BEST PRACTICE MODELS

BEST PRACTICE MODELS for Prevention of Mental Disorders

[1] <u>Universal Programs</u>

    a) Safety, housing, food, welfare
    b) Family functioning, parenting and Pro-social functioning (Human Capital)
    c) Education to potential
    d) Reduction of toxic factors
        i Biological factors
        ii Psychological and social factors

[1 a] Safety, housing, food, welfare

Poverty is by far the most important factor negatively correlated with mental health. Improvement in safety, housing, food and welfare is the single most important universal intervention in the relief of mental disorders.

What is the minimum for a family to lead a healthy life?

Data from the Social Policy Research Centre at the University of NSW in 2017 calculated that a single adult would need $600pw. A couple with no children would need $830pw. Add a child of 6 and that rises to $970. Add a second child and it is $1170. Of that, one third would go on rent and the remainder to cover all other costs. Current Social Security benefits fall short by at least $100 pw and minimum wage employment barely scrapes home with no time for nurturance of children.

Best Practice requires housing and income support for all families to live at better than the abovementioned standard. The level of support needs to be regularly updated. The support needs to be combined with other measures proposed in BP1b, BP1c and BP1d.

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Last updated 12 September 2021.