

Being Equally Well Project Overview

Purpose

Better physical health care and longer lives for people with serious mental illness

Consumer & Carer Measures of Success

Improved physical health

Management of medication impact

Relationships with health professionals

System navigation & support

Equity of access & care quality

Peer support

Working Groups to discuss the problems & needed system changes

Lived Experience

Clinical Microsystems

Mesosystem

Macrosystem

Quality Improvement

Roadmap of Recommendations



Shared care protocols and guidelines



Funding for tailored and shared care service provision



Removal of financial barriers for medication



Establish National Network of Quality Improvement Collaboratives



National Mental Health Clinical Quality Registry (NMHCQR) with public reporting



Workforce roles and development (clinical navigation and peer support)



Establishment of Medical Research Future Fund recurrent funding rounds



National advocacy campaign to address stigma



Education and training requirements for health professionals

Journey towards implementation

Implementation roundtables & advisory groups



What needs to be done next

MEASURES OF SUCCESS

- **Equally Well** resource portal/repository:
 - Bring available resources together in one accessible location and then promote to both consumers and health services with the **AMA** and **relevant colleges**
- Integrate the Measures of Success into Shared Care guidelines [parity of consumer and carer participation with **RANZCP** and **RACGP** Shared care guideline development]
 - Achieving accountability for informed consent to medications
- Multidisciplinary staffing profile in new services
- Create a tool/resource to articulate what consumers want out of the therapeutic relationship [**Equally Well Consumer resource**]
- The Measures of Success in time should be used as an audit tool
- **A national peak body for consumers** is needed:
 - National Mental Health Consumer Organisation

SHARED CARE

- Engagement of **RACGP** and **RANZCP** to lead the development of protocols with equal involvement and input from **consumers and carers** and **other health professional organisations**
- Funding proposal to be advanced to Commonwealth Government and NMHC

WORKFORCE REQUIREMENTS

- Facilitate an advisory group to define the roles and responsibilities of the clinical navigator role. [**Mitchell Institute**]
 - Undertake a scan of peer support roles and programs in physical health care. **MJA Supplement** systematic review and meta-analysis of the evidence for “Peer-facilitated interventions for improving the physical health of people with schizophrenia spectrum disorders” (10)
 - Education [**Equally Well** with support from **Colleges**]:
 - University Curricula
 - Continuing Professional development
- Develop papers on:
- Structural funding adjustments to enable the existing workforce to be better utilised
 - **MBS, Better Access, Chronic Disease Management Plans**
 - Data platforms/programs for:
 - Information sharing and physical health monitoring including Allied Health access
 - **MyHealth record**
 - Decision support and register and recall
 - **Strengthening Medicare taskforce** Voluntary Patient Registration

Journey towards implementation

QUALITY IMPROVEMENT

Quality Improvement leadership group to:

- Engage the **National Consumer Mental Health Peak Alliance** for support and collaboration
 - Develop a set of principles that guide/shape conversations going forward
 - Data transparency, privacy and sharing
 - Inform and engage **Federal/State ministers**
 - Engage with the **Strengthening Medicare Taskforce**
- Scan for or develop digital systems for individual healthcare as per *Roadmap* recommendations including:
 - Register and recall systems to provide reminders, outreach capacity and interdisciplinary health service communication to facilitate shared care
 - Monitoring and reporting of interventions at a macro level to sustain improvement

DESCRIBING THE ROLE AND CAPABILITIES OF THE CLINICAL HEALTH CARE NAVIGATOR

- Care Navigator Role:
 - Health system navigation, connection with providers and services, care coordination, facilitate self-management & empowerment, support recovery pathways
 - Advance funding proposal to support 20 clinical navigator positions within 5-8 PHNs with a national evaluation study to inform subsequent program development.
- Peer Support Worker Role:
 - Peer support, facilitate self-advocacy & management, health coaching
 - **NMHC** has developed the *National Lived Experience (Peer) Workforce Development Guidelines*
 - **MJA Supplement** systematic review and meta-analysis of the evidence for “Peer-facilitated interventions for improving the physical health of people with schizophrenia spectrum disorders” (10)

PHN ROLE & FUNCTION

- PHNs to collaborate nationally to develop guides/resources/tools together and implement and adapt to local circumstance as individual PHNs [**PHN Cooperative**]
- Engaging **Equally Well** CoP to share ideas and support learning between participants
- Develop funding proposals to Government

Establish a research advocacy and network strategy through:

- *Strategic research leadership group/network* body- facilitated by **Equally Well**
- Expert group by/within **Equally Well** to develop *Standards for Research*
- **Strategic research leadership network** to create a business case to advocate for dedicated funding from MRFF

Medical Journal of Australia supplement

Presenting and providing:



Articles of evidence supporting the purpose and rationale for the project



Articles filling the evidence gaps found during the working group phase

Articles are listed on the next page

MJA supplement & BEW Implementation Plan event

Highlighting the supplement evidence adding to knowledge for improved policy and practice

Presentation of the implementation plan with which Equally Well can move the recommendations forward

MJA supplement articles



The Being Equally Well National Policy Roadmap 2021: what can be done now to provide better physical health care and support longer lives for people living with serious mental illness



The role of dietary intervention for the management of physical health conditions in individuals with serious mental illness: A systematic review and meta-analysis



Peer facilitated interventions for physical health outcomes in individuals with schizophrenia spectrum disorders



The use of pharmacotherapy to reduce cardiometabolic risk in patients with serious mental illness



Shared guidelines and protocols to achieve better health outcomes for people living with serious mental illness



Clozapine shared care: mental health services and GPs working together for better outcomes for people with schizophrenia



Workforce development for better management of physical co-morbidities among people with severe mental illness