MENTAL HEALTH

The NDDA Mental Health test case represents the first time we have been able to see detailed information on the intersectionality between the full population of disability and mental health service users in Victoria.

🔍 KEY FINDINGS FROM THE PILOT USING VICTORIAN DATA

Between July 2008 and June 2018, over 696,000 people used disability services in Victoria.

Over the 11 years from July 2008, the number of people who have used both disability and mental health services in the given year increased by **71,000** to 416,000 people.

MENTAL HEALTH SERVICE USAGE

In this cohort, **9 out of 10** people used mental health-related services in this period.[1]

7 in 10 people with disability accessed general mental health services through GPs and mental health related pharmaceutical items only.

2 in 10 people accessed Victorian specialist mental health services.

MORTALITY

Based on a cohort of NDIS participants, the analysis found that people with disability experience higher rates of death than the general population.

For example, the rate of all-cause mortality for participants with psychosocial disability in the NDIS is **5 times higher** than seen in the general population with the same age profile.[2]

↑**5x** MORTALITY ❤ RATE

Around **9 out of 10** people with physical disability have used mental health related services through their GPs and **3 out of 4** accessed mental health related pharmaceutical items.

[1] This includes a diverse range of mental health services and items, ranging from mental health related drugs to intensive specialist services.
[2] Not adjusted estimates (only age/sex comparisons to mortality rates published by the Australian Bureau of Statistics).

WHERE TO FROM HERE?

- The Royal Commission into Victoria's Mental Health System indicated that the Victorian mental health service system is overwhelmed with the number of people who seek treatment, care and support. There is a large gap between the estimated demand and the services provided. People with disabilities that also need to access mental health services are faced with additional challenges of having to navigate across two stressed service systems.

- Addressing these challenges includes 1. the identification of mental health needs for people with disabilities, 2. developing services tailored to these needs and 3. improving integration between the service systems are essential for improving health outcomes of people with disability.

- The NDDA Pilot demonstrated the benefits of linking disability and health data. Without these linkages there is no way of producing information about key health outcomes like mortality, or uncovering health inequities between people with disability and those without disability. We also have no way of measuring the impact of policy or practice changes on outcomes. The NDDA has the potential to change this.

National Disability Data Asset