

ACT Child & Youth Mental Health Sector Alliance

The Office for
Mental Health
and Wellbeing



ACT
Government
Health



youth
coalition
of the ACT

phn
ACT

An Australian Government Initiative

**Capital
Health
Network**

Partnering for better health

Alliance Forum: 19 June 2025

MC: Anais le Gall, Capital Health Network (CHN)



Acknowledgement of Country





Acknowledgement of Lived Experience



Welcome & Member Introductions



- **Purpose of today**
- **Housekeeping**
 - Location of toilets and quiet room
 - Breaks
 - Morning tea – 11:00-11:20am
 - Lunch – 12:30-1:00pm
- **Framing statement**

Members are invited to participate in conversations that are open and complex, while also being mindful of each other's lived and professional experiences.
- **Member introductions**

Alliance Update



Lee-Anne Rogers – *Office for Mental Health and Wellbeing*

Stephanie Lentern – *Capital Health Network*

About the Alliance



- Established in 2023 following the ‘Missing Middle’ project
- A mechanism to:
 - support better coordination and collaboration across sectors
 - Respond to system constraints and challenges
- Recognises that mental health is a ‘whole of community’ issue

Backbone Support & Governance

- Coordinating Committee: Cross-sector & lived experience
- Lead Agencies: Secretariat / Coordination

Strategic Coordination / Collaboration

- Biannual Forums
- Youth Reference Group
- Alliance Working Group(s): Progressing specific issues

Practice, Info-sharing and Connection

- Community of Practice
- Communications: website, eBulletins

Funding



- Four years of continued funding announced in the ACT Budget 2025-26
- Opportunity for input into future Alliance structures:

Use today's forum feedback survey; or speak to the lead agencies.

Current Alliance Projects



Priority 1:

Improving children, young people and families' experiences of mental health services

PROJECT 1:

Supporting service readiness to collect and use client feedback from children, young people and families, for service improvement.

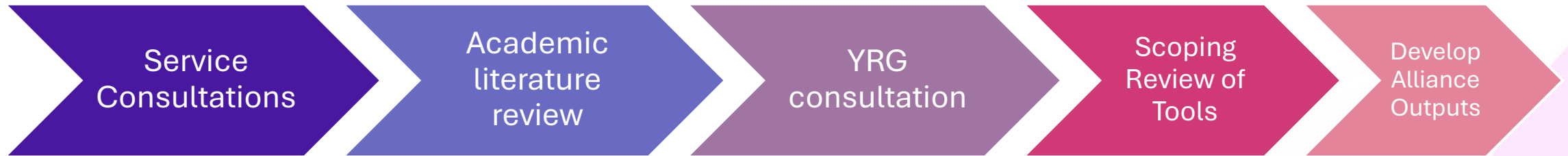
Priority 2:

Improving service and system responses for children and young people with mental health concerns, and complex, co-occurring concerns

PROJECT 2:

Informed consent, privacy and information-sharing of children and young people, between (a) services and (b) services and families.

Project 1: Collecting and using client feedback



Consultation on:

- Current processes
- Value and benefits of feedback
- Ethical considerations
- Barriers / Challenges
- Variations for children/YP/parents

ANU Literature Review #1:

Best practice principles and processes for collecting and using feedback from young people

Review of findings:

Review of 'Our Say' Youth Lived Experience Guidelines and YRG Consultation)

ANU Literature Review #2:

Scoping review of existing client experience tools & measures

WE ARE HERE

To be determined

For consideration by the Working Group

Other Projects



- **Project 2:** Info-sharing, privacy and consent - stay tuned for more information after morning tea
- Opportunities for members, to bring projects to the Alliance, through:
 - Forums
 - Working Group
 - Community of Practice
 - eBulletins

Alliance Contact Details and Website



Rebecca McIntyre, OMH&W:

rebecca.mcintyre@act.gov.au

Stephanie Lentern, CHN:

s.lentern@chnact.org.au

Erin Barry, Youth Coalition:

erin@youthcoalition.net

Joey Brogden, OMH&W (YRG):

josephine.brogden@act.gov.au



www.cymhalliance.com.au

Youth Reference Group Update



Joey Brogden –
*Office for Mental
Health and
Wellbeing*

Consultation:

Exit Processes for Young People turning 18



Marion Meloni
Kalvinder Bains
Carrie Coghlan


– *Child and Adolescent Mental
Health Services (CAMHS)*




CAMHS Young Adult Transition Project

Update

19 June 2025

 **Accessibility**
call (02) 5124 0000

 **Interpreter**
call 131 450

canberrahealthservices.act.gov.au/accessibility





Acknowledgement of Country

Canberra Health Services acknowledges the Ngunnawal people as traditional custodians of the ACT and recognises any other people or families with connection to the lands of the ACT and region. We acknowledge and respect their continuing culture and contribution to the life of this region.



Artwork credit:

Natalie Bateman (Walbanja-Yuin)
Monga Waratah 2021

The CAMHS Young Adult Transition Project

Background:

- Adolescence and young adulthood involve significant changes as young people transition to independence, including managing their health and treatments.
- Our Mental health services are divided by age, causing disruptions in care during the transition from child to adult services.
- ACT Auditor General recommendation - policy and process reviews to improve transition from CAMHS to Adult services or other services for young people turning 18.
- Without proper support, transitions can lead to disengagement, worse health outcomes, and increased hospital use.

CAMHS Young Adult Transition Project:

- We're developing a structured, coordinated process to support young people moving from CAMHS to adult services. This includes best-practice tools and guidance to ensure smooth transitions and prevent care gaps
- Consultative approach: We're working closely with CHS clinicians, young people, carers, and the broader sector to get it right.

