

Mental Health Community Support Services – Northern Catchment – Summary Information

1. MENTAL HEALTH SERVICE USE AND DEMAND

Mental Illness & Psychiatric Disability	Banyule	Darebin	Whittlesea	Nillumbik	Total Northern	NWMR/ Vic (V)
DEMAND						
Estimated (unweighted) demand						
Estimated people with severe mental illness (3%)	2,469	2,987	3,329	1,321	10,106	37,004
No disability (58%)	1,432	1,732	1,931	766	5,861	21,462
Mild disability (27%)	667	806	899	357	2,729	9,991
Moderate disability (11%)	272	329	366	145	1,112	4,070
Severe disability (4%)	99	119	133	53	404	1,480
Total eligible population for MHCSS	1,037	1,254	1,398	555	4,244	15,542
Service need						
People reporting high/very high levels of psychological distress (rank)	14.7%/5	11.7%/26	13.6%/11	7.7%/61	12%	12.7%/ 11.10% (V)
Lifetime prevalence of anxiety and depression m/ f	26.1/ 21.5	16.8/ 24.6	10.8/ 26.9	19.4/ 21.4		14.6/25.0 (V)
Young people						
Children with emotional/behavioural problems at school age	2.6%/ 54	2.6%/53	5.30%/25	3.4%/48		4.3% (V)
Adolescents who report being recently bullied	16.5%/ 54	15.7%/58	19.0%/36	16.0%/56		17.90% (V)
SERVICE USE						
Number of registered mental health clients	1,186	1,787	1,779	382	5,134	21,655
Registered mental health clients per 1000 pop/ rank	9.6/ 59	12.4/ 40	10.5/ 54	6.1/ 78		10.7/ 11.1 (V)
Proportion of people who sought professional help for a mental health problem %	14.5	13.7	10.1	11.7		12.4 (V)
MHCSS clients 2014	176	271	91	30	568	1802
MHCSS clients per 1000 population	2.14	2.71	0.78	0.69	1.58	1.43
Average hours per MHCSS client					127	150.11
Referrals to ISCP from intake August 2014 - May 2015 per 1000 (15-64 years) population	0.94	0.95	0.48	0.41	0.72	0.69
Service providers						
Area Mental Health Service	51%	62%	35%	38%	54%	44%
General Practitioner	20%	17%	41%	<5		31%
Private psychiatrist	24%	16%	22%	38%	20%	19%

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/ or possibly negative way than the state average

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

MHCSS are responding to around 13% of estimated demand across the mild- severe disability categories or 37% across the moderate to severe categories, and clinical services to 51% (5,134/10,106) 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.

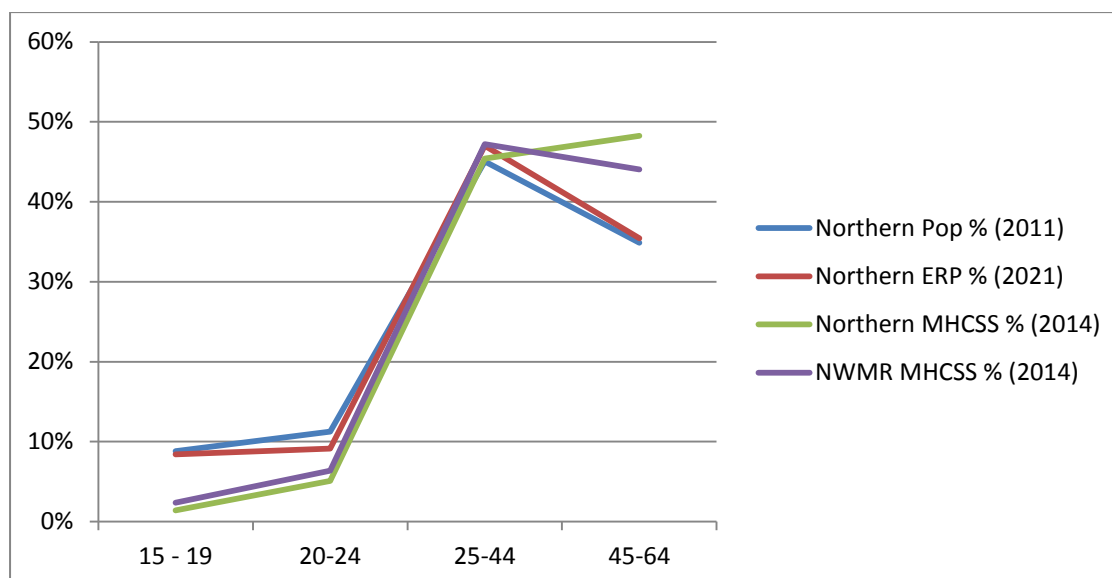
All service use indicators are higher in the inner areas of Banyule and Darebin (with the exception of registered mental health clients in Banyule) than the outer areas of Whittlesea and Nillumbik. However, it is Whittlesea where there are more demand indicators at the high level – including those for young people and people reporting high levels of psychological distress

