

WHAT IS PRIMARY HEALTH?

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Definitions

➤ World Health Organisation

- 'essential health care made universally accessible to individuals and families in the community by means acceptable to them, through their full participation and at a cost that the community and country can afford...



ACMHN believes...

- All people with complex and chronic mental health needs should have access to highly skilled mental health nurses to deliver coordinated, collaborative and holistic primary mental health services that are focused on their needs, wellbeing and recovery.

Primary Care = majority of MH services

- What do they do?
- What do we need to do to develop the primary mental health nursing workforce
- What is our experience in Australia?



What do the nurses do?

- Important but varied role supporting people and communities
- Investment in MH and nursing varies across countries
- In some countries, necessity is the mother of invention



What we have done in Australia

- Recovery focused care
- Early intervention a funding priority
- Youth friendly centres
- Technology and eSpace
- Power shift from clinician to client
- MHNIP



Mental Health Nurse Incentive Program

➤ Benefits

- Collaborative care available
- High level of socio-economic disadvantage
- Flexible service
- Significant outcomes
- Direct savings to the health care system



Developing a MHN Workforce

➤ Enablers

- Nurses are flexible
- Innovative
- Consumer focused
- Educated
- Bulk of the workforce

➤ Barriers

- Medical model
- Scope of practice
- Stigma
- Funding
- Education & clinical practicum
- Access to PD & CPD

What to do?

- Act together
- Educate *all* nurses about mental health
- Pathways into MH
- Advance MHN practice
- MHN models of care
- Raise the profile
- Foster & develop leaders

Chronic Disease & Mental Health

CPD: By Nurses, for Nurses

Thank you!