What you told us

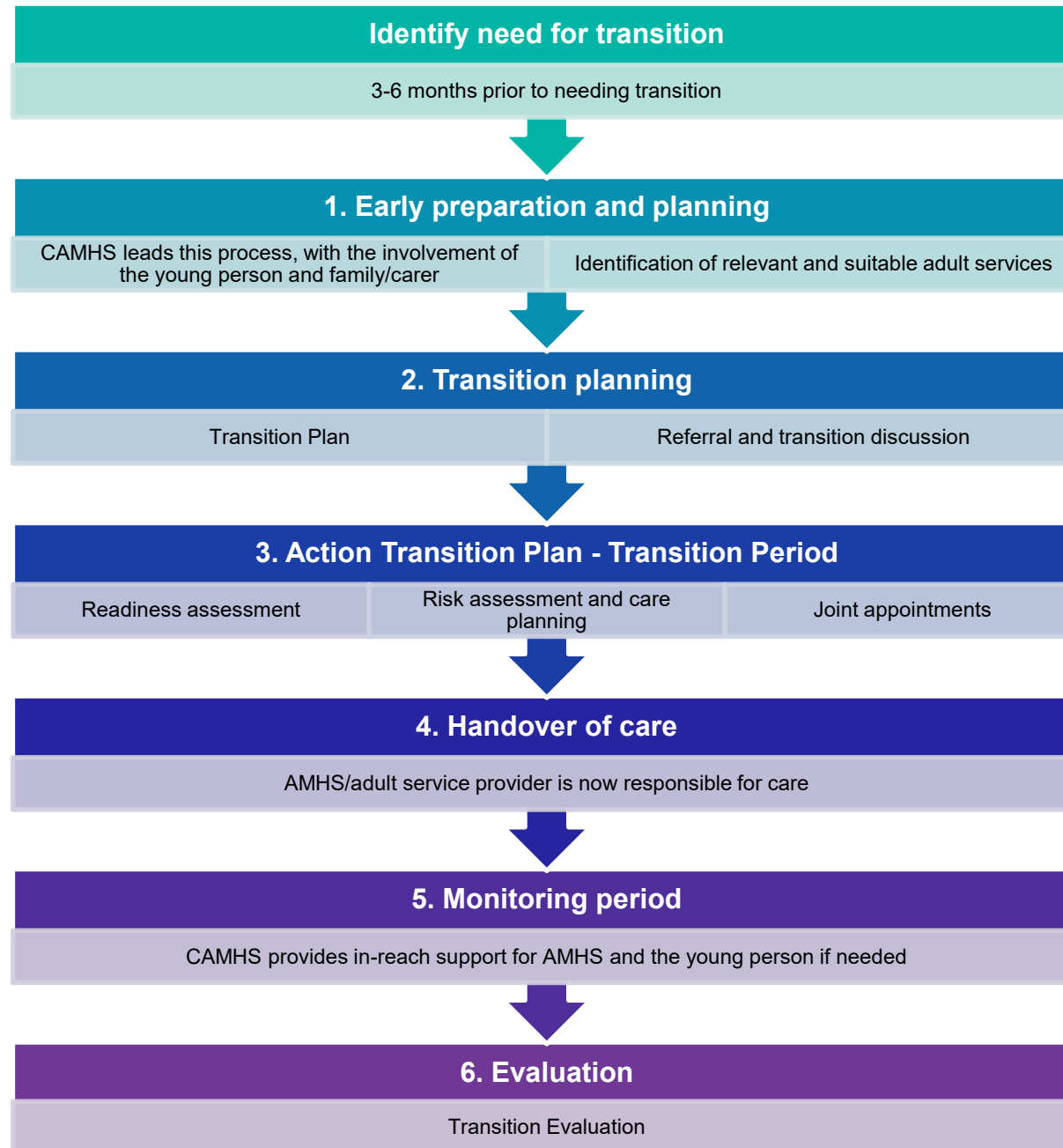
Transition at 18 feel abrupt and poorly timed, often misaligned with young people's developmental readiness. **Young people need more tailored support.**

Parents want to be involved but are often excluded due to privacy concerns and lack support navigating the system.

Services are under-resourced, with long wait times and limited capacity in both CAMHS and adult services.

Communication between services is poor, leading to fragmented care and repeated storytelling.

The new process



How your feedback informed the project

What you told us	The new process
<p>Transition at 18 feel abrupt and poorly timed, often misaligned with young people’s developmental readiness. Young people need more tailored support.</p>	<ul style="list-style-type: none"> • Flexible timing and developmental readiness: The guidelines emphasise that transition is a process, not an event, and should be flexible and tailored to the young person’s developmental stage • Transition dates can be adjusted based on school year completion or mental health stability. • Transition Readiness Tool is used to assess whether the young person is emotionally and practically ready. • Transition planning starts 3–6 months in advance, gradual and supported process. • Transition Plan is documented and shared with all parties.
<p>Parents want to be involved but are often excluded due to privacy concerns and lack support navigating the system.</p>	<ul style="list-style-type: none"> • Clear guidance on family/carer involvement: While respecting the young person’s autonomy, the guidelines promote involving families wherever possible. • Transition Consumer Handout explains family involvement options in plain language. • CAMHS clinicians are encouraged to support families, even when consent is not given, by helping them understand the system and their role.
<p>Services are under-resourced, with long wait times and limited capacity in both CAMHS and adult services.</p>	<ul style="list-style-type: none"> • The guidelines acknowledge service limitations and include a process for exploring alternative options if a referral is not accepted or if wait times are long. • Case conferences include discussion of wait times and contingency planning. • CAMHS remains responsible during the transition period, ensuring continuity even if adult services cannot immediately take over.
<p>Communication between services is poor, leading to fragmented care and repeated storytelling.</p>	<ul style="list-style-type: none"> • Emphasis on joint appointments, case conferences, and handover meetings, when possible • Clear roles and responsibilities for both CAMHS and AMHS teams. • Reach-back support from CAMHS for 3 months post-transition to maintain continuity. • Monitoring and evaluation mechanisms to ensure continuous improvement and responsiveness to feedback.

