
THE DEAKIN CLINIC DA SUBMISSION SUPPORTING EVIDENCE

APRIL 2019

ACT MENTAL HEALTH STATISTICS

There is a clear lack of private mental health options in the ACT, causing heavy patient pressure on the public system for those with mental illnesses

MENTAL HEALTH DISORDERS

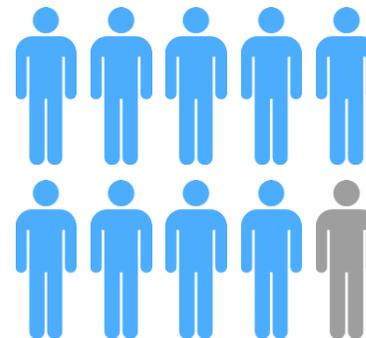
- According to the first results of the National Health Survey in 2017-18, Mental and behavioural conditions was the **largest incidence of chronic illness in the ACT**¹
- One in five (20.8%) of people in Canberra have a mental or behavioural condition
- One in seven (13.9%) had an anxiety-related condition and one in ten (10.3%) had depression or feelings of depression

CONTACT

- In 2015-16, the ACT had the highest crude rate of contacting community mental care services at 88.2% of the population, **more than double** every other state and territory²
- There have been sustained high crude rates in the ACT, with a crude rate of 77.5% in 2013-14
- The ACT also had the highest average number of community mental health contact events per patient (30.4)



1 in 5 people in Canberra have a mental or behavioural disorder



Roughly 9 in 10 are contacting community mental health services in the ACT

¹ABS. National Health Survey: First Results, 2017-18

²ABS. National Health Survey: 2015-16

ACT MENTAL HEALTH STATISTICS

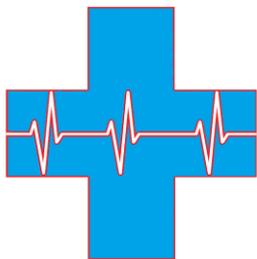
There is a clear lack of private mental health options in the ACT, causing heavy patient pressure on the public system for those with mental illnesses

BED ACCESS

- In 2015-16, the majority of overnight mental health related separations with specialised psychiatric care in the ACT were public patients (98.2%), higher than any other states or territories¹.
- More recently in 2017-18, Canberra Hospital's adult mental health unit was 106% occupied based on 37 funded beds, with an average length of stay of 13.6². This is clearly unsustainable

SUICIDE

- Suicide rates have doubled in the ACT between 2016 and 2017. The ABS reports a figure of 58 deaths in 2017 compared with 28 in 2016 (the largest increase in 10 years)³
- Suicide is the leading cause of death among those aged between 15-44 years old and second leading cause for those aged between 45-54



Mental health patients make up 40% of patients staying over 24 hours in Canberra Hospital ED

107%

Rise in suicide rates from 2016 to 2017

¹ABS. National Health Survey: 2015-16

²Canberra Times. "Canberra Hospital's adult mental health unit bursting at the seams". January 7, 2019.

³ABS. Causes of Death, Australia, 2017

VETERANS MENTAL HEALTH

The Department of Veteran Affairs (DVA) shows no defined Psychiatry services available for veterans within the ACT, according to their website



Almost 3 in 4 Transitioned ADF members are estimated to have met criteria for a mental disorder¹

- Anxiety (46.1%) and Alcohol disorders (47.5%) were the most common classes of lifetime disorder



One quarter of Transitioned ADF members (24.9%) are estimated to have met criteria for Post Traumatic Stress Disorder (PTSD)¹

- There are currently no PTSD programs accredited in the ACT
- Veterans experiencing PTSD have to travel to Sydney as the closest point of treatment

DVA-accredited Hospitals operated by Healthe Care

- Brisbane Waters Private Hospital, NSW
- Mayo Private Hospital, NSW
- Belmont Private Hospital, QLD
- Townsville Private Clinic, QLD
- Marian Centre, WA

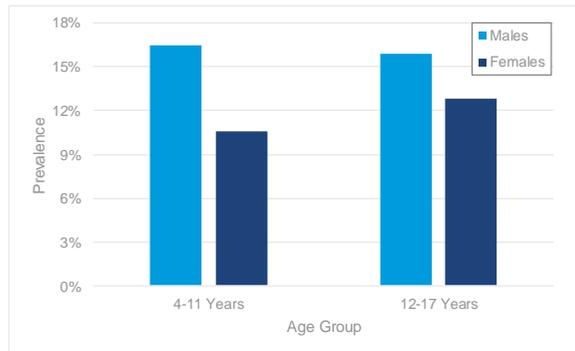
Healthe Care has experience in treating war veterans

- The proposed mental health hospital operator is Australia's third largest private healthcare provider and therefore have the experience to service this need
- This will take pressure off existing public facilities

¹Australian Government DVA. Mental Health Prevalence Report, 2017

ADOLESCENT MENTAL HEALTH

Adolescents in Canberra do not have treatment options



A 2015 Government report on Mental Health of Children and Adolescents in Australia show a large incidence of disorders in children aged 4-17 years old¹

- Equates to almost one in seven, or 560,000 Australian children and adolescents
- Almost one third of all 4-17 year-olds with a disorder had two or more disorders at some time in the previous 12 months

ZERO

There are currently no specialised adolescent inpatient beds in the ACT

- Currently adolescents who require inpatient treatment are admitted to the Paediatric ward (not a mental health facility) at Canberra hospital, where the nurses are not necessarily trained in mental health
- This forces young people to travel interstate to receive treatment, creating separation between them and their support network

¹Australian Government, Department of Health. The Mental Health of Children and Adolescents, Report, 2015.

LETTER OF SUPPORT – DR ALEX LIM (ZEDTHREE)

Barwon has the full support of Dr Alex Lim, a consultant psychiatrist and the Managing Director of ZedThree Specialist Centre at the Calvary John James Healthcare Campus

As quoted in the attached letter of support, Dr Lim states: *“I speak with confidence that the community of mental health clinicians already contacted by me are all in favour of a new hospital build, including 15 Psychiatrists (two more from Melbourne added to my list as of yesterday), 28 Psychologists, 17 GPs.”*

“My ultimate hope is to reduce the Suicide Rate that remains unacceptably high, in Canberra and nationally. If we are able to articulate a program that is shown to actively reduce suicide rates in our population, this can become the Canberra Model to be replicated elsewhere.”



Dr Alexander Lim
Consultant Psychiatrist



ZedThree
Specialist Centre

LETTER OF SUPPORT – MR JASON MCCRAE

Barwon has the full support of Jason McCrae, a clinical psychologist and Director of Think Psychology Solutions, a psychology centre in Deakin

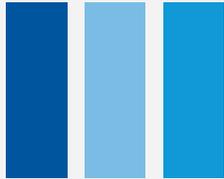
Mr McCrae states: *“There is a need within the ACT community for additional mental health inpatient beds. Currently Think clients who find themselves in need of such a treatment facility are typically required to admit themselves to facilities in Sydney, Wollongong or Wagga Wagga. This takes the patient away from family, friends and their local treatment team at a time when it is most required.”*

“We would anticipate that the development of such a facility would provide employment growth in the sector in general with Psychologists, Psychiatrists and General Practitioners attracted to Canberra to provide services in such a development. At Think alone we would anticipate a close to doubling of the clinicians and administrative staff we would employ or contract.”



Jason McCrae
Clinical Psychologist/Director
jason@thinkps.com.au



The logo icon consists of three vertical bars of equal height and width, positioned side-by-side. The leftmost bar is a dark blue, the middle bar is a light blue, and the rightmost bar is a medium blue.

BARWON