

Welcome

Please help yourself to
some breakfast



Gayaa Dhuwi
(Proud Spirit)
Australia



Mental Health Carers
Australia



CMHA
Community Mental Health Australia



NATIONAL MENTAL HEALTH
CONSUMER ALLIANCE



**Indigenous
Australian**
Lived Experience
Centre

Uncle Billy T

Welcome to Country

Hon Emma McBride MP

ASSISTANT MINISTER FOR MENTAL HEALTH AND SUICIDE PREVENTION
ASSISTANT MINISTER FOR RURAL AND REGIONAL HEALTH



Aunty Vicki McKenna

CHIEF EXECUTIVE OFFICER



**Indigenous
Australian**
Lived Experience
Centre



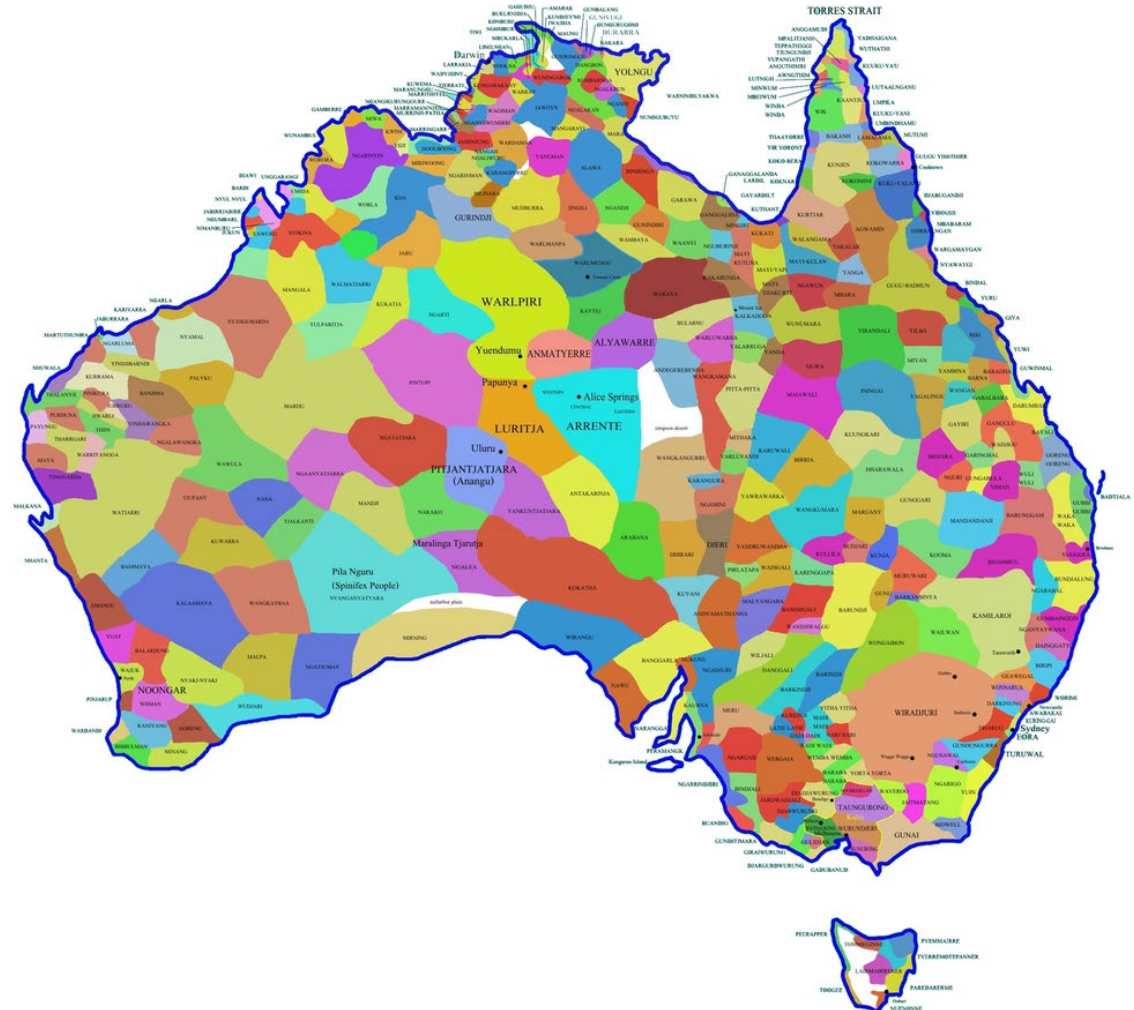
Jen Nixon

NATIONAL POLICY & RESEARCH MANAGER



NATIONAL MENTAL HEALTH
CONSUMER ALLIANCE

Acknowledgement of Country



REIMAGINING MENTAL HEALTH

National Mental Health Consumer Alliance

The National Mental Health Consumer Alliance is the national peak body by, and for, people with lived experience of mental health challenges.

Our History:

Grassroots
Advocacy

Consumer
Movement

National
Platform

Our Advocacy:

Consultation

Collaboration

Leadership

REIMAGINING MENTAL HEALTH

National Mental Health Consumer Alliance

Foundational Supports

The Government will focus on targeted foundational supports for people with psychosocial disability, following the implementation of Thriving Kids Initiative this year.

Pivotal because:

- More than half a million Australians living with mental health challenges are not receiving the supports they need
- **We are advocating *now* for what we want**

REIMAGINING MENTAL HEALTH

National Mental Health Consumer Alliance

Foundational Supports: Our Proposal

- **A National Psychosocial Support Scheme (NPSS)**
- **Co-production** via national, state & territory peak bodies and IALEC
- **Recognition** of reciprocity in relationships
- **Tailored** supports based on circumstances, life stage, and living arrangements
- **Relational** approaches for connection, purpose, and participation in community.

SCAN ME!