Access to/use of MHCSS and clinical mental health services is well below average in Nillimbuk – potentially reflecting its relative socio-economic advantage and self-reported good health although it is also an area where there are few service locations (see section 6).

There is a strong positive relationship between proportion of registered mental health clients and use of area mental health services as a source of clinical support, and conversely with private psychiatrists – potentially indicating that use is related more to access than demand. It also interesting to note the high use of general practitioners for clinical support in Whittlesea, particularly given rate of general practitioners per 1000 population is within the bottom ten of the state.

2. AGE & GENDER

Chart 1: Proportion of MHCSS service users and population for the Northern catchment/ NWMR region by age groupings



Consistent with the pattern of us across the NWMR, the 15 – 24 year olds are under-represented, and the 45 – 64 year olds are over represented in MHCSS service use data. However, most of the variation across all LGAs and age groups is less than or close to 10%, with the only unusual variations being amongst the 25 – 44 year olds in Banyule who are over-represented and the 15 – 19 year olds in Nillumbik who are under-represented.

Whittlesea is the only LGA in the catchment with strong projected population growth. It also currently has a high proportion of children (under 14 years).

	Banyule	Darebin	Whittlesea	Nillumbik	Total Northern	NWMR
Female	54%	48%	73%	63%	54%	53%
Male	46%	52%	27%	38%	46%	47%
Total	176	271	91	30	568	1802

As appears to be the case across the NWMR, the proportion of females increases significantly in the outer local government areas. There is a slightly higher likelihood of females living with family than males – and perhaps this gender imbalance reflects the greater number of families in these areas – which means potential implications for children. However, the reason for this gender imbalance in the outer areas requires further investigation to determine whether it is representative of demand or whether there are access issues for men.

3. CULTURAL INFORMATION

	Banyule	Darebin	Whittlesea	Nillumbik	Northern	NWMR/ Vic (V)
Proportion Aboriginal or Torres Strait Islander (2011)	0.6%	1.0%	0.8%	0.4%	0.7%	0.7%/ 0.8% (V)
Proportion MHCSS Aboriginal or Torres Strait Islander	<5	<5	<5	0	1.2%	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 a reasonable (and in some areas a higher) rate than would be suggested by population levels.

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

Banyule	Darebin	Whittlesea	Nillumbik	MHCSS population (North)	Top five languages other than English
China (1.3%)	India (4%)	India (4.6%)	Italy (1.14%)	Greece (1%)	Arabic (1%)
India (0.94%)	China (4%)	FYROM (4.4%)	Germany (0.52%)	Lebanon(1%)	Italian (<5)
Italy (0.68%)	Italy (2%)	Italy (2.9%)	Malaysia (0.42%)	Sri Lanka (1%)	Vietnamese (<5)
Malaysia (0.45%)	Vietnam (2%)	Vietnam (2.3%)	Greece (0.37%)	Vietnam (1%)	Macedonian (<5)
Sri Lanka (0.38%)	Greece (2%)	Greece (1.8%)	India (0.35%)	Iran, Iraq, Italy, Somalia (<5each)	

