

The National Children's Mental Health and Wellbeing Strategy - Consultation Questions



This public consultation survey is the final consultation on the draft National Children's Mental Health and Wellbeing Strategy. The National Mental Health Commission invite you to share your views on the Strategy, and to share this survey with your colleagues and your community.

What is your email address?

About you

Do you identify as Aboriginal or Torres Strait Islander?

- Yes, Aboriginal
- Yes, Torres Strait Islander
- Yes, both
- No
- Prefer not to say

Do you identify as a person with disability?

- Yes
- No
- Prefer not to say

Are you living in a rural or remote area?

- Yes
- No
- Prefer not to say

Are you a person from a culturally and linguistically diverse background?

- Yes
- No
- Prefer not to say

About those you care for

Do you care for Aboriginal or Torres Strait Islander children?

- Yes, Aboriginal

- Yes, Torres Strait Islander
- Yes, both
- No
- Prefer not to say

Do you care for children who have a disability?

- Yes
- No
- Prefer not to say

Do you provide care within rural or remote communities?

- Yes
- No
- Prefer not to say

Do you care for children from a culturally and linguistically diverse background?

- Yes
- No
- Prefer not to say

Your role

Which of the following describes you and/or your role? You may select all options that apply.

- Parent/Carer
- Young Person
- Educator
- Mental Health Professional, Service Provider or Peak Body
- Research/Data Professional
- Government Agency/Employee

If you were to pick one option, which of the following is the primary role that informs your responses to this consultation?

- Parent/Carer
- Young Person
- Educator
- Mental Health Professional, Service Provider or Peak Body
- Research/Data Professional
- Government Agency/Employee

What is your organisation?

Strategy language

The Strategy argues that an optimal system responds to children who are struggling, and that support and intervention should not be dependent on a diagnosis being made. It proposes using a 'wellbeing continuum' rather than diagnoses to help conceptualise a child's needs.

The wellbeing continuum is discussed briefly on page 6 and in more detail on page 22.

To what extent does the language used in the wellbeing continuum resonate with your (actual or observed) experiences of mental health and wellbeing?

The Strategy acknowledges that the specific words used to describe the anchor points of the wellbeing continuum are not firmly established. What words would you suggest best describe the key anchor points on the wellbeing continuum?

Parenting programs

Parenting programs that help families identify when a child is struggling and teach parents/carers how they can help a child are useful for all families.

Parenting programs are discussed in the Strategy in Focus Area 1, which is outlined briefly on page 8 and detailed on pages 26-33.

The Strategy proposes that parenting programs be routinely offered to all parents/carers. What might help encourage parents and carers to engage with these programs?

Integrated care model

The Strategy discusses a model of integrated child and family care. This model proposes co-location of multidisciplinary service providers in various centres that are networked across the country. They would provide a combination of general and select specialist care, through both face-to-face and telehealth services. It's proposed that these new centres would largely emerge out of existing services, e.g. Child and Adolescent Mental Health Services and Child and Youth Mental Health Services, but would also require additional funding.

A model of integrated child and family care is described in Box 3 on pages 36 and 37 of the Strategy.

Would the model outlined in Box 3 help to achieve the objectives outlined in Focus Area 2? What do you consider critical to this model working?

What changes would you suggest to the model to make sure it achieved the stated objectives?

Mental health workforce

The Strategy discusses the need for increased consistency across care received by children and their families, and details some approaches for incentivising training by speciality and location.

This content is in Focus Area 2 and is covered briefly on page and in detail within pages 34-51.

What additional actions may be required to ensure there is a sufficient workforce skilled in child and family mental health?

What could be done to facilitate a skilled child and family mental health workforce that is equitably distributed, including across rural and remote areas?

Education

The Strategy discusses actions for the Education Sector in Focus Area 3, which is outlined on page 10 and detailed in pages 52-62.

Do the actions outlined in Focus Area 3 capture the role educators should play in supporting children's mental health and wellbeing? If not, what needs to be changed or added?

Does the Strategy sufficiently outline the additional support, training and/or system amendments educators would need to facilitate change? If not, what needs to be changed or added?

Connecting with children and families who are struggling

The Strategy recommends using (almost) universal mechanisms such as schools, early childhood learning centres and maternal child and family health checks, as opportunities to identify children who are struggling and connect them with services. However, there are some children and families who do not engage with these touchpoints and may miss out on crucial support.

This topic is discussed in Focus Area 1 and Box 2 of the Strategy. Box 2 can be found on page 27 and 28.

How would you recommend we reach these children and families? How might we do this systematically across the country?

Are there any additional actions necessary to improve the mental health and wellbeing of children who may be struggling, such as those in the care of the State?

Mechanisms for data capture and use

The Strategy discusses mechanisms for data capture and use in Focus Area 4, which is outlined on page 11 and detailed in pages 63-71.

What additional indicators of change would you suggest should be included to measure progress against the Strategy's objectives?

Are there other challenges to undertaking research on child and family mental health and wellbeing that are not broadly captured in the Strategy? What are they and how would you suggest these challenges be addressed?

What further actions need to be taken to encourage more service evaluation in clinical work?

Improving mental health and wellbeing for all Australian children

The Strategy will only be successful if it contributes to improved mental health and wellbeing of all Australian children.

Which of the Strategy's objectives and actions do you consider most critical to improving the mental health and wellbeing of children and families from **Aboriginal and Torres Strait Islander** communities?

Are there any additional actions you think are necessary to improve the mental health and wellbeing of children and families from **Aboriginal and Torres Strait Islander** communities?

Which of the Strategy's objectives and actions do you consider most critical to improving the mental health and wellbeing of children and families with **disability**?

Are there any additional actions you think are necessary to improve the mental health and wellbeing of children and families with **disability**?

Which of the Strategy's objectives and actions do you consider most critical to improving the mental health and wellbeing of children and families from **rural and remote** communities?

Are there any additional actions you think are necessary to improve the mental health and wellbeing of children and families from **rural and remote** communities?

Which of the Strategy's objectives and actions do you consider most critical to improving the mental health and wellbeing of children and families from **culturally and linguistically diverse** communities?

Are there any additional actions you think are necessary to improve the mental health and wellbeing of children and families from **culturally and linguistically diverse** communities?

General

In your opinion what avenues should be used to promote the Strategy upon publication, to ensure it reaches as many people as possible?

Please provide any additional feedback you would like considered regarding the Strategy.