

South Eastern NSW - Primary Mental Health Care 2023/24 - 2027/28 Activity Summary View



MH-H2H - 1 - Medicare Mental Health Centres Intake and Assessment Telephone Service



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH-H2H

Activity Number *

1

Activity Title *

Medicare Mental Health Centres Intake and Assessment Telephone Service

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 7: Stepped care approach

Other Program Key Priority Area Description

Aim of Activity *

Establish an intake and assessment phone service as an entry point for accessing mental health services in the SENSW PHN region.

Description of Activity *

SENSW PHN is part of the NSW State-based consortium led by Healthy North Coast PHN. In collaboration with other PHNs in NSW, SENSW PHN supported commissioning of the Initial Assessment and Referral (IAR) telephone line. Healthy North Coast PHN as the lead organisation, previously commissioned NEAMI until 30 June 2024 to provide the telephone line on behalf of participating PHNs. Following a tender process, Amplar Health was commissioned to providing the service commencing from 1 July 2024.

Callers are assessed through the use of the IAR decision support tool and referred to local PHN commissioned mental health services according to the results of their assessment.
SENSW PHN commissioned a 'spoke' model locally to commence from July 2024 for local navigation support as part of the state model requirements.

Please also refer to MH-10 Initial Assessment and Referral Training and Support Officers for details on the training of general practitioners in the use of the IAR decision support tool.

Needs Assessment Priorities *

Needs Assessment

South Eastern NSW-NA-2022/23 - 2024/25

Priorities

Priority	Page reference
Mental health and suicide prevention – regional and local coordination	55



Activity Demographics

Target Population Cohort

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Milestone Details/Duration

Activity Start Date

30/06/2022

Activity End Date

29/06/2026



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: No

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

Yes

Is this activity the result of a previous co-design process?

Yes



MH-AMHCT - 2 - Moruya Medicare Mental Health Centre



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH-AMHCT

Activity Number *

2

Activity Title *

Moruya Medicare Mental Health Centre

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Other (please provide details)

Other Program Key Priority Area Description

Medicare Mental Health Centre

Aim of Activity *

To improve access to adult mental health support services.

Description of Activity *

The Moruya Medicare Mental Health Centre service provides psychological supports for people assessed as requiring moderate to severe psychological services. In South-eastern NSW, Medicare Mental Health Centre services have been established in Shellharbour* and Moruya with outreach into low socio-economic areas.

Consumers are assessed for level of intensity of service support required (low, medium, or high). Services include trauma informed service delivery, evidence-based psychological therapies (e.g. DBT, CBT, narrative and interpersonal therapy), single session interventions, family and carer supports, therapeutic and skills-based groups, peer work supports, aboriginal health worker services, care navigation and warm referral.

Partnerships with Local Health Districts and the Department of Communities and Justice support to refer appropriate consumers to this service as well as clients with service navigation other health and non-health-based services where appropriate.

A stepped care support pathway supports coordinated care matched to individual need. Features of this approach include:
- stepped care levels of support intensity matched to consumer needs and goals

- the peer worker or Aboriginal health worker or another appropriate team member coordinates care across the entire episode, including care navigation and warm referrals
- warm referral to low intensity services for those who do not meet the threshold for the Shellharbour Medicare Mental Health Centre (i.e. those with low mental health severity)
- warm referral and shared care for those requiring support from tertiary mental health services

Referrals are received from the national Initial Assessment and Referral telephone line. No appointments are necessary as the Shellharbour Medicare Mental Health Centre operates a “no wrong door” policy.

Ongoing co-design with community stakeholders ensures the service model is adapted to the local context. This includes referral pathway design between GPs, the LHD and other PHN commissioned services. The adapted service model supports the integration of services and coordination of care to improve access and continuity of care.

* Note: the Shellharbour Medicare Mental Health Centre is in the National Mental Health and Suicide Prevention Agreement and Bilateral PHN Program schedule, refer to activity NAB-H2H1 Shellharbour Medicare Mental Health Centre.