Katrina Armstrong

CHIEF EXECUTIVE OFFICER



Tom Hodge
OPERATIONS MANAGER



Gayaa Dhuwi
(Proud Spirit)
Australia

Professor Paul Flatau

DIRECTOR





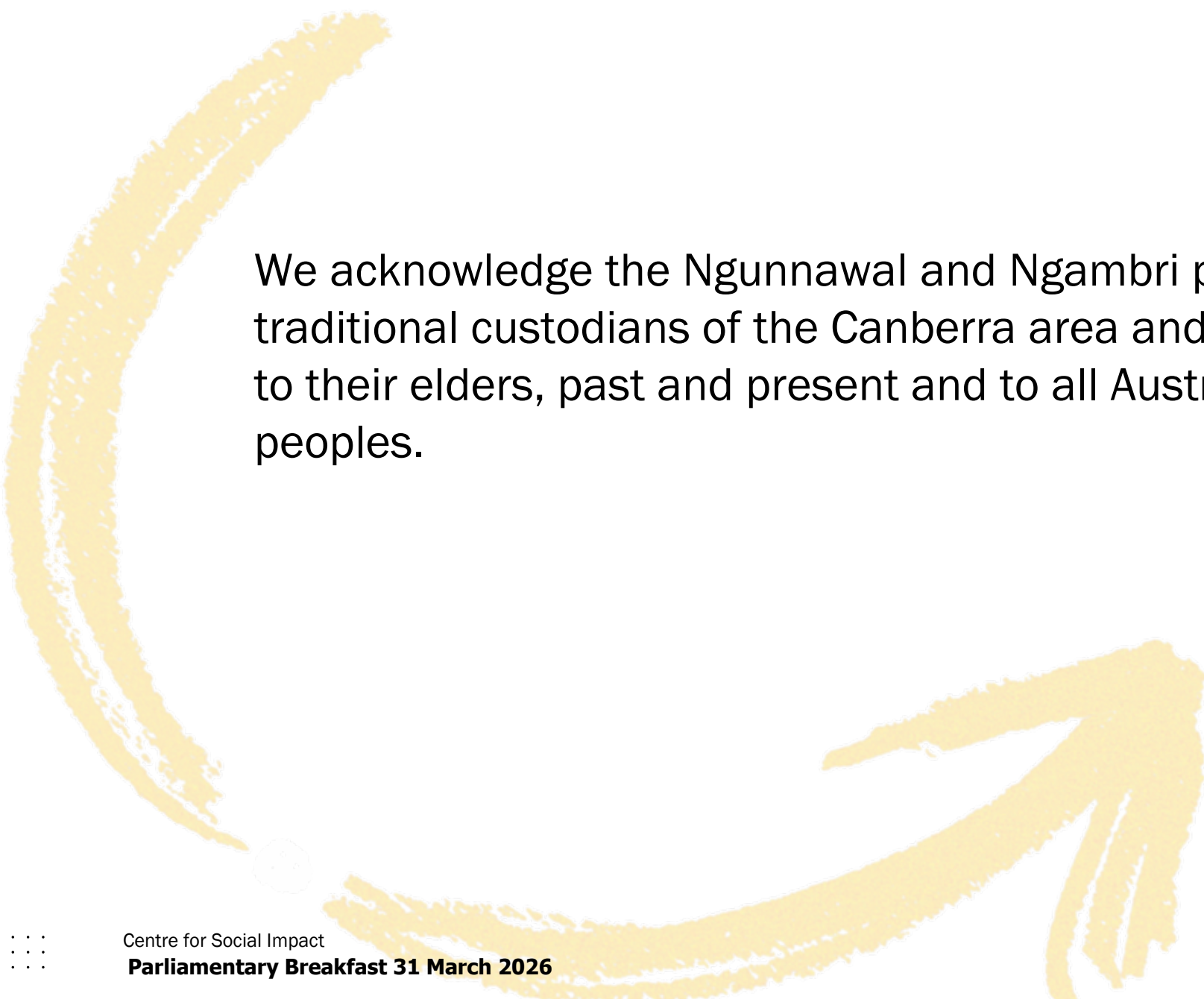
CAPTURING THE ECONOMIC VALUE OF PSYCHOSOCIAL SUPPORT

SUMMARY OF FINDINGS

Parliamentary Breakfast 31 March 2026

Paul Flatau, Lisette Kaleveld, Zoe Callis and David Koppers





We acknowledge the Ngunnawal and Ngambri peoples as the traditional custodians of the Canberra area and pay our respects to their elders, past and present and to all Australia's Indigenous peoples.

PSYCHOSOCIAL SUPPORT DEFINITION

Australian governments' **Psychosocial Project Group** defines psychosocial supports as: “Non-clinical and recovery-oriented services, delivered in the community and tailored to individual needs, which support people experiencing mental illness to live independently and safely in the community”

The provision of psychosocial support services recognises: The importance of social determinants of mental health outcomes and the limitation of adopting a clinical-only model of care

National Mental Health Consumer Alliance (NMHCA)

Psychosocial supports are “the full range of social, relational, cultural, material, and structural conditions that enable a person to live with dignity, agency, connection, and self-determination. High quality psychosocial supports strengthen a person’s capacity to have full citizenship rights; experience belonging; determine identity; feel safe; participate in community; sustain relationships; access housing, employment and income; and navigate systems that affect their wellbeing”.



**Exercise
& Lifestyle**



**Diet &
Nutrition**



**Housing
Support**



**Social
Support**



**Substance
Abuse**



**Debt &
Benefits Advice**



**Employment
Support**



**Mental
Health**



**Community
Participation**



**Getting
Around**



**Gambling
Addiction**



**Family
Supports**



Adapted from the Primary and Community Care Services Limited (PCCS) website at https://www.pccs.org.au/case_study/social-rx/

AIMS OF DISCUSSION PAPER

What do we know about:

- The provision and overall spend on psychosocial support programs
- The gap between need and provision of psychosocial support programs
- **The economic benefit of providing psychosocial supports**

The economic benefits of psychosocial supports:

- **Improved quality of life** (valued in dollar terms)
- **Labour market and employment-related benefits**
- **Cost offsets** derived from programs (i.e., reductions in system costs including hospital costs because of improved mental health outcomes)

Measured for both beneficiaries and carers and families

NB Carer and family benefits rarely estimated.