Your input

1 handout on your tables

- Does this make sense?
- How do you feel about the timeline for the transition? Is it too rushed, too slow, or just right?
- Are there any challenges in the transition process that you feel have not been addressed?
- What's missing?
- What could be better?

Transition from CAMHS to Adult Mental Health Services - For young people

What Is Transition?

Transition is the **planned move** from CAMHS to adult mental health services or other support providers (like a GP, community service, or private practitioner). It's not just a handover, it's a **step-by-step process** that ensures you are guided through the transition and continue to get the support you need as you become an adult.

When Does the Transition Start?

- Transition planning usually begins **3-6 months before your 18th birthday**, or as identified that a transition to an adult service provider is needed.
- The timing is flexible and based on your **readiness**, not just your age.

What You Can Expect

1. Early Planning

- A CAMHS clinician (your key contact) will **guide** the process.
- You'll talk about your mental health, support needs, goals, and any concerns.
- The team will help identify the **most suitable** adult service for you based on your needs and preferences (e.g. a community service, the adult community mental health team at CHS, a psychologist, your GP).
- CAMHS will then liaise with the new provider to ensure your transition is as smooth as possible.

2. Creating a Transition Plan

- You'll work with your CAMHS team to create a **Transition Plan**.
- This plan includes:
 - Your goals and needs
 - Who your new service provider will be
 - What support you'll get during the transition
 - A crisis plan (what to do and who to contact if things get tough)
- A **transition date** will be agreed between you, CAMHS, and the adult service provider.
- You'll receive a **"My Transition Plan"** handout to keep. CAMHS and your new adult service provider will also have a copy of your Transition Plan.

3. Meeting the New Team

- You'll be introduced to your new adult service provider before the official handover, including your key contact person.
- You'll learn how adult services work and **what to expect** (e.g., fewer appointments, more independence).

4. During the Transition Period

- CAMHS continues to support you while you get to know the new team.

Presentation is closed

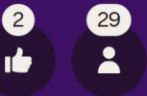
Are there any challenges in the transition process that you feel have not been addressed? What's missing? What could be done better?

Responses are hidden

29 responded



CLICK to stop scrolling



Presentation is closed

How do you feel about the timeline for the transition? Is it too slow, too fast, just right? Do you have any other comments?

Responses are hidden

21 responded

Next steps

- Seek further input from young people and carer representatives
- Finalise CHS guideline/policy and related documents
- Internal formal consultation process (July-August)
- Implementation planning



Thank you

Questions? Feedback?

Email

CHS.MHJHADSServiceandTransformation@act.gov.au

Morning Tea

11:00 - 11:20 am

The Office for
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Alliance Project Consultation:

*Scoping legislation/policy related to
information-sharing, privacy and informed-consent*



Dr Ginny Sargent

Erin Barry –
*Youth Coalition of
the ACT*

Project 2: Info-sharing, privacy and consent



- Challenges regarding info-sharing and privacy for young people accessing mental health services, with:
 - Other services (which young people are referred to or receiving parallel care from)
 - Parents, carers and families
- Services: Lack of clarity regarding the complication legislative and policy context in the ACT; and ethical concerns about appropriate info-sharing
- This can lead to avoidance of info-sharing, which can have negative consequences for young people

Project Approach



Literature Review #3:

Young people's preferences for processes related to informed consent to share information with other services, and/or with families and carers

Dr Alyssa Morse, ANU

Scoping and 'Translation' Review:

Of relevant legislation and policy related to info-sharing and privacy; and production of an 'easy to read' resource

Dr Ginny Sargent

Presentation and consultation slides have been omitted as this project is still in progress.

Findings will be publicly available at a later date.