Needs Assessment Priorities *

Needs Assessment

South Eastern NSW-NA-2022/23 - 2024/25

Priorities

Priority	Page reference
Mental health and suicide prevention – regional and local coordination	55



Activity Demographics

Target Population Cohort

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

No

SA3 Name	SA3 Code
Kiama - Shellharbour	10703
South Coast	10104



Activity Milestone Details/Duration

Activity Start Date

30/06/2023

Activity End Date

29/06/2026



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: No

Direct Engagement: No

Open Tender: Yes

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

Yes

Is this activity the result of a previous co-design process?

No



MH - 1 - Low intensity mental health services



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

1

Activity Title *

Low intensity mental health services

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 1: Low intensity mental health services

Other Program Key Priority Area Description**Aim of Activity ***

To provide access to low intensity intervention for people aged 12 and above based on their individual needs, to support the improvement of mental health and wellbeing in the region. It will allow for people to become well at an early stage while enabling escalation for those people who require higher intensity services.

Description of Activity *

SENSW PHN will continue to commission services that offer a low intensity intervention to improve mental health and wellbeing. These services include:

- access to and promotion of online low intensity services for mild to moderate anxiety and depression
- low intensity psychological therapies (Beyond Blue New Access model, delivered by Wellways) via face to face or phone.

SENSW PHN will continue to work with the provider to increase reach across the region including:

- collaboration with provider to promote the service across the region (e.g. letter box drops, social media, GPs)
- collaboration and promotion with other commissioned (and non-commissioned) providers in the region in line with Stepped Care model
- close monitoring of performance including relevant indicators

SENSW PHN will continue to collaborate with Beyond Blue to ensure improved service delivery and program model integrity.

Needs Assessment Priorities *

Needs Assessment

South Eastern NSW-NA-2022/23 - 2024/25

Priorities

Priority	Page reference
Mental health and suicide prevention – equitable service distribution and access	55



Activity Demographics

Target Population Cohort

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes

SA3 Name	SA3 Code
Wollongong	10704
Young - Yass	10106
Southern Highlands	11402
Goulburn - Mulwaree	10105
Jervis Bay	90103
Illawarra Catchment Reserve	10702
Dapto - Port Kembla	10701
Kiama - Shellharbour	10703
Snowy Mountains	10103
Queanbeyan	10102
South Coast	10104
Shoalhaven	11401



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2026

Service Delivery Start Date

Service Delivery End Date

Other Relevant Milestones



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

Yes

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

Yes



MH - 2 - Child and Youth Mental Health Services



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

2

Activity Title *

Child and Youth Mental Health Services

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 2: Child and youth mental health services

Other Program Key Priority Area Description**Aim of Activity ***

To improve the mental health and wellbeing of young people aged 12 – 25 years through increased access to appropriate services, including the four core headspace streams of mental health, physical health, drug and alcohol and vocation/education.

Description of Activity *

SENSW PHN will:

- continue commissioning arrangements with each of the existing established headspace centres throughout the region (i.e. Wollongong, Nowra, Queanbeyan, Bega, Batemans Bay, Goulburn and the Yass satellite)
- continue commissioning arrangements with newly established headspace Kiama and Shellharbour centres and ensure positive community uptake and engagement with these services
- continue to collaborate with headspace National Office and the Lead Agency of headspace centres to ensure high quality service delivery and to improve the access to, and integration of, headspace centres with broader primary mental health care services; physical health services; drug and alcohol services; and social and vocational support services
- ensure headspace centres are engaged to deliver youth severe mental health services as appropriate. headspace centres will work closely with LHD child and adolescent mental health services to ensure that young people with severe mental illness receive the right care at the right time
- improve collaboration and referral pathways with the LHDs to support optimal usage of resources and services
- work with ISLHD to support the Wollongong Children's Mental Health Hub

- continue to promote access to alternative services for young people who are unable to attend a headspace centre in person, such as eheadspace and New Access 12+

Needs Assessment Priorities *

Needs Assessment

South Eastern NSW-NA-2022/23 - 2024/25

Priorities

Priority	Page reference
Young people's mental health and wellbeing	56



Activity Demographics

Target Population Cohort

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2026



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: Yes

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

Yes



MH - 3 - Psychological Therapies for Hard to Reach Populations



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

3

Activity Title *

Psychological Therapies for Hard to Reach Populations

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 3: Psychological therapies for rural and remote, under-serviced and / or hard to reach groups

Other Program Key Priority Area Description**Aim of Activity ***

To improve the mental health and wellbeing of people within the community requiring mild to moderate interventions but who are traditionally hard to reach. The number of sessions will be matched to the individual's needs, in accordance with the National Primary Mental Health stepped care approach.

