

Mental Health Community Support Services – Inner North Catchment – Summary Information

1. MENTAL HEALTH SERVICE USE AND DEMAND

| Mental Illness & Psychiatric Disability | | | | | | |
|---|-----------|---------------|------------|------------|-------------------|-------------------|
| | Melbourne | Moonee Valley | Moreland | Yarra | Total Inner North | NWMR/ Vic (V) |
| DEMAND | | | | | | |
| Estimated (unweighted) demand | | | | | | |
| Estimated people with severe mental illness (3%) | 2600 | 2296 | 3215 | 1868 | 9978 | 37,004 |
| No disability (58%) | 1,508 | 1,332 | 1,865 | 1,083 | 5,787 | 21,462 |
| Mild disability (27%) | 702 | 620 | 868 | 504 | 2,694 | 9,991 |
| Moderate disability (11%) | 286 | 253 | 354 | 205 | 1,098 | 4,070 |
| Severe disability (4%) | 104 | 92 | 129 | 75 | 399 | 1,480 |
| Total eligible population for MHCSS | 1092 | 964 | 1350 | 785 | 4,191 | 15,542 |
| Service need | | | | | | |
| People reporting high/very high levels of psychological distress (rank) | 8.80%/50 | 10.10%/41 | 14.40%/7 | 7.80%/60 | | 12.7%/ 11.10% (V) |
| Lifetime prevalence of anxiety and depression m/ f | 15/ 25.1 | 12.1/ 20.5 | 14.7/ 29.4 | 24.1/ 19.1 | | 14.6/25.0 (V) |
| Proportion of people who sought professional help for a mental health problem % | 13.7 | 10.4 | 10.9 | 16.4 | | 12.4 (V) |
| Young people | | | | | | |
| Children with emotional/behavioural problems at school age/ rank | 2.20%/58 | 2.50%/55 | 3.10%/50 | 2.10%/60 | | 4.3% (V) |
| Adolescents who report being recently bullied/ rank | 13.30%/71 | 16.50%/53 | 20.10%/26 | 12.50%/76 | | 17.90% (V) |
| Service Use | | | | | | |
| Number of registered mental health clients | 980 | 1,234 | 2,062 | 1,032 | 5,308 | 21,655 |
| Registered mental health clients per 1000 pop/ rank | 9.3/ 63 | 10.9/ 49 | 13.2/ 35 | 12.8/ 37 | | 11.1 (V) |
| MHCSS clients 2014 | 106 | 167 | 101 | 132 | 506 | 1802 |
| MHCSS clients per 1000 population | 1.16 | 2.18 | 0.93 | 2.09 | 1.59 | 1.43 |
| Average hours per MHCSS client | | | | | 136.76 | 150.11 |
| Referrals to ISCP from intake per 1000 pop August 2014 – May 2015 | 0.57 | 0.57 | 0.64 | 1.09 | 0.69 | 0.69 |
| Main source of clinical support (MHCSS) | | | | | | |
| AMHS | NA | NA | 23% | 41% | 33% | 44% |
| Private psychiatrist | NA | NA | 16% | 11% | 14% | 19% |
| General practitioner | NA | NA | 55% | 43% | 48% | 31% |

Comparisons & context:

*Red text – shows where the figure is in the top 3 highest rates for all 14 LGAs in the North & West catchments.

* Orange text – shows that the rate is different in negative way than the state average

Rank – refers to the LGA score relative to all 79 LGAs in Victoria

MHCSS are responding to around 12% of estimated demand across the mild- severe disability categories or 33% across the moderate to severe categories, and clinical services to 53% of estimated levels of illness. This is an unweighted demand estimate and there is not an expectation that either service system responds to 100% of demand.

With regard to service access and demand:

- City of Yarra has a number of high demand indicators - including proportion of people seeking professional help for a mental health problem, as well as all service use indicators being high - including MHCSS clients, referral rates to MHCSS and proportion of registered mental health clients.
- Moonee Valley is low on most of the service use indicators except MHCSS client per 1000 population.

