

## KEY PROBLEMS

In 2019 the suicide rate for residents in very remote areas was

**2.7** times that of residents in major cities.

In 2016–17, people living in remote areas accessed Medicare-subsidised mental health services at a rate of

**3** times less than people living in major cities.

**Funding is insufficiently focused** on upstream prevention & early intervention services, as well as services that are truly person centred.

## SOLUTIONS


**Upstream primary / secondary prevention.**

**Focusing on new parents, infants, children, youth and families.**

**Reducing barriers to help seeking** through providing timely, flexible and place-based services, with open referral sources and no age restrictions.

The Outback Futures Community Facilitation Model **mobilises communities** to identify their own mental health and wellbeing issues, **co-designing solutions** to achieve long term, intergenerational whole of community change, **positively impacting suicide rates and mental health outcomes.**

**It is a primary/secondary prevention approach working with children and families to facilitate holistic change. The key to long-term and lasting change is to utilise multi-disciplinary teams in a multi-modal approach, to address mental health concerns today, whilst mobilising the community through building mental health literacy and self-efficacy to ensure genuine ownership and empowerment.**

	NUMBER OF REGIONS	COST P.A.	3 YEAR TOTAL
OPTION 1	8	\$2,609,600	\$7,828,800
OPTION 2	14	\$4,566,800	\$13,700,400
OPTION 3	36	\$11,743,200	\$35,229,600

**Community Engagement**

**Community Responsive Co-Design**

**Flexible Service Delivery**

- Tailored to individual community needs

**Mental Health Service Delivery**

**Strengthening Wellbeing and Resilience**

Secondary Prevention

Primary Prevention

Individual + Community

Individual + Community

HOPE

HELP SEEKING

SELF EFFICACY

EMPOWERMENT

**Workforce Longevity**

- Extended FIFO Staffing Model

**Bush Focus**

- Developed in the bush for the bush

**Building Partnership & Trusted Relationship**

**Whole Of Community**

- All ages 0-100+
- Child family focus
- Includes schools, councils & workplaces

**Remote & Very Remote Mental Health & Wellbeing**

**Long Term Suicide Prevention**

**Disaster Impact Proofing**

## OUTCOMES TO DATE

- ✓ Completed a successful demonstration phase in **6 Queensland remote communities.**
- ✓ In some of our communities our clinicians are the **longest serving** in their discipline.
- ✓ On average **6% of a remote region's population** connect with an Outback Futures service.
- ✓ **4392 appointments** in 7 regions in 2020.
- ✓ We have **trusted and active relationships** with many stakeholders including mayors, councillors, schools, School of the Air, governesses, GPs, workplaces, local business, graziers, indigenous leaders.
- ✓ Critical Incident – often we have been the **first people called when a community crisis occurs**, demonstrating trusted relationship and community confidence.