

Comparing the Mental Health Care Policies and Economic Effects in Australia and the United States: Implementing the “headspace” Centre Model

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INTRODUCTION

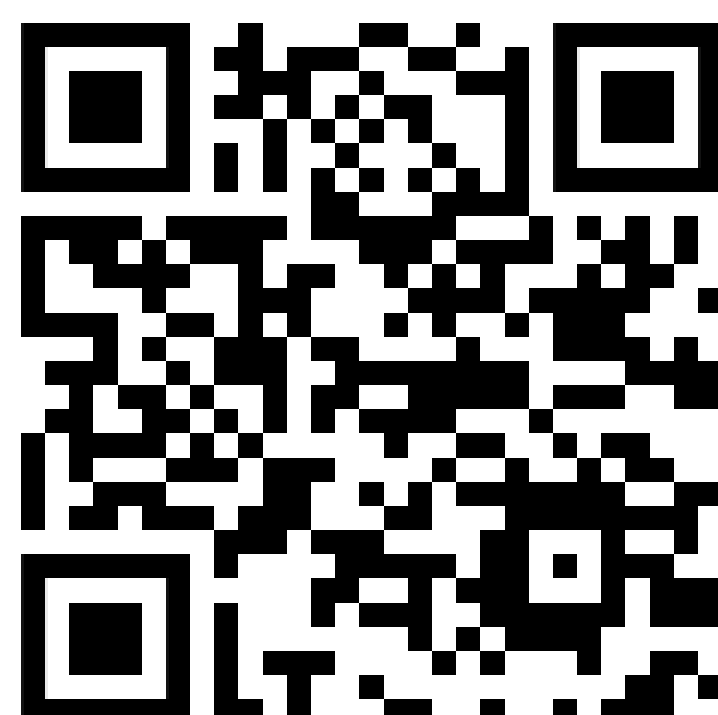
- Mental Health America’s 2022 report says that over half of adults with a mental illness do not receive treatment
- Australia’s “headspace” Centre Model for tackling mental health in with good signs of success.

QUESTIONS & HYPOTHESIS

- What is being done to alleviate mental health problems in the US?
- What elements have made the headspace model successful?
- Adopting practices from the headspace model for early intervention for youth could lead to significant improvement in mental health services for adults

METHODS

1. Summarize the state of mental health care in the U.S. to represent a baseline
2. Develop a schematic diagram to represent a theoretical model for mental health services and identify the ‘essential elements of a functional system.
3. Review the basic premise of headspace in Australia and select other countries where the model is being replicated
4. Conduct interviews of headspace administrators and stakeholders



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Implementing a New Model in the U.S. for Adults

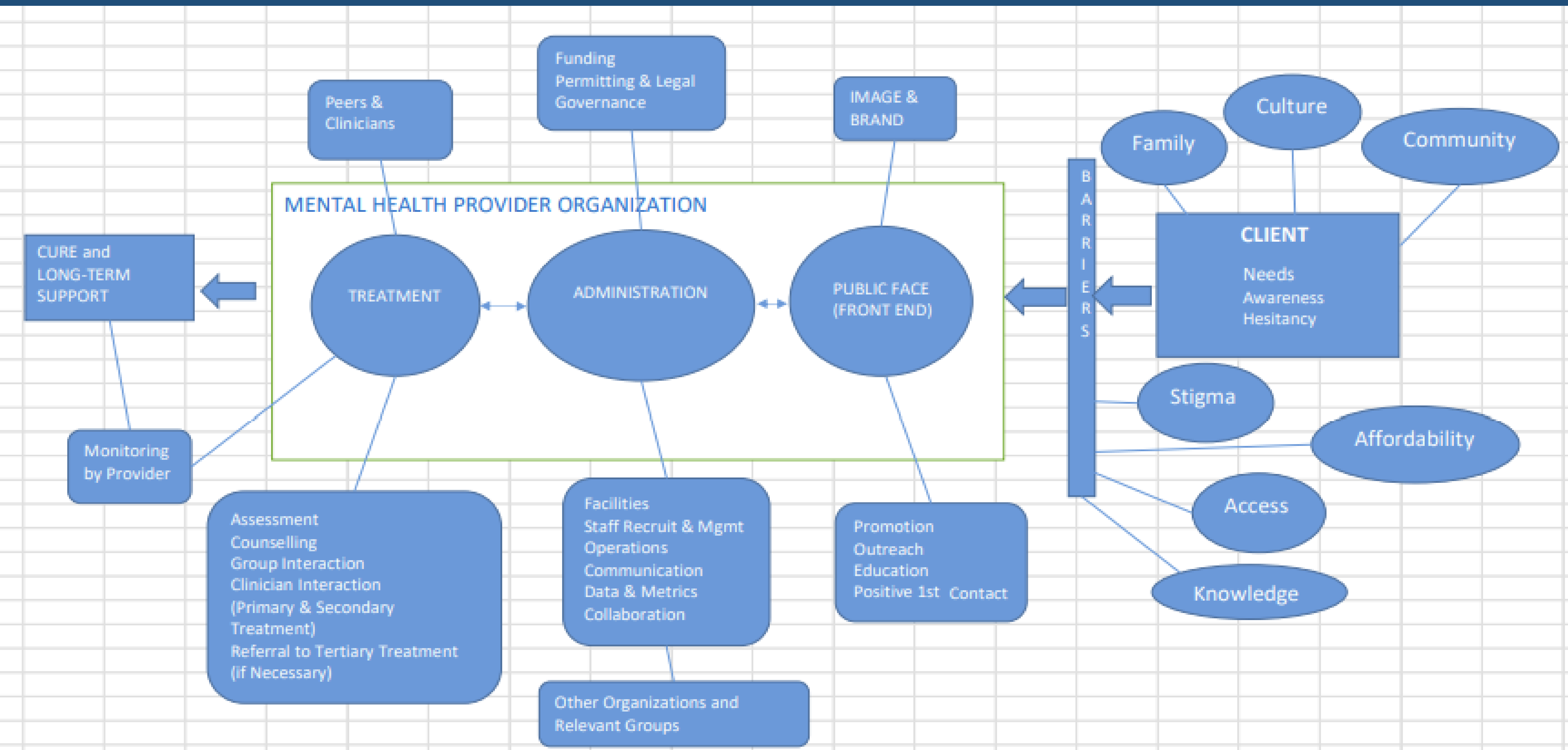
Conduct a feasibility study

Single point of entry “one-stop shop”

Separate organization and brand for adult care.

Redistribution of investments to existing organizations

Insurance organizations expand their eligibility policies



FINDINGS FROM INTERVIEWS & DISCUSSION

What Has Worked for headspace in Australia

- Main funding through governmental support across all political parties
- Focus on proactive early intervention
- “One-stop shop” provides services beyond mental health (sexual health, alcohol/drug intervention, study support)
- Strong public image and a trusted brand that is recognized nationwide
- There is good balance between the national body providing oversight, and the individual service centers
- This structure allows **growth and expansion to occur with maximal efficiency and minimal risk of losing sight of the original mission**

How could headspace be Improved

- Increasing employee retention.
- Reach more diverse populations
- Set up clinics in diverse suburbs, and rural areas, and expand telehealth
- Hire clinicians from diverse backgrounds who speak different languages

Overall Keys to a Successful Mental Health Care Model

- National brand recognition
- “One-stop” shop
- National central body governs individual service centers (that still have autonomy)
- Affordability
- Cater to diverse populations and reduce stigma