



**PROSPECTUS**  
2021-2023



Reimagining and transforming regional mental healthcare



# CHIME – Change to Improve Mental Health Translational Research Partnership

CHIME is a collaboration between Barwon Health and Deakin University focussed on supporting co-designed translational research in service innovation and novel therapies. CHIME's vision is to support delivery of improved mental health and wellbeing outcomes and experiences, support system transformation and drive continuous improvement in treatment, care and support for people experiencing mental illness and psychological distress. Located in regional Victoria, CHIME has a particular focus on rural and regional communities.

## The Challenge

The recent Royal Commission into Victoria's Mental Health System concluded that, despite the goodwill and hard work of many people working in the mental healthcare system, the system does not meet the expectations of the people who need it, nor the broader community. Victorians in rural and regional areas face additional challenges addressing poor mental health, among them higher levels of stigma and greater difficulty accessing services.

The Royal Commission's recommendations set out a 10-year vision for a transformed system, seeking to rebuild it from the ground up.

The Commonwealth Productivity Commission's Mental Health Inquiry identified benefits that will be produced from reform of the mental healthcare system Australia wide. These include improvements in people's quality of life, valued at up to \$18 billion annually, as well as up to \$1.3 billion annually due to increased economic participation. About 90% of the anticipated benefits (approximately \$17 billion) can be achieved by adopting priority reforms.

Implementation of reforms arising from both Commissions will be complex, requiring immediate and urgent response, but also a long-term commitment to transform the system through continuous, incremental change.

CHIME will enable individual, social and economic gains from these reforms to be realised through an immediate uplift in translational research to deliver rapid and continuous improvements in community and clinical mental healthcare. It will also reset the foundations for an agile translational research ecosystem.

Barwon Health and Deakin University believe that a better mental healthcare system is achievable. Starting right now, CHIME is working together with the community and stakeholders to restore hope, and to reimagine a system that will deliver the quality of care that enables people who have experienced mental illness to live their best lives.

Bringing people with a lived experience of mental illness, their families, carers and supporters, the mental healthcare workforce and researchers together in a sustained collaboration, CHIME will reimagine, transform and champion continuous improvement in mental healthcare for rural and regional Victorians.



## Case study: KEEP CALM AND CARRY ON

CALM is a group-based, telehealth program designed and developed by Deakin's Food and Mood Centre, to support positive lifestyle changes to improve mental health for adults who are experiencing psychological distress.

An MRFF funded clinical trial, led by A/Prof Adrienne O'Neil (Director of Deakin's Heart and Mind Research and Deputy Director of the Food and Mood Centre), is evaluating the health impacts and the cost-effectiveness of this new program, against established psychotherapy programs. The study is making a valuable contribution to the evidence base for the use of diet and exercise in treatments for mental health conditions.

Through the CHIME Partnership, exciting new evidence-based lifestyle therapies such as the CALM program will be able to be directly implemented into Barwon Health's clinical services and healthcare practitioners across the region will be able rapidly translate the findings into their own services.

Ultimately, the study will inform the translation of lifestyle-based care into routine mental healthcare across Victoria and nationally.

## CHIME Vision: Creating value through a Listening and Learning Mental Healthcare System

A reimagined mental healthcare system requires putting consumer voices at the centre of everything we do. This means engaging people with lived experience to work in true and meaningful partnership with clinicians, researchers and policy makers in the design, delivery and evaluation of treatments and services, supported by an enhanced evidence-base and continuous learning. This is what CHIME calls a 'Listening and Learning Mental Healthcare System'.

CHIME aims to generate an evidence-base for better care and create a dynamic ecosystem in which novel treatments and services can be designed, trialed and evaluated.

CHIME is accelerating and building upon the excellent research projects already underway between Barwon Health and Deakin University in the priority areas of: service delivery innovation, novel therapies and the design of mental healthcare facilities that support recovery and healing (see case study in biophilic design for mental health facilities below).

