



Royal Flying Doctor Service

QUEENSLAND SECTION

**Drought Wellbeing
Service:
A Clinician-led,
community engagement
service delivery model**

Cath Walker, Drought Wellbeing Service





Royal Flying Doctor Service

QUEENSLAND SECTION



Who we are

- The Royal Flying Doctor Service of Australia (RFDS) is one of the largest and most comprehensive aeromedical organisations in the world.
- As the trusted face of primary health care in the bush, RFDS is well placed to reach people in the most remote parts of the State.
- Since April 2015 RFDS (Qld Section) have operated the Drought Wellbeing Program (DWS) across Queensland, providing community based primary mental health services to people in drought declared areas.



What we do

DWS focuses on mild to moderate, high prevalence mental health conditions, and aims to:-

- provide mental health support to remote and rural areas with limited or no access to appropriate services;
- improve overall mental health and treat stress or adversity related conditions;
- Provide early intervention and prevent serious and chronic mental health conditions; and reduce suicide rates.





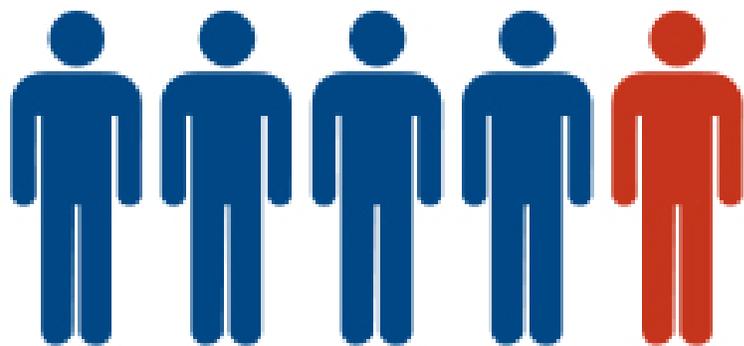


Why we do it

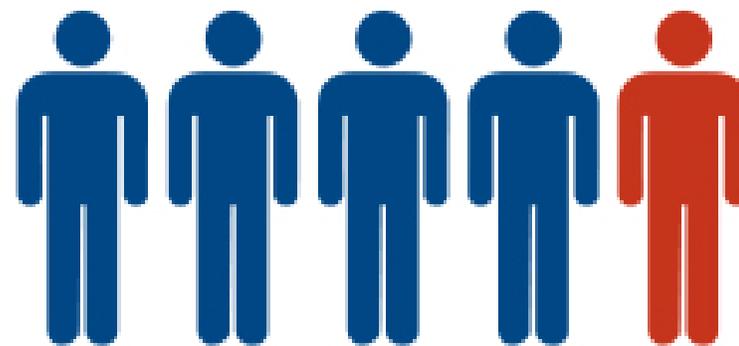


1 IN 5 AUSTRALIANS 16–85 YRS WILL EXPERIENCE A MENTAL DISORDER

in any given year no matter where they live

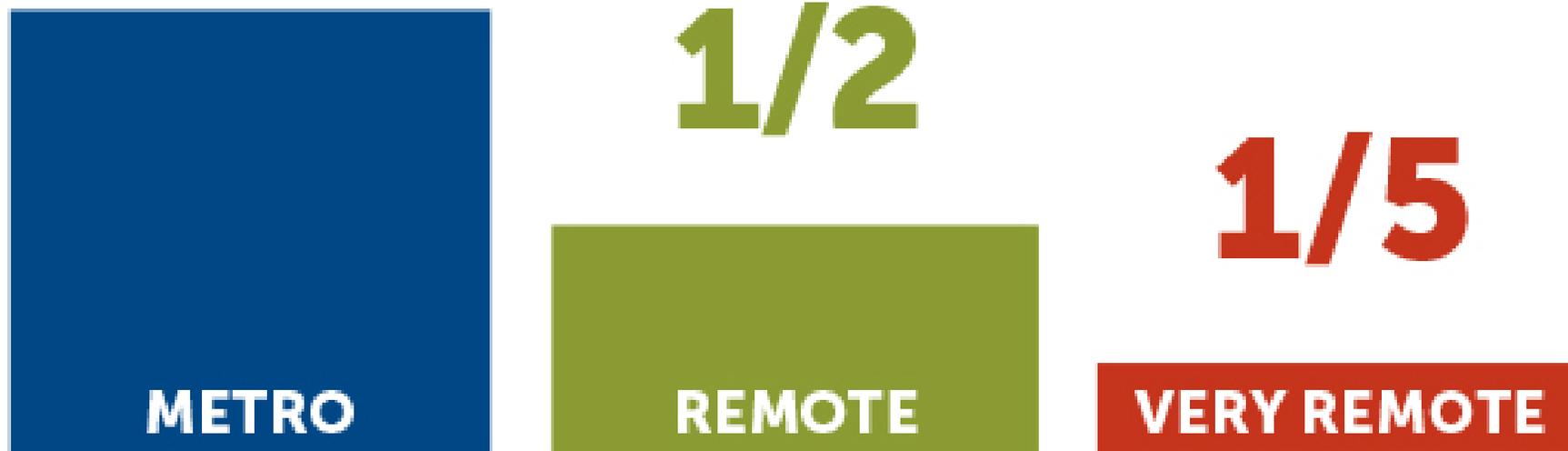


METRO



REMOTE

ACCESS TO MENTAL HEALTH SERVICES



Access to Medical Benefit Schedule

SUICIDE DEATHS BY REMOTENESS



Persons per 100,000 population

2,567 

**PATIENTS UNDERWENT AN
RFDS AEROMEDICAL RETRIEVAL
FOR A MENTAL DISORDER**



0:29 / 3:08



How we do it

Using a clinician-led model allows us to:-

- Build and establish networks and partnerships to increase mental health literacy and education;
- Identify issues specific to local communities and broader issues relating to the region in general;
- Utilise identified areas of need and community feedback to design appropriate clinical services.



Why it works

Using a clinician-led model :-

- Breaks down barriers to accessing clinical service;
- Introduces remote and rural residents to clinicians in informal settings;
- Encourages self-referral;
- Answers clinical questions which arise during education or community sessions;
- Encourages ongoing interventions such as individual counselling, group sessions and workshops.



EVALUATION and RESEARCH



**Since April 2015, the
Drought Wellbeing Service
has reached over 5000
people across remote and
rural Queensland.**

