

Co-designing a service model to improve the physical health and wellbeing of consumers with mental health and/or alcohol and other drug issues

48 people who access mental health services, support someone who accesses services or provide community mental health services in the Brisbane North region, participated in co-design workshop activities to:

- understand their experiences in relation to addressing the physical health and wellbeing of people with mental health issues and
- provide recommendations for a service model, or service improvement, that specifically addresses the physical health and wellbeing of people with mental health issues.

Participants acknowledged the interconnectedness of mental and physical health and the importance of taking a holistic wellbeing approach for recovery.

Participants generally felt that the focus on physical health within mental health services and organisations needed substantial development. Areas for development included:

1. **improving service navigation and access** – consider improving pathways to local mental health service navigation options and positioning support workers in primary care settings
2. **enabling staff to develop rapport with consumers and advocate for their health needs** - the use of peer workers was highly desirable.
3. **helping people adopt and maintain healthy lifestyle behaviours** – include diet and exercise support in recovery planning in hospital and the community (e.g., the mental health hubs).

A **Conceptual Model** was developed which incorporated improved navigation, care coordination with coaching and personalised support (located in primary health care and HHS settings) and Recovery Colleges integrating physical and mental health services and support.

The report maps components of the conceptual model against Productivity Commission’s Inquiry into Mental Health Action Statements and the Equally Well Consensus Statement.