Description of Activity *

SENSW PHN will continue to commission psychological therapies for hard-to-reach groups across the PHN region. 5 local Mental Health Hubs and 2 Medicare Mental Health Services* are providing 7 connected local place-based outreach services across the region.

SENSW PHN will continue to:

- monitor performance of the services ensuring collaborative engagement with each other and with other community services in the region
- work with providers to ensure that demand is managed through robust intake and appropriate referral pathways including adoption of the IAR methodology where feasible, and that clients step up and step-down services to ensure client flow and optimal use of service supply as available
- ensure high quality care is delivered by providers and clinical governance practices are robust and sound
- encourage access to and employment of peer workers and lived experience personnel to assist with the undersupply of mental

health skilled clinicians

- seek to understand service requirements from a place-based perspective in collaboration with local service users and stakeholders, e.g. Department of Education, Department of Communities and Justice.

Psychological therapies will also be commissioned during 2025/26 through crisis accommodation services in Moruya and Goulburn as part of our Domestic and Family Violence Program Trial (refer to PP&TP-DVP1).

*Medicare Mental Health Services - refer to NAB-H2H1 (Shellharbour) and MH-AMHC2 (Moruya).

Needs Assessment Priorities *

Needs Assessment

South Eastern NSW-NA-2022/23 - 2024/25

Priorities

Priority	Page reference
Health inequities experienced by vulnerable groups, including geographically isolated groups	54



Activity Demographics

Target Population Cohort

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes

SA3 Name	SA3 Code
Wollongong	10704
Young - Yass	10106
Southern Highlands	11402
Goulburn - Mulwaree	10105
Jervis Bay	90103
Illawarra Catchment Reserve	10702
Dapto - Port Kembla	10701
Kiama - Shellharbour	10703
Snowy Mountains	10103
Queanbeyan	10102
South Coast	10104
Shoalhaven	11401



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2026



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

Yes

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

Yes



MH - 4 - Severe and Complex Mental Illness



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

4

Activity Title *

Severe and Complex Mental Illness

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 4: Mental health services for people with severe and complex mental illness including care packages

Other Program Key Priority Area Description**Aim of Activity ***

To increase access to support and intervention for people in the region with severe and complex mental illness in primary care, in order to reduce severity, symptoms and distress, and improve functionality in this population.

Description of Activity *

SENSW PHN will continue to commission services for people with severe and complex mental illness who are being managed in primary care, for 2025/26.

Commissioned services will be aligned with the outcomes a review undertaken in 2024/25 and will continue to:

- increase access for consumers to both clinical (mental health clinicians) and non-clinical (peer workforce) supports
- offer care coordination as required
- increase the proportion of consumers reached through recovery-based group sessions
- develop and maintain strong connections with non-clinical/social services as well as other services provided by Local Health Districts
- ensure that demand is managed through intake and appropriate referral pathways
- support community non-clinical networks to enhance targeted social supports
- be supported to train in IAR and work to encourage referrers to complete an IAR when referring.

Needs Assessment Priorities *

Needs Assessment

South Eastern NSW-NA-2022/23 - 2024/25

Priorities

Priority	Page reference
Mental health and suicide prevention – regional and local coordination	55



Activity Demographics

Target Population Cohort

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes

SA3 Name	SA3 Code
Wollongong	10704
Young - Yass	10106
Southern Highlands	11402
Goulburn - Mulwaree	10105
Jervis Bay	90103
Illawarra Catchment Reserve	10702
Dapto - Port Kembla	10701
Kiama - Shellharbour	10703
Snowy Mountains	10103
Queanbeyan	10102
South Coast	10104
Shoalhaven	11401



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2026



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: Yes

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

Yes

Has this activity previously been co-commissioned or joint-commissioned?

Yes

Decommissioning

Yes



MH - 6 - First Nations Mental Health and Suicide Prevention



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

6

Activity Title *

First Nations Mental Health and Suicide Prevention

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 6: Aboriginal and Torres Strait Islander mental health services

Other Program Key Priority Area Description**Aim of Activity ***

To improve access to joined up, integrated, culturally appropriate and safe mental health services that holistically meet the mental health and healing needs of Aboriginal and Torres Strait Islander people.

