

# Mental Health Improvement Program

MHIP IN ACTION



## Community Health and Wellbeing Services Reducing compulsory treatment

**The Mental Health Improvement Program, part of Safer Care Victoria, is partnering with six community mental health and wellbeing teams to develop and test improvements aimed at reducing Compulsory Treatment.**

One partner, Latrobe Regional Health (LRH) Mental Health Service, provides support to consumers through inpatient units and community teams. LRH proactively sought to partner with MHIP thanks to the emphasis on community mental health and wellbeing teams.

'We have five community teams, and all are diverse in their own way. We saw the opportunity this initiative could offer in making a positive impact for consumers through community teams,' said Linda Locke, LRH Director of Nursing Mental Health.

'Our service has a strong appetite for change and improvement, so we were able to come together and work with MHIP to get involved.'

'As a service we are very busy, and often the day-to-day can slow the improvements we are looking to make. Working with MHIP helps us bring organisation-wide focus on this and gives us the opportunity to make lasting change to benefit our consumers, their families and carers.'

### Setting up for success

'Initially we set up a small team with people across our clinical and lived experience workforce. After a further workshop with MHIP, we almost doubled the size of our team because we identified the opportunity to make successful change in our service.'

'Our Lived and Living experience workforce are a key part of our team. They have been instrumental in the early planning stages and are continuing to lead the work with MHIP and our services as we prepare to pilot changes later this year.'



**Sensitive content warning**

This publication may contain content about mental health that readers may find distressing. Reach out to Lifeline (13 11 14), Beyond Blue (1300 224 636), 13YARN (13 92 76) or Rainbow Door (1800 729 367) for support.

## Collaborative planning

Linda says examining LRH's existing data was key to their preparation.

'To establish which of our community teams were equipped to complete the testing, we had to understand our own data better than ever before.

'First to decide which teams improvements may have the most impact but also to ensure we have the resources and people in place to make it a success.'

The LRH Mental Health Service's Bairnsdale and Traralgon teams will initially trial improvements. Linda said each have different geographical make-up and support diverse communities.

'The uniqueness of these teams will help to evaluate the impact of tested improvements, and assist with exploring the variables that can impact decisions on the use of compulsory treatment.

'A big part of planning has been making sure our teams are ready and feel supported to trial changes. Where possible, we have identified people within our workforce who were looking for further development and leadership opportunities to drive our testing cycles.'

'We also wanted to set our teams up for success and make sure we have the capability and resourcing in place to support trialing improvements.'

Linda said working with MHIP was invaluable in setting a charter for the team.

'The early planning sessions with MHIP helped us look at our values – what we are trying to bring to our service and the shared work we will all take in partnership with consumers.

'We were keen to include people within our workforce who had a passion for improvement.'

## Ongoing support

The MHIP team is working with all six partnering services to refine the changes community mental health teams like LRH Mental Health Service will test.

MHIP will support services as they test improvements through intensive coaching and collaborative sessions as well as helping to analyse data and trends.

“ We have a strong appetite for improving and we could see the benefit of partnering with MHIP to offer positive impact to consumers through our community mental health teams.



### Questions?

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