



**Connecting**  
people.  
Our plan.

## **We are delighted to introduce you to the Youth Stepped Care Project for Eastern Melbourne**

Eastern Health CYMHS, EMPHN, Austin Health CAMHS, YSAS, EACH and ACCESS Community Health have partnered to deliver a project to improve outcomes for young people and to support the implementation of the Regional Integrated Mental Health, Alcohol and Other Drugs, and Suicide Prevention Plan (2019-2024). The Regional Plan aims to improve outcomes through a systems response to:

- Addressing fragmentation of mental health services and pathways;
- Lessening parts of the service system operating in isolation from each other;
- Identifying gaps, duplication in roles and system failure in local service pathways;
- Addressing mental health and suicide prevention reform priorities at a regional level aimed at achieving more effective, person-centred care.

The first focus area of the Regional Plan is:

### **Improving outcomes for young people**

**This project aims to enhance access to the full spectrum of mental health services and supports across the continuum of stepped care for young people aged 12-25 years in the eastern corridor of the EMPHN (including the local government areas of Boroondara, Whitehorse, Manningham, Knox Maroondah, Yarra Ranges and Monash) to enhance outcomes for young people, and their families, by making it easy to access **the right care and the right service at the right time.****

**The project will see youth, families, and service providers in the region working together to:**

- 1. Develop a comprehensive, innovative stepped care model of care for young people in eastern Melbourne region;**
- 2. Engage with youth, families and service providers in the region in model development, implementation and evaluation; and**
- 3. Produce a business case for the delivery of the integrated youth stepped care model.**





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The Fifth National Mental Health and Suicide Prevention Plan (2017) commits all governments to work together to achieve integration in planning and service delivery at a regional level. Refocusing primary mental health care programs and services to support a stepped care model is a key area of reform identified by The National Mental Health Commission Review (2014) and reinforced by the Royal Commission into Victoria's Mental Health Services Interim Report (2019).

EMPHN developed and introduced mental health stepped care model to the region in 2018. The model utilises a clinical staging approach and aims to provide clear access and pathways across the continuum of services, to reduce the challenge and stigma associated with having a mental health issue, facilitate a person to live a meaningful and contributing life, considering whole-person care. A stepped care approach reflects the totality of service offerings across the continuum of care and is inclusive of diverse service providers working to support people with, or at risk of, mental illness across the sector.

**Developing an innovative, comprehensive youth specific stepped care model presents a real opportunity to improve the lives of young people aged 12-25 in the Eastern region of Melbourne.**

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We will, accordingly aim to keep you informed as the project progresses and will invite your participation at key stages through the co-design process.

If you know any young people, families or services providers interested in participating in the co-design process please let us know.

Please feel free to contact our Project Lead, Phoebe Williamson by email [Phoebe.williamson@easternhealth.org.au](mailto:Phoebe.williamson@easternhealth.org.au) or (03) 9194 7689 if you have any questions or wish to discuss getting involved. We would also like to thank you, in advance, for your interest and engagement in this important project.

Many thanks,

Lynne Allison  
Associate Program Director  
Child & Youth Mental Health Service (CYMHS)  
Eastern Health