Description of Activity *

SENSW PHN will continue to commission local ACCHOs to provide co-designed mental health services, consistent with the overall approach consulted and agreed with our ACCHOs.

Commissioned services will:

- be flexible enough to meet the needs of the community served by each ACCHO,
- embed mental health services within the ACCHO's primary care teams, within three of the four services*
- generally focus on psychological support but also include wellbeing and resilience building initiatives.

Noting the future funding arrangements for this service are under review, SENSW PHN will work closely with our ACCHO providers to support with preparedness and facilitate a smooth transition to the future funding structure.

* Note that one provider will continue to deliver wellbeing and resilience building initiatives in schools, which is not fully amenable to being recorded in the PMHC-MDS and therefore will affect any crude analysis of cost per service.

Needs Assessment Priorities *

Needs Assessment

South Eastern NSW-NA-2022/23 - 2024/25

Priorities

Priority	Page reference
Aboriginal health – supporting the Aboriginal community controlled sector	53
Mental health and suicide prevention – regional and local coordination	55



Activity Demographics

Target Population Cohort

In Scope AOD Treatment Type *

Indigenous Specific *

Yes

Indigenous Specific Comments

Coverage

Whole Region

Yes

SA3 Name	SA3 Code
Wollongong	10704
Young - Yass	10106
Southern Highlands	11402
Goulburn - Mulwaree	10105
Jervis Bay	90103
Illawarra Catchment Reserve	10702
Dapto - Port Kembla	10701
Kiama - Shellharbour	10703
Snowy Mountains	10103
Queanbeyan	10102
South Coast	10104
Shoalhaven	11401



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2026



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: Yes

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

Co-design or co-commissioning comments

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

Yes

Comment	Date Created
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MH - 7 - Stepped Care Approach



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

7

Activity Title *

Stepped Care Approach

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 7: Stepped care approach

Other Program Key Priority Area Description**Aim of Activity ***

To align local mental health services and initiatives with our stepped care approach.

Description of Activity *

SENSW PHN's commissioned services are arranged to complement the person-centred stepped care approach. Stepped care approaches also inform the activities and decisions of the Regional Mental Health and Suicide Prevention Plan. Our approach involves a continuum of primary mental health services across the spectrum of functioning, ranging from those for people whose mental health issues have no impact on their quality of life to those for people with severe and complex needs. A range of service types fit into each 'step', making the best use of available workforce and technology, and reflecting the needs of the South-eastern NSW region as per local population needs from the needs assessment and analysis.

A review of the PHN mental health commissioning plan and development of a new commissioning intentions plan took place in 2022 and re-commissioning in line with this plan has occurred. This approach has ensured a stepped care approach continues to be embedded as we work with people with lived experience, local stakeholders and the two LHDs to formulate and align future commissioning decisions.

Needs Assessment Priorities *

Needs Assessment

South Eastern NSW-NA-2022/23 - 2024/25

Priorities

Priority	Page reference
Mental health and suicide prevention – equitable service distribution and access	55
Mental health and suicide prevention – regional and local coordination	55



Activity Demographics

Target Population Cohort

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes

SA3 Name	SA3 Code
Wollongong	10704
Young - Yass	10106
Southern Highlands	11402
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Kiama - Shellharbour	10703
Snowy Mountains	10103
Queanbeyan	10102
South Coast	10104
Shoalhaven	11401



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2026



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: No

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): Yes

Is this activity being co-designed?

No

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

Co-design or co-commissioning comments

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

No

Comment	Date Created
May need to check the budget	06/11/2024



MH - 8 - Implementing the South-eastern NSW Regional Mental Health and Suicide Prevention Plan



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

8

Activity Title *

Implementing the South-eastern NSW Regional Mental Health and Suicide Prevention Plan

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 8: Regional mental health and suicide prevention plan

Other Program Key Priority Area Description

Aim of Activity *

To ensure coordinated and timely implementation of the South Eastern NSW Regional Mental Health and Suicide Prevention Plan.

