



The National Centre of Excellence
in Youth Mental Health

Solutions in mental health for all young people

Strategic Plan → 2018



About Orygen

Orygen, The National Centre of Excellence in Youth Mental Health is the world's leading research and knowledge translation organisation focusing on mental ill-health in young people.

At Orygen, our leadership and staff work to deliver cutting-edge research, policy development, innovative clinical services, and evidence-based training and education to ensure that there is continuous improvement in the treatments and care provided to young people experiencing mental ill-health.

Our work has created a new, more positive approach to the prevention and treatment of mental disorders, and has developed new models of care for young people with emerging disorders. This work has been translated into a worldwide shift in services and treatments to include a primary focus on getting well and staying well, and health care models that include partnership with young people and families.

Orygen recognises that young people come from diverse backgrounds and communities and we are committed to working in partnership with people of all backgrounds and with all communities to develop strategies that are responsive and inclusive.

Orygen acknowledges and recognises Aboriginal and Torres Strait Islander people as the traditional owners and custodians of the land we share and we are committed to working with Aboriginal and Torres Strait Islander people in our endeavours to improve the mental health and wellbeing of young Australians.

VISION

Young people enjoy optimal mental health as they grow into adulthood.

MISSION

Reduce the impact of mental ill-health on young people, their families and society.

HISTORY

1984

First Episode Psychosis research unit at Royal Park Hospital

1992

EPPIC is founded

1994

Centre for Young People's Mental Health established

1997

National Early Psychosis Project established

2002

Orygen Youth Health established

2006

headspace founded

2013

EPPIC expands nationally with new centres in each State and Territory

2014

Orygen, The National Centre of Excellence in Youth Mental Health established

MR PETER SMEDLEY
CHAIRMAN

As Chairman of the Board of Orygen, The National Centre of Excellence in Youth Mental Health it has been my pleasure to oversee the remarkable expansion of this organisation, and the significant positive impact that it has had, and continues to have on the mental health and wellbeing of young people.



While our work has had substantial influence nationally and internationally, the investment from the Australian Government of \$18 million over four years to transform Orygen into The National Centre of Excellence in Youth Mental Health now gives us the mandate to work in partnership with stakeholders across the country to coordinate innovative research, develop the youth mental health workforce and improve clinical services to ultimately reduce the impact of mental ill-health on young people, their families and society.

This 2014-18 Strategic Plan is squarely focused on outcomes and impact across our key areas of work: clinical services innovation, knowledge translation and research. Our overarching strategy will ensure that we continue to lead innovation in youth mental health through the effective delivery of these programs and most importantly, that we partner with young people and families in everything we do.

Along with the other members of Board, I am excited about this next phase for our organisation and for our opportunity to improve the lives of young people.

A handwritten signature in black ink, appearing to read 'Peter Smedley', with a horizontal line underneath it.

PROFESSOR PATRICK MCGORRY AO
EXECUTIVE DIRECTOR

2014 marked a major developmental milestone for Orygen with the Australian Government catalysing the establishment of the country's first National Centre of Excellence in Youth Mental Health.

Since the establishment of our antecedent organisation Orygen Research Centre, we have grown and matured as an entity, from approximately 20 staff in 2002 to over 160 currently. Throughout this period of advancement we have dramatically expanded our capacities in the key areas of research, innovative clinical service delivery and knowledge translation. Over this time there have been significant changes in mental health care for young people here in Australia—and worldwide—many of which are due in no small part to the efforts of our dedicated team of researchers and clinicians, and our ongoing contribution to service reform. >



Our overarching strategy will ensure that we continue to lead innovation in youth mental health.

