

Mental health service planning and delivery in Tasmania

September 2020 update

Rethink Mental Health – Better Mental Health and Wellbeing: A Long-Term Plan for Mental Health in Tasmania 2015-25 (Rethink) was developed by the Tasmanian Department of Health through consultation with consumers, their families and friends, clinicians, service providers, GPs, private providers, and other stakeholders.

Now midway through implementation of the 10-year plan, it is an opportune time to review *Rethink*, building on experiences from the past five years, reflecting current reform activities and incorporating integrated planning and service delivery at a Tasmanian level.

Rethink 2020: A State plan for mental health in Tasmania 2020-2025 is designed to support improved, integrated care experiences that result in better outcomes for people with mental illness and their families and friends.

Rethink 2020 is a collaboration between Primary Health Tasmania, the Tasmanian Department of Health, and the Tasmanian Health Service.

Flourish Tasmania, Mental Health Families and Friends Tasmania, the Mental Health Council of Tasmania, and the National Disability Insurance Agency also play key roles in the steering group that is overseeing the review.

Rethink 2020 is being developed through a staged process. It will be finalised and released by December 2020.

What happens next?

The planning process for consultation throughout Tasmania with communities, consumers, families and friends, and community sector organisations across the mental health service system has commenced.

Consultations are anticipated to occur in early 2021 and will provide an opportunity for input into the development of the *Rethink 2020* action plan. Actions identified through the consultation will then be prioritised to meet the goals of the *Rethink 2020*.

An implementation plan for the prioritised actions will be developed by Primary Health Tasmania, the Tasmanian Department of Health, and the Tasmanian Health Service, Flourish Tasmania, Mental Health Families and Friends Tasmania, the Mental Health Council of Tasmania, and the National Disability Insurance Agency to identify activities, resources, timeframes and responsibilities that will occur over the next five years.