

**LEGISLATIVE ASSEMBLY FOR THE
AUSTRALIAN CAPITAL TERRITORY**

NOTICE OF MOTION

Michael Pettersson MLA: I give notice that I shall move – That this Assembly:

(1) notes that:

- (a) mental ill health in childhood and adolescence can have substantial impacts on wellbeing and productivity. These impacts are exacerbated for young people in high-risk groups such as those affected by violence, abuse, maltreatment, or poverty.
- (b) the Australian Bureau of Statistics' National Study of Mental Health and Wellbeing found that almost two in five people (39.6%) aged 16-24 years had a 12-month mental disorder in 2020-21. Split by gender, almost half (46.6%) of females aged 16-24 years and almost one third (31.2%) of males aged 16-24 years had a 12-month mental disorder.
- (c) as reported in the 2021 Census, 35.3% of Gungahlin's population are young people below 24 years of age.
- (d) supported by strong prevention and early intervention measures, young people can be empowered to manage their mental health and lead a psychologically healthy life.

(2) further notes:

- (a) headspace provides services to young people aged 12-25 years at two locations in the ACT, namely Tuggeranong and Canberra City.
- (b) at headspace, young people can access mental health services, sexual health services, work and study services, alcohol and drug services, and general practitioner doctor services.
- (c) young people located in the ACT's northern-most suburbs face significant barriers if they need to access headspace's services at the Canberra City location.

(3) acknowledges:

- (a) the ACT Government is committed to supporting people living with a mental illness or mental disorder, and their families, friends, carers, and service providers.
- (b) The ACT Government's rollout of the online youth navigation portal, Mind Map, that supports young people find the care they need across the mental health system.
- (c) the 2022-23 Budget includes an additional \$70 million over four years for mental health and community health care support, building on over \$40

million already provided to support mental health since May 2020, including new funding for youth measures:

- i. \$8.1 million over four years to expand mental health supports for youth and young adults to address priority needs of young people who are experiencing or are at risk of mental health concerns and/or suicide and self-harm;
 - ii. expanding the Childhood Early Intervention Team to Gungahlin Child and Family Centre;
 - iii. the impending inauguration of the adolescent mental health ward at Canberra Hospital;
 - iv. grants for initiatives to support vulnerable or disadvantaged children to participate in sport and recreational activities that improve their physical wellbeing, health, and social skills;
 - v. ongoing redevelopment of the Watson Health Precinct that will deliver a new purpose built facility for CatholicCare's STEPS voluntary mental health residential program for 13-18 years old; and
 - vi. establishing new eating disorder programs and services, including STRIDE, a parent support program, and Clinical Hub for Eating Disorder services, as well as progressing work towards establishing an early intervention service for eating disorders and construction of the ACT's first eating disorder residential centre.
- (d) the ACT Government's investment in Orygen's digital mental health care platform MOST, which provides young people aged 12-25 with access to online therapy, tools, and programs.

(4) Calls on the ACT Government to:

- (a) provide an update on the timeline for implementation of Orygen's MOST platform in the ACT;
- (b) advocate for the federal government to fund a headspace located in Gungahlin;
- (c) provide an analysis of how the ACT Mental Health Workforce Strategy aligns with the National Mental Health Workforce Strategy and compares to other jurisdictions,, including intended outcomes for peer support workers;
- (d) provide an update to the Assembly on the implementation of the Position Statement on Youth Mental Health Recovery from COVID-19 and advise how youth mental health in this post-lockdown period is responding;
- (e) provide suitable social and recreational spaces for young people in Gungahlin where they can develop their physical, social, emotional, and cognitive abilities;
- (f) provide an update on mental health supports being considered for young Canberrans that could contribute to reduced wait lists and duration of

treatment for mild to moderate mental health conditions and the Missing Middle; and

(g) report back to the Assembly no later than the first sitting week of May 2023.

A handwritten signature in black ink, consisting of a stylized 'M' and 'P'.

Michael Pettersson MLA
1 December 2022