CHIME will also build longer term capacity in research and innovation across three enabling platforms:

1. A co-creation platform that will support genuine and meaningful collaboration between people with lived experience, researchers and clinicians, built on global best-practice;
2. A research-engaged and diverse mental healthcare and lived experience workforce that is empowered to implement evidence-based reforms;
3. System-wide digital and data insights, generating personalised care and innovations in preventative health, novel therapies, services and products, and supporting clinical and adaptive trials that will test these innovations.

## Case Study: SETTING FOUNDATIONS FOR A REGIONAL LISTENING AND LEARNING MENTAL HEALTHCARE SYSTEM

CHIME has recently received support from the Western Alliance for a flagship project to start to build our regional Listening and Learning Mental Healthcare System, using innovative systems-based approaches, to co-create solutions to improve mental healthcare services in the Barwon-Southwest region.

Led by Professor Anna Peeters, Director of Deakin's Institute for Health Transformation, the project will work together with those with lived experience, researchers, mental healthcare practitioners and local partners including the City of Greater Geelong, G21, Ballarat Health Services, South West Healthcare, Western Victoria PHN and Victorian Police. It will use Deakin's Systems-Thinking-in-Community-Knowledge-Exchange (STICK-E) platform to design, implement and test changes to services and practices, initially focused on acute-inpatient care. It will catalyse rapid translation of research into clinical practice to improve mental health outcomes in the region.

## THE BARWON REGION: An ideal innovation environment

The Barwon region spans one of Australia's major cities as well as regional centres and coastal and rural communities, with a distinctive mix of population, social and geographic diversity. It has previously been recognised by the Victorian and Australian governments as a place where innovation can support significant change to act as a guide for the rest of Australia.

With the combined resources of one of Australia's largest and most successful regional Universities, Deakin University and Barwon Health's integrated mental health services (from community care through to acute specialist services), CHIME will leverage the unique characteristics of the Barwon region, working in trusted partnership with primary care and other services, to investigate, model and translate mental health research to continuously improve mental healthcare for regional communities. Within this unique environment, CHIME will create a regional Listening and Learning Mental Healthcare System.

CHIME's innovation will be powered by Deakin's capability in healthcare systems thinking, world-leading systems tools and digital capabilities in machine learning and AI. Another key advantage is the close collaborations already established by Barwon Health and Deakin with communities and stakeholders in the region. CHIME will build on these deep and enduring connections to deliver further value to people in the Barwon region.

CHIME will enable the Barwon region to become an employer of choice in mental health and alcohol and other drugs (AOD) services, research and innovation and to attract and retain clinical staff, a lived experience workforce and research capability in mental health.

CHIME will partner and share learnings with the Mental Health and Wellbeing Commission, Government agencies, and other healthcare services and researchers worldwide, with opportunities to scale across rural and regional Victoria and nationally.



## Case study: CREATING HEALTHY PLACES THROUGH BIOPHILIC DESIGN RESEARCH

Biophilic design uses the concept of biophilia: that humans hold a biological need for connection with nature on physical, mental, and social levels. Empirical evidence in research has shown exposure to biophilic designed elements supports psychological and physiological health and wellbeing, whereas badly designed spaces can have a direct negative impact on our mental health and wellbeing and can cause an increase in stress levels, anxiety, lack of concentration, tension, anger, fatigue, confusion and total mood disturbance.

Supported by a consumer and carer co-design model, Dr Phillip Roös, Director of the Live+Smart Research Laboratory at Deakin University is using this emerging design science to assist Barwon Health in the planning and design of new mental healthcare facilities including the new McKellar Mental Health and Wellbeing Unit.

Incorporating biophilic design elements that reflect real experiences into Barwon Health's future mental healthcare facilities, will have a positive contribution to the mental health and well-being of consumers, carers and staff, with an ongoing research program to understand and evaluate the benefits of these design elements on well-being.

