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UNIVERSITY MENTAL HEALTH FRAMEWORK

AUSTRALIA AND NEW ZEALAND
STUDENT SERVICES ASSOCIATION
CONFERENCE

Penny Carlson, Senior Program Manager
Aranya Changkaoprom, Project Officer

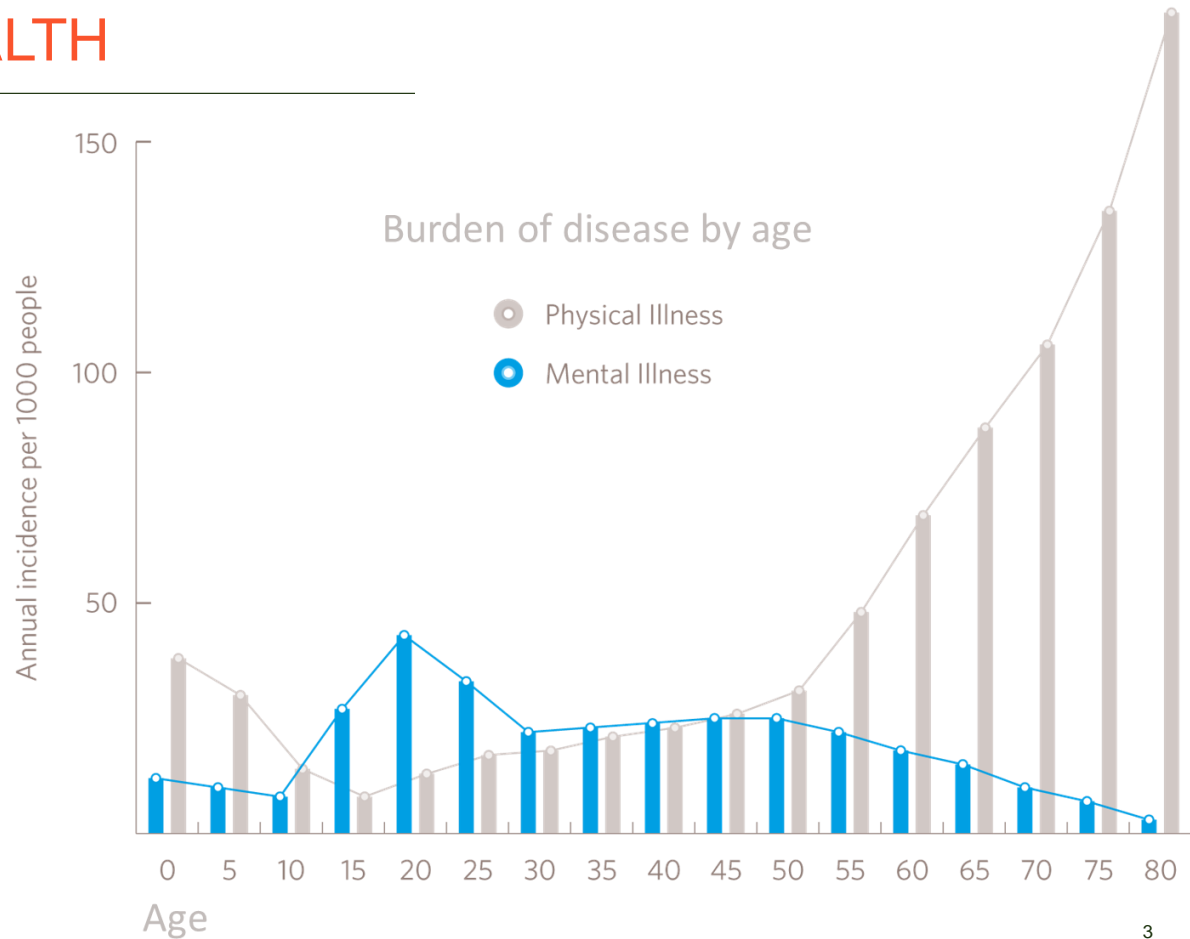
OVERVIEW

- Orygen – who we are
- University Mental Health Framework project overview
- How can we help you?

YOUTH MENTAL HEALTH

#1 health issue for young people

The age-related profile for mental illness is different to physical illness, however this is not reflected in the response

