

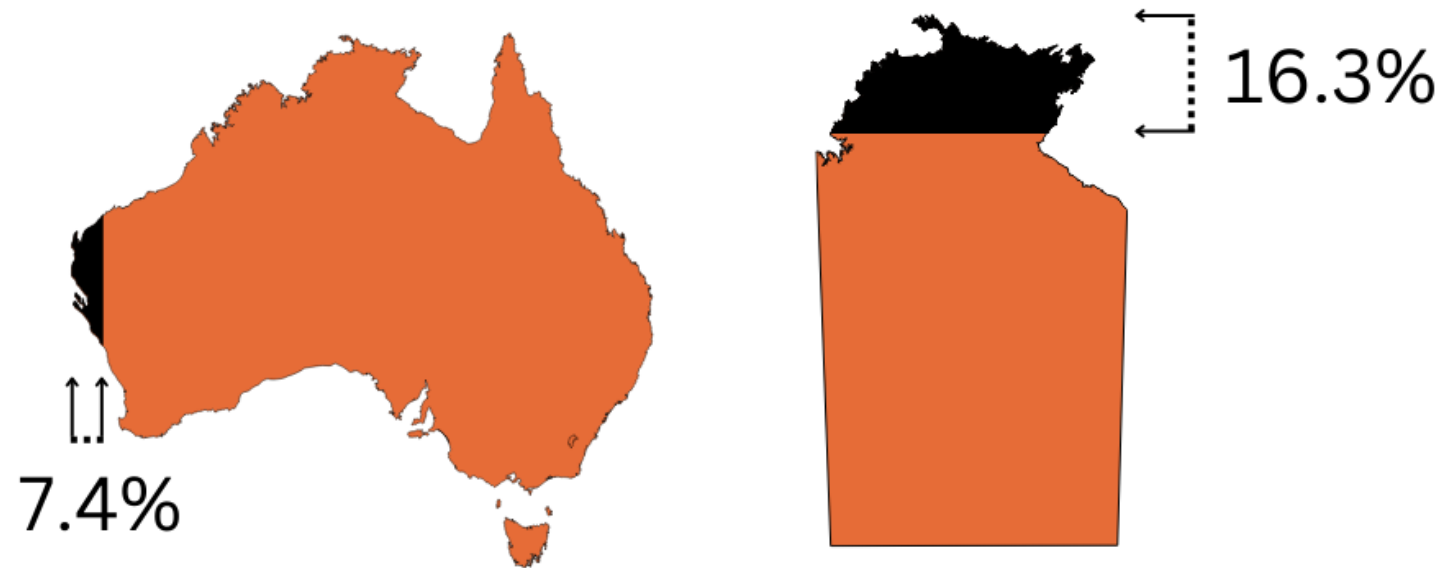
# Remote Mental Health Services

NEEDS, ACCESS AND EQUITY

# NT Demographics



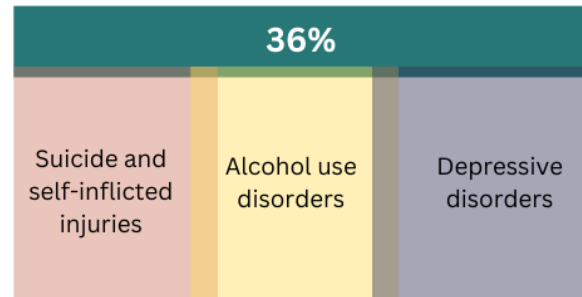
# Mental Health in the NT



Mental health conditions contribute **16.3%** of the burden of disease in the NT compared with **7.4%** nationally.

