

# Mental Health Australia

## Optimising psychosocial support in the NDIS

Josh Fear, Mental Health Australia  
Debbie Hamilton, Consumer  
Kerry Hawkins, Carer

Mentally healthy people,  
mentally healthy communities

[mhaustralia.org](https://mhaustralia.org)





TODAY

# Project Partners



## Additional grant funding



**Australian Government**  
**National Mental Health Commission**

## Project management

# Mental Health Australia



## Headline messages

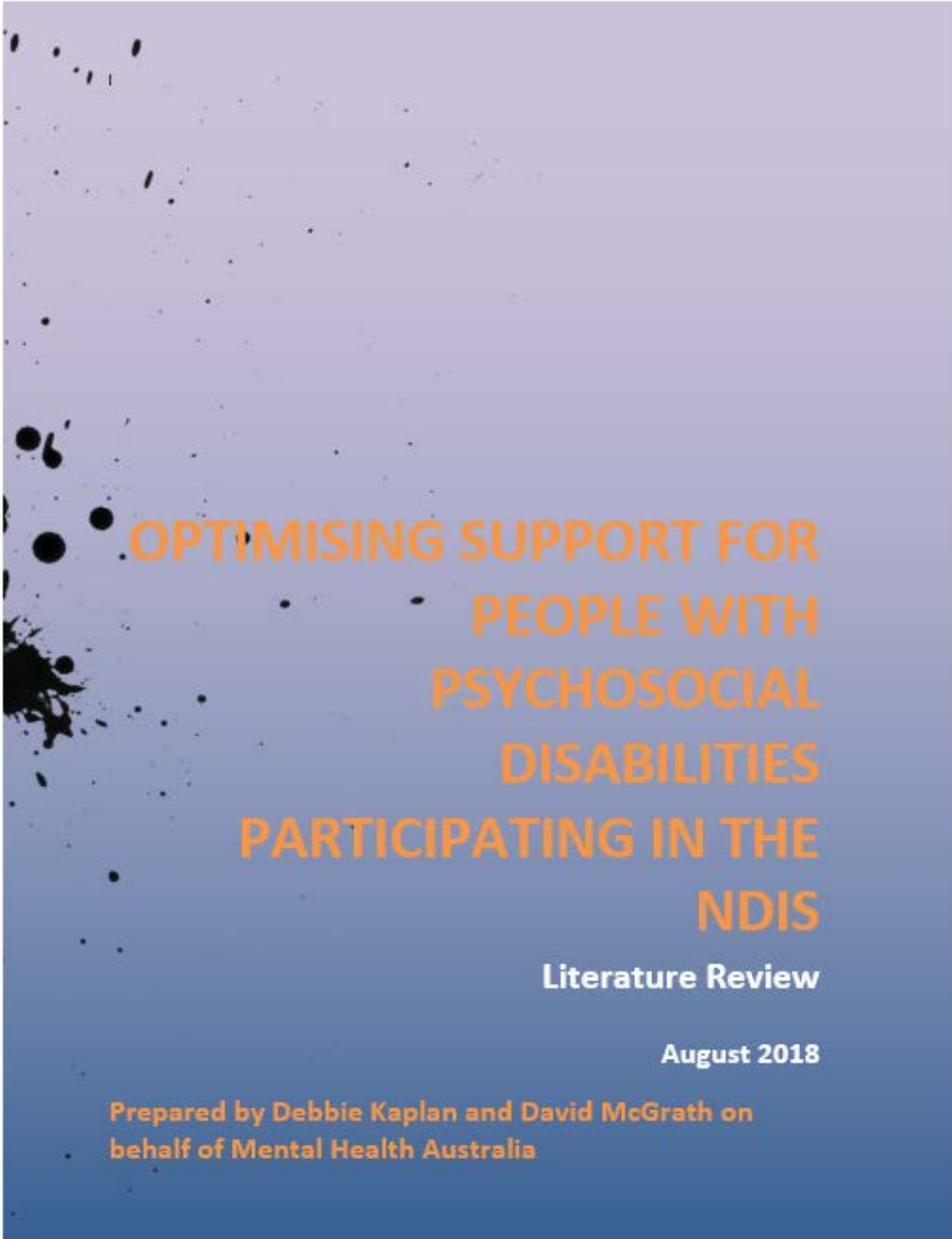
- First data analysis of its kind
- Multiple sources of evidence to build consensus on new approaches
- NDIA has an ongoing requirement to consider evidence
- Outputs:
  - » New and amended support items
  - » Typical support packages