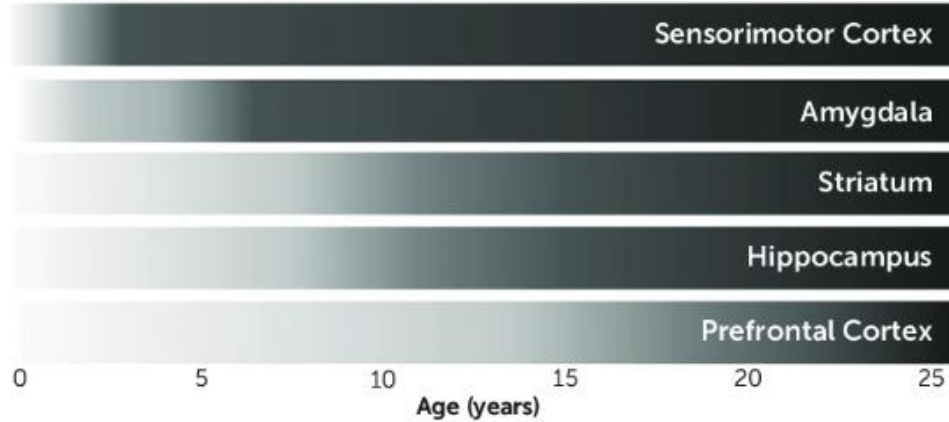


YOUTH MENTAL HEALTH

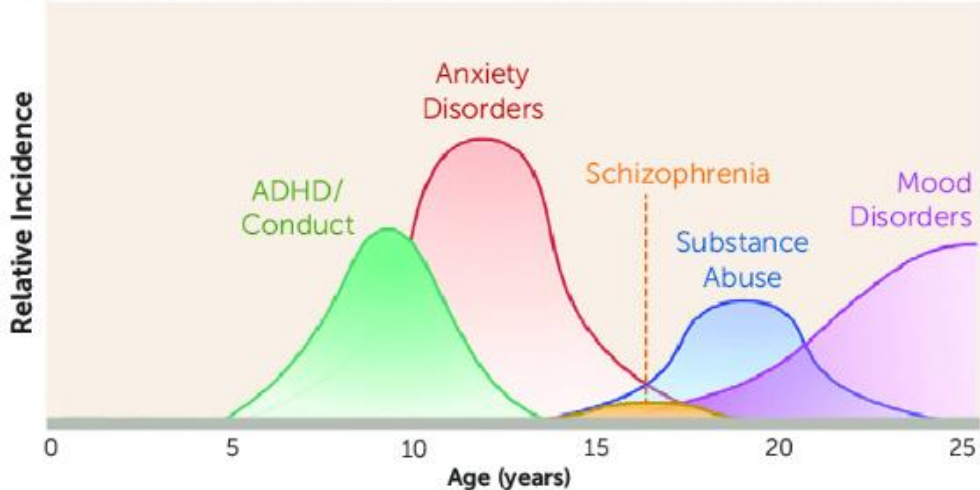
Different parts of the brain develop at different rates.

Services designed for children or adults may not provide the best response.

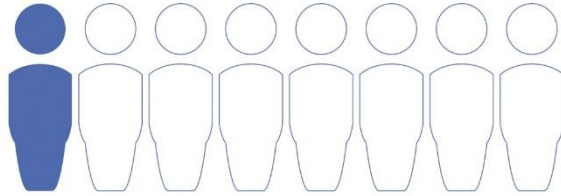
A. Developmental Course of Brain Maturation



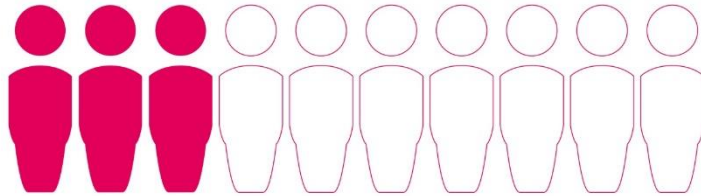
B. Median Age at Onset of Psychiatric Disorders Across Development



HELP SEEKING



Only 13% of young men and 31% of young women access professional mental health care



Young men aged 16-24 have the lowest professional help-seeking of any age group

ORYGEN

Vision

Young people to enjoy optimal mental health as they grow into adulthood

Mission

Reduce the impact of mental ill-health on young people, their families and society

Our work

- Providing high quality and evidence-based clinical services.
- Deliver cutting-edge research
- Public education and service development
- Advocacy and policy development

RELATED INITIATIVES

World Economic Forum Partnership

- Development of a global model for youth mental health

The Lancet Commission – focused on youth mental health

- 2018 The Lancet Commission on global mental health and sustainable development

Universitas21 Health Sciences Group – Student Mental Health Project

- Declaration on Student Mental Health

International Students

- International Students Welfare Project - the mental health and wellbeing needs and help-seeking preferences of international students (Victoria)

UNDER THE RADAR

Policy report

Released May 2017

- Universities – an important setting within which people learn, work and live - 1.4 million university students
- In 2016 over 650,000 domestic students were under 25 years of age
- More than one third of young Australians have/are seeking a bachelor's degree or higher
- Holistic approach – emphasising the importance of integrated actions across the university, considering relevant risk and protective factors
- Shared responsibility – actions across a broad range of programs, environments, policies



AUSTRALIAN UNIVERSITY MENTAL HEALTH FRAMEWORK

PURPOSE

The University Mental Health Framework will provide all Australian universities with guidelines through which they can create learning environments that are conducive to:

- Good mental health and wellbeing
- Preventing mental health issues
- Strengthening the integration between universities and community mental health services

VISION AND VALUES

Vision

An Australian University Mental Health Framework that provides clear, practical guidelines to support universities to create positive learning environments, prevent mental health issues and improve education outcomes.

Values

- Students experiencing mental ill-health should have the opportunity to access mental health services
- Mental health is not solely the responsibility of any one organisation or sector
- Universities operate within different contexts and environments, and students come from diverse backgrounds and communities
- Partnerships across sectors and with students are critical
- Requires long term commitment

PROJECT ACTIVITIES

**Research – similar initiatives,
evidence of what works**

**Stakeholder consultation
(in progress)**

**Framework development
(in progress)**

Launch mid-2020

STAKEHOLDER CONSULTATION

Mental health, universities and students

Advisory group

Expert working
groups

Workshops with
various groups

Focus groups
with students

Survey
open to all

Feedback on
Framework
draft open to all

EMERGING THEMES

**Holistic
approach**

**Partnerships
&
Collaboration**

**Promotion
&
prevention**

Community

All staff

**Student-
centred**

Pathways

Leadership

Data

**Continuous
improvement**



HOW CAN WE HELP YOU?

SHARE YOUR STORIES

- What is working well now or has worked well in the past?
- What stories or examples can we learn from?

- Where are the opportunities for improvement?
- What changes would you make that could result in improved experiences?

Go to www.menti.com

Enter the code **16 93 41**

KEEP IN TOUCH

Website

Visit www.orygen.org.au/University-Mental-Health-Framework to find out more or to complete a short survey

Contact us

To receive regular updates, email us unimhframework@orygen.org.au and ask to be added to the mailing list

**REVOLUTION
IN MIND** *ory
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THANK YOU