# Mental Health and AOD

Burden of disease in the NT



← Mental health and Substance use disorders

## Mental health hospitalisation rates



Aboriginal people

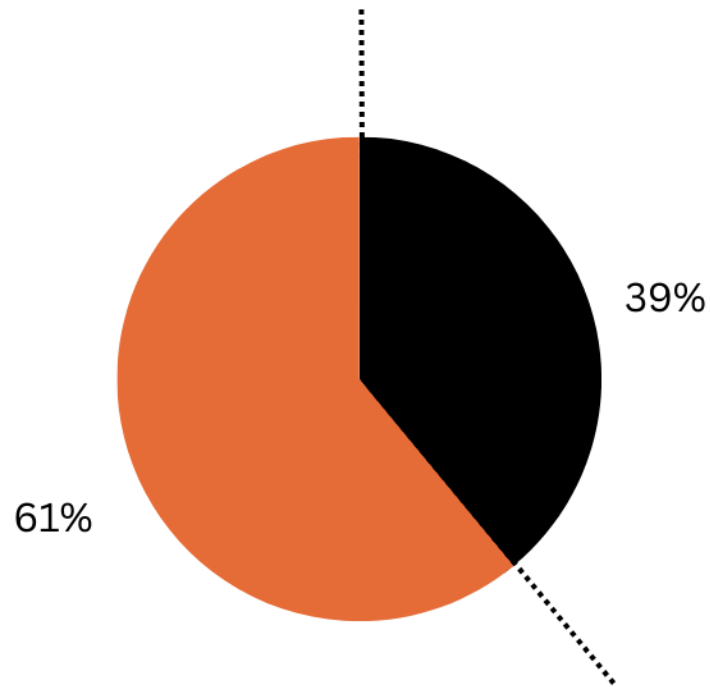


non-Aboriginal people

▲ 2.3 times higher

# Mental Health and AOD

## Aboriginal Territorians



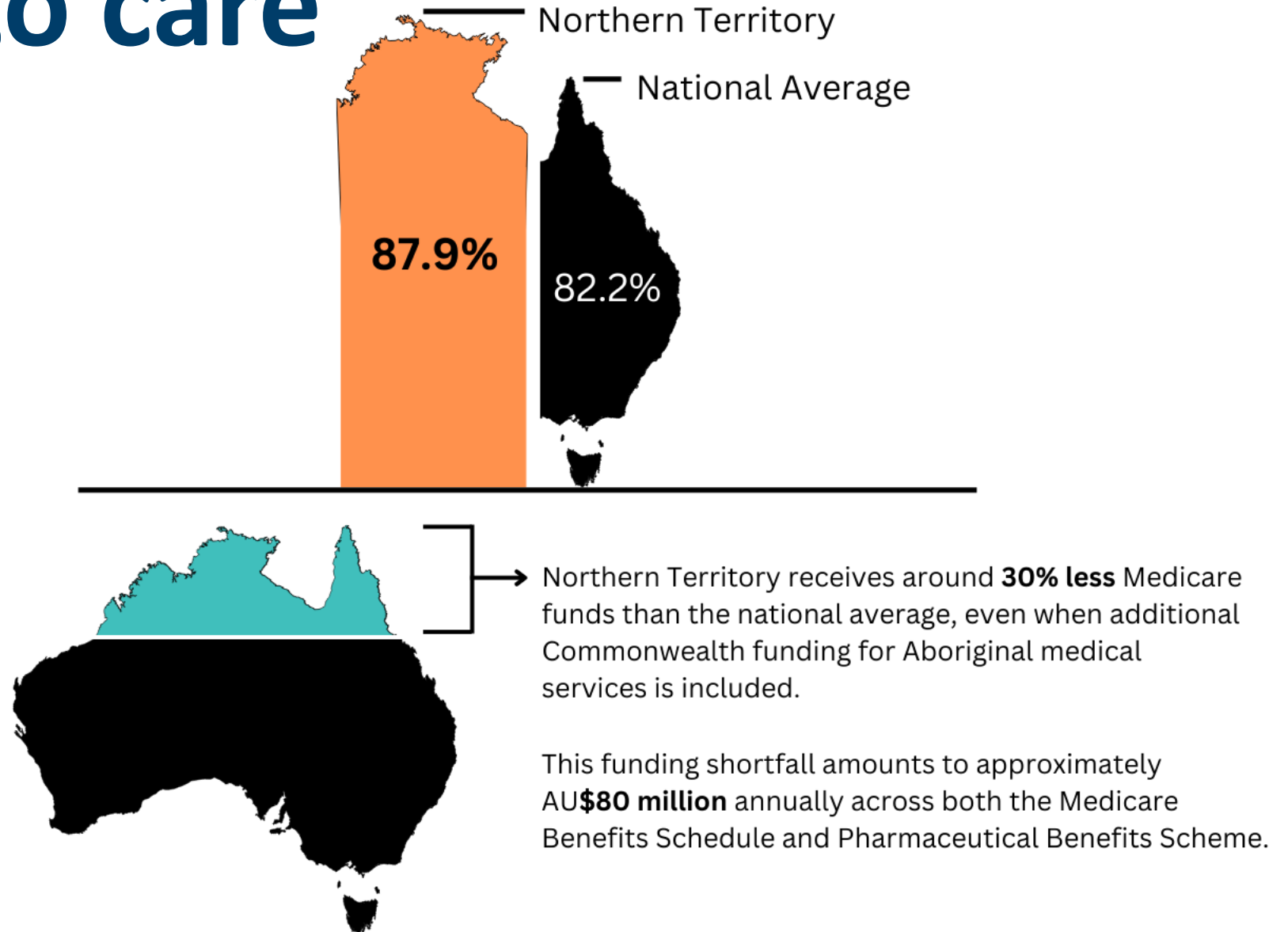
**Mental health and substance use disorders** make up approximately **39%** of total burden of disease for Aboriginal Territorians.

