Reaching Vulnerable Groups through Primary Mental Health Care
Our Region

- The Hills Shire: 183,563
- Blacktown: 325,185
- Parramatta: 184,622
- Holroyd: 108,889
- Auburn: 83,367
Diversity

- Population total - 906,605 (ABS 2014)
- Aboriginal and Torres Strait Islanders – 11,496 or 1.4% of WS population – largest urban Indigenous population in Australia
- 35% of the population comes from a Culturally and Linguistically Diverse background (primarily non English speaking) with a large proportion of people newly arrived in Australia – may have language barriers, problems with health literacy, absences of family support, financial stress and low social status.
- SEIFA Index of Relative Social Disadvantage ranges from 870 to 1105
Primary Mental Health Care

- Previously ATAPS – now discontinued by DOH
- Under Flexible Mental Health funding priority 3 is providing psychological support to vulnerable and hard to reach groups
- Primary Mental Health Care (PMHC) will operate in a similar fashion to ATAPS
- Vulnerable groups in western Sydney include:
  - Financially disadvantaged
  - Culturally and linguistically diverse
  - Refugees and asylum seekers
  - Perinatal
  - Elderly
  - LGBTIQ
  - Aboriginal and Torres Strait Islander People – Priority group 5
  - Children and Youth – Priority group 2
PMHC – Our providers

- 110 registered Mental Health professionals working across the region
- Offering a range of specialities and working with different vulnerable groups and in different languages
# Services provided Year to Date

<table>
<thead>
<tr>
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<th>Figures YTD</th>
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<tbody>
<tr>
<td>Number of sessions provided</td>
<td>18,198</td>
</tr>
<tr>
<td>Number of individual clients</td>
<td>2,464</td>
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<tr>
<td>Speak a language other than English at home</td>
<td>201</td>
</tr>
<tr>
<td>Nil or very limited English</td>
<td>31</td>
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<tr>
<td>Top 10 Suburbs by Client Location</td>
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<td>----------------------------------</td>
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<tr>
<td>Mt Druitt</td>
<td>269</td>
</tr>
<tr>
<td>Blacktown</td>
<td>143</td>
</tr>
<tr>
<td>Seven Hills</td>
<td>73</td>
</tr>
<tr>
<td>Greystanes</td>
<td>71</td>
</tr>
<tr>
<td>Plumpton</td>
<td>60</td>
</tr>
<tr>
<td>Holroyd</td>
<td>53</td>
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<tr>
<td>Doonside</td>
<td>52</td>
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<tr>
<td>Quakers Hills</td>
<td>49</td>
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<tr>
<td>Rouse Hill</td>
<td>45</td>
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<td>Merrylands</td>
<td>45</td>
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What are the challenges of working with this diverse population?
Michael C. Adamantidis
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Client Ratios

Pro bono, 1.7%
Private, 2.5%
Medicare, 66.9%
(McCare, 1%)
Private, 2.5%
Pro bono, 1.7%
Medicare, 66.9%
(McCare, 1%)
**Presenting Issues**

- Behavioural Issues: 26.6%
- Depression & Anxiety: 24.2%
- Child/Adolescent Anxiety: 18.0%
- Family/Relational Issues: 8.2%
- PTSD: 7.8%
- Depression: 6.6%
- Anxiety: 3.3%
- ASD: 2.9%
- Intellectual Disability: 1.2%
- Psychotic Disorders: 0.8%
- AOD: 0.4%
Age Groups Ratios

- **Child (0-12)**: 34.4%
- **Young Person (12-24)**: 26.6%
- **Adult (24+)**: 38.9%
Thank You 😊