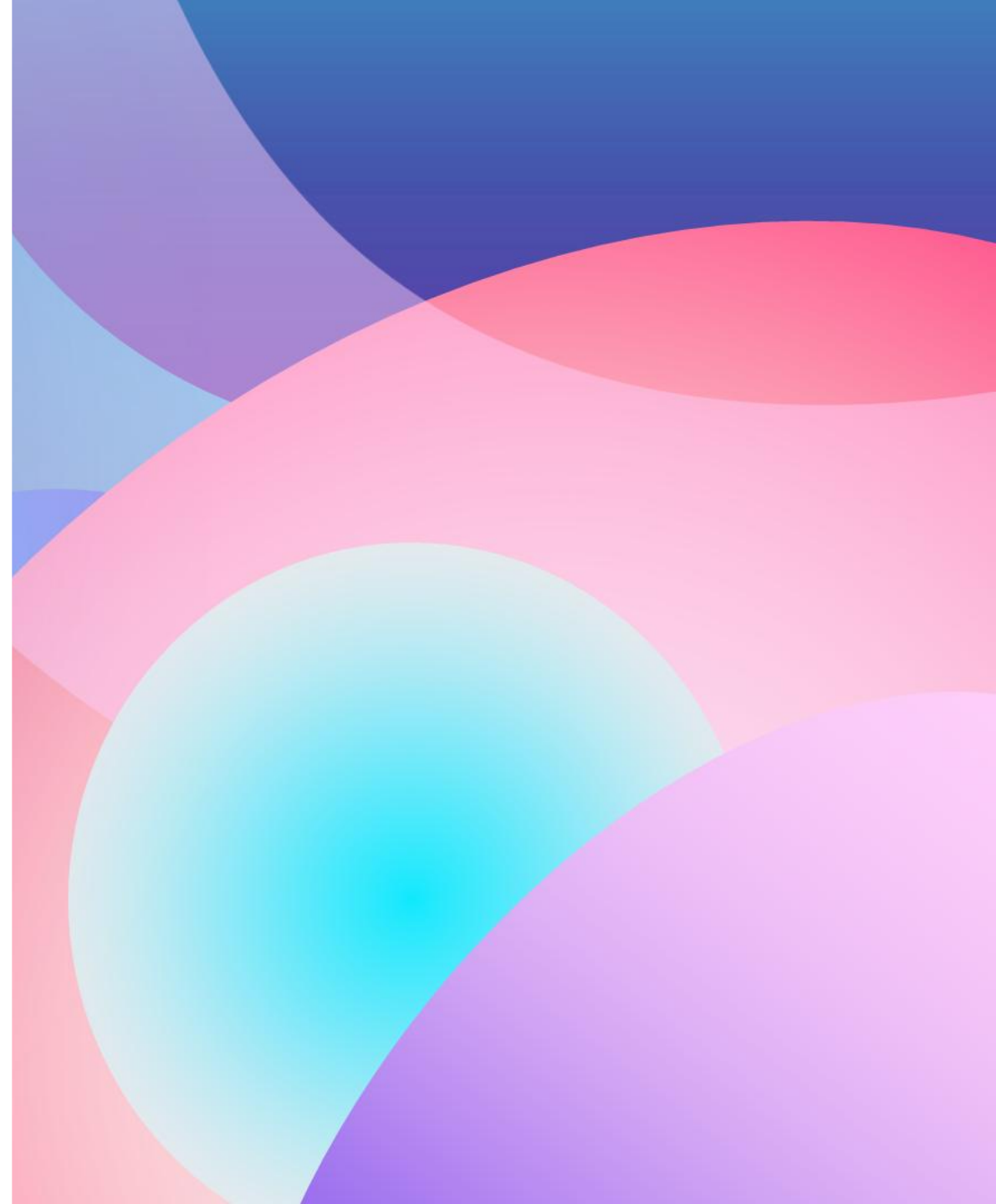
Please contact projects@youthcoalition.net for more information.

Summary and Next Steps



- Brief overview of responses / findings emerging
- Next steps for the project

○○○



Service Update:

*Mental Health Community Coalition
ACT*



Lisa Kelly – *Mental
Health Community
Coalition ACT*



Lunch

12:30 - 1:00 pm

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Mental Health Commissioning:

Child and Youth Mental Health services



*Mental Health and
Suicide Prevention
Division*

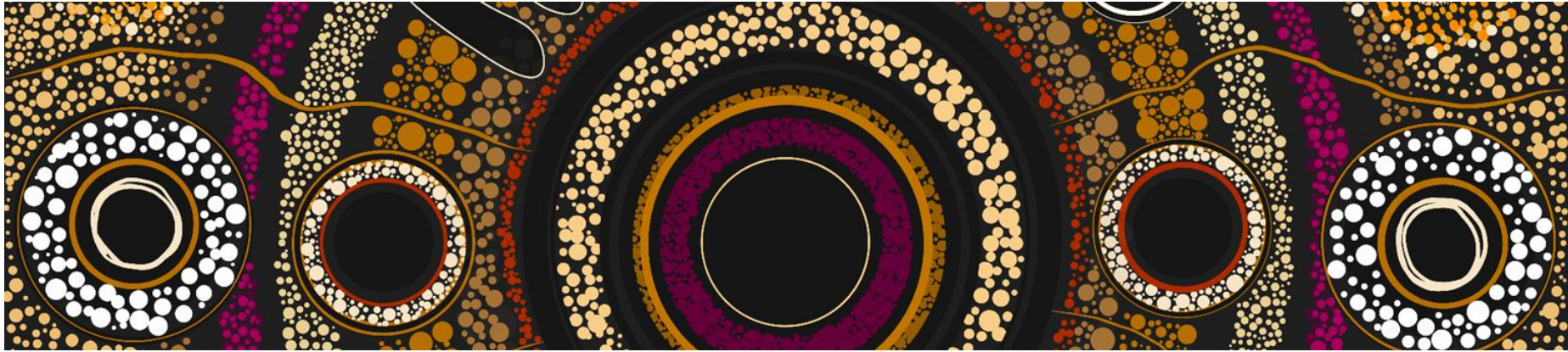


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Mental Health NGO Commissioning

Draft Strategic Investment Plan Consultation



Acknowledgement of Country

We acknowledge the Ngunnawal people as traditional custodians of the land we are meeting on and recognise any other people or families with connection to the lands of the ACT and region. We wish to acknowledge and respect their continuing culture and the contribution they make to the life of this city and this region. We would also like to acknowledge and welcome other Aboriginal and Torres Strait Islander people who may be attending today's event.



Acknowledgement of Lived Experience

“We recognise the contribution of lived and living experience to the work that we do together and the impacts of living with mental illness, suicidality, stigma and discrimination. We value their acquired expertise, both lived and learned, from these experiences.”

