

10th International Conference on **Mental Health and Psychiatry**
11th World Summit on **Neonatal Nursing and Health Care**

May 20, 2025 | Webinar

ACCEPTED ABSTRACTS

Working together to deliver person-centred care within the stepped care model: An Australian multidisciplinary perspective

Shingai Mareya*, Lin Zhao, Mimmie Claudine Watts, Michael Olasoji

Federation University, Australia

The Australian stepped care model (SCM) in primary mental health care aims to provide a structured, accessible, and flexible framework for addressing mental health issues. This study examines the perspectives of multidisciplinary mental health professionals on the implementation and effectiveness of the SCM, forming a subset of a broader research project.

An exploratory descriptive qualitative methodology was utilised, involving interviews with nine participants, including mental health nurses, psychiatrists, an occupational therapist, a psychologist, a social worker, and a care coordinator. Data were analysed using reflective thematic analysis, identifying four key themes: collaborative approach, flexible and personalised care, complexities of navigating the model, and stories of success: positive client outcomes.

The findings reveal that the multidisciplinary nature of the SCM supports a holistic approach to mental healthcare, providing comprehensive and patient-centred support.

Flexibility and personalisation within the SCM allow it to address diverse patient needs effectively, leading to enhanced outcomes and satisfaction. However, workforce shortages and systemic barriers pose significant challenges to its implementation. Participants noted that navigating the SCM is complex, highlighting the need for improved coordination and more precise guidelines to facilitate smoother transitions between care levels. Despite these challenges, the SCM has successfully improved mental health outcomes.

In conclusion, the SCM is a promising approach to primary mental health care, focusing on tailored, multidisciplinary care. Addressing workforce shortages, improving coordination, and refining service delivery is essential to maximise its potential and ensure sustainable mental health services in Australia. Future research with larger sample sizes and quantitative data is recommended to further evaluate the SCM's effectiveness and guide policy and practice improvements.

Received Date: January 22, 2025; Accepted Date: January 24, 2025; Published Date: May 30, 2025