



When we say MHSPAOD we're talking about mental health, suicide prevention and alcohol and other drugs use.

## Our aim is to:

- Guide funding decisions and delivery of MHSPAOD services.
- Bring together stakeholders to develop shared solutions.
- Ensure stakeholder views are listened to and solutions address their concerns.
- Provide opportunities to test and try innovative solutions.
- Support development of new services that are proven to support people live well.

### Who are our stakeholders?

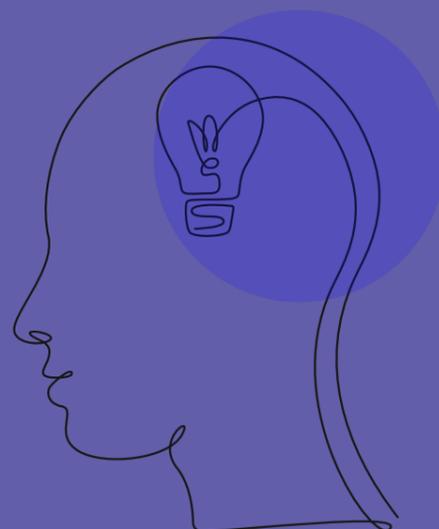
When we say stakeholders, we're talking about people with lived experience, community members, carers, service providers, peak bodies, clinical and non-clinical health care providers, and funders and government departments.

## Our guiding principles are:

- Understanding of MHSPAOD is improved and people are encouraged to ask for support.
- Services are culturally safe and adaptive
- People drive their own care, supported by carers and families.
- Services are accessible and provide continuous care with information shared between providers.
- The person's experience is acknowledged, and they are communicated with openly.
- People are met where they are in terms of their location and recovery path.
- Services consider the whole person including their physical health and social wellbeing.

# Taking steps to improve mental health and wellbeing for people in the Darling Downs and West Moreton region

Darling Downs and West Moreton PHN in collaboration with Darling Downs Health and West Moreton Health and other service providers is developing a 5-year plan to ensure people living with mental health concerns, suicide and alcohol and other drugs use have access to the best possible care for their individual needs across our region.



Survey: [ddwmpnh.com.au/mhspaod-consultation](https://ddwmpnh.com.au/mhspaod-consultation)

## Our desired result is to:

### Bring everything together through:

- Working together across organisations to design and fund services.
- Supporting timely and reliable transitions between services for people.
- Improving information sharing between health care providers.

### Ensure people can see the right person in the right place through:

- Working out what services are needed in the regions and what can be provided.
- Improving the recruitment, retention and wellbeing of health care providers.
- Increasing education and training opportunities for health care providers.

### Identify what people need and how they can access it through:

- Increasing understanding of how the system fits together and what's available.
- Making it easier for people to access the services they need.
- Increasing understanding with health care providers about the person's support needs.
- Increasing use of digital technology to work alongside face to face support.

### Support a system that meets the needs of the people in our region through:

- Improving cultural safety and accessibility of services for diverse groups.
- Improving services for people at different points in their life.
- Improving access to psychosocial support.
- Improving physical health in conjunction with MHSPAOD.

An initiative of