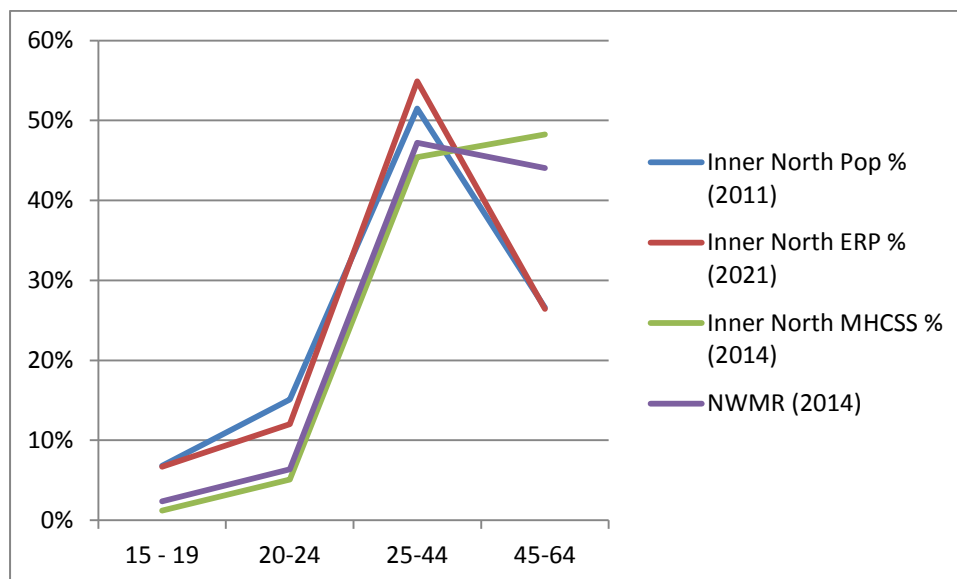
- All indicators of MHCSS and clinical service access are low in the City of Melbourne, although the proportion of people seeking professional help for a mental health problem is higher than the state average.
- In Moreland, the indicators are generally lower than the regional and state averages – with MHCSS service use the lowest in this catchment.

It would be expected that demand/ service use should be higher than the State averages across the catchment due to very high levels of social housing (every LGA except Moreland) and concentration of homelessness services. Moreland also stands out for being ranked 7th in the state for reporting a high level of psychological distress, although the proportion of people seeking mental health support is low.

Access to GPs and other health services is good across the catchment. Unfortunately, the data regarding source of clinical support is poor for Melbourne and Moonee Valley. Moreland and Yarra follow the region wide trend with less use of private psychiatrists for clinical support and where the proportion of registered mental health clients is high. However, both these LGAs also have a very high use of general practitioners (compared to AMHS and the regional average) for clinical support.

2. AGE & GENDER

Chart 1: Proportion of MHCSS service users and population for the NW



There is an under-representation of young people, across the 15 -24 age bracket in the population in MHCSS services, and an over representation of people aged 45 – 64 accessing MHCSS than in the population, This is consistent with the trend across the NWMR, however, there are some large variations from this usual pattern within the catchment. These are:

- In Melbourne - 20 – 24 year olds (under representation); 45 – 64 year olds (over representation)
- In Yarra – 25 – 44 year olds (under representation).

| | Melbourne | Moonee Valley | Moreland | Yarra | Total Inner North | NWMR |
|--------------------|-----------|---------------|----------|-------|-------------------|------|
| Female | 52% | 41% | 50% | 45% | 47% | 53% |
| Male | 48% | 59% | 50% | 55% | 53% | 47% |
| MHCSS clients 2014 | 106 | 167 | 101 | 132 | 506 | 1802 |

There is a reasonable gender split across the catchment. The higher proportion of males in Yarra and Moonee Valley is interesting – it does not appear to be related to living arrangements or residential setting.

