



A Reach Wellness Agenda for Change Initiative

Public Private Partnership

Promoting the Wellbeing
of Defence Members and Veterans

Submitted By Graeme Paterson
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Reach Wellness is a registered Not-for-Profit Organisation with the classification sub-types Advancing Health, as well as a Health Promotion Charity that makes us uniquely placed to meet the demands of this new entity's requirements to prevent suicide as well as improve the well-being of Defence members.

At Reach Wellness our goal is to ensure Defence members and their families receive exceptional care and support to live healthy, fulfilling, purpose-driven lives, delivering health solutions for former and current Defence members that encompass the prevention, treatment, and ongoing support for mental and physical health, catering to the unique needs of those who serve. More so, providing affordable, effective, and inclusive mental health support solutions, framed around research-driven world-leading programs that enable those we serve to receive the care and support they need.

We envision a world where ex-servicemen and active servicemen are the first to be offered innovative solutions and programs that cover all aspects of "wellness" - mental, physical, emotional, intellectual, spiritual, environmental, social, and occupational. We want to do this in a way that is free from stigma. In achieving this we directly reduce suicide risk, empower members to be their best selves as well and connect with, and support, others facing similar life challenges.

What is the Agenda for Change Initiative

With the main reason for the new entity to ensure that change happens based on the recommendations of the Royal Commission. We propose to establish a Public-Private Partnership (PPP) with Reach Wellness leading the collaboration alongside founding partners Emyria, The Pax Centre and LivingWorks Australia, along with collaborating with the relevant Federal and State Government Bodies including the ADF and DVA to establish a framework body that offers actionable solutions as well as independent governance.

This PPP aims to address the mental health and well-being of ex-servicemen, in line with the Royal Commission's focus on suicide prevention. Each partner brings unique expertise: Emyria in advanced PTSD treatments, The Pax Centre in multidisciplinary and trauma-informed mental health care and LivingWorks Australia WA in suicide prevention training.

As the Royal Commission's findings evolve, our PPP remains flexible and open to integrating more private partners. Our model allows us to dynamically respond to emerging needs and insights, ensuring that the partnership remains at the forefront of effective mental health solutions. By keeping the partnership adaptable, we can incorporate new skills, technologies, and resources from additional private entities, enhancing our collective ability to support ex-servicemen effectively.

An Advancing Health charity like Reach Wellness is well-suited to oversee this initiative for several reasons:



- **Mission Alignment:** As a charity focused on mental health and suicide prevention among first responders and ex-servicemen, our goals closely align with the initiative's objectives.
- **Expertise in Mental Health:** Reach Wellness likely has expertise in mental health issues, making it apt for addressing the specific needs of Defence members and veterans.
- **Community Trust:** Charities often have established trust within the community, crucial for effective engagement and support.
- **Non-Profit Motive:** Being a non-profit, Reach Wellness is likely to prioritise welfare over financial gain, ensuring that the initiative's goals are met without conflicting interests.

What makes Agenda for Change different?

Our PPP is designed in a way to ensure that in all instances the Primary and Secondary objectives of the initiative as outlined in the document and related to the formation of the new entity for Defence members and veterans' wellbeing, such as:

Primary outcomes

- **Monitoring and Implementation:** Overseeing the implementation of Royal Commission recommendations.
- **Mental Health Support:** Enhancing mental health services and support systems.
- **Suicide Prevention:** Developing effective strategies for suicide prevention.
- **Stakeholder Engagement:** Collaborating with relevant stakeholders for comprehensive care.
- **Evidence-Based Approaches:** Utilising research and data-driven methods.
- **Accessibility and Inclusivity:** Ensuring services are accessible and inclusive for all Defence members and veterans.

Secondary outcomes

- **Customised Care:** Tailoring services to meet the unique needs of individual Defence members and veterans.
- **Community Integration:** Facilitating community integration and support networks for Defence personnel post-service.
- **Continuous Improvement:** Regularly assessing and improving the effectiveness of mental health services.
- **Resource Allocation:** Efficiently allocating resources for maximum impact in mental health and wellbeing services.
- **Advocacy and Awareness:** Raising awareness about mental health issues among Defence members and promoting advocacy for their wellbeing.



Why it is designed to deliver results

Using the design principles referred to, Reach Wellness as an independent Charity dedicated to the wellbeing of ex-servicemen, is well positioned to connect directly with the Defence Members, veterans and their families from a neutral standpoint which avoids the stigma that can sometimes be associated when dealing with mental health.

Reach Wellness, by its very status, is a strong and independent body that can stand resolute to serve the needs of current and former Defence Force personnel in their battle with mental health and overall well-being. Along with the private partners and partnering organisations, using an operational framework designed in partnership with all relevant bodies including the ADF and the DVA, would make our proposal best suited to deliver on the recommendations of the Royal Commission.

For context, we believe our Reach Wellness Public-Private Partnership (PPP) offer several advantages over traditional government-only or private-only solutions, including singularly appointed research or reporting bodies, particularly in complex sectors like healthcare:

- **Resource and Data Sharing:** PPPs enable the sharing of resources between public and private sectors, leading to more efficient use of funds and assets.
- **Expertise and Innovation:** Private partners often bring specialised expertise and innovative approaches, enhancing service quality and delivery.
- **Risk Distribution:** Risks are shared between the public and private entities, leading to better risk management and mitigation.
- **Efficiency Gains:** The private sector's focus on efficiency and commercial viability can drive cost savings and support scalability.
- **Sustainability and Long-Term Focus:** PPPs can foster sustainable solutions with a long-term focus, aligning with public policy objectives while ensuring continuity of service.
- **Enhanced Accountability:** With clear contractual obligations, PPPs often lead to improved accountability and performance metrics.