Time	Session Outline
Part A	Introductions and scene setting (30 min)
1:00	Welcome, introductions & housekeeping
1:05	Commissioning scene setting & the Strategic Investment Plan
Part B	Discussion groups activity (60 min)
1:30	Discussion Activity One – Pillars and Outcomes
1:50	Discussion Activity Two – Funding and Streams
2:10	Discussion Activity Three – Improving the SIP
2:25	Next Steps
2:30	Finish



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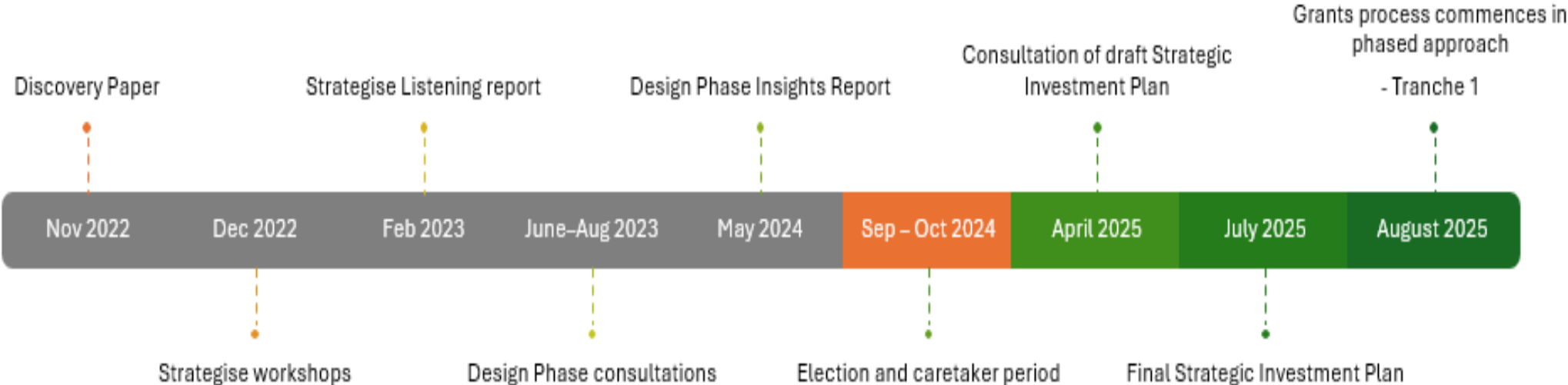
ACT Health

Scene Setting

Commissioning and the Strategic Investment Plan

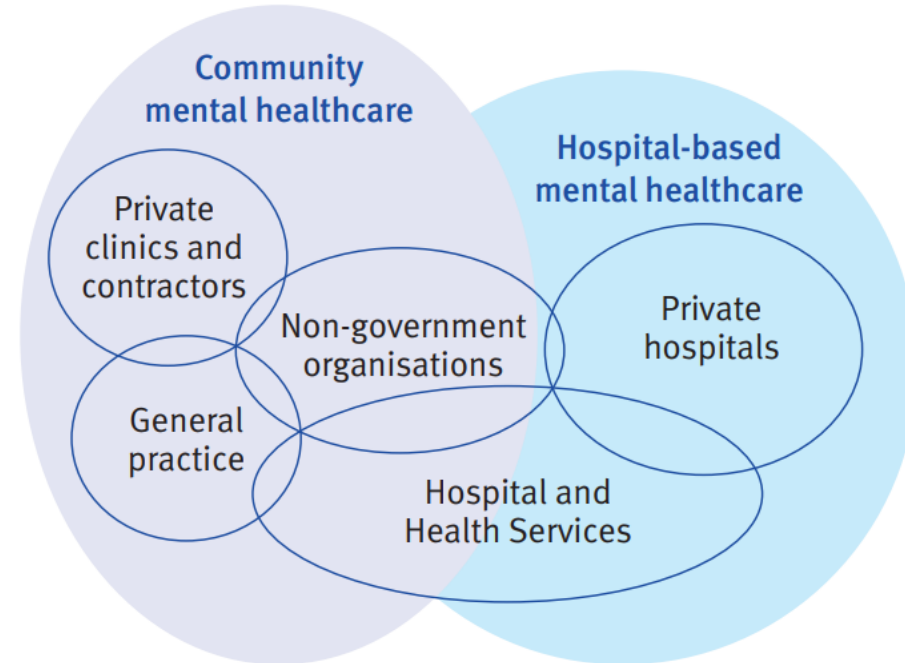
- Mental Health Commissioning aims to design ACT funded mental health NGO services and their coordination to better meet the needs of Canberrans.
- Today's workshop is a chance to review & discuss the proposed Strategic Investment Plan, which include our proposal for:
 - Pillars and priorities for investment;
 - Our expected break down of funding across the commissioned sector;
 - The different streams for the commissioning process; and
 - A timeline and description of the grant application process.

Commissioning Timeline



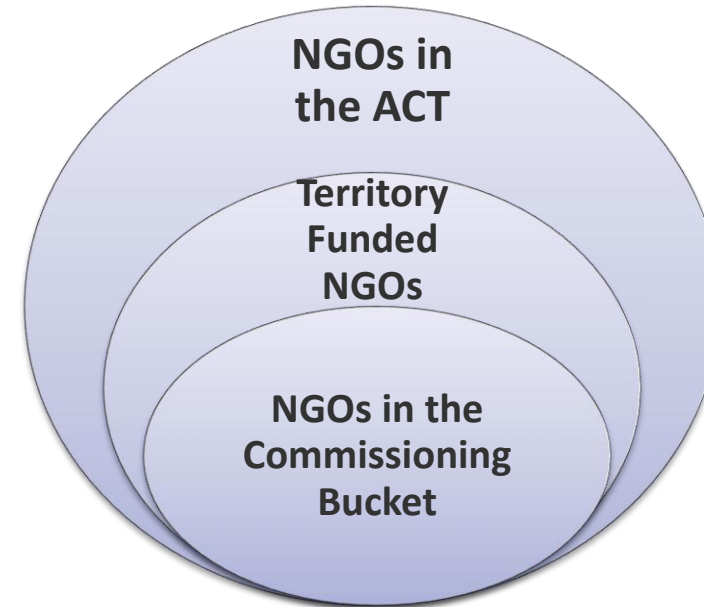
Mental Health System in the ACT

- The ACT Government funds:
 - Acute and Hospital-based clinical care including, inpatient mental health units, emergency departments and community outreach services.
 - Commissioned NGO mental health services.
- Government provided and NGO services are provided free or at low cost to mental health consumers.
- There are also mental health related services by other areas of Government such as CSD, Education, and JACS.

