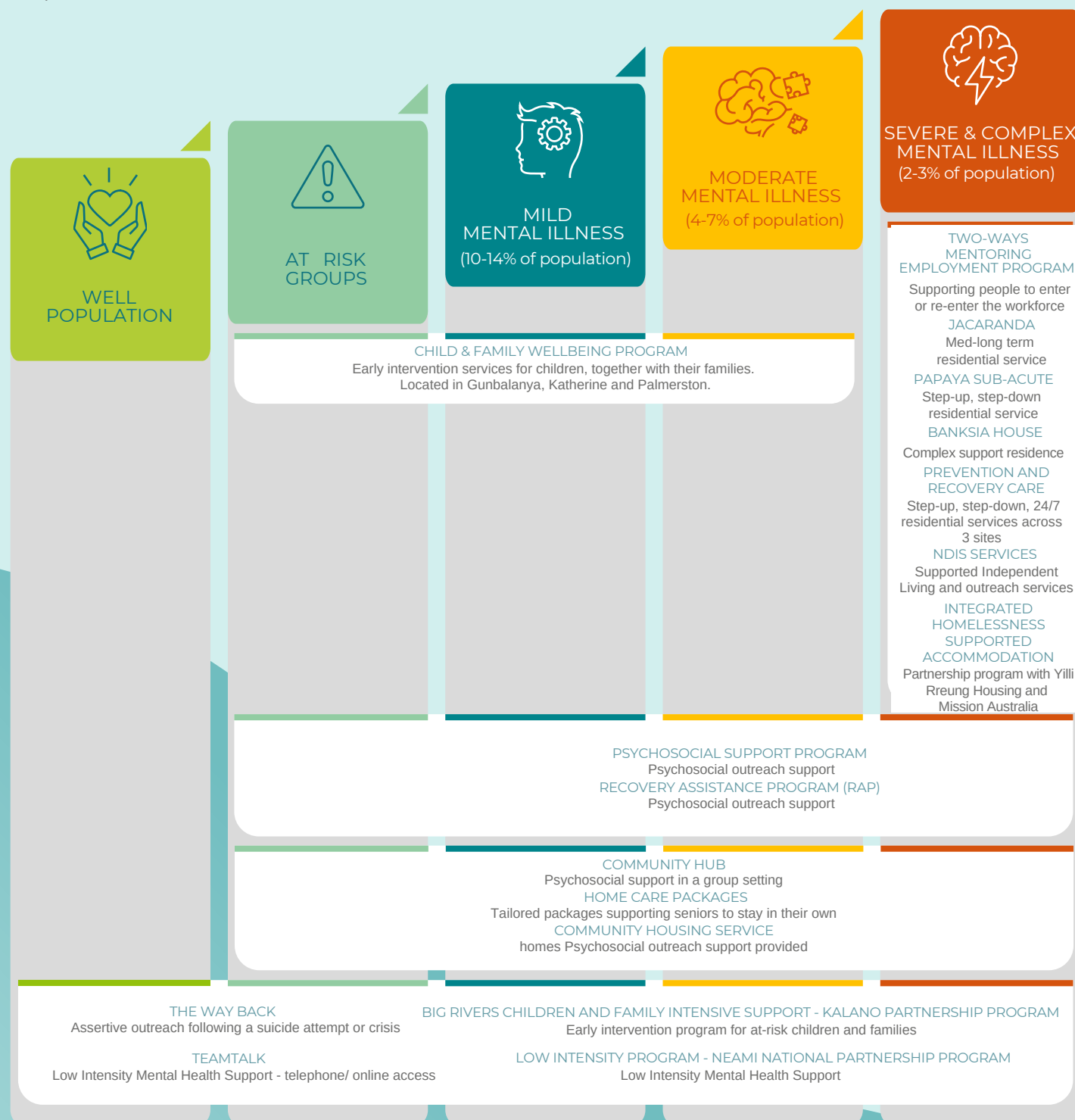


Overview of our services across the Top End

Our services are funded by:
Mental Health, Alcohol and Other Drugs Branch - Northern Territory Health
Department of Social Services
Northern Territory Primary Health Network
Department of the Chief Minister and Cabinet



Year in review 2021-2022

2021-2022 was another challenging year where, as a nation, we reported significant increase in mental ill-health, with services across the health sector increasingly stretched. More than ever, our role in delivering community mental health services across the Top End is critical to ensuring sustainable health outcomes for Territorians.

TeamHEALTH are committed to strengthening the community based mental health sector, to improve the quality, the access, and the timeliness of services to people that need them. With resources constantly stretched, it's our job to review what we are doing and ask, how can we do this better?