Both Whittlesea and Darebin are culturally diverse (around 40% of residents speak a language other than English at home) compared to 7% of the population in Nillumbik and 17% in Banyule. The very small numbers of people born in another country amongst the MHCSS cohort are particularly striking. As is the case with other catchments, the difference between the number of people born in India in the population and MHCSS data is also of interest. The difference in MHCSS data and the population data could potentially be explained by changes since 2011, particularly with new settler arrivals (for example the presence of clients born in the middle east and Somalia).

4. RESIDENTIAL AND LIVING ARRANGEMENTS

	Banyule	Darebin	Whittlesea	Nillumbik	Total North	NWMR
Living arrangements						
Private residence - owned	36 (30%)	38 (15%)	34 (44%)	13 (50%)	121 (25%)	391 (26%)
Private rental	35 (29%)	56 (22%)	11 (14%)	8 (31%)	110 (23%)	370 (24%)
Public Rental	31 (26%)	90 (35%)	25 (32%)	<5	146 (31%)	455 (30%)
Supported/group accommodation	8 (7%)	25 (10%)	<5	<5		132 (9%)
Unstable accommodation	8 (7%)	24 (9%)	<5	0		119 (8%)
Other	<5	23 (9%)	<5	0		51 (3%)
Lives alone	27%	31%	32%	23%	30%	514 (33%)
Lives with other/family	73%	69%	68%	77%	70%	1054 (67%)
Dependent child (does not live with service user)	7	19	7	<5	33	102
Dependent child (lives with service user)	20	26	19	5	70	163
Carer available	28 (22%)	25 (10%)	20(24%)	9 (35%)	82 (17%)	377 (24%)
Child	0	0	0	<10	<10	29
Parent/partner	24	27	20	9	80	141
Other	<5	<5	<5	0	7	28
Proportion of people identified as NOT having a carer by living arrangement						
lives alone	28%	31%	37%	23%	30%	35%
Lives with family/others	57%	56%	52%	59%	56%	54%

There is a comparatively high rate of home ownership across the catchment. The exception is Darebin where there is a higher proportion of people living in public rental, reflecting the relative availability of social housing in that area (ranked 10 in the State). The proportion of people in unstable or other accommodation in Darebin is quite high and higher than the regional average.

MHCSS users in the catchment are most likely to be living with others or family, and in Banyule and Nillumbik much higher than the regional average. However, despite this identification of carers remains low. Null responses are low suggesting issues with how the question is asked and/or perceived.

5. INCOME AND EMPLOYMENT

	Banyule	Darebin	Whittlesea	Nillumbik	Total North	NWMR
Disability Support Pension	94	176	51	20	341	1091
Other pension or benefit	15	43	15	6	79	312
Total proportion pension or benefit	90%	96%	89%	96%	93%	94%
Employed	14	18	<5	<5		114
Unemployed or not in labour force	111	236	74	24	445	1315

Almost all MHCSS service users are dependent on Government income, and most are receiving the disability support pension, suggesting high levels of disability.

6. MENTAL HEALTH SERVICES – BY PHYSICAL LOCATION

This table focuses on the physical location of services. Services which cover the area but do not have a physical location in it are in italics and do not have the suburb listed.