These benefits make PPPs particularly suitable for addressing complex challenges in the health sector, such as mental health and wellbeing programs for Defence members and veterans.

Over and above the design principles, Reach Wellness is well-suited to oversee this initiative for several reasons:

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Our Founding Partners

Below is an introduction to the Founding Partners within the PPP, that are instrumental in delivering a solution that meets the changing needs of Defence members.

Emryia - is an innovative clinical services and drug development company focussed on creating intelligent, regulatory-approved care programs for complex mental health challenges leveraging the potential of psychedelic-assisted therapy. Emyria's leading care program is currently evaluating the potential of MDMA-assisted therapy to improve the lives of patients with PTSD. Our immediate mission is to evaluate the potential of MDMA-assisted therapy for the nearly 1 million Australians suffering from PTSD using protocols which have demonstrated promising efficacy and safety in clinical trials across the world. Given Australia's unique regulatory environment, Emyria is ideally positioned to lead global efforts to evaluate this therapy for clinical impact and commercial viability.

The Pax Centre - specialises in treating individuals grappling with the psychological impacts of traumatic experiences. The Pax Centre's treatment approach is highly personalised, addressing a wide range of mental health issues, from PTSD and depression to anxiety disorders and substance abuse, often stemming from various life traumas. Complex trauma, characterised by repeated, relational traumatic events often occurring during developmental stages, requires specialised attention due to its pervasive and lasting impact. In these cases, The Pax Centre prioritises early diagnosis and evidence-based treatments. The Pax Centre also focus on proactive strategies for health expansion and personal growth, empowering our clients with skills and tools to improve wellbeing and performance. At the Pax Centre, we believe in transforming lives through focused, evidence-based mental health care.

LivingWorks Australia - Keeping communities safe from suicide. LivingWorks teaches practical skills through online and face-to-face workshops so you can intervene when someone is having thoughts of suicide and act to keep them safe. LivingWorks programs include our gold standard 2-day ASIST workshop, half-day safeTALK workshop and online Start and Faith programs. LivingWorks is proud to have Indigenous-led suicide intervention training by Indigenous trainers to keep mob in the community safe from suicide: a 2.5-day I-ASIST workshop and half-day safeYARN workshop. Ask about our LGBTQI+ ASIST and safeTALK workshops!

New & Future Partners - The founding members are leading the way in the prevention of suicide and treatment of Mental Health diseases especially those suffering from PTSD. However, due to the nature of mental health and the vast array of factors that go towards meeting the needs of Defence members, there will be many additional partners required to meet the overall needs of Defence members and their families. These may be around:



- Cost of living pressures affect almost all Defence members.
- Affordable housing solutions, assisting in finding suitable and safe environments to live for members and their families.
- Finding new and future employment opportunities.
- Learning new and relevant skills to gain employment and feel capable and self-worth.
- Physical health, regular exercise, balanced diet, sufficient sleep, and healthcare.
- Mental health, stress management, mental healthcare, and positive mental activities.
- Emotional well-being, understanding and expressing feelings, and developing resilience.
- Social well-being, forming strong relationships, community involvement, and social support.

All these are key areas that we know we will have to meet to create the change needed to meet the needs of Defence members in living for the future and having a good level of well-being.

The Reach Wellness Role

Reach Wellness can align with the proposed entity's focus on inquiring, reporting, advising, and recommending, not decision-making. As an organisation dedicated to the mental health of Defence members and veterans, Reach Wellness can contribute valuable insights and recommendations based on its expertise in mental health care and suicide prevention. This approach aligns well with the proposed entity's non-decision-making role, allowing Reach Wellness to influence policy and practice positively without overstepping into areas like military strategy or financial reviews.

Governance

With relation to governance and powers of the PPP/entity, our Reach Wellness Agenda for Change (PPP) can meet the needs highlighted and requirements by leveraging the strengths of both sectors. The private sector's innovation and resources, combined with the public sector's oversight and regulatory framework, can ensure independence, expertise, and access to crucial information.

Such a partnership can facilitate:

- Independence from government control, as private entities can operate with autonomy.
- Access to diverse expertise through an advisory council comprising private sector experts and individuals with lived experience.
- Enhanced information gathering and sharing capabilities, leveraging private sector technology and data management systems.



- Financial support through both public funding and private investment ensures a stable budget for operations.
- The ability to report and provide recommendations effectively, utilising the structured approach and accountability mechanisms inherent in PPPs.

Thus, a PPP can effectively address the governance, oversight, and operational needs of the proposed entity.

Next Steps

Reach Wellness welcomes the opportunity to further discuss our proposal and how it aligns with the goals of the new entity. Our approach is grounded in what has been proven effective in Delivering results for public initiative outcomes. As the main requirement of the proposed entity, we feel confident that our Agenda for Change PPP, would be successful in delivering the long-term outcomes and change that has not been achieved previously for Defence members.

We understand the importance of adhering to the outlined functions of inquiring, reporting, advising, and recommending, without overstepping into decision-making roles. We believe that our expertise and experience can significantly contribute to this initiative.

We would welcome the opportunity to explore this proposal in greater depth and detail. We look forward to the possibility of collaborating to make a meaningful impact in the lives of those who have served our nation.

Thank you for your time in reviewing our proposal and should you have any questions, please do not hesitate to contact us.

Sincerely



Graeme Paterson
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