

Developing a fit for purpose model for primary and community mental health and addiction support

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Today's talk

- About ProCare
- Advocating for change
- The emerging model
- Implementing change
- Questions

About ProCare

An Introduction

175 
PRACTICES
AS AT 1 JULY 2017

810,715 
ENROLLED PATIENTS
AS AT 1 JULY 2017



c.51%
(1,632,100)

Of estimated
Auckland
regional DHB
population



c.17%
(4,693,000)

Of estimated
New Zealand
population

24.4% Of our patients are Māori or Pacific
(as at 1 July 2017)



New Zealand's **largest network**
of primary healthcare professionals



PSYCHOLOGICAL SERVICES



6,200

REFERRALS TO THE SERVICE



90%

OF CLIENTS' DISTRESS RESOLVED THROUGH INTERVENTIONS



REDUCTION IN DISTRESS OF UP TO

40%



4,200+

CLIENTS SEEN

3,461

ADULTS

765

YOUTH

14,200+

CONSULTATIONS

11,411

2,800

PSYCHOLOGISTS BASED IN 10 DECILE 1-3 SECONDARY SCHOOLS IN ADHB, PROVIDING SERVICES TO ALMOST

10,000
PUPILS

1,200
PARENTING INTERVENTIONS DELIVERED AS PART OF TRIPLE P



6

DAYS A WEEK OF PSYCHOLOGICAL SUPPORT IN

10

PRACTICES ACROSS AUCKLAND

Primary Mental Health

A Major Priority



Almost half of all New Zealanders will experience mental health or addiction issues at some point in their lives.

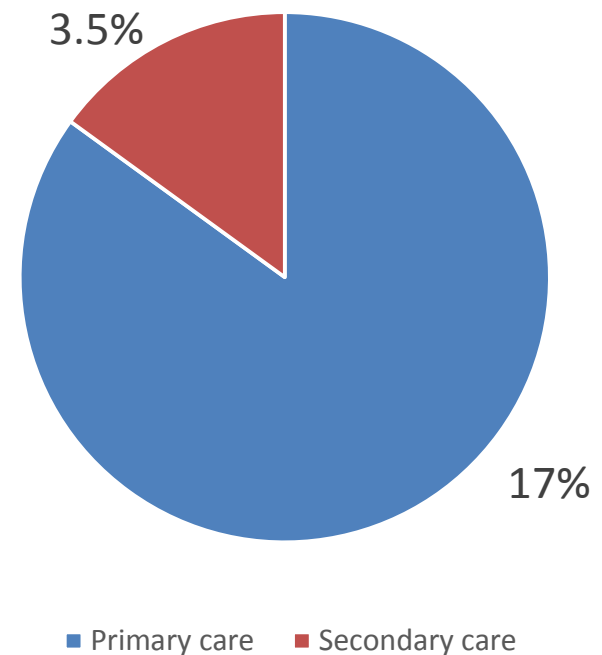


— **1 in 5** New Zealanders every year —

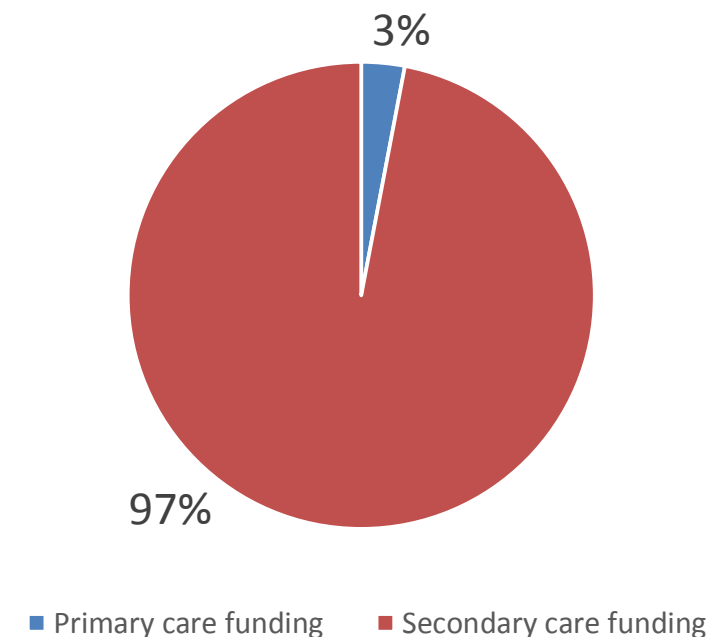
For the ProCare population, this means about **160,000** people who will have a mental health issue annually.

