

YEAR IN REVIEW

2018–2019



Supporting your mental health journey

TeamHEALTH's commitment and dedication to supporting Territorians with a balance of supportive and preventative services continues to demonstrate our vision for all people to lead a full and valued life. We are proud of our achievements over the last year and are excited for the year ahead.

A significant milestone was achieved during the year with the completed construction of TeamHEALTH's first purpose built, 16 bed supported living residence. Planning for Top End House Project has been underway since 2015 and through the support of the Australian Government's Building Better Regions Fund and the Northern Territory Government, we were able to make our vision a reality.

This new residential accommodation features shared living for ten people with 24-hour support and six one-bedroom units to assist people with their goal of living independently in the community. This new residence will play an important role in reducing waiting lists and providing high quality supported shared living to facilitate the wellbeing of people experiencing mental illness.

Our experience of over 30 years in supporting Territorians through their mental health journeys is only possible with the support of dedicated staff. Our staff are passionate and skilled in supporting participants to be empowered in the planning, goal setting and decision making of their own recovery journeys.

In 2018, TeamHEALTH was awarded the Excellence in Mental Health Workplace Award through the Northern Territory Mental Health Week Awards. This Award recognises our commitment to ensuring that we actively create a positive work experience for all staff and support them in their own mental health and wellbeing in the workplace.

Significant work and support has been provided throughout the year to help participants test their eligibility for the National Disability Insurance Scheme (NDIS). As the funding landscape for mental health supports change, the ability to secure an NDIS package for participants provides certainty in being able to access, and have choice and control over, the supports they wish to access.

The ability to ensure that TeamHEALTH continues to meet high level service standards and maintain its external accreditation is essential. During the year a new system (LOGIQC) commenced implementation across the organisation to provide structure and consistency in recording information key to quality, compliance and governance requirements.

TeamHEALTH continue to maximise on opportunities for mental health promotion, education and prevention across the Territory through involvement in community events, workshops and the delivery of accredited or tailored mental health training. We are committed to raising awareness and mental health literacy to build the capacity of individuals and communities to improve outcomes associated with mental illness and its effect in our communities.

We would like to acknowledge the significant level of effort made by our staff in supporting many vulnerable people through a period of significant change to funding and how supports are delivered. With much pride and excitement, we look forward to the opportunities to improve on our work and continuing support to Territorians in their mental health.

Markus Spazzapan
Chair, TeamHEALTH Board

For a visual highlight of 2018–2019 go to our Home page at teamhealth.asn.au and view under latest videos.



2018–2019 Key Outcomes

To view our financial statements visit teamhealth.asn.au



HR



78 staff
make up our team
at TeamHEALTH

The average service
of our staff is
2.4 years



Staff were provided an average
of 30.3 hours training



Over 55%
of TeamHEALTH
staff are trained
as Mental Health
First Aiders

ADULT SUPPORTS

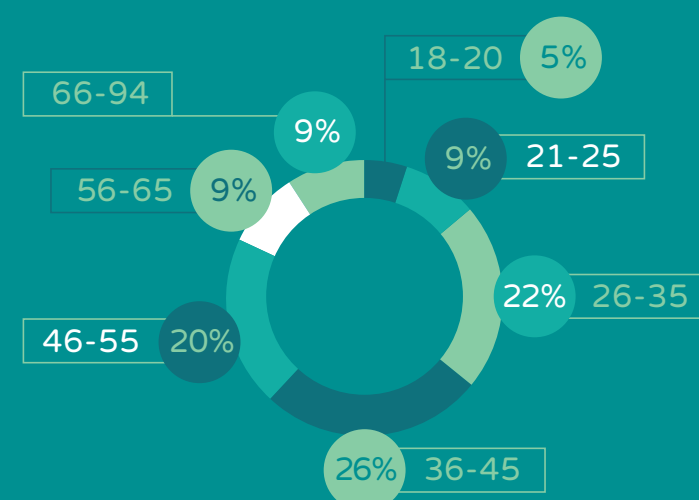
Provided Housing to 48 people



Supported 423 people across

- ✓ Outreach
- ✓ Centre-Based
- ✓ In Home
- ✓ Residential Supports and
- ✓ Support Coordination settings

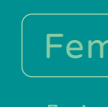
Age Distribution



Gender



Male 55%



Female 44%



Gender Diverse 1%

Cultural

45%
Aboriginal and
Torres Strait Islander

15%
Culturally and
Linguistically Diverse



Our vision:
'That all people
lead a full and
valued life.'

PARTICIPANTS

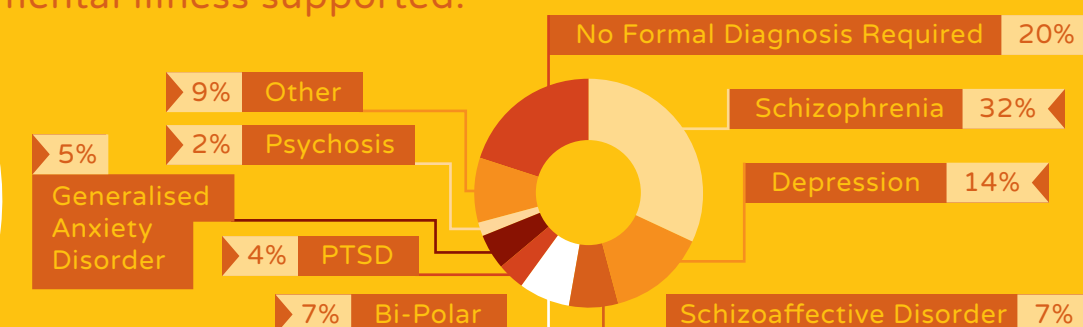


Across the Top End, we
have supported a total of
867 people
this year

We supported
46 people
to test their
eligibility
for NDIS



Distribution of diagnosed
mental illness supported:



CHILD AND FAMILY SUPPORTS

Supported 444 people across

- ✓ long term early intervention support
- ✓ short term assistance
- ✓ community development and
- ✓ education activities

Distribution



Children 194

116

Parents/Carers



Group Support

134

Over 145
people trained
in Mental
Health First Aid



Gender



Male 41%



Female 59%

Cultural

59%
Aboriginal and
Torres Strait Islander

23%
Culturally and
Linguistically Diverse



If you, or anyone you care about, requires mental health support call TeamHEALTH on 1300 780 081 or visit teamhealth.asn.au

FUTURE GOALS

In 2019–2020 TeamHEALTH will continue to explore and develop new approaches that provide the best supports to Territorians on their mental health journeys.

Our key areas of focus will include:

- >> Expand our presence in rural and remote communities by working in partnership to strengthen the range of supports that lead to recovery, social and emotional wellbeing and physical health for participants.
- >> Work alongside our participants in their recovery ensuring that we capture and evaluate outcomes to drive continuous improvement for individuals, families and communities.
- >> Expand property options that support participants at the various stages of recovery into affordable, safe and secure housing, providing choice and control and opportunities to live a meaningful life in Community.
- >> Provide a range of community mental health programs, including NDIS supports, that empower participants in their recovery journey and develop community capacity for good mental health outcomes.

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