3. CULTURAL INFORMATION

| | Melbourne | Moonee Valley | Moreland | Yarra | NWMR/ Vic (V) |
|--|-----------|---------------|----------|-------|----------------|
| Proportion Aboriginal or Torres Strait Islander (2011) | 0.3% | 0.4% | 0.6% | 0.5% | 0.7%/ 0.8% (V) |
| Proportion MHCSS Aboriginal or Torres Strait Islander | 0.0% | <5 | <5 | 4.5% | 1.7% |

The actual numbers of people identifying as Aboriginal or Torres Strait Islander are very small, however, given it is more likely that people are recorded as not being Aboriginal or Torres Strait Islander than the other way around, the data suggests that people are accessing at higher rate than would be suggested by population levels.

Across the catchment, 27% (139) of entries for this data item were recorded as null with another 3% (14) recorded as not adequately stated or difficult to ascertain.

Top five non-English speaking countries of birth (15 – 64 years)

| Melbourne | Moonee Valley | Moreland | Yarra | MHCSS population (Inner North) |
|----------------|---------------|--------------|---------------|--|
| China (9%) | India (3%) | India (4%) | Vietnam (4%) | Vietnam (5%) |
| Malaysia (6%) | Italy (3%) | Italy (3%) | China (1%) | Greece (1%) |
| Indonesia (3%) | Vietnam (2%) | Lebanon (2%) | Malaysia (1%) | China (1%) |
| India (3%) | China (2%) | China (2%) | India (1%) | Turkey (1%) |
| Singapore (2%) | Greece (1%) | Turkey (2%) | Greece (1%) | Ethopia; Italy, Somalia, Sri Lanka, Timor Leste (all <5) |

People born in Vietnam are proportionally represented in the MHCSS population. However, it is interesting to note the lack of presence of people accessing MHCSS who were born in India, and within Melbourne those born in China, Malaysia and Singapore (comprising 17% of the 15 – 64 year old age group). The population data is from the 2011 census and therefore does not reflect new settler arrivals, which are high in Moreland and Melbourne. The very small numbers of people from

Ethiopia, Somalia, Sri Lanka and Timor Leste within the MHCSS population potentially suggests that services may be responding to new groups, including refugees.

4. RESIDENTIAL AND LIVING ARRANGEMENTS

| | Melbourne | Moonee Valley | Moreland | Yarra | Total Inner North | NWMR |
|--|-----------|---------------|----------|----------|-------------------|-----------|
| Living arrangements | | | | | | |
| Private residence - owned | 11 (13%) | 33 (23%) | 19 (22%) | 12 (13%) | 75 (18%) | 391 (26%) |
| Private rental | 16 (18%) | 21 (15%) | 27 (31%) | <10 | 71 (17%) | 370 (24%) |
| Public Rental | 41 (47%) | 52 (37%) | 19 (22%) | 47 (51%) | 159 (39%) | 455 (30%) |
| Supported/group accommodation | 11 (13%) | 22 (15%) | 16 (18%) | 10 (11%) | 59 (14%) | 132 (9%) |
| Unstable or no accommodation | 6 (7%) | 11 (8%) | <10 | 16 (17%) | 38 (9%) | 119 (8%) |
| Other | 19 (2%) | 30 (2%) | 15 (1%) | 40 (1%) | 104 (2%) | 51 (3%) |
| Missing data (living arrangements) | 17 | 27 | 14 | 39 | 97 | |
| Lives alone | 55 (60%) | 49 (33%) | 32 (35%) | 42 (42%) | 178 (41%) | 516 (33%) |
| Lives with family | 16 (17%) | 63 (42%) | 32 (35%) | 26 (26%) | 137 (32%) | 693 (44%) |
| Lives with others | 21 (23%) | 37 (25%) | 27 (30%) | 33 (33%) | 118 (27%) | 362 (23%) |
| Null data (not included in %) | 28 | 50 | 2 | 7 | 87 | |
| Dependent children | | | | | | |
| Dependent child (does not live with service user) | <5 | <5 | 8 | <5 | | 102 |
| Dependent child (lives with service user) | 0 | <5 | 7 | 6 | | 163 |
| Carer arrangements | | | | | | |
| Carer available | 5 (5%) | 24 (16%) | 14 (15%) | 14 (14%) | 57 (13%) | 377 (24%) |
| Child | 0 | <5 | <5 | <5 | | 29 |
| Parent | 0 | <5 | 6 | <5 | | 141 |
| Partner | 0 | <5 | <5 | <5 | | 63 |
| Other relative | 0 | 0 | <5 | 0 | | 28 |
| Proportion of people identified as NOT having a carer by living arrangement | | | | | | |
| lives alone | 65% | 36% | 33% | 32% | 41% | 35% |
| Lives with family/others | 31% | 58% | 56% | 41% | 47% | 54% |