Our data shows us that approximately **72,000** people currently have a depression or anxiety diagnosis.

Prevalence

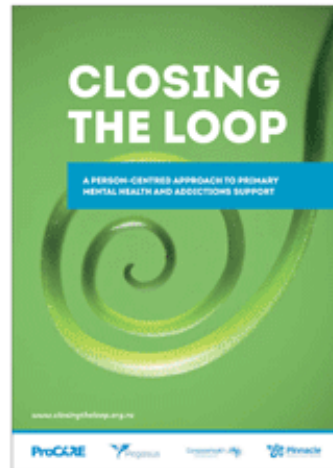


Vote Mental Health Funding



Primary Mental Health

A Major Priority



WORKING WITH OUR NETWORK 4 COLLEAGUES

Published 'Closing the Loop' in 2016 – a proposed model for primary mental health services, integrating health and social support based around needs of people.

ProCare

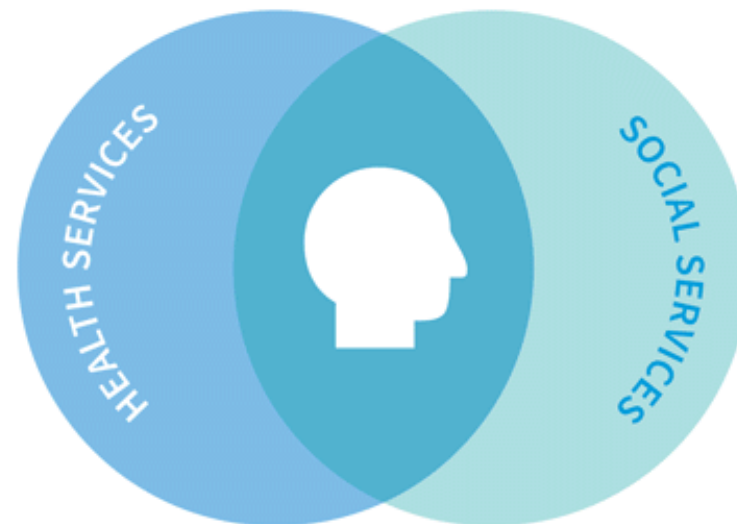
Pegasus

Pinnacle

Compass Health

www.closingtheloop.net.nz

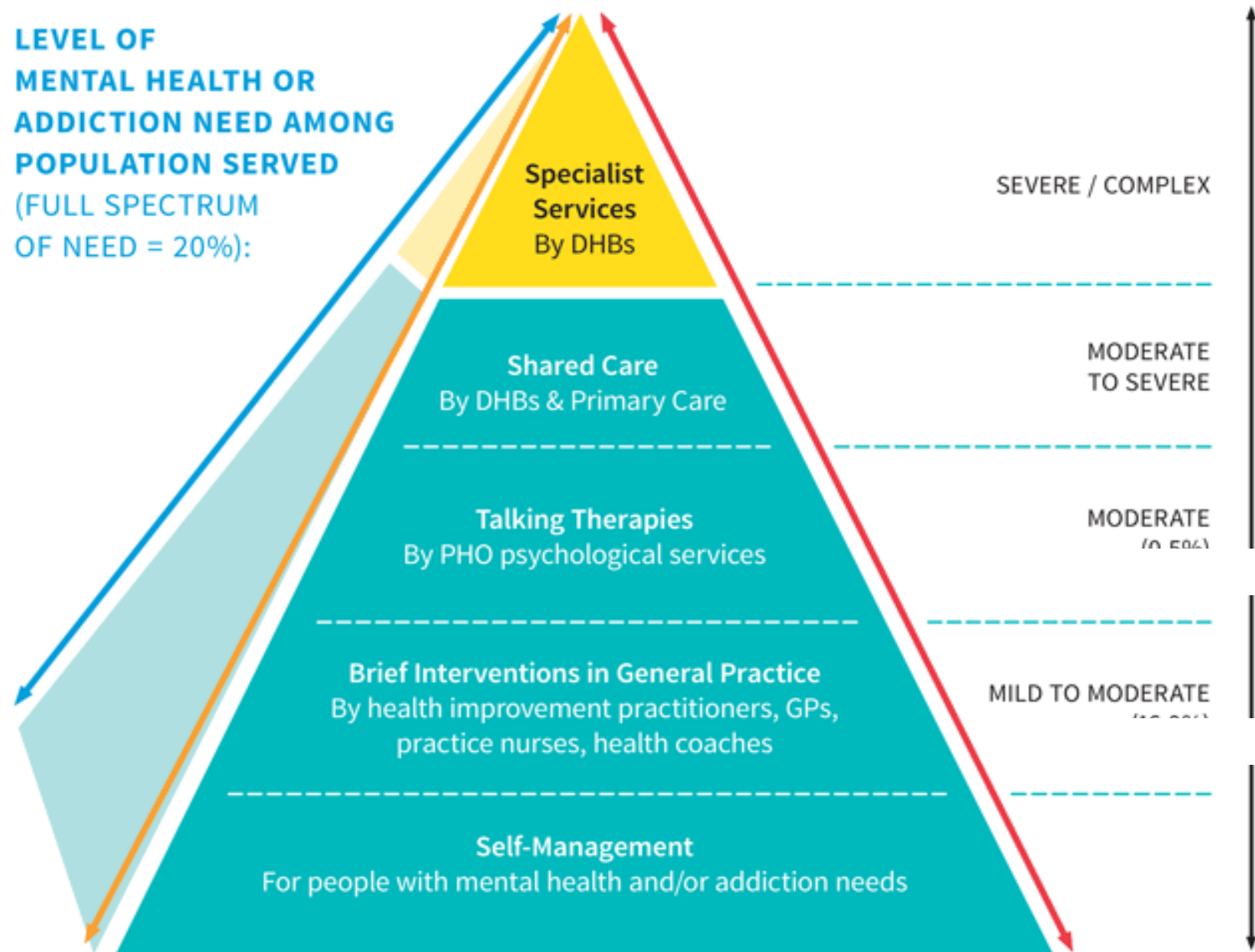
**Collaboration with
NGO sector** to
produce evidence
review of what
works, based on
recommendations in
'Closing the Loop'



Led to proposal for a new model of care that enables general practice to be an effective conduit for responsive and effective mental health care and support.

Primary Mental Health Model of Care

**LEVEL OF
MENTAL HEALTH OR
ADDICTION NEED AMONG
POPULATION SERVED**
(FULL SPECTRUM
OF NEED = 20%):



SPECTRUM OF INTEGRATED PRIMARY MENTAL HEALTH CARE

- ↔ Social Support – NGOs & Communities
↔ Self-Management Support ↔ Virtual Delivery

