2011 ADF Mental Health & Wellbeing Strategy

- 2002 ADF Mental Health Strategy
- 2009 Dunt Review
- Four year ADF Mental Health Reform program
- 2010 ADF Mental Health Prevalence and Wellbeing Study
- 2011 ADF Mental Health and Wellbeing Strategy
<table>
<thead>
<tr>
<th>Strategic Objectives</th>
<th>Priority Actions</th>
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<tbody>
<tr>
<td>1. Promote and support mental fitness within the ADF</td>
<td>Address stigma and barriers to care</td>
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<td>Strengthen mental health screening continuum</td>
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<td>Improve pathways to care</td>
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<td>Develop e-mental health approaches</td>
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<td>Develop comprehensive peer support network</td>
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<td>2. Identification and response to mental health risks of military service</td>
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<td>3. Delivery of comprehensive, coordinated, customised mental health care</td>
<td>Improve pathways to care</td>
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<td>Enhance service delivery</td>
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<td>Upskill service providers</td>
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<td>4. Continuously improve the quality of mental health care</td>
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<td>5. Building on evidence base about military mental and wellbeing</td>
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<td>6. Strengthening strategic partnerships and strategic development</td>
<td>Strengthen mental health screening continuum</td>
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<td>Enhance service delivery</td>
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Key Achievements

• Invested over $162.5 million on services and support
• Increased the mental health workforce
• Improved access to mental health care
  – Regional Mental Health Teams
  – Mental Health Integration Project
  – Support to Wounded, Injured and Ill Program (SWIIP)
  – Simpson Assist Programs
• Strengthened resilience training & prevention strategies
  – Suicide Awareness program
  – ADF Alcohol Management Strategy
  – BattleSMART
  – Keep Your Mates Safe
  – Annual ADF Mental Health Day
Key Achievements

- Improved policy and training for ADF mental health professionals
- Established the ADF Centre for Mental Health
- Department of Veterans’ Affairs/ADF MOU
- Research Alliances
- E-Mental Health
  - Smartphone apps
  - Portal
Welcome to the Joint Health Command ADF Health and Wellbeing Portal 'Fighting Fit'. The Portal will direct you to a wide range of Defence websites containing information on ADF Health and Mental Health services and supports, as well as referencing a number of reputable external resources. The Portal is distinguished by the purple 'Fighting Fit' bar shown above this message; if the bar is not visible, you have been directed to a site outside the Portal.

‘Fighting Fit’ is a resource for all current and ex-serving ADF Members and their families. There are also targeted resources for specific personnel and situations, including Commanders, Reservists, ADF Members preparing for deployment, veterans, and health professionals.
Key Reforms Still Being Actioned

- Continuous improvement – evaluation of mental health programs
- Full implementation of Mental Health Integration Project
- Research Programs
  - Transition and Wellbeing Research Programme
  - LASER-Resilience
  - Role of families in rehabilitation
  - Military Rehabilitation and Compensation Act (MRCA) Long-term study – study design framework
- Mental Health Screening Continuum
Development of MHWS 16-20

- Initial consultations
  - Mental Health Advisory Group
  - Joint Health Command
  - Single Service Director General of Health and Director of Health
  - Command team representatives
  - CDF Leadership Forum
  - Australian Command and Staff College
  - Defence Reserve Support Council
  - Army Mental Health Conference
  - Navy Capability Committee
Agreed MHWS 16-20 Concept

- Consolidate achievement under current Strategy and align with national approaches
- Align with ADF personnel initiatives and cultural reviews – focus/accountability beyond health
- Shared responsibility between individuals, commanders and health providers
- Include spirituality and wellbeing concepts
- Improve communications strategy
- Include the continuous improvement framework for mental health programs
- Action Plan to include JHC and single Service components
Development of MHWS 16-20

- Mental Health Working Group meetings
  - Draft strategy and action plans, communication strategy and governance structure

- Consultation on first draft, including with Mental Health Advisory Group, Senior Leadership Group

- Consultation on second draft
  - ADF members/commanders, other Government Departments, Australian Medical Association, community organisations, general public

- Finalisation of document for early 2016 release
Key Considerations 2016-2017

• Senate Inquiry *Mental Health of Serving ADF Personnel*
  – Release of findings in Feb 16

• Outcomes of the Transition and Wellbeing Research Programme

• National mental health policy and government direction
Questions?