The residential arrangements for MHCSS services can be seen to reflect the housing stock and characteristics of the area. Service users in Melbourne, Moonee Valley and Yarra are more likely to be in public rental housing and the City of Yarra has the highest proportion of people in unstable accommodation in the Region. In Moreland, where there is less social housing, people are more likely to be privately renting. Living in a private residence (owned) is lower than the regional average and private rental amongst the client group in Yarra is very small (possibly reflecting affordability issues).

In Melbourne, only a very small proportion of people are identified as living in unstable or no accommodation, despite there being significant levels of homelessness in the city. It compares to the City of Yarra data where 17% of people's living arrangement is recorded as having no or living in unstable accommodation, and where service access rates are also higher.

There is a high proportion of people who live alone in the City of Melbourne (60%) compared to the regional average of 44%. It is also relatively high in Yarra (42%).

Only a very small number of carers are identified - 13% across the catchment. This is much lower than the regional average of 24% and is despite 59% of these people living with family or with others. An analysis of the data for whom no carer is available, shows that 47% (or almost half) are living with family or with others. It suggests a potential under identification of carers, or at least the possibility that people who may benefit from being more involved in the support plan for the person they live with or access to support for themselves are not being identified. The proportion of null

responses for carer availability is relatively high for Melbourne and Moonee Valley which may impact on the accuracy of the data , but very low for Moreland and Yarra.

5. INCOME AND EMPLOYMENT

| | Melbourne | Moonee Valley | Moreland | Yarra | Total Inner North | NWMR |
|--|------------|---------------|------------|------------|-------------------|------------|
| Income and Employment | | | | | | |
| Disability Support Pension | 74 | 116 | 71 | 76 | 337 | 1091 |
| Other pension or benefit | 19 | 26 | 13 | 12 | 70 | 312 |
| Total proportion pension or benefit | 99% | 99% | 95% | 97% | 98% | 94% |
| Employed | | | | | | |
| Employed | 5 | 7 | 10 | 8 | 30 | 114 |
| Unemployed or not in labour force | 69 | 105 | 78 | 62 | 314 | 1315 |

Almost all MHCSS service users are dependent on Government income, and most are receiving the disability support pension, suggesting high levels of disability. The number of people recorded as having no income was very small, although 16% of data was a null entry suggesting that this could possibly be greater than recorded.

6. MENTAL HEALTH SERVICES

| | Melbourne | Moonee Valley | Moreland | Yarra |
|---|--|---|--|--|
| Individual Client Support | <i>Cohealth Neami mind</i> | Cohealth (Moonee Ponds) <i>Neami mind</i> | Neami (Brunswick) <i>Cohealth Neami mind</i> | Cohealth (Collingwood) Mind (Clifton Hill) Mind (Fitzroy) Neami (Collingwood) |
| Youth Residential Rehabilitation | | Cohealth (Essendon) | | |
| Adult Residential Rehabilitation | McAuley Community Services for Women - McAuley House (formerly Regina Coeli) (North Melbourne) | | Mind Australia (Peer Recovery Community - Brunswick & PRC - Brunswick West) | |
| Supported Accommodation | | | | Mind Australia (Fintry) – Clifton Hill |
| Mutual Support and Self Help (head office may not be in region) | GROW (Carlton) | | | |
| Statewide MHCSS located in region | <i>ADEC PaNDA Victorian Foundation for Survivors of Trauma MIFV Reach</i> | <i>ADEC PaNDA Victorian Foundation for Survivors of Trauma MIFV Reach</i> | Victorian Foundation for Survivors of Trauma (Brunswick) <i>ADEC PaNDA MIFV Reach</i> | PaNDA – MSSH (North Fitzroy) Reach (Collingwood) MIFV – MSS (Richmond) <i>ADEC Victorian Foundation for Survivors of Trauma</i> |
| PARCs | cohealth (Flemington) | | | |
| D2DL | cohealth ??? | | Merri Community Health (Coburg) | St Mary's House of Welcome |
| PHaMs | <i>Inner South Community Health Service</i> | | Job Co (Brunswick) Neami | |