# What this project was not about

- Pricing
- Skills and qualifications
- Access to the NDIS
- What services should be available outside the NDIS





**OPTIMISING SUPPORT FOR  
PEOPLE WITH  
PSYCHOSOCIAL  
DISABILITIES  
PARTICIPATING IN THE  
NDIS**

**Literature Review**

**August 2018**

**Prepared by Debbie Kaplan and David McGrath on  
behalf of Mental Health Australia**

Debbie Kaplan  
Life of Balance

David McGrath Consulting

## New and amended support items

- 30 proposed new support items
- Proposed amendments to 28 existing support items
- The list of 58 items can be found in the project report at [www.mhaustralia.org](http://www.mhaustralia.org)



# Typical support packages

- Purpose of support:
  - » *Foundational support*
  - » *Participation and independence*
  - » *Capital and innovation*
- Phases of support:
  - » *Phase 1: Stabilising and establishment*
  - » *Phase 2: Building and improving*



# Typical support packages

- Minimum monthly hours on:
  - » Peer support
  - » Culturally specific service providers
  - » Family recovery support



# Mental Health Australia

## Optimising psychosocial support in the NDIS

Josh Fear, Mental Health Australia  
Debbie Hamilton, Consumer  
Kerry Hawkins, Carer

Mentally healthy people,  
mentally healthy communities

[mhaustralia.org](https://mhaustralia.org)



# Assessment for planning

## Typical support packages



- provide an expected annual funding level for participants with similar support needs and characteristics
- provide a link between resource allocation to individual participants and the overall funding envelope
- developed in 2015 for people with psychosocial disability



# The right assessment process



Unmet needs

inclusion and connectedness

access to health care

Social participation

The right to be heard



# A working group

To improve the participant experience, provide them with the best support

Set up a working group with consumers, carers and the sector to develop:

- a planning process that privileges conversations with participants (and carers and families) as the main determinant of support needs, conducted by skillful and trained planners
- a specific assessment tool for planning purposes, that contains all the domains favoured by consumer and carers for their social and economic participation



# Mental Health Australia

## Optimising psychosocial support in the NDIS

Josh Fear, Mental Health Australia  
Debbie Hamilton, Consumer  
Kerry Hawkins, Carer

Mentally healthy people,  
mentally healthy communities

[mhaustralia.org](https://mhaustralia.org)



# Lived/living experience reflections

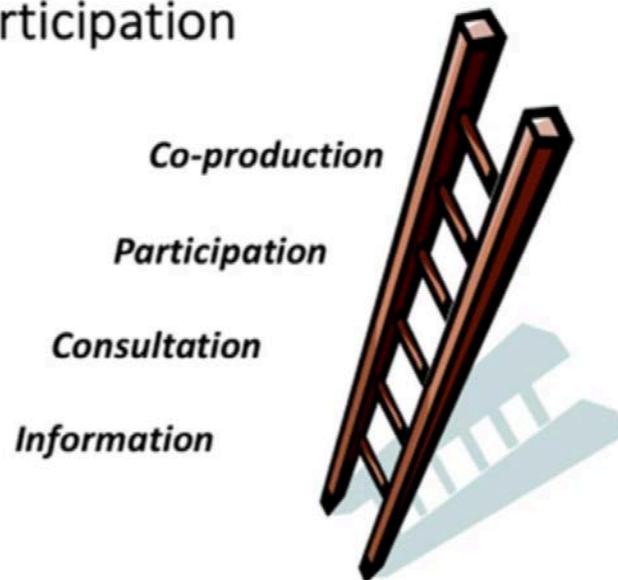
Project governance:

- Project Management Group
- Project Expert Group
- Lived Experience Group (Anthony, Debbie, Joss, Kerry, Shifra, Simon)



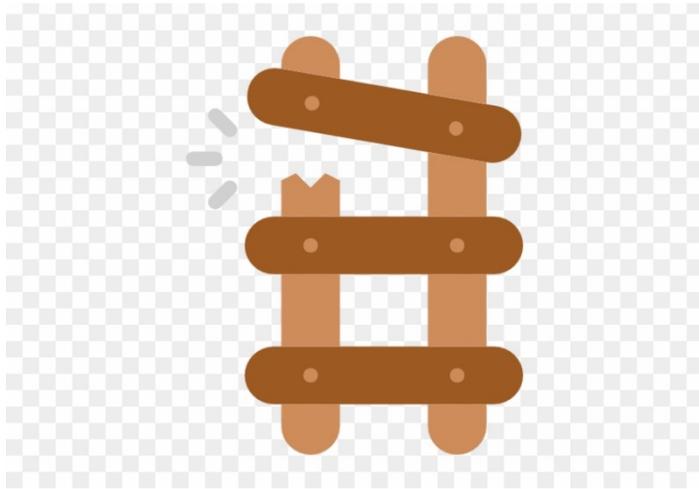
# Co-production

## Ladder of Participation



# Why co-production in the NDIS and psychosocial disability?

- Broader mental health crisis (people are living shortened and shrivelled lives)



- Problem formulation
- Data collection
- Implement
- Evaluate
- Modify

Bridgeman and Davis, modified by Edwards 1993

- Ladder of policy and system framework broken (current 'system' not co-produced)



# Co-production = decolonisation

UN – special rapporteur Darius Puras

“Mental health policies and services are in crisis - not a crisis of chemical imbalances, but of power imbalances. We need bold political commitments, urgent policy responses and immediate remedial action.”

“Progress is being hindered by huge power imbalances in the systems currently used in policymaking, service provision, medical education and research.”



# Co-production – a clear eyed and cold hard look

What is Co-Production (c-suite of co-commissioning, co-creation, co-design, co-delivery, co-evaluation, and of course, co-option)?

Co-production is about the inclusion of people with lived experience of mental illness, as well as their partners, family and friends (who are all “Experts by Experience”) in the commissioning, planning and delivery of services ***as equal partners with service providers and professionals.***



# UK experience so far

Majority of Clinical Commissioning Groups (CCGs) do not have clear plans in place for involving people with experience of mental illness in the design and commissioning of mental health services, also known as “co-production”. CCGs told us that with enormous pressure on resources and very full remits, it was difficult to prioritise implementing new ways to involve experts-by-experience.

- Only 15% of CCGs who responded told us they had used a co-production approach at least once in mental health commissioning
- Only 1% of CCGs explicitly stated an ambition for co-production in mental health that was aligned to the vision in the Five Year Forward View for Mental Health - that co-production will be a standard approach to commissioning.
- Only 14% of CCGs had plans to do more to involve people with experience of mental illness in their work. This report recommends that bodies such as NHS England provide national leadership, advice and support for CCGs, and hold CCGs to account by establishing mechanisms to monitor progress.



# Project constraints

- NDIS – legislation, rules and regulations
- Usual project constraints – time and money
- Lack of mental health co-production infrastructure in Australia



## NDIA - possibilities

- Time to step up to the co-suite
- This project was a starting point
- Starting is the hardest part
- Invest in co-production infrastructure before anything else



# Mental Health Australia

## Optimising psychosocial support in the NDIS

Josh Fear, Mental Health Australia  
Debbie Hamilton, Consumer  
Kerry Hawkins, Carer

Mentally healthy people,  
mentally healthy communities

[mhaustralia.org](https://mhaustralia.org)