Description of Activity *

The South Eastern NSW Regional Mental Health and Suicide Prevention Plan was jointly developed by SENSW PHN, Illawarra Shoalhaven LHD and Southern NSW LHD. The Plan progresses the development and implementation of MH&SP priorities for the region and a stepped care approach across South-eastern NSW. The Plan was endorsed by the Boards of all three organisations and was released publicly in November 2018, updated July 2020 and further updated in March 2024.

The plan will undergo a more extensive review during 2025/26. The plan is accompanied by the SE NSW Peer Work Framework that outlines efforts to support and grow the Peer Workforce, against which we are demonstrating ongoing success.

The Regional plan review process will involve broader strategic partners and the steering committee will oversee its implementation. The activity involves:

- broad input from stakeholders including Consumers, ISLHD, SNSWLHD, Mental Health Clinicians, GPs and carers,
- consumer input will be central to committee decision making,
- being informed by other relevant local, state and national plans,
- facilitation and oversight of the key initiatives arising from the plan,

- monitoring and reporting of progress of implementation,
- bringing together key partners for oversight of progress and discussion of key issues affecting the region

Needs Assessment Priorities *

Needs Assessment

South Eastern NSW-NA-2022/23 - 2024/25

Priorities

Priority	Page reference
Mental health and suicide prevention – regional and local coordination	55



Activity Demographics

Target Population Cohort

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes

SA3 Name	SA3 Code
Wollongong	10704
Young - Yass	10106
Southern Highlands	11402
Goulburn - Mulwaree	10105
Jervis Bay	90103
Illawarra Catchment Reserve	10702
Dapto - Port Kembla	10701
Kiama - Shellharbour	10703
Snowy Mountains	10103
Queanbeyan	10102
South Coast	10104
Shoalhaven	11401



Activity Milestone Details/Duration

Activity Start Date

30/06/2019

Activity End Date

29/06/2026



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: No

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): Yes

Is this activity being co-designed?

Yes

Is this activity the result of a previous co-design process?

Yes

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

No

Has this activity previously been co-commissioned or joint-commissioned?

No

Decommissioning

No

Decommissioning details?

Co-design or co-commissioning comments

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

No



MH - 10 - Initial Assessment and Referral Training and Support Officers



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

10

Activity Title *

Initial Assessment and Referral Training and Support Officers

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 7: Stepped care approach

Other Program Key Priority Area Description**Aim of Activity ***

To support General Practitioners (GPs) and clinicians in the primary care setting, using the stepped care model to recommend a level of care for a person seeking mental health support. Each level of care is based upon the least intensive and least intrusive evidence-based intervention. The Initial Assessment and Referral (IAR) Decision Support tool (DST) is designed to assist in this assessment and referral process.

Description of Activity *

An IAR Training and Support Officer (IAR TSO) recruited GPs and facilitated the 'Train the Trainer' work which expanded across the region during 2024/25 as we worked towards the GP training target. GPs were reimbursed for participating in the training.

Consideration for how the IAR process complements other initiatives supported by the PHN has occurred and the IAR TSO worked across the organisation to embed the IAR process into other services and with other education activities and referral-based planning/implementation. This included working with the primary care support team and mental health teams, the Planning and Insights team who are responsible for data governance and our digital health teams to ensure the IAR processes used by GPs and providers are supported in a contemporary way.

Consideration for how this tool supports referrals with any new designed services occurs and new providers are encouraged or contracted to use the IAR as part of referrals processes. This includes consideration for how the IAR can be used in the referral

approaches with LHDs and external providers in the sector.

This tool is used to support screening for the Medicare Mental Health Intake and Assessment Phone Service (See MH-H2H-1 Head to Health Intake and Assessment Phone Service).

Needs Assessment Priorities *

Needs Assessment

South Eastern NSW-NA-2022/23 - 2024/25

Priorities

Priority	Page reference
Mental health and suicide prevention – regional and local coordination	55



Activity Demographics

Target Population Cohort

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Milestone Details/Duration

Activity Start Date

30/06/2022

Activity End Date

29/06/2025



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No
Continuing Service Provider / Contract Extension: No
Direct Engagement: No
Open Tender: No
Expression Of Interest (EOI): No
Other Approach (please provide details): No

Is this activity being co-designed?

Is this activity the result of a previous co-design process?

