

Rachel Stephen-Smith MLA

Minister for Health

Minister for Mental Health

Minister for Finance

Minister for the Public Service

Member for Kurrajong

RESPONSE TO QUESTION ON NOTICE

Questions on Notice Paper No 6

9 MAY 2025

Question No. 384

MS LEANNE CASTLEY MLA: To ask the Minister for Mental Health

- 1) In relation to plans to introduce the KiVa mental health program in the ACT which has been successful in other jurisdictions in improving mental health outcomes for young people, including reducing rates of suicide and self-harm, what programs are currently in place which specifically target youth mental health, and the prevention of bullying, self-harm, suicide, and other related matters.
- 2) What are the current costings and budgets for such programs.
- 3) What have been the outcomes of such programs in affecting youth mental health positively.
- 4) Would the Government consider approving the administration of the KiVa anti-bullying program, to be administered by Canberra Police Community Youth Club, if amenable within the current mental health framework.

RACHEL STEPHEN-SMITH MLA - The answer to the Member's question is as follows:

- 1) While the ACT Health Directorate (ACTHD) is not aware of any approach to introduce the KiVa anti-bullying program for schools in the ACT, there are a range of school based mental health programs to support the mental health and wellbeing of young people.

These include nationally funded programs such as the "Be You" program offered by Beyond Blue and programs funded by the ACT Government, such as services provided by Mental Illness Education ACT (MIEACT), including the Youth Aware of Mental Health (YAM) program.

There are also a range of Child and Adolescent Mental Health Services (CAMHS) which specifically target youth mental health and the prevention of self-harm, suicide and other related matters for young people residing in the ACT. These services include:

- a. Community Mental Health Teams
- b. Adolescent Mobile Outreach Service (AMOS)
- c. Specialist Youth Mental Health Outreach (SYMHO)
- d. Cottage Day Program (CDP)
- e. Dialectical Behaviour Therapy Program (DBT)
- f. Childhood Early Intervention Program (CEIP)
- g. Adolescent Day Program (ADP)
- h. Hospital Liaison Team (HLT)
- i. Adolescent Intensive Home Treatment Team (AIHTT)
- j. CAMHS Adolescent Unit (CAU)

- 2) In 2024-25, ACTHD has provided \$390,000 (GST exclusive) to MIEACT for the provision of YAM, which is an evidence-based program developed to promote mental health and address suicidal behaviour in young people in Year 9.

In 2024-25, ACTHD is also providing \$826,128 (GST exclusive) to MIEACT for the delivery of various mental health education and promotion programs. This funding covers courses for primary and secondary school groups around understanding and addressing stress, anxiety, bullying, depression and stigma across schools. It also provides similar education programs to workplaces and community groups.

The 2024-25 budget breakdown for the CAMHS services listed in the response to Q1 (excluding medical and management staff) is shown in the below table:

Service	2024-25 Budget
CAMHS Community Teams	\$3,142,225
CAMHS AMOS	\$857,516
CAMHS SYMHO	\$1,470,593
CAMHS CDP, DBT and CEIP	\$1,972,028
CAMHS ADP, HLT and AIHTT	\$3,325,219
CAMHS CAU	\$3,402,832

- 3) MIEACT's programs in schools have been very effective at supporting the mental health of children and young people in the ACT. In the latest performance reporting period for July to December 2024, YAM received a 100 per cent satisfaction rate with the information and level of communication provided through the program. Over the same reporting period, MIEACT's other child and youth education programs received a 98 per cent satisfaction rating.

The Education Directorate directly employs allied health professionals and registered psychologists who provide specialised skills and perspectives aligned to their professional scope of practice. These professionals work directly and indirectly with students, teachers and the school community at the universal, selected and targeted levels to support students learning, participation, mental health and wellbeing. In addition, Applied Suicide Intervention Skills Training (ASIST) is delivered by the Education Directorate’s clinicians to school-based staff and central teams who provide day-to-day support for students.

Evidence-based programs such as those delivered by Be You and MIEACT, supplement the prevention and early intervention work that is being delivered by the Education Directorate’s school-based clinicians and centralised service offerings.

Outcomes for CAMHS clients are generally captured at the individual level rather than provided in aggregate data. For example, the Health of the Nation Outcome Scales for Children and Adolescents (HoNOSCA) is one measure which is used to assess for changes in an individual client’s functioning across a number of health and social domains.

- 4) To commission mental health services under the principles of probity, programs like KiVa and their administrators may apply through a tender process for a grant. For example, such grants could be achieved through the ACT Mental Health Commissioning process. As a school-based program, administrators of KiVa may also apply for funding through the Education Directorate’s grant processes.

Approved for circulation to the Member and incorporation into Hansard.



**Rachel Stephen-Smith MLA
Minister for Mental Health**

Date: 22/6/25

This response required 8hrs 15mins to complete, at an approximate cost of \$817.02.