Creating a regional Listening and Learning Mental Healthcare System CHIME will partner with key stakeholders in the region.

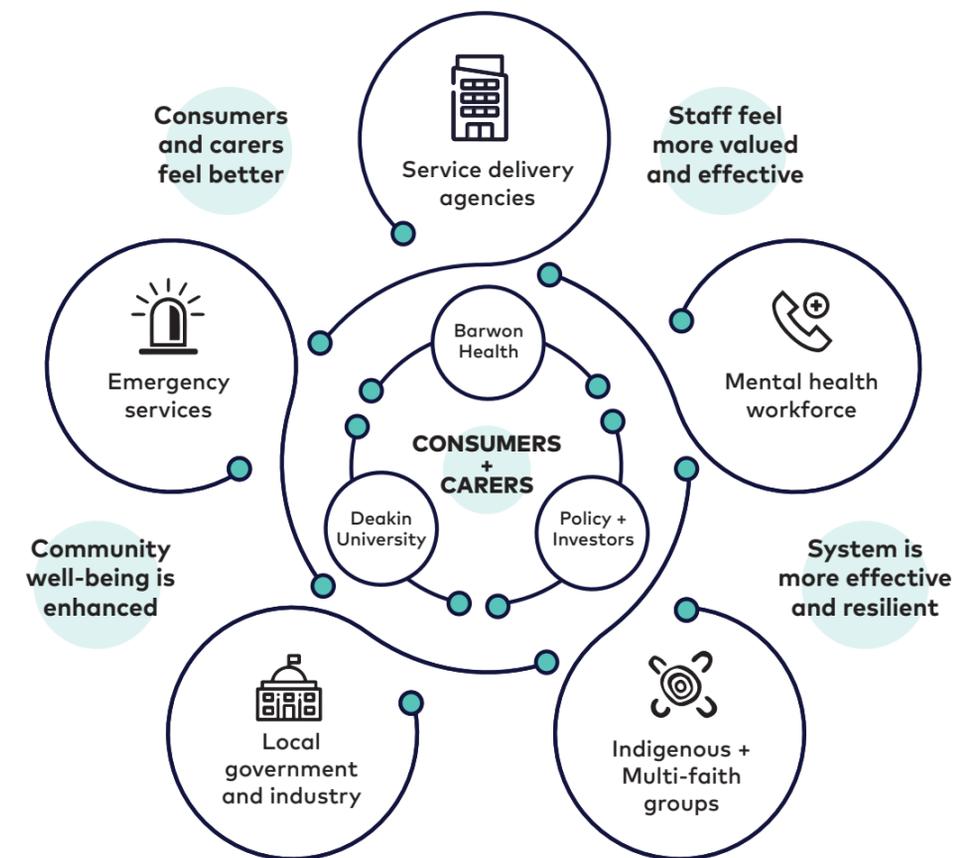


Figure 1: Shows CHIME's key stakeholders that will work in a systems approach to deliver the four target outcomes