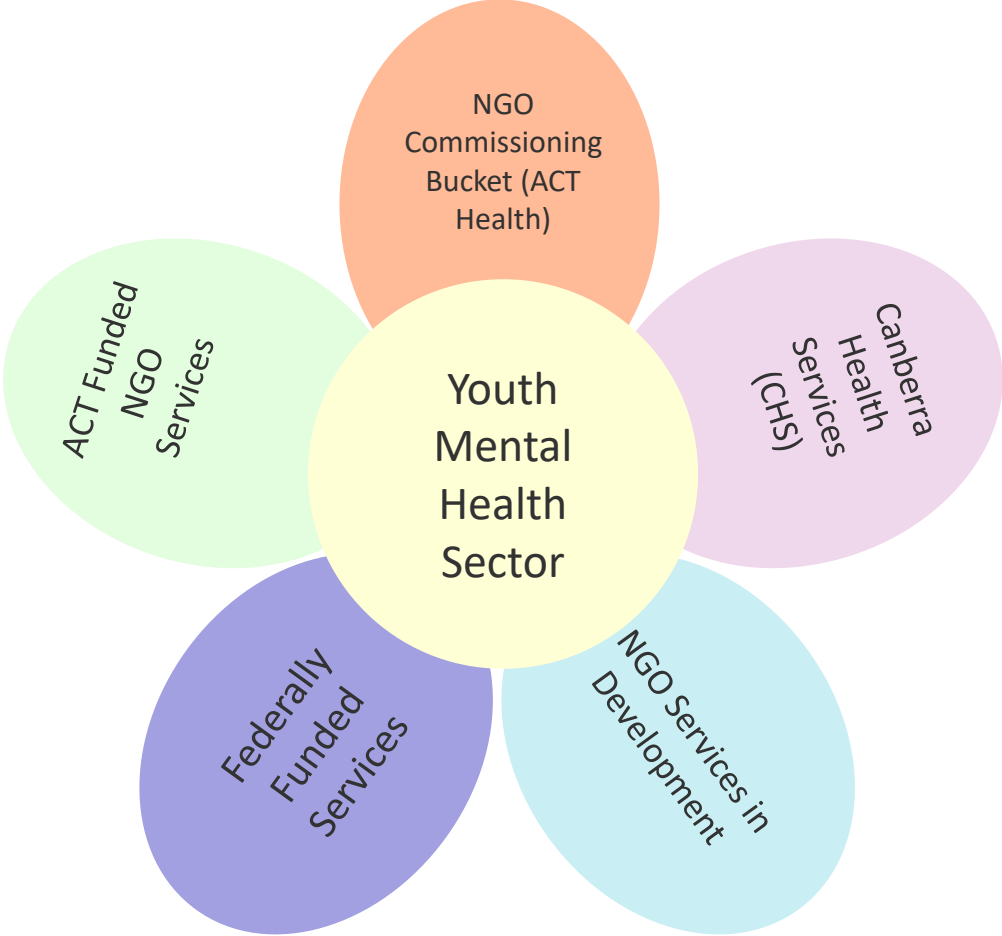


The Commissioning 'Bucket'

- NGO services are funded through a range of sources, including:
 - Federal Government (through Primary Health Networks)
 - ACT Government
 - Philanthropy
 - Privately or through client fees
- In 2024/25, the ACT Health Directorate will provide around \$22 million to NGOs for Mental Health services.
- Of this funding, approximately \$14.5 million for current NGO services is included in this Commissioning process.



Youth Mental Health Sector Breakdown



The Strategic Investment Plan: What it does

- Sets the direction for commissioning a cohesive structure of NGO services.
- Establishes clear priorities and grant processes to drive innovation.
- Your feedback on these priorities and grant processes will help to shape and sharpen this Plan.



Pillars of the service system



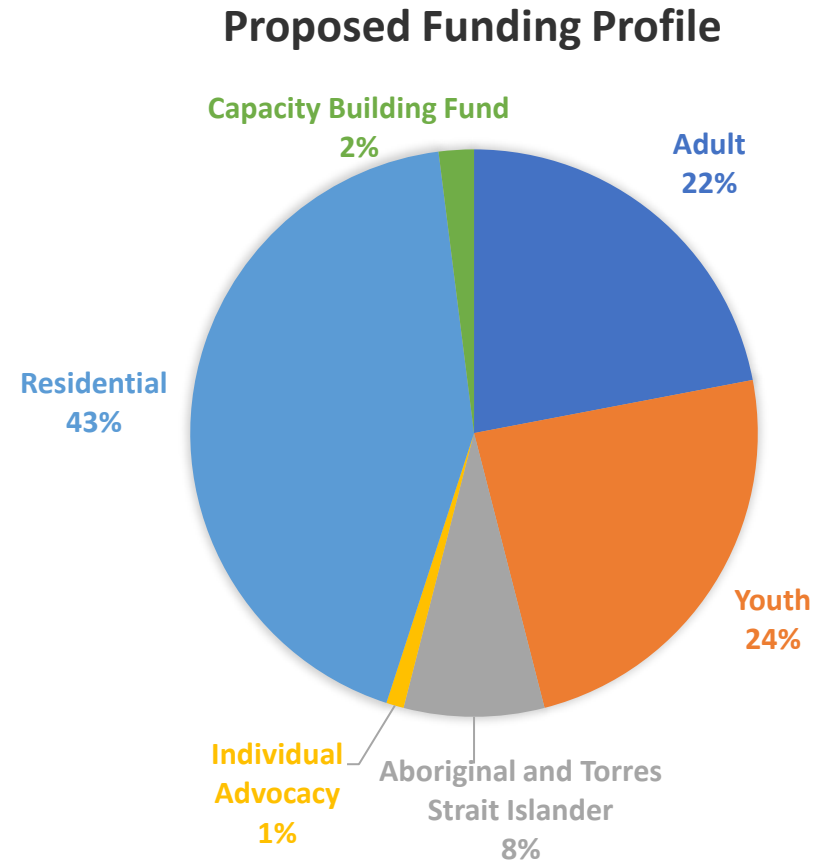
Outcomes of NGO Services in the Commissioning Process

- All services to be commissioned will be expected to work towards achieving a range of service and participant level outcomes.
- These outcomes will be negotiated with each service and services won't be expected to achieve all examples of the outcomes listed in the SIP.