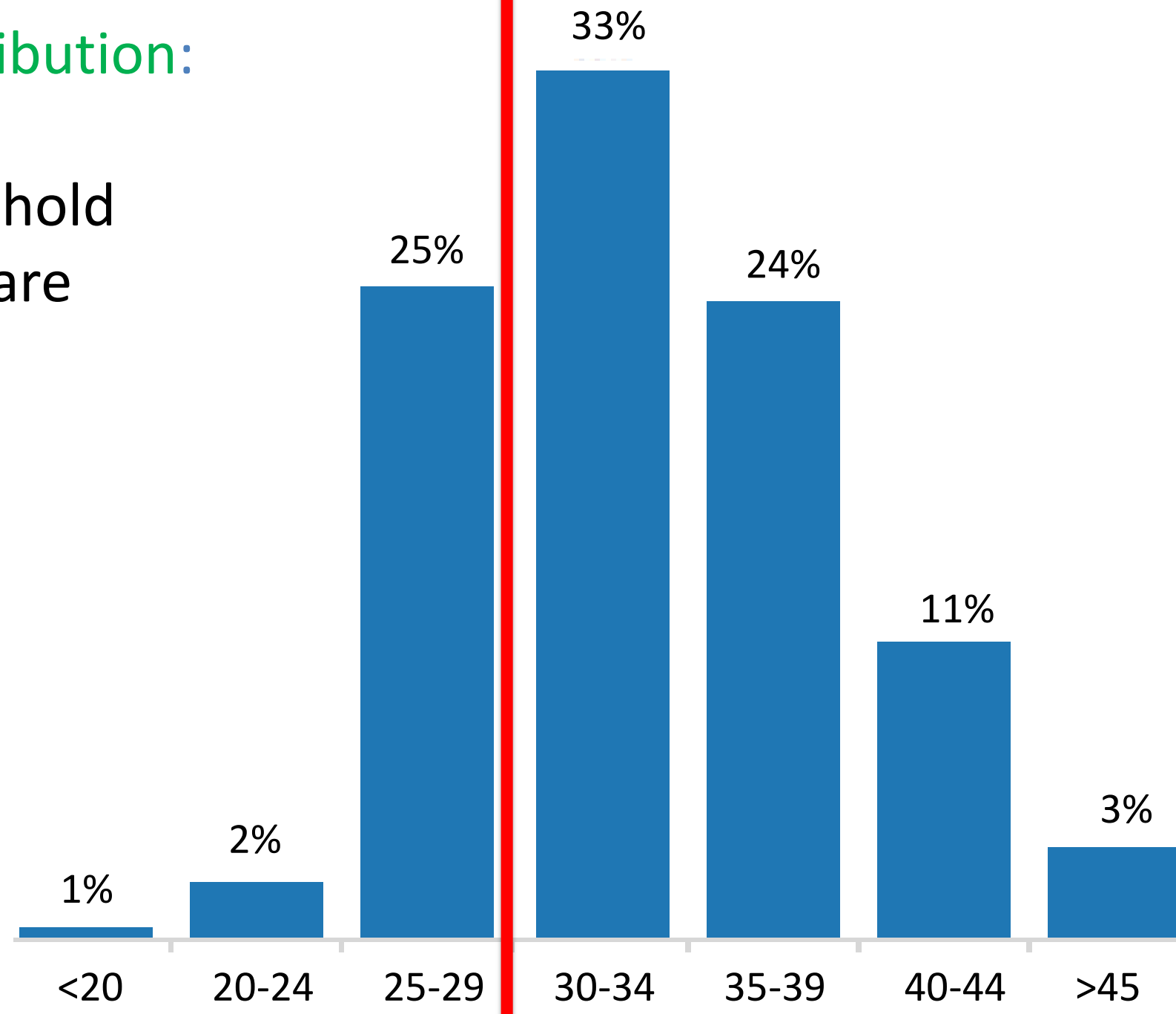
Provision of
advice and
expertise
to support
delivery in
other 'layers'
of stepped care

Primary Mental Health

A Major Priority

GP Kessler distribution:

71% meet threshold
for secondary care



Primary Mental Health Model of Care



SELF-MANAGEMENT SUPPORT

Including digital and virtual support, self-management programmes and peer support/health coaching



CAPABLE GENERAL PRACTICE

Identifying and addressing needs within 'business as usual'

Integrated health improvement practitioners

Healthcare practitioners with appropriate credentials will provide new services within the general practice team:

Rapid access for people wanting to make changes that improve their health and well-being

Advice and training for general practice teams

Effective, focused and shorter evidence-based interventions

Working with agencies to better address social circumstances that complicate mental health or addiction issues

Specialist Talking Therapies for people whose difficulties cannot be addressed within the general practice team

Primary/DHB shared care



Primary Mental Health Implementing Change

ProCare is implementing a large demonstration programme from 2017 to test and evaluate this model in a range of practices across the Auckland region

The full model will be deployed in 5 general practice sites across the three Auckland DHBs

ProCare self-funding workforce development, co-design, independent evaluation and resource development, with service delivery being provided through existing DHB contracts supplemented by ProCare flexible funding pool

Questions and discussion

For more information please email johnnyc@procare.co.nz