

Young people and mental health



Gippsland population aged 15-24 years

Bass Coast	South Gippsland	Baw Baw	Latrobe	East Gippsland	Wellington	Gippsland
2,711	2,760	5,523	9,200	4,118	4,658	28,948

Young people in Gippsland

80.8% participate in secondary school education
Victoria 86.1%
Australia 84.1%

20.7% of school leavers aged 17 years participate in higher education
Victoria 39.3%
Australia 33.6%

22% report being bullied
Victoria 18%

14.9 live births by mothers aged 15 to 19 years per 1,000
Victoria 9.2

45.2 youth mortality rate per 100,000
Victoria 29.0
Australia 35.8

Medicines and prescribing rates per 1,000 people in Gippsland LGAs compared to Victoria

Anti-depressant prescribing

62-145

78

ADHD medicine scripts dispensed

13-26

10

Gippsland

Victoria

An estimated **14.4%** of 12-17 year olds live with a mental illness

2020 Mission Australia Youth Survey:
The top three issues for young people in Gippsland were:

- 1 coping with stress **55%**
- 2 body image **52%**
- 3 mental health **44%**

Aboriginal young people

Indigenous youth... are struggling to find their identity in today's society as an Indigenous person.

Youth survey respondent

Young people with disability

Are concerned about mental health, suicide, bullying and emotional abuse.

Are four times more likely to have mental health problems than other children and adolescents

X4

50 to 70% of people with autism experience mental illness

Young people from a migrant background

Barriers to seeking assistance:

Lack of awareness of support available

Cultural beliefs around mental illness

Language

Services need to be well-located, accessible, flexible, and culturally safe that have 'no wrong doors' for new clients



Lifeline 13 11 14

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Service use in Gippsland headspace services 2019-20

Delivered 6,669 occasions of service to 1,599 young people



58.6% female



38.6% male

2.8% other



6.5% Indigenous



26.5% identified as LGBTIQ+



62.9% aged 12-17 years

Doctors in Secondary Schools

58.7%

of student presentations to a DISS clinic across nine secondary schools in Gippsland were related to mental health issues

<https://www.education.vic.gov.au/about/programs/Pages/doctors.aspx>

Mental health services for young people, commissioned by Gippsland PHN



There are four headspace centers in Gippsland. Go to: <http://headspace.org.au>

for locations and online services for young people and their families.

Gippsland PHN scholarships program

Gippsland PHN's Mental Health and AOD Scholarships Program provides opportunity for Gippsland health professionals to undertake further education.

Enhanced Mental Health Services in Secondary Schools (EMHSS)

EMHSS program is delivered through the headspace sites across Gippsland to secondary schools identified by the Victorian Department of Education.



HeadtoHelp

HeadtoHelp is available via two Hubs and three satellite locations across Gippsland.

<https://headtohelp.org.au/>

Rural mental health services:

Barriers:

- limited transportation
- parent consent, restricted access to services
- limited doctors and counsellors
- negative social proximity/stigma
- staff recruitment and retention
- issues; non-youth friendly spaces
- limited funding.

Enablers:

- positive social proximity
- community support
- bulk-billing drop in services
- creation of the consortium
- multi-skilled youth friendly staff
- mature minor status.

Learnings from Gippsland PHN mental health services for young people

During 2020 and with the impact of COVID-19 it was noted there was an increase of 12-15 year olds accessing Telehealth via Zoom platform



headspace waiting lists are managed via a triage and priority method whereby young people remain engaged whilst waiting for a clinical service.

A stable clinical workforce supporting the delivery of youth mental health services remains a challenge.