# Vulnerability in Children



About **1** in **5** children in the Northern Territory are **developmentally vulnerable to 2 or more early childhood development milestones.**

# Access to care



# Transient impacts on health

Estimated total transient and visiting population who rely on services

approximately 2,700

Clients who nominated an out of Darwin address

1,675

Clients that provided a Greater Darwin address or location but are likely to be residents of other communities and living only temporarily in town camps

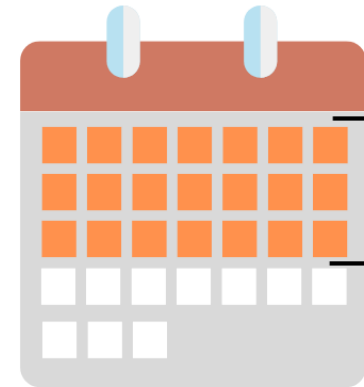
1,000

+

500

Clients currently recorded on systems with an address of "long grass" indicating that this group is experiencing longer term homelessness.

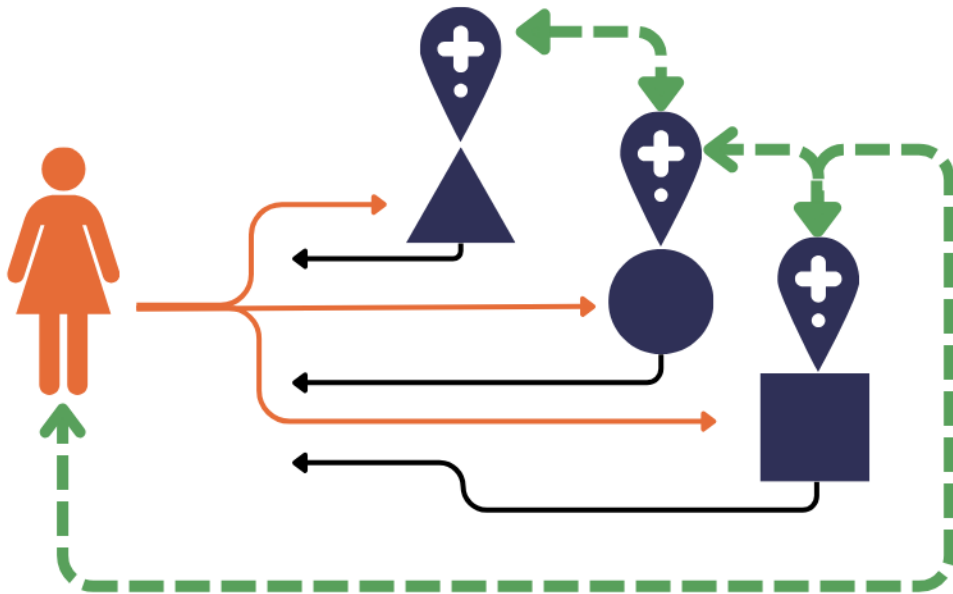
Wait time to see a GP for non-urgent appointments



