitable model for roll-out nationwide
- developing and using a new workforce