

MCHART NEWSLETTER

ISSUE 2 | JULY 2024

A LOCAL NAVIGATION TOOL FOR MENTAL HEALTHCARE

Welcome



Welcome to the second edition of the MChart Newsletter

Care navigation is a mental health care priority. A usable and accurate system for navigating the fragmented and increasingly complex mental healthcare system is urgently needed. In February 2024, the Department of Health and Aged Care announced funding for a national framework for digital navigation of Australia's mental health service system for help-seekers. MChart will compliment this development. It is the first mental healthcare navigation tool for planners and professionals and is being piloted in the ACT. The co-design strategy and collaboration with different stakeholders will produce a version for testing in September 2024.

Professor Luis Salvador-Carulla
Co-Deputy Director
University of Canberra Health
Research Institute
Head, Mental Health Policy Unit
Project Lead, MChart Project



WHAT IS MCHART ABOUT?

The mental healthcare system is complex and fragmented, making navigation of mental healthcare services difficult for planners, professionals and users of services.

The aim of the MChart project is to develop, test and implement a digital tool to map mental health services, making it easier for healthcare planners and professionals to navigate.

Funded by the Digital Health Cooperative Research Centre (DHCRC), MChart involves the University of Canberra Health Research Institute (HRI), the Office of Mental Health and Wellbeing at ACT Health, Capital Health Network, Swinburne University of Technology, Psicos Research Association, and Bupa. The project is creating a user-friendly tool to help professionals and planners navigate the mental health care system in the ACT.

MCHART PROJECT UPDATES 2024

Activities	Progress
Project team meetings	The MChart project team meets weekly.
Stakeholder meetings	In 2024, the MChart team has had 9 meetings with 57 stakeholders from government, PHNs, and community organisations to discuss the project.
Expert panels	Expert panels have met 6 times to provide input into the MChart design.
Atlas Data Collection	Planning is underway for the next phase of service availability data collection which will commence in August.
Presentation of 2023 Atlas findings & workshop	The study team conducted a workshop with 24 mental health service providers in the ACT on the findings of the 2023 Atlas of mental health care.
Reporting	Two quarterly reports have been submitted to Digital Health CRC outlining progress of the project.



“We look forward to continuing this journey, marked by a shared passion for discovery and a commitment to making a difference in the world of data-driven health research.”

A/Prof Amir Aryani

Head of the Social Data Analytics team, Centre for Transformative Innovation

Swinburne University of Technology

Presentation of Atlas findings and workshop

An event to present the MChart 2023 Atlas was held on 3 Apr 2024 at the National Museum of Australia. The workshop presented findings from the 2023 Atlas which mapped mental health services in the ACT, and included interactive workshop sessions on the issues facing people needing to access mental healthcare and sought input into additional data to be collected in the 2024 mapping of services.

Participants from 24 mental health providers in the ACT participated from consumer organisations, local government, community mental health services, ACTs Primary Health Network, and academia.

In the workshop asking what is needed in a digital mental health navigation tool, respondents stated:

- *‘inclusion of safety and quality standards’*
- *‘need to see the connections between services’*
- *‘consumers value information about availability and wait times’*
- *‘provide enough information about services so that people can choose appropriate services’*
- *‘acuity filter so that we can find services for people with mild and moderate need’*

The MChart team listened to the feedback and will incorporate these suggestions, where possible, into the navigation tool.

Once implemented and tested in the ACT, the MChart digital mental health navigation platform can be scaled up and adopted on a national level for a range of health care

MCHART PROJECT TEAM

Professor Luis Salvador-Carulla is Co-Deputy Director of the University of Canberra Health Research Institute and Head of the Mental Health Policy Unit, University of Canberra. His main field of interest is decision support tools for the analysis of complex health systems and policy in public health with a special focus on mental health, ageing, disability and intellectual developmental disorders.



Dr Hossein Tabatabaei Jafari is a Research Fellow at the Health Research Institute, University of Canberra. His interests include research on mental health and neurological diseases, analysis and visualization of mental health and neurological diseases, and service patterns in health care ecosystems.



Professor Rachel Davey is the Director of the Health Research Institute, University of Canberra and her research interests focus on policy-relevant research in areas related to physical activity for health and wellbeing and on the design, delivery and evaluation of complex public health interventions.



Dr Cindy Woods is a Research Fellow at the Health Research Institute, University of Canberra. Her research interests include implementation science and evaluation, public health, mental health and wellbeing, Indigenous health, and trauma and resilience.



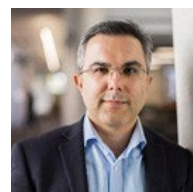
Associate Professor Nasser Bagheri is a spatial epidemiologist at University of Canberra and his research focuses on health care ecosystem and chronic diseases risk assessment, particularly, mental health, cardiovascular disease (CVD), diabetes, dementia, and Multiple Sclerosis.



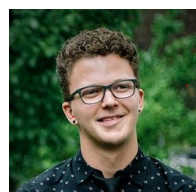
Dr Jane Koerner is a Project Manager at the Health Research Institute, University of Canberra. Her research focuses on health service evaluation, and she provides high level support for the project.



Professor Amir Aryani is the Head of the Social Data Analytics (SoDA) Lab in the Social Innovation Research Institute, Swinburne University. His research focuses on applying contemporary and emerging co-op data analytics techniques to provide insight into health and social problems.



Mr Jonathan Ward is the Business and Project Manager at Health Research Institute, University of Canberra. He supports the budget and reporting for MCHART.



Dr Mary-Anne Furst is a Research Fellow at the Health Research Institute, University of Canberra. Her interests include mental health service delivery systems, in particular mental health ecosystems research. She is also a Registered Nurse with a background in both mental health and general nursing.



Ms Greeshma (Anu) Sunil is the Administration Officer for Health Research Institute, University of Canberra. She provides administration support for the project.



CONTACT US

If you would like to discuss any information in this newsletter or would like further information about the MChart project, please contact:

Project Manager	Dr Jane Koerner jane.koerner@canberra.edu.au Jane manages the day to day running of the project
Project Lead Researcher	Professor Luis Salvador-Carulla luis.salvador-carulla@canberra.edu.au Luis is the project leader
Administration	Greeshma (Anu) Sunil greeshma.sunil@canberra.edu.au Anu does the day-to-day administration of the project

Further information about the project can be found here

<https://www.canberra.edu.au/research/centres/hri/research-projects/mchart>

HELPING OTHERS TIP

Helping others and providing support can make a difference for someone who is having problems and going through a tough time

If you think someone you care about might be having problems, try talking to them about your concerns. They may also need your support while they look for professional help. It is also important to look after yourself too.

<https://www.thinkmentalhealthwa.com.au/supporting-others-mental-health/how-to-help/>

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OUR PARTNERS

This collaborative research involves investigators and partnerships from many universities and health services organisations, including:

