

Mental Health in Australia

Promotion, Prevention and Recovery

Not only do most Australians experience a positive sense of wellbeing but Australia is also a world leader in mental health innovation. However, many Australians with mental health problems continue to have difficulty accessing quality care. Quality care is safe, effective and a positive experience for those in need. To increase the likelihood of positive outcomes for those in need, the most effective interventions are based upon people's values, practitioner's expertise, and scientific research. A tried and tested way to increase access to quality care is to upskill paraprofessionals in mental health promotion, prevention, and self-help.

Free or low-cost resources for people with mental health problems

Promoting Wellbeing	Preventing Mental Illness	Guided Self-Help	Clinical Treatment
<ul style="list-style-type: none">• Five Ways to Wellbeing website (AU)• <i>Flourish</i> by Seligman	<ul style="list-style-type: none">• Children of Parents with Mental Illness videos (AU)• <i>Everyday Parenting Toolkit</i> by Kazdin• Everyday Parenting: ABCs of Childrearing online training• Mental Health First Aid (AU)• <i>Positive Parenting</i> by Hutchins• Raising Children Australia (AU)• Videos for Parents, Reach Institute	<ul style="list-style-type: none">• Brave online (AU)• <i>How to beat...</i> series by Farrand & Chellingsworth• Mindspot Clinic telehealth (AU)• Resources for consumers, Centre for Clinical Interventions (AU)• This Way Up telehealth (AU)	<ul style="list-style-type: none">• Mind Your Health, Royal Australian and New Zealand College of Psychiatrists (AU)

Scaling up psychosocial support care in disasters

As disasters can have an adverse effect on mental health, especially in marginalised communities, emergencies should be used to effect immediate change. For example, the Australian multiagency website, Psychosocial Support in Disasters, provides access to free training for professionals in interventions such as psychological first aid and Skills for Psychological Recovery. Phoenix Australia, the national centre for posttraumatic stress, also delivers a range of training courses and free resources. The World Health Organisation has published the MhGAP Humanitarian Guide specifically for delivering clinical services in disasters. Rapidly upskilling the workforce not only accelerates recovery from a crisis but also ensures quality mental healthcare will be available for everyone in need.

Learning resources for professionals supporting those in need

Promoting Wellbeing	Preventing Mental Illness	Guided Self-Help	Clinical Treatment
<ul style="list-style-type: none">• Circle of Security• Tuning into Kids (AU)• Tuning into Teens (AU)	<ul style="list-style-type: none">• <i>Coaching Vulnerable Infants</i> by Dozier• <i>Everyday Parenting</i> by Dishion• Family Talk (AU)• <i>Incredible Years</i> by Webster-Stratton• Parent Management Training Institute	<ul style="list-style-type: none">• Applied Suicide Interventions Skills Training• CBT Australia (AU)• CBT Institute (AU)• Low intensity resources, University of Exeter• <i>Motivational Interviewing</i> by Miller & Rollnick• Motivational Interviewing Network of Trainers website• <i>Oxford Guide to Low Intensity CBT</i> by Bennett-Levy (AU-led)• Problem Management Plus (AU-led)• Self-guided workbooks, Flinders University (AU)	<ul style="list-style-type: none">• CBT Australia (AU)• CBT Institute (AU)• Centre for Clinical Interventions (AU)• <i>Evidence-based Psychological Interventions in the Treatment of Mental Disorders</i>, Australian Psychological Society (AU)• MhGAP website, app and YouTube, World Health Organisation• Parent Management Training Institute

Selected Reading

Ciobanu, L. G., Ferrari, A. J., Erskine, H. E., Santomauro, D. F., Charlson, F. J., Leung, J., ... & Baune, B. T. (2018). The prevalence and burden of mental and substance use disorders in Australia: Findings from the Global Burden of Disease Study 2015. *Australian & New Zealand Journal of Psychiatry*, 0004867417751641.

Embrace Multicultural Mental Health. Accessed 30th September 2020 <https://embracementalhealth.org.au/>

Hoedt, T.J., Fortney, J.C., Patel, V. and Unützer, J., 2018. Task-sharing approaches to improve mental health care in rural and other low-resource settings: a systematic review. *The Journal of rural health*, 34(1), pp.48-62. Centre for Evidence Based Child Welfare.

International Federation of Red Cross and Red Crescent Societies. Psychosocial Centre. Accessed 30th September 2020 <https://pscentre.org/>

Jorm, A.F., 2015. *The quality gap in mental health treatment in Australia*.

Lund, C., De Silva, M., Plagerson, S., Cooper, S., Chisholm, D., Das, J., Knapp, M. and Patel, V., 2011. *Poverty and mental disorders: breaking the cycle in low-income and middle-income countries*. *The Lancet*, 378(9801), pp.1502-1514.

Mental Health and Psychosocial Support in Emergencies. Accessed 30th September 2020 https://www.who.int/mental_health/emergencies/en/

Mental Health Innovation Network. Accessed 30th September 2020 <https://www.mhinnovation.net/>

Milne, D.L. and Reiser, R.P., 2017. *A manual for evidence-based CBT supervision*. John Wiley & Sons.

OECD Better Life Initiative. *How's Life in Australia?* Accessed 30th September 2020 <https://www.oecd.org/statistics/Better-Life-Initiative-country-note-Australia.pdf>

Padesky.com: Exclusively for Mental Health Professionals. Accessed 30th September 2020. <https://www.padesky.com/>

Patel, V., & Hanlon, C., 2018. *Where There Is No Psychiatrist: A Mental Health Care Manual* (2nd ed.). Cambridge: Royal College of Psychiatrists.

Purdie, N., Dudgeon, P. and Walker, R., 2010. *Working together: Aboriginal and Torres Strait Islander mental health and wellbeing principles and practice*. Commonwealth of Australia.

Rubin, A.E., 2012. *Programs and interventions for maltreated children and families at risk*. John Wiley & Sons Inc.

Sandler, I., Wolchik, S. A., Cruden, G., Mahrer, N. E., Ahn, S., Brincks, A., & Brown, C. H. (2014). Overview of meta-analyses of the prevention of mental health, substance use, and conduct problems. *Annual review of clinical psychology*, 10, 243-273.

World Health Organization, 2013. *Building back better: sustainable mental health care after emergencies*. World Health Organization.