‘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

2 million+ Australians have anxiety

1 million+ Australians live with depression
## Common signs of depression

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<thead>
<tr>
<th>Behavioural</th>
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<tr>
<td>Poor concentration</td>
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<td>Reduced productivity</td>
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<td>Alcohol and other drug use</td>
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<td>Social withdrawal</td>
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<table>
<thead>
<tr>
<th>Thinking</th>
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<tr>
<td>Negative thinking patterns</td>
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<tr>
<td>Hopeless, helpless and worthless thoughts</td>
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<tr>
<td>Suicidal thoughts</td>
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<table>
<thead>
<tr>
<th>Feeling</th>
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<tr>
<td>Overwhelmed</td>
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<tr>
<td>Indecisive</td>
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<td>Lacking confidence</td>
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<td>Irritable</td>
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<th>Physical</th>
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<tr>
<td>Disturbed sleep</td>
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<td>Appetite changes</td>
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<tr>
<td>Sick and run down</td>
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<tr>
<td>Fatigue</td>
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Common signs of anxiety disorders

Behavioral
- Use other drug
- Alcohol and
- Concentration
- Poor
- Avoidance

Thinking
- Irritable
- Thoughts
- Obsessive
- Recurring
- Worrying
- Constant

Feeling
- Sweating
- On edge
- Restless and
- Sleep
- Difficulty
- Muscle pain

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

- **2007**: UK Improving Access to Psychological Therapies (IAPT) achieved a 50% recovery rate.
- **2009**: beyondblue feasibility study into the IAPT service supported an Australian adoption.
- **2010**: National Forum held and gained broad support.
- **2011**: Specific research into applicability of model supported it reducing barriers for “hard to reach” populations.
- **2013**: NewAccess Demonstration project commenced.
The Model

NewAccess: A beyondblue program

Access to the program

Intake

NewAccess
- Comprehensive assessment
- Low intensity CBT
- Early intervention services
- Assisted and/or self-guided support
- Contact methods: face-to-face, internet portal or telephone
- Referral can happen through various channels
- NewAccess coaches can:
  - link clients to other services if appropriate, e.g. community activities
  - use the step up/down referral pathway.

Client support

High intensity services
- Mental health professional with/without GP referral
- Community mental health
- Crisis service/hospital
- Contact method: face-to-face

Other services
- Advice or referral to self-care or other appropriate services e.g. employment and housing assistance or other community activities
The Role of Medicare Locals

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

- Provided by a University
- Mirrors UK IAPT training
- Intense training for 6 weeks
- Training continues during first year of employment
- Competencies and assessments required
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

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Supervision of Coaches

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