## Bringing it together to deliver value

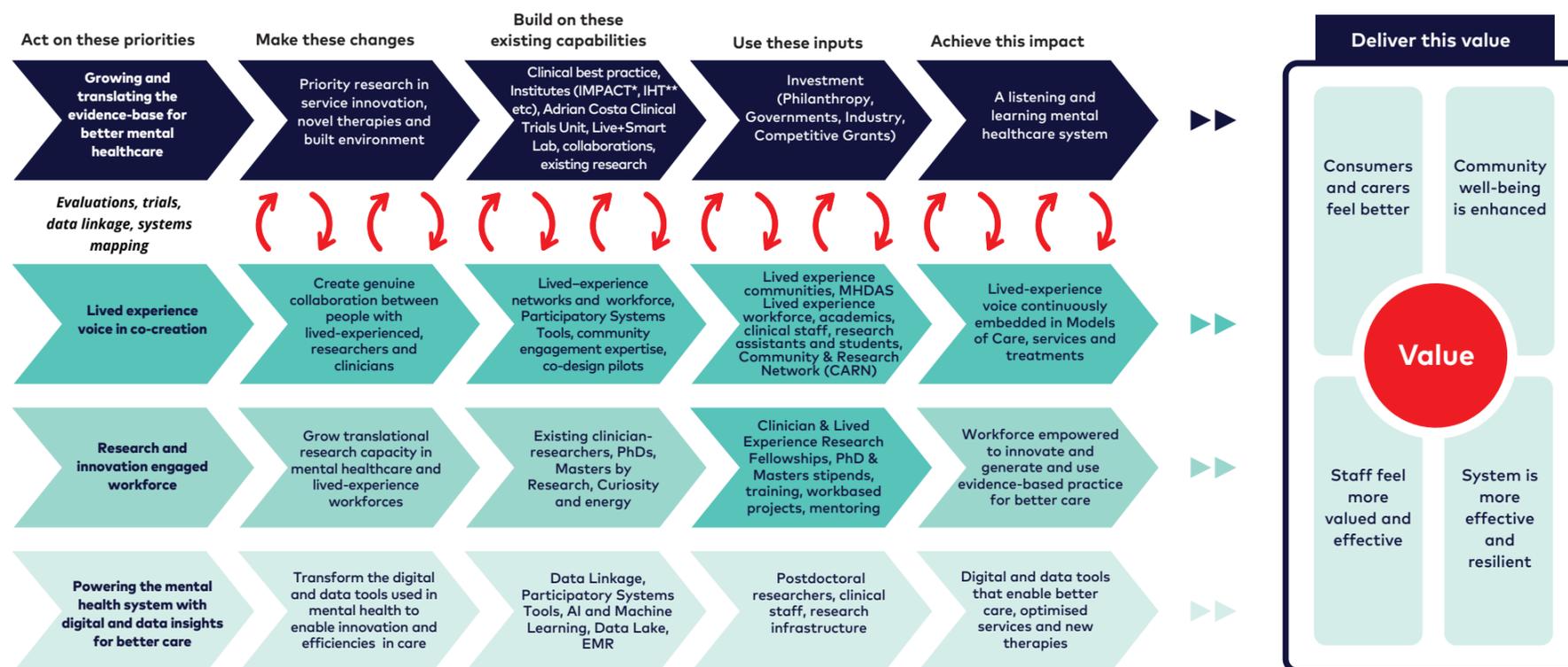
The time and the place are right for CHIME to drive system level reform.

Figure 2 shows the pathways for CHIME to deliver value for the region's consumers, carers and staff, and the Barwon community more broadly. Of critical importance is the capacity to respond to immediate opportunities arising out of policy reforms, building on existing capabilities and regional strengths, but also to strengthen the system's foundations through focus on the three enabling platforms.

CHIME's Listening and Learning Mental Health System will support the rebuilding of a more effective and resilient system within the region, exchanging this knowledge across Victoria and nationally.

CHIME's partners, investors and donors can be assured by its clear vision, and well-articulated pathways to achieve its outcomes and to deliver on its promised value.

### Delivering value through a Listening and Learning Mental Healthcare System



\* Institute for Mental and Physical Health and Clinical Translation

\*\* Institute for Health Transformation

Figure 2. Shows how CHIME's research and innovation program, supported by three enabling platforms, will deliver value to the Barwon region and beyond.

## Case study: LINKING FOR INSIGHTS

Deakin University and Barwon Health, through CHIME, are conducting a data linkage project to examine mental health trends in response to increased community concern around youth mental health and suicide in the Geelong region as a result of the COVID-19 pandemic. This project has received support from the Victorian Department of Health

Data linkage uses personal identification codes (i.e. de-identified) to link data from various administrative datasets for a specified time period and cohort. This data linkage project led by Research Fellow, Dr Dominique de Andrade and Prof Peter Miller from the Centre for Drug, Alcohol and Addiction Research (CEDAAR) at Deakin University is linking data across health, justice, welfare, education and mortality data on a large cohort of young people in the Barwon region to examine precursors and outcomes to suicidal behaviours, and identify opportune times for intervention.