← 3 WEEKS



# Care in the NT Context



- Need for a diverse workforce, including lived experience workforce and aboriginal workforce
- Social and Emotional Wellbeing Models models and culturally appropriate mental health services
- Traditional healing, cultural camps for men and women, social determinants focus
- Community response over individual response in remote areas
- Suicide Prevention making it everyone's business- whole of community and whole of governments business(broader than health)

# Domestic and Family Violence

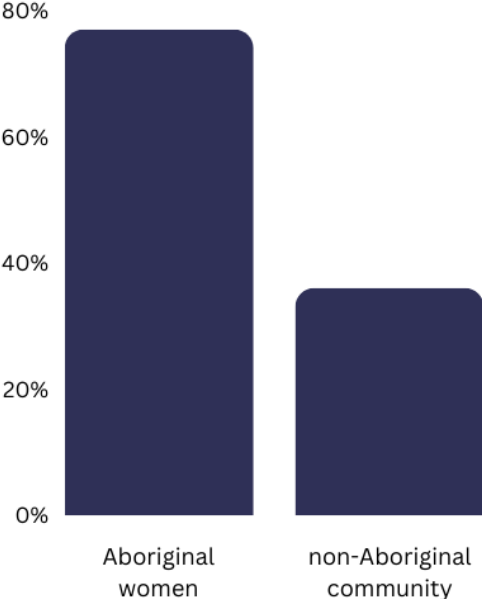
Aboriginal women are: 10 times more likely to die from violent assault than non-Aboriginal women



Aboriginal women are: 10 times more likely to die from violent assault than non-Aboriginal women



Rate of victims of assault



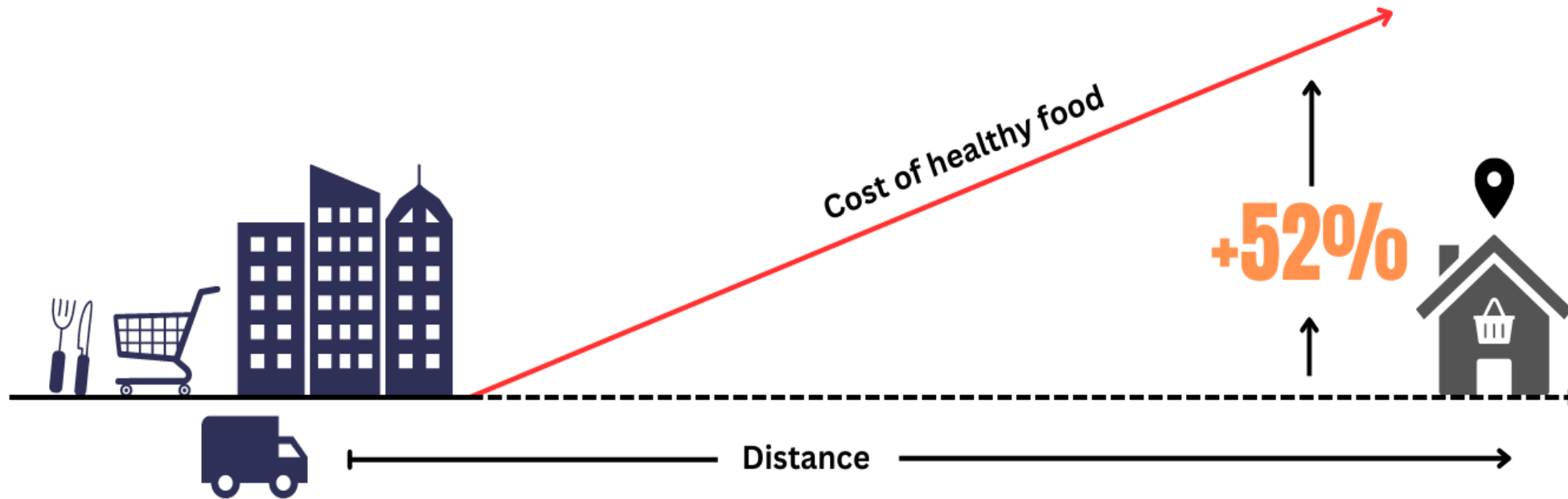
1 in 4 assault related hospitalisations due to FDSV