PRODUCTIVITY COMMISSION REPORT



Australian Government
Productivity Commission

Mental Health

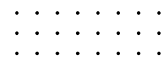
Productivity Commission
Inquiry Report
Volume 1

No. 95, 30 June 2020

The Productivity Commission
2020 *Mental Health* report

“Mental illness, on a conservative basis, is costing Australia about \$200-220 billion per year” which represents “just over one-tenth of the size of Australia’s entire economic production in 2019”

Significant economic benefit from recommended reforms many of which can be directly linked to the provision of psychosocial supports



LIVED EXPERIENCE PERSPECTIVES

(THE LEN AND HAYLEY STORIES IN THE SUMMARY FINDINGS DOCUMENT)

1

Physical health, mental health, social, and cultural outcomes and significantly reduced hospital admissions realised when Len (an Aboriginal elder) was supported with housing, health and Social and Emotional Wellbeing programs

2

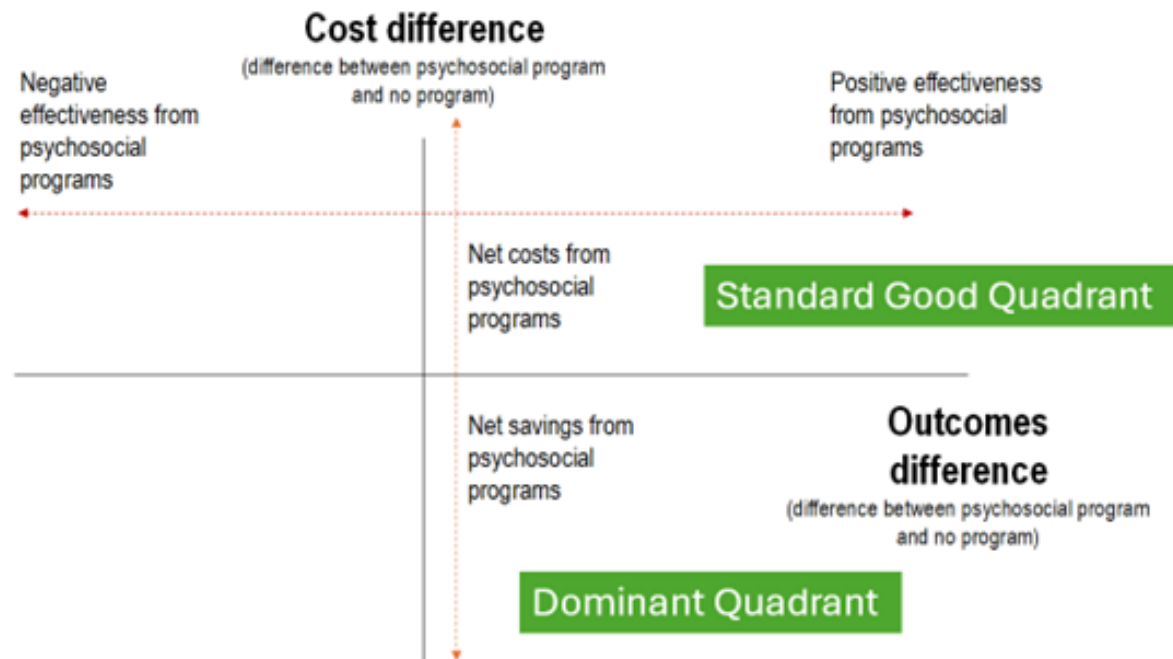
Loneliness and social isolation reduced, living skills improved, employment and career benefit, reduced hospital admissions and emergency department presentations associated with Hayley's involvement in the Personal Helpers and Mentors (PHaMs) program

3

Hayley credits PHaMS for saving her life, noting that without it, she would not be alive today.