	Banyule	Darebin	Whittlesea	Nillumbik
Individual Client Support	Neami (Heidleberg) Mind (Rosanna) <i>cohealth</i>	Neami (Regent) Mind (Thornbury) Cohealth (Preston)	Neami (Thomastown) Mind (Epping & Whittlesea proposed) Cohealth (Whittlesea)	<i>Neami</i> <i>Mind</i> <i>cohealth</i>
Youth Residential Rehabilitation	Mind (Rosanna)	Cohealth (Reservoir)		
Adult Residential Rehabilitation		Mind (Preston)		
Statewide MHCSS located in region	<i>ADEC - carer support; mutual support and self help</i> <i>PaNDA - MSSH</i> <i>Reach</i> <i>Victorian Foundation for Survivors of Trauma</i> <i>MIFV - MSSH</i>	ADEC - carer support; mutual support and self help (Preston)	<i>ADEC - carer support; mutual support and self help</i> <i>PaNDA - MSSH</i> <i>Reach</i> <i>Victorian Foundation for Survivors of Trauma</i> <i>MIFV - MSSH</i>	<i>ADEC - carer support; mutual support and self help</i> <i>PaNDA - MSSH</i> <i>Reach</i> <i>Victorian Foundation for Survivors of Trauma</i> <i>MIFV - MSSH</i>
PARCs	Mind (Heidleberg)	Neami (Preston)		
D2DL	Mind	Neami		
PHaMs	Mission Australia (?)	Neami	Mind (Epping)	
PIR	Northern Melbourne Medicare Local Consortium – providers are Mind Australia, Neami and VAHS.			
Family Mental Health				
MHR:CS	MIFV Mind Australia			
MH Planned Respite (State funded)	Mind (Rosanna)	<i>Mind</i> <i>MIFV</i>	<i>Mind</i> <i>MIFV</i>	<i>Mind</i> <i>MIFV</i>
Carer Support (State funded)	<i>Merri Community Health Service (Carelinks North)</i>	<i>Merri Community Health Service (Carelinks North)</i>	<i>Merri Community Health Service (Carelinks North)</i>	<i>Merri Community Health Service (Carelinks North)</i>
Other relevant Mental Health	Community Recovery Program (Mind – Heidelberg) North East Headspace (Greensborough)			
Clinical Mental Health Service (community)	North East AMHS (Heidelberg)	Northern AMHS (Preston)	Northern AMHS (Epping)	<i>North East AMHS</i>
Community Health Services	Banyule Community Health Service	Darebin Community Health Service	Plenty Valley CHSh Service	Nillumbik Community Health Service

7. PLANNING/SERVICE COORDINATION ACTIVITY

Banyule	Darebin	Whittlesea	Nillumbik
North East Mental Health Alliance			North East Mental Health Alliance
North East PCP	North East PCP	Hume/ Whittlesea PCP	North East PCP
Northern Melbourne Medicare Local			
Northern Metropolitan Regional Management Forum			
Koolin Baat			
			HARP (St Vincents)
Breaking the cycle – Reducing Homelessness (Neami, cohealth, NAMHS)			Breaking the cycle – Reducing Homelessness (Neami, cohealth, NAMHS)
Mental Health Support of Secure Tenancies (Homeground)			

7. KEY ISSUES FOR FURTHER INVESTIGATION

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

1. Growth corridor:

The Whittlesea catchment has the most indicators suggesting high demand and mental health service utilisation is just below (registered mental health clients) or well below average (MHCSS service use). MHCSS appear to be well located across the catchment, although it is noted that some of these offices are relatively new/proposed.

2. Client need

Service access issues identified for young people, people with disabilities, older people, culturally and linguistically diverse groups and people who are isolated.

- There does appear to be potential access issues for people from a non-English speaking background, particularly those born in India.
- Potential access issues for young people, but not different from across the NWMR – however, high rate of children being bullied and having emotional/behavioural problems at school in Whittlesea which suggests that responding to young people may be a priority in this area.

Complexity in the client group: bush-fire affected communities, people with dual diagnosis, family violence and gambling

- The service use data does not provide insight into complexity. The data item secondary diagnosis does not appear useful due to a high null response and the option for only secondary diagnosis to be recorded.

3. Service sector/system change

Relationships with AMHS remain important) however, the high proportion of general practitioners (particularly in Whittlesea) as clinical support providers (and private psychiatrists in Nillumbik) suggests the need for strong partnerships/ coordinated care work beyond the AMHS and particularly in those areas where there appears to be less access/use/ presence of clinical mental health services.

Other issues:

- Poor identification of carers across the catchment.
- High levels of unemployment

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#