The Plan sets the direction for mental health, alcohol and other drug service provision in Western Australia from 2015 to 2025. It outlines the Government’s expectations about the changes needed to build on, and enhance the improvements made in recent years.

Key priorities aim to achieve system-wide change to help the sectors meet the needs of Western Australians with mental health, alcohol and other drug problems and support their families and carers. A first of its kind for Western Australia, the Plan sets a bold and ambitious agenda to create a more connected, high quality, and person-centred system.

Prevention & Promotion

Prevention and promotion in the mental health and alcohol and other drug sectors include: activities to promote positive mental health; raise awareness of mental illness; suicide prevention; and the potential harms of alcohol and other drug use in the community. These activities have the potential to change and save lives, but to do this effectively we need to take a long-term strategic approach.

The Plan sets out the Government’s intention to enhance the delivery of evidence-based, whole of population and targeted prevention strategies. Our vision is to use these strategies to prevent and reduce the harmful effects of alcohol and other drugs, reduce the incidence of mental illness, suicide and suicide attempts, and promote positive mental health for the benefit of all Western Australians.

These activities have the potential to change and save lives...
The Plan at a glance

<table>
<thead>
<tr>
<th>State-wide</th>
<th>2017</th>
<th>2020</th>
<th>2025</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prevention and Promotion</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MH* only Percentage</td>
<td>2%</td>
<td>3%</td>
<td>5%</td>
</tr>
<tr>
<td>AOD only Hours (000)</td>
<td>108</td>
<td>192</td>
<td>208</td>
</tr>
</tbody>
</table>

MH = Mental health
AOD = Alcohol and other drug

Notes:
* Percentage of total Mental Health Commission budget.

Hours of service (prevention and promotion, community treatment, specialised state-wide services and forensics): are the hours which the workers/staff are employed for, and include all duties such as “face-to-face” services with individuals, administration, training and other duties.

Key facts:

Evidence indicates that 75% of mental illness emerges by the age of 25.

Note: The Plan articulates the overall intentions regarding service development and transformation of mental health, alcohol and other drug services over the next ten years. Exact locations and distributions of services as shown are subject to the Government’s fiscal capacity and approval through normal budgetary processes.
Prevention & Promotion Actions

What are we doing right now?

• Building on the 2009 Suicide Prevention Strategy by developing and commencing implementation of a new suicide prevention strategy
• Implementing legislation and associated strategies to respond to the rapid emergence of new psychoactive substances

By 2017

• Increase the budget and hours of service for prevention and promotion
• Identify opportunities to enhance school based programs to incorporate mental health, alcohol and other drug education
• Develop a comprehensive prevention plan for mental health, alcohol and other drugs that includes a range of evidence based strategies

By 2020

• Increase the level of evidence-based prevention activity taking place across the State
• Improve access to web-based strategies and interventions
• Expand current public education campaigns targeting harmful alcohol and other drug use
• Promote evidence based mental health “first aid” training throughout the community

By 2025

• Complete rollout of school based education programs on mental health, alcohol and other drugs
• Establish universal and targeted mass reach campaigns that promote mental health, prevent mental illness and reduce harmful alcohol and other drug use
Prevention & Promotion  A TEN YEAR PLAN FOR CHANGE

A summary of feedback will be available on the Mental Health Commission's website. The final Plan will be published following consultation in the first half of 2015.

Find out more
The Plan is now open for consultation until Sunday 15 March 2015 and can be downloaded and read in full on the Mental Health Commission’s website: www.mentalhealth.wa.gov.au

Consultation
Stakeholder forums will be taking place across Western Australia until mid-March 2015.

Consultation has already taken place as part of the development process of the Plan. The optimal mix of services described are based on national models for the mental health and the alcohol and other drug sectors. This consultation will focus on specific areas of the Plan to ensure we have identified any gaps, as well as how and when we deliver these services over the short, medium and long term.

Individuals are also invited to submit feedback and comments on the Plan through an easy to use web portal on the Mental Health Commission’s website.

How can I give my feedback on the Plan?
Individuals are invited to submit feedback and comments on the Plan through an easy to use web portal: www.mentalhealth.wa.gov.au

More information
The Mental Health Commission’s website has more information on the Plan. Factsheets cover each of the seven service streams, regional information and detail on the gradual closure of Graylands.

Questions?
You can find responses to frequently asked questions on the Mental Health Commission’s website: www.mentalhealth.wa.gov.au
If you have difficulties accessing the Plan please email: plantechnicalsupport@mentalhealth.wa.gov.au

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