A 2016 study estimated that a 10% reduction in loneliness (based on a single item measure) could reduce mental health-related expenditure by around \$4.3 billion or \$216 per person, per year (converted to 2025 dollars). A 2017 study estimated the total cost associated with suicide and non-fatal suicide attempts in 2014 at \$9.2 billion (2025 dollars)

ECONOMIC EVALUATION CASE STUDY



The Housing Support Worker Mental Health NPAH Program

Dedicated public housing and linked support for people with significant mental health challenges

Total cost saving of \$118,246 per person per year (adjusted to 2025 dollars).

38.7% decrease in emergency, 44.4% decrease in hospital admissions, 60.7% decrease in psychiatric care, and 21.6% decrease in mental health services in the year after program entry

Linked WA health and public housing data

PSYCHOSOCIAL SUPPORT PROGRAMS OUTSIDE THE NDIS

1

The mapping of psychosocial support programs in Australia at an early stage. The Health Policy Analysis represents a good start. Further modelling required.

2

The Health Policy Analysis revealed **very high levels of unmet need** - 493,600 people nationally with unmet need; high levels of unmet need in state-based analyses.

3

Limited information on total expenditure on psychosocial support programs in Australia outside published budget estimates on the Commonwealth Psychosocial Support program. Very rough estimates suggest that psychosocial support expenditure represents a relatively small proportion of total mental health service expenditure with clinical supports dominating total expenditure.

STATE OF PLAY ON ECONOMIC EVALUATION

The HPA Report mapping exercise examined psychosocial support programs funded by the Australian Government or by state and territory governments, outside the NDIS and targeted at those with “diagnosed severe and moderate mental illness”

Of the 63 programs, only nine had published evaluation studies that included economic evidence. Of the nine economic evaluations attempted, only five were able to be completed. This is because many studies suffered from insufficient data.

Methods for estimating economic benefit and the cost of service provision are well developed but relatively small scale of programs and lack of dedicated resources and coordinated economic evaluation processes have limited the number of robust economic evaluations.

ECONOMIC EVALUATION CASE STUDY

Community Living Supports (CLS) and Housing and Accommodation Support Initiative (HASI)

Psychosocial support programs based in NSW that support people who have a severe mental illness so that they can live and participate in the community the way they want to. Support is tailored to consumers' unique goals and can include daily living activities, social inclusion, tenancy support, and access to services (e.g., referrals to clinical mental health services).

The average cost per consumer was \$44,838 (adjusted to December 2025 dollars)