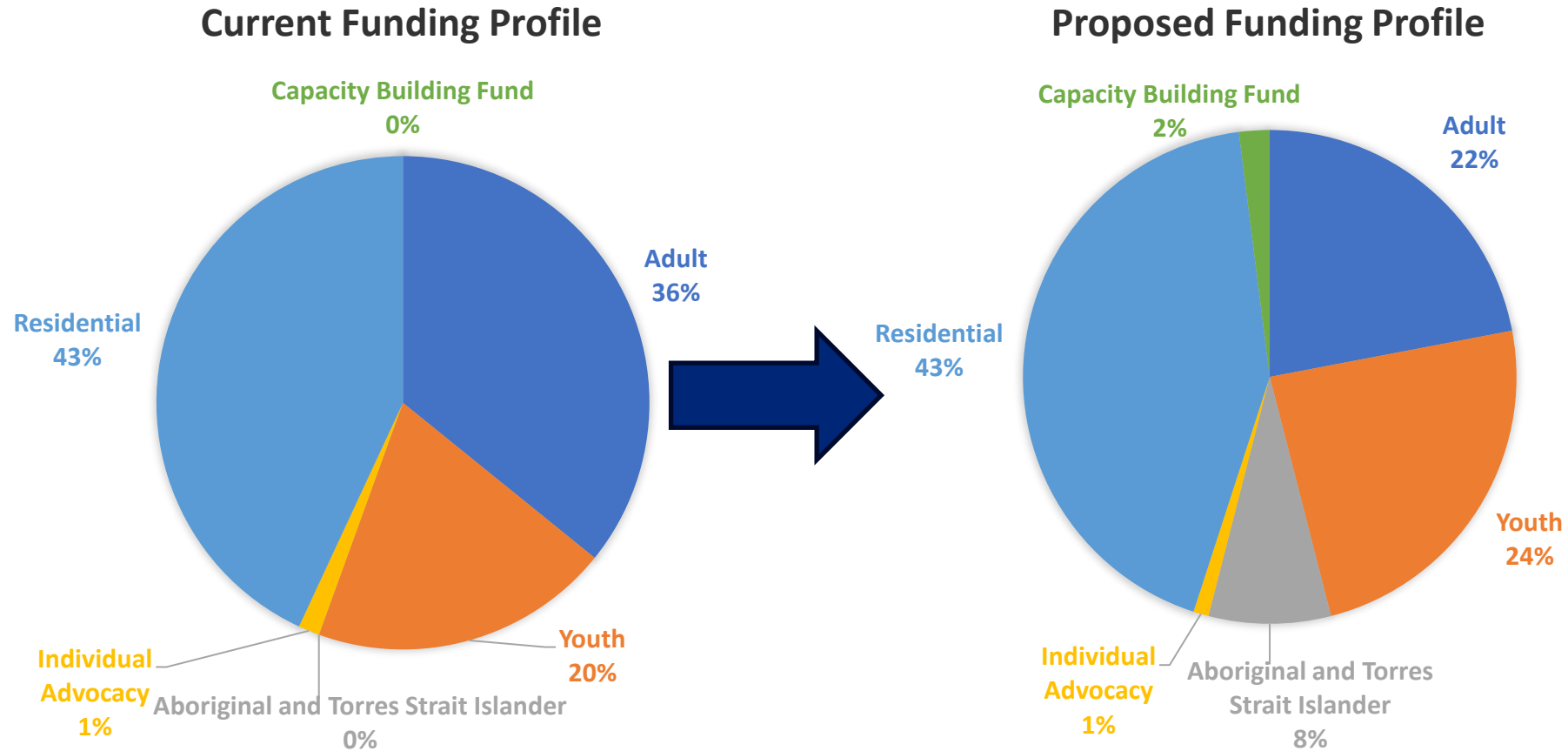
Pillar	Examples of Outcome Statements (listed in the SIP)
Prevention and Promotion	<ul style="list-style-type: none"> • Increased awareness and understanding of mental health issues by individuals, especially the general population • Improved individual resilience and coping skills
Early Intervention	<ul style="list-style-type: none"> • Increased self-reported mental wellbeing • Decreased psychological distress
Community Connection and Supports	<ul style="list-style-type: none"> • Increased quality of life for people experiencing long term mental illness and/or complex and co-occurring needs • Increased self-reported client self-confidence/self esteem
Community Residential Supports	<ul style="list-style-type: none"> • Decreased psychological distress • Improvements in social determinants of health
System Supports	<ul style="list-style-type: none"> • Improved confidence, knowledge, and skills across NGO mental health workforce

Grant Funding Streams

- The Grant Funding Streams include:
 - Child, youth and family;
 - Adults, older people and people with co-occurring needs;
 - Residential community supports;
 - Aboriginal and Torres-Strait Islander mental health supports; and
 - Individual advocacy.
- We are also proposing a small amount of funding is kept aside as a capacity building fund



Funding Profile of the Commissioning sector



Grant Stream Options

- Two funding options are being considered within the draft SIP for sector feedback prior to a final decision being made.
- The two funding options include Direct Grant, Select Grant, and Open Grant processes.