## Ring in a positive change in mental health in regional Victoria

With the foundations in place for regionally driven innovation that improves mental health and wellbeing outcomes, increases workforce capability and enhances the quality of treatment, care and support, transformation of the mental healthcare system is assured.

CHIME will underpin this transformation with strong partnerships, optimism about what's possible and determination to ensure that we play a key part in building the evidence-based mental healthcare system of the future.

Partners, investors and donors who share our vision to make a difference are critical to CHIME's future success.

To support our future vision to create a *Listening and Learning Mental Healthcare System* to improve the experience of people with mental illness and psychological distress, please get in touch today.

## CHIME Action Plan and Timelines

CHIME is embarking on a journey to support the bold agenda to transform the mental healthcare system in the Barwon region over the short and longer term. CHIME's focus and activities for the first 3 years operation will involve delivering immediate value against current needs whilst simultaneously building the platforms that serve mental healthcare for the next 10-15 years.

### ▶▶ 2021

#### Year 1: Imagining

- Establish the Partnership
- Support early implementation of the Royal Commission Report
- Develop funding applications and business cases
- Start-up research and evaluation projects in service delivery innovation, novel therapies and therapeutics and built environment
- Emerging researcher training
- Support start up of PhD and Masters projects

### ▶▶ 2022

#### Year 2: Building

- Grow the Partnership through collaborations and networks
- Implement further reforms arising from Commission reports
- Further establish and grow research and evaluation programs
- Establish Clinician Researcher and Lived-Experience Research Fellowships
- Grow research training opportunities for research higher degree (RHD) students including PhD and Masters by Research
- Develop and trial co-creation processes and platforms
- Embed systems thinking and tools
- Translate research into clinical practice
- Outreach and knowledge translation

### ▶▶ 2023

#### Year 3: Transforming

- Consolidate and review the Partnership
- Continue to grow and support evaluation and research programs
- Continue to build on Clinician Researcher and Lived-Experience Research Fellowships
- Continue to grow research training opportunities including RHD students
- Continuous learning and improvement of co-creation processes and platforms
- Operationalise systems thinking and tools as Business-as-Usual
- Operationalise the translation of research into clinical practice
- Adapt to new and emerging opportunities

## CHIME Champions

CHIME is an ambitious initiative which aims to draw outstanding community, mental healthcare and academic leaders from across the region together in a sustained collaboration. Our 'Champions' include:



**Prof Steve Moylan**  
*Clinical Director, Mental Health, Drugs and Alcohol Services Barwon Health and Clinical Professor with Deakin University School of Medicine*



**Mr Tony McManus**  
*Development Manager for the Geelong Community Foundation and Member of the CHIME Steering Committee*



**Prof Anna Peeters**  
*Professor of Epidemiology and Equity in Public Health and Director of the Institute for Health Transformation, Deakin University*



**Prof Michael Berk**  
*Alfred Deakin Chair of Psychiatry, Deakin University and Barwon Health and Director of IMPACT (Institute for Mental and Physical Health and Clinical Translation)*



**Dr James McLure**  
*Barwon Health Senior Peer Support Worker and Lived Experience Engagement and Research Fellow.*



**Ms Renae Carolin**  
*Director - CHIME*

### Members of the CHIME Steering Committee

Ms Frances Diver (Co-Chair)  
Prof Julie Owens (Co-Chair)  
Prof Steven Moylan  
Mr Tony McManus  
Prof Peter Vuillermin  
Prof Chris McConville  
Ms Renae Carolin

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### Members of the CHIME Expert Advisory Group

Prof Steve Moylan (Chair)  
Prof Anna Peeters  
Alfred Deakin Prof Michael Berk  
Dr Harry Hill  
Prof David Ashbridge  
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