Expansion of Services

TeamHEALTH does not have a growth agenda - we have a vision to support people, so they don't fall through the cracks. This means supporting with a person-centred, community based approach. Our services have expanded extensively in the last year, due to the increased community need for mental health services.

Our psychosocial outreach support network now covers the Daly River region and Wadeye, with increased delivery capacity in Katherine and Gunbalanya.

Innovative, New Programs

Prevention and Recovery Care (PARC)

The first of its kind in the Territory, PARC is a 'step up, step down', 24/7 supported residential service. PARC integrates holistic psychosocial and clinical support for up to 28 days; using a recovery-based model of care.

Integrated Homelessness Supported Accommodation Program (IHSAP)

In collaboration with Yilli Rreung and Mission Australia, IHSAP utilises a recovery orientated residential service model based on holistic, psychosocial rehabilitation. TeamHEALTH provides specific mental health recovery support and individual case management to those in supported residences.

Resilient Children Mental Health Awareness Program (RC-MHAP)

RC-MHAP is a program for children (aged 8-12) developed by and delivered in collaboration with Mind Blank Ltd. Across 10 sessions participants will engage in theatre-based arts to build resilience skills and understand mental health and help seeking. This is prevention in action.

Children and Family Intensive Support (CaFIS) Program

In partnership with Kalano Community Association, we are providing early intervention support to families living in the Big Rivers region through the CaFIS Program. The aim of this program is to re-empower families and their surrounding community, by building on their strengths and resources to care for, and keep children safe.

Here to Listen

TeamTALK continues to be an essential support for Territorians post-COVID-19 lockdowns. In recognition of this ongoing need, going forward, the NT PHN are funding the service as a Low Intensity Mental Health Service, for people experiencing mild mental illness. There is a shortage of services like this in the Territory, so we are excited to support people with maintaining their mental health and reducing the need to access primary health services.

Our Team and Board

Our success across the last year is a direct reflection of our Board and staff team, now at over 180 people. And of course, it is the participants that put their trust in TeamHEALTH, often at their most vulnerable, that is the cornerstone of all outcomes.

Our team is made up of a diverse group, and we celebrate their unique contributions. Approximately 25% of people identify as having a lived experience - this expertise is critical to our success in supporting people in their mental health journeys and navigating the complex mental health system.

Our First Nations team members represent 15% of our workforce, with 42% of our workforce coming from a culturally and linguistically diverse background. Our cultural leadership programs ensure culturally safe development opportunities for our diverse team.

Reconciliation Action Plan and Strategic Plan

Our strategic plan is due for renewal next year - we are currently conducting internal and external reviews to inform our strategic direction for the next three years. Where we focus our efforts an organisation must reflect the needs of our community.

Our Board have instigated a review, and now development of our Reconciliation Action Plan. This work is being led by our Deputy Chair Kim Hill, with representation from First Nations team members working across the Northern Territory. We are excited to finalise the new plan this year and commence putting into action our renewed cultural safety and security practices. There is always more to learn here, and we are committed.

If you, or anyone you care about, requires mental health support call TeamHEALTH on 1800 832 600 or visit teamhealth.asn.au

2021-22 KEY OUTCOMES

Supporting your mental health journey.



175 staff

working across Darwin, Palmerston, Katherine, Gunbalanya, Maningrida, Wadeye, and Daly River.

20% growth across our team in the last year

15% of staff are developing in our Emerging Leaders Program



3,974 core training hours including 12% growth, year-on-year

- 1,056 hours Trauma Informed Practice
- 783 hours Outcome Star
- 1,056 hours Other Mental Health training
- 290 hours ASIST

People and Development



This year, we've spent over

261,664 hours

helping individuals on their mental health journeys

10% growth, year-on-year

Across the Top End, we have supported

5,276 participants this year which, as a result, saw our capacity to support people grow by 67% IN ONE YEAR



Snapshot of how we support people on their mental health journey in 2021-22

135 People received intensive support following a suicide attempt or crisis	162 People received tailored services that allowed them to remain living at home as seniors	1,015 People were supported into stable accommodation
540 Received ongoing mental health support from home or chosen location	262 People received holistic support in a residential setting to recover from acute or severe mental illness	5,345 Support sessions were provided for COVID related or low intensity distress
138 Achieved their NDIS goals	1,453 Children received early intervention support to help keep families thriving	3,448 Participated in tailored mental health or family action plans to orientate and map their recovery journey

Participant outcomes

Participant Demographics



Identify as First Nations



Identify as culturally and linguistically diverse

51% Identify as men
45% Identify as women
4% Identify as gender-diverse



child & adolescent 0-17 1,325



Adults 18-65 3,646



Seniors 65+ 305