



Mental Health

Over many years HCASA provided project support and advice to a range of mental health initiatives and strategies.

HCASA Mental Health Framework

In 2008, with a contribution of funds from SA Health, HCASA, in consultation with consumers with lived experience of mental illness, developed Mental Health Framework to provide for multiple methods and platforms for consumer and community participation. The Mental Health Task Force was established as a valuable first step in the exploratory process in the development of this codesigned Framework.

The purpose of the Framework was to build an independent community voice on mental health and wellbeing in South Australia. This Framework led the way for HCASA to engage further with consumers and identify priority projects and strategies to improve the health and care of people living with mental illness.

Establishment of SA Mental Health Commission

The establishment of the SA Mental Health Commission was announced in October 2015. Dr Stephen Christley, SA's former Chief Public Health Officer was appointed as the interim Mental Health Commissioner. In November 2015 Stephen Christley met with HCASA to discuss his interim role and what could be progressed in the time leading to the appointment of the ongoing Commissioner. Engaging with South Australian consumers and carers to seek their views about what the Mental Health Commission was recognised as a priority.

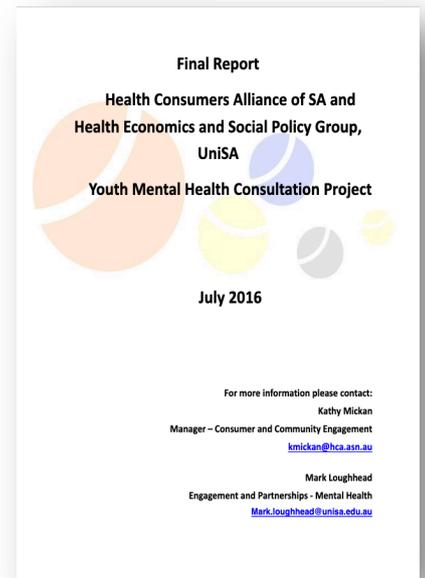
HCASA continued to work closely with the new Commission and in Jan 2016 offered to facilitate a forum on behalf of the Commission, providing opportunity for consumers and carers to suggest and advise on the work required going forward. The 'What can the SA Mental Health Commission do for you?' Forum was held on Wednesday, 20 January 2016. 52 people participated, representing consumer, carer, government, non-government, service delivery, clinical and research sectors.

Young People and Mental Health

In 2015, HCASA and staff from the University of South Australia initiated talks with young people (12-25) about their experiences of using mental health services in South Australia. The goal was to make recommendations on how to build a mental health system that was better suited to the needs of young people.

During 2015-16, the outcomes of a youth mental health consultation and research project undertaken during by HCASA in collaboration with the Health Economics and Social Policy Group (HESPG) at the University of South Australia produced the Youth Mental Health Consultation Report.

The aim of the project was to speak with young people about their experiences of mental health care and hear their perspectives on how pathways to care and service design could be improved. The project highlighted a diverse range of views about the experience of care and focused on participant's suggestions and ideas of how services may be better designed and promoted in the future.



Mental Health Advocacy Training

In 2018 HCASA worked with the newly established SA Lived Experience Leadership & Advocacy Network (LELAN) under the directorship of Ellie Hodges, and HCASA Manager of Consumer Engagement Kathy Mickan, to develop a Mental Health Advocacy Training Program, to be run jointly by LELAN and HCASA.

Note: Referenced document can be accessed on the HCASA website Key Documents @ www.hcasa.asn.au

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