Do you plan to implement this Activity using co-commissioning or joint-commissioning arrangements?

Has this activity previously been co-commissioned or joint-commissioned?

Decommissioning

No

Decommissioning details?

Co-design or co-commissioning comments

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

No



MH - 16 - Targeted Regional and Community Initiatives to Suicide Prevention



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

16

Activity Title *

Targeted Regional and Community Initiatives to Suicide Prevention

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 5: Community based suicide prevention activities

Other Program Key Priority Area Description**Aim of Activity ***

A community-led and systems-based approach to suicide prevention targeting populations identified at risk of suicide or suicidal distress.

Description of Activity *

SENSW PHN will continue to adopt a community-led and systems-based approach. This approach contributes to enhancing care coordination and service pathways for at-risk individuals, building community capacity to prevent, recognise and respond to suicide, and improving workforce capability in suicide prevention.

SENSW PHN will maintain a suicide prevention staff team (covering the Suicide Prevention Regional Response Coordinator role) to oversee engagement, coordination, and integration of early intervention and suicide prevention activities including Community Collaboratives.

In 2025/26, SENSW PHN will seek to improve outcomes for people at risk of or bereaved by suicide by:

- exploring various community-based suicide prevention commissioning opportunities (including community suicide prevention training), informed by regional planning and needs assessment processes including community-led priorities
- improving care coordination and system integration, including universal aftercare and post-suicide response protocols
- building community and workforce capacity to respond to suicidal distress

- building relationships with key Aboriginal community partners and with key networks/agencies to support data and evidence-based suicide prevention.

Community-based suicide prevention initiatives are also undertaken through Universal After Care (refer to NAB-UAS1 in the National Mental Health and Suicide Prevention AWP).

Needs Assessment Priorities *

Needs Assessment

South Eastern NSW-NA-2022/23 - 2024/25

Priorities

Priority	Page reference
Mental health and suicide prevention – community capacity and resilience	55
Mental health and suicide prevention – equitable service distribution and access	55
Mental health and suicide prevention – regional and local coordination	55



Activity Demographics

Target Population Cohort

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Milestone Details/Duration

Activity Start Date

31/10/2022

Activity End Date

29/06/2026



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No
Continuing Service Provider / Contract Extension: No
Direct Engagement: No
Open Tender: No
Expression Of Interest (EOI): No
Other Approach (please provide details): No



MH - 17 - Services for older people in residential aged care facilities



Activity Metadata

Applicable Schedule *

Primary Mental Health Care

Activity Prefix *

MH

Activity Number *

17

Activity Title *

Services for older people in residential aged care facilities

Existing, Modified or New Activity *

Existing



Activity Priorities and Description

Program Key Priority Area *

Mental Health Priority Area 3: Psychological therapies for rural and remote, under-serviced and / or hard to reach groups

Other Program Key Priority Area Description

Aim of Activity *

To build capacity and capability amongst Residential Aged Care facilities to better address the mental health needs of their residents.

Description of Activity *

SENsw PHN will continue commissioning of the C2BMe service in RACFs. C2BME provides the delivery of psychological therapy services in RACF's across our region, including training and psycho-education to staff in these RACF's.

The demand for services remains high, especially after the decommissioning of the C2BME at Home program. Additional funding and activities to meet demand continue to be explored.

Needs Assessment Priorities *

Needs Assessment

South Eastern NSW-NA-2022/23 - 2024/25

Priorities

Priority	Page reference
Health inequities experienced by vulnerable groups, including geographically isolated groups	54
Supporting healthy ageing	56



Activity Demographics

Target Population Cohort

In Scope AOD Treatment Type *

Indigenous Specific *

No

Indigenous Specific Comments

Coverage

Whole Region

Yes



Activity Milestone Details/Duration

Activity Start Date

31/10/2018

Activity End Date

29/06/2026



Activity Commissioning

Please identify your intended procurement approach for commissioning services under this activity:

Not Yet Known: No

Continuing Service Provider / Contract Extension: No

Direct Engagement: No

Open Tender: No

Expression Of Interest (EOI): No

Other Approach (please provide details): No

Is this activity being co-designed?

Is this activity the result of a previous co-design process?

Yes

Is this activity in scope for data collection under the Mental Health National Minimum Dataset?

Yes