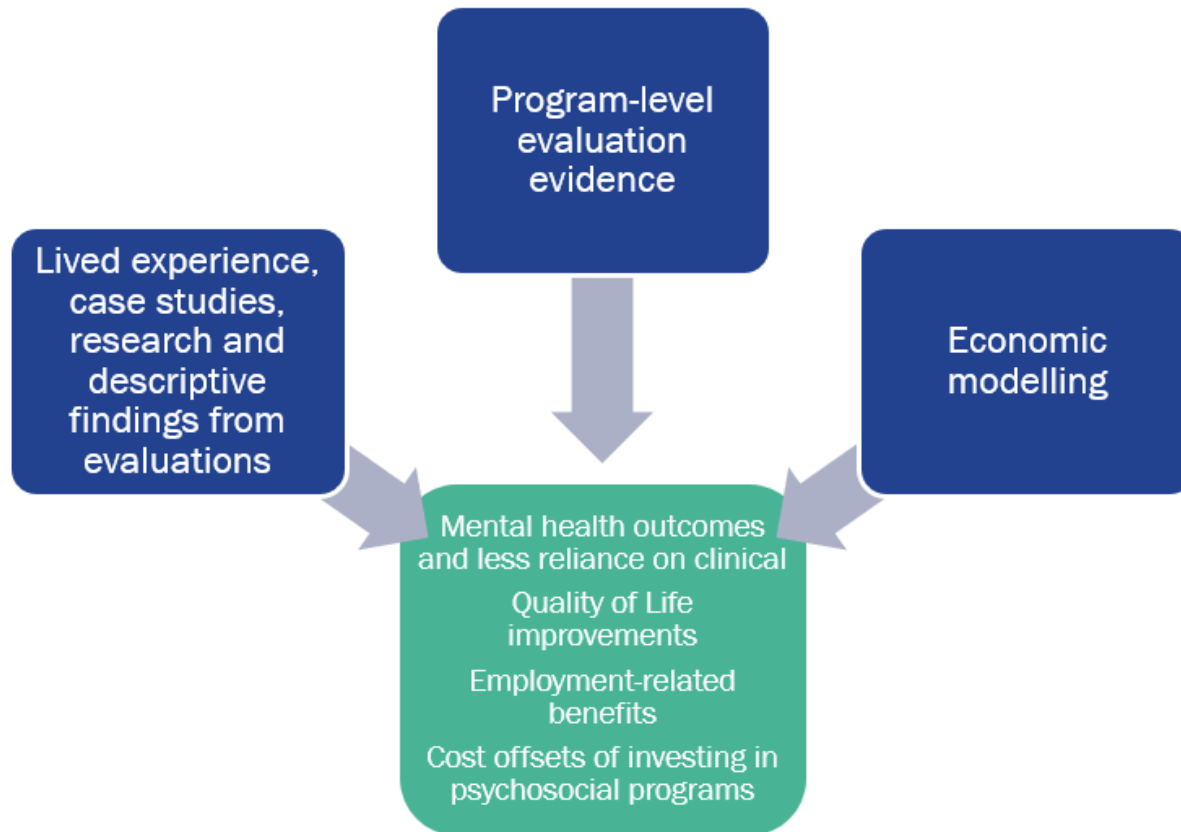
Cost offset of \$108,470 per person (adjusted to December 2025 dollars) and positive outcome of around 0.25 QALYs.

Reduction in justice service usage (e.g., new charges and community corrections orders); 74.0% decrease in hospitalisations, and 74.8% decrease in average days in hospital.

Government linked
Administrative Data sets.



FINDINGS



1. There is strong evidence (from a small but robust set of analyses) relating to the economic benefits of psychosocial supports and extended investment in psychosocial supports in Australia
2. Support for developing the maturity in the system around the mapping, measurement of expenditure on psychosocial support and evaluation of psychosocial support

FINDINGS



1. There is strong evidence (from a small but robust set of analyses) relating to the economic benefits of psychosocial supports and extended investment in psychosocial supports in Australia
 - Lived experience insights, Productivity Commission economic modelling of reforms; estimates of unmet need; existing strong economic evaluation findings
2. Support for developing the maturity in the system around the mapping, measurement of expenditure on psychosocial support and evaluation of psychosocial support
 - Develop further the modelling of the mapping psychosocial support and unmet demand and economic evaluations of psychosocial support programs
 - The absence of economic evaluations beyond a small set of robust evaluations may have the perverse impact of hindering investment in the provision of new or expanded programs and so we do call for joint Commonwealth and state and territory attention in this area

CONCLUSION

1

When people get the support they need that is empowering, that addresses their whole of life needs and enables them to meet their goals, not only does this reduce their reliance on clinical supports, but they can experience the benefits of a more productive and meaningful life.

2

There are significant personal, family and economic benefits of psychosocial supports. This together with high levels of unmet need provide an evidence base for extending investment in psychosocial supports in Australia.

3

There is a need to develop greater maturity in the information system surrounding psychosocial supports in respect of the mapping, measurement of expenditure on psychosocial support, and evaluation of psychosocial support.

Kerry Hawkins

CHIEF EXECUTIVE OFFICER



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Thank you



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