Option 1: Invest through five funding streams, staged across three grant tranches

Tranche 1: Residential, Advocacy,

Tranche 2: Child, Youth & Family

Tranche 3: Adult, Older People & Co-Occurring Conditions, and Aboriginal & Torres Strait Islander

Option 2: Combine Child, Youth & Family with Adults, Older People & Co-occurring Conditions into an “Across the Life Cycle” funding stream. There will be four funding streams across two grant tranches

Tranche 1: Residential, Advocacy,

Tranche 2: Across the Life Cycle and Aboriginal & Torres Strait Islander

Open Grants Process

The Commissioning Team is considering a two-stage approach to the Open Grant Rounds.

Stage One: Expression of Interest (EOI)

- Organisations provide a written EOI outlining the service they intend to provide.
- Non-preferred applicants will be notified that their EOI has been unsuccessful.

Stage Two: Detailed Application

- Preferred applicants will be invited to complete a detailed application.
- Successful and non-successful applicants will be notified once all detailed applications are reviewed, and a funding determination has been made.

Summary of Consultation Feedback





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Discussion Group Activity

Discussion Activity

- In your table groups you will provide feedback on the Draft Strategic Investment Plan which will be used to refine the plan prior to its final release. We will be discussing three themes:
 1. Pillars and Outcomes of Services
 2. Funding and Streams
 3. Improving the draft SIP
- We will have a facilitator at each table to help guide discussion, and we ask that all tables use butchers paper to record key points and themes from your discussion.
- A live feedback board via Menti is available for everyone to share thoughts for further group discussion.

Theme 1 - Pillars and Outcomes of the Service System

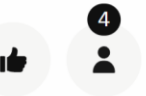
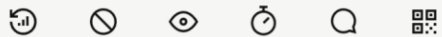
- Do you agree with the conceptualisation of the NGO service system as comprising five key Pillars (Prevention and Promotion, Early Intervention, Community Connection and Supports, Community Residential Supports, and System Supports)? Why?
- Do the pillars represent the kinds of support young people need? If not, what would you suggest and why?
- Do you support the proposed outcomes for each service pillar? Are there any outcomes that should be excluded or considered?

Presentation is closed

Does the SIP align with your view of NGO mental health services and youth needs in the ACT? Do you support its pillars and outcomes?

Responses are hidden

4 responded



Theme 2 – Funding and Streams

- Do you support the proposed breakdown of the total mental health commissioning budget described in the pie chart on page 29? Do you think the percentage allocated to youth adequately represents the needs of the community? Why or why not?
- Do you support the two-stage approach to the Open Grant Rounds (i.e. EOI round and Full Application round)?
- The SIP proposes two options regarding the number of funding rounds (page 37+38). What is your preferred option and why?

Presentation is closed

Do you support **the budget breakdown** in the pie chart? Does the youth allocation **reflect community needs**?



Responses are hidden

1 responded

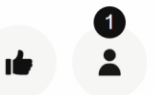
Strongly Support

Support

Neutral

Somewhat Oppose

Strongly Oppose



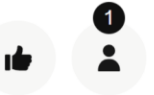
Presentation is closed

Do you support **the two-stage approach to the Open Grant Rounds** (i.e. EOI round and Full Application round)?



Responses are hidden

1 responded



Presentation is closed

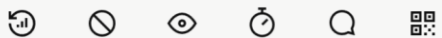
The SIP proposes two options regarding the number of funding rounds (page 37+38). What is **your preferred option** and why?

Option One (five funding streams
across three grant tranches)

Option Two (four funding streams
across two grant tranches)

Responses are hidden

Waiting for participants

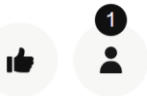
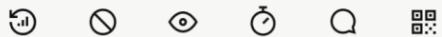


Presentation is closed

Do you have **any comments** about the budget breakdown, approach to the open grant rounds, or the number of funding rounds?

Responses are hidden

1 responded



Theme 3 – Improving the draft SIP

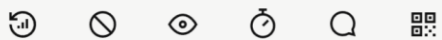
- How could the draft Strategic Investment Plan be improved? Is anything missing from the draft Strategic Investment Plan that should be included?

Presentation is closed

Do you have **any additional feedback** on the draft Strategic Investment Plan?

Responses are hidden

Waiting for participants





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Next Steps (5 min)

Next Steps

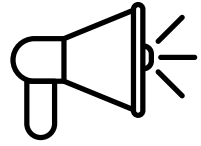
- We will consolidate everything we have learnt and heard from the sector over this commissioning process to guide the development of the final version of the Strategic Investment Plan, which is expected to be released in July/ August 2025.
- To provide further feedback on the Strategic Investment Plan, please email mentalhealthcommissioning@act.gov.au. **Please provide all your feedback by 20 June 2025.**
- A summary of both the consultation workshops will be available on the Mental Health Commissioning Webpage.

Thank you.

If you have any questions, or would like to provide further feedback please contact:

MentalHealthCommissioning@act.gov.au

Service Updates



- Headspace Canberra
– *GPH & Uniting*
- Opportunity for Alliance members to provide updates



Actions, Next Steps and Feedback



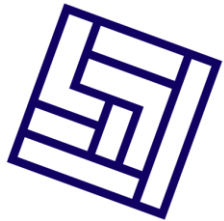
- Summary of actions and next steps from today
- Brief Summary Paper from Forum to be developed
- Online feedback survey to be disseminated to invite feedback about the Forum



*Link to online
feedback survey:*

<https://www.surveymonkey.com/r/Alliance19June25>





ACT Child & Youth Mental Health Sector Alliance

The Office for
Mental Health
and Wellbeing



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**Capital
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Thank you

See you next time