| | Melbourne | Moonee Valley | Moreland | Yarra |
|-----------------------------------|---|---|---|---|
| | (employment)? Salvation Army (North Melbourne) | | Merri Community Health (Coburg) | |
| PIR | Not Applicable | | | |
| MHR:CS | Interchange Northern Region Inc (ID) Care Connect Ltd (ID) | | | Outdoors Inc (Fitzroy)(ID) |
| MH Planned Respite (State funded) | MIFV Mind | | | |
| Carer Support (State funded) | Merri Community Health Service (Carelinks North) (Coburg) | Merri Community Health Service (Carelinks North) (Coburg) | Merri Community Health Service (Carelinks North) (Coburg) | Merri Community Health Service (Carelinks North) (Coburg) |
| Other relevant Mental Health | VincentCare Vic (Ozanam House - North Melbourne - Men only) | | | |
| Clinical Mental Health Service | Inner West AMHS | Inner West AMHS (Moonee Ponds) | North West AMHS | Inner Urban East AMHS (St Vincent's) (Fitzroy) |
| Community Health Services | | Cohealth (Moonee ponds) | Merri Community Health Service (Coburg) | Cohealth (Collingwood) |

7. PLANNING/SERVICE COORDINATION ACTIVITY

| Melbourne | Moonee Valley | Moreland | Yarra |
|---|-----------------------------------|-----------------------------------|--|
| Inner West Mental Health Alliance | Inner West Mental Health Alliance | North West Mental Health Alliance | Yarra Alliance |
| North West Collaboration | | | |
| Inner North PCP | | | |
| Inner North West Melbourne Medicare Local | | | |
| Inner Metropolitan Regional Management Forum | | | |
| Koolin Baat | | | |
| | | | HARP (St Vincents) |
| Breaking the cycle – Reducing Homelessness (Neami, cohealth, NAMHS) | | | Mental Health Support of Secure Tenancies (Homeground) |

8. KEY ISSUES FOR FURTHER INVESTIGATION

The issues arising from this analysis are presented in the context of the priorities identified through stakeholder consultations.

1. Client need

Responding to a diverse client population and improving understanding of the client profile and service use for ageing drug users, Aboriginal and Torres Strait Islander peoples, culturally and linguistically diverse groups, people who are homeless and with housing issues, young people (including students), GLBTIQ, people with dual diagnosis.

- Access issues for people from a non-English speaking background, including people born in India and Vietnam.
- Responding to the 20 – 24 year olds in City of Melbourne and the 25 – 44 year olds in the City of Yarra; and potential under utilisation of young people generally.

2. Understanding impacts of the service changes

- Potential unmet demand in City of Melbourne – low service use rates, low number of service locations, low identification of people in unstable accommodation, high proportion of people living alone (less likelihood of having a carer).

Other issues:

- Under identification of carers across the catchment.
- Very low proportion of people in employment.
- Opportunities for coordinated care work with general practitioners and private psychiatrists – particularly in areas where there appears to be less access/use/ presence of clinical mental health services.

Notes:

- Null data is generally not including in the totals used in percentage calculations. For information on null data see notes to MHCSS CBP population and service usage data.
- For more information, comments and queries. Visit cohealth.org.au/communities#