

Anglicare NT – Response to

Legislative Assembly Of The Northern Territory – ‘Ice’ Select Committee

Background

Anglicare NT is a respected provider of quality human services across urban, regional and remote areas. The organisation has an established history of delivering a range of Commonwealth funded and NT funded youth services to support and strengthen young people’s mental health and wellbeing within the community.

In 2008, Anglicare NT, with the support of an established local consortium, began delivering the headspace Darwin program in the Palmerston area.

The Australian Government funded the formation of headspace - National Youth Mental Health Foundation in 2006 to deliver early intervention youth friendly primary health care services to young people aged 12 to 25. Anglicare NT has been delivering the headspace Darwin service since 2008 and provides a range of early intervention youth mental health responses including clinical, counselling and support services as well as community engagement, education and youth participation activities.

Headspace Darwin provides counselling and support to young people about a range of issues affecting their mental health including alcohol and drug issues. headspace provides services through salaried, sessional and co located service delivery options and aims to deliver a range of services at the one site to reduce barriers for young people to access services. The NT Government, Department of Health has provided consistent in kind support to the headspace Darwin service which has included the provision of an Alcohol, Tobacco and Drug (ATOD) Counsellor for a session per week to see up to 4 young people. We hope in the future we can increase the ATOD counselling available on site at the headspace centre to young people, as research shows that young people are more likely to engage with a service that is youth friendly, non-judgemental and easily accessible. Headspace model allows for a one stop shop approach to working with young people on a range of primary health and tertiary health issues. Headspace is a youth friendly referral option in which young people can access this service within the headspace platform where they are comfortable to engage and seek services, including in the future access to General Practitioners on site and a multi-disciplinary team including psychiatrists for the headspace Youth Early Psychosis Program (hYEPP). ATOD misuse and the impacts of the use of licit and illicit substances, such as methamphetamines (ICE) is becoming an increasing trend and is of great concern to our referring agencies and our own youth mental health clinicians

Headspace Darwin deliver a range of community awareness, group work and information sessions to young people and their families about the importance of youth mental health and accessing services early, as evidence demonstrates that early intervention increases likelihood of better outcomes.

In 2013 the Australian Government announced the establishment of 9 youth early psychosis programs based on the EPPIC model and delivered through the headspace platform. The hYEPP (headspace Youth Early Psychosis Program) will provide early intervention, responsive and recovery focused care for young people aged 12-25 years who are at risk of or experiencing a first episode of psychosis. The headspace Darwin

service has expanded to deliver both the headspace Primary Stream and hYEPP stream to young people in the greater Darwin region.

Headspace Darwin has worked in partnership with key stakeholders in the community, including having meetings with the Police Commissioner and Deputy Police Commissioner and the Minister for Mental Health on how our service can become more relevant and integrated in to the community approach to tackle the increasing demand, supply and use of ICE. Headspace Darwin, delivered by the Lead Agency, Anglicare NT wants to be involved at the consultation, partnership and treatment and referral level as our primary objective is to provide support to young people and their families impacted by using the illicit drug Ice in addition to other comorbid primary health and mental health issues.

Headspace Darwin is committed to seeing a coordinated approach across all relevant mental health and ATOD treatment agencies and looks forward to partnering with like minded agencies via our headspace consortium and other shared activities to work with young people in the space of community engagement and early intervention.



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