In remote and very remote areas Hospitalisation for domestic violence was 24 times the rate of other areas



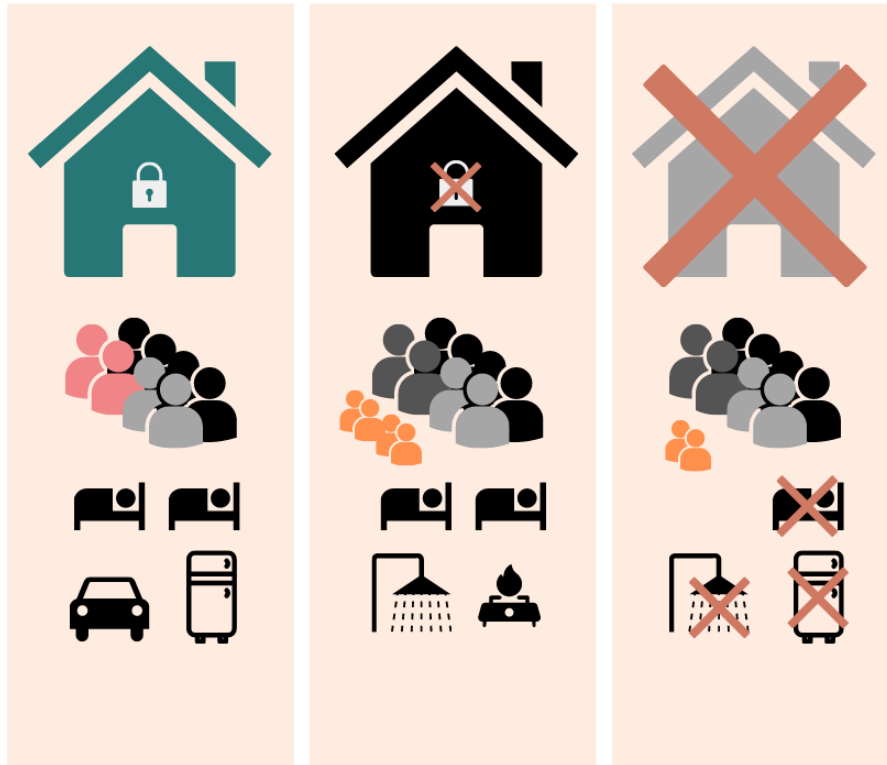
# Food Security



# Workforce

- There is a very competitive market (in favor of the health professional) for recruitment rates and bonuses to attract and retain health professionals in remote areas in Australia
  - for example, some Queensland locations offering \$50K above on top
- Access to housing is the biggest barrier to recruitment across the sector.
- Other barriers include access to schooling for young families, access to food.
- Social infrastructure and connectedness for those relocating can be difficult, This has a flow on effect if a professional only has plans to remain short term in the community, as it is difficult to engage and build trust within community to provide services
- Remote work is difficult work

# Housing



**Housing is a key determinant in persisting inequities between Aboriginal and other Australians in health, education and employment outcomes**



**6 % of Aboriginal and Torres Strait Island Communities have access to hardware for food security**



# Thank you

**phn**  
NORTHERN TERRITORY  
An Australian Government Initiative

RURAL  
**Workforce**  
AGENCY NT

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