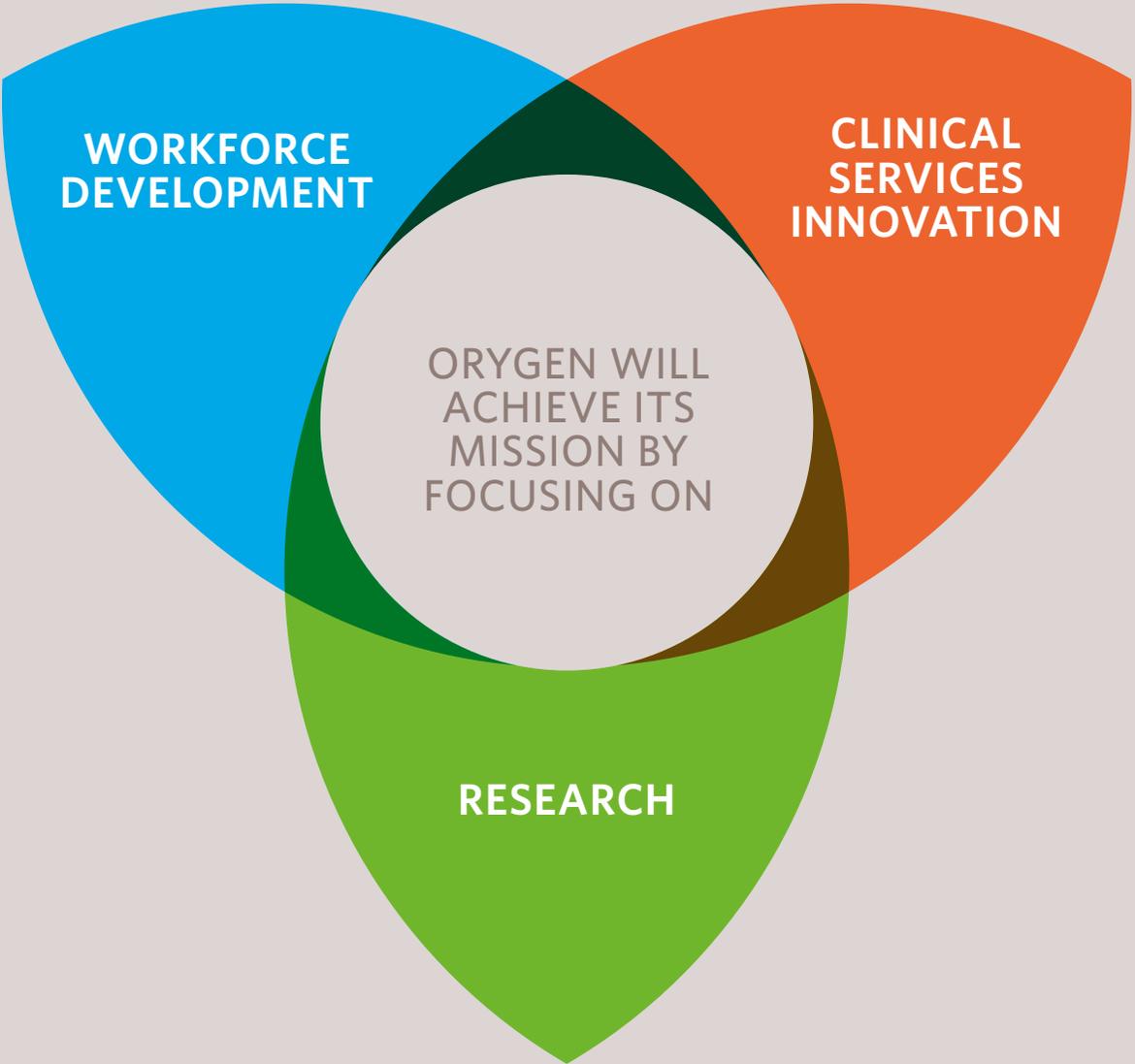
We have set ambitious goals across our key divisions to deliver real positive impact to the lives of young people.

The Australian Government has recognised the crucial importance of young people's mental health to our society in providing \$18 million over four years to transform Orygen into The National Centre of Excellence in Youth Mental Health. This has demonstrated the Government's commitment to building on previous investment in youth mental health service reform and positioning Australia as a global leader in youth mental health innovation.

Our 2014-18 Strategic Plan commits us to an integrated clinical-research platform that continues to deliver new knowledge that is used to improve the mental health of young people. Under the three overarching strategies of: 1) partnering with young people and families 2) driving and delivering innovation in youth mental health and 3) effective delivery, we have set ambitious goals across our key divisions to deliver real positive impact to the lives of young people.

Our work to date has seen outstanding achievements and the beginnings of lasting change; 2014-18 will be dedicated to consolidating these advances and breaking the ground for the next wave of discoveries as we continue to strive for excellence in our research, clinical care and knowledge translation programs, driven by our commitment to establishing a 21st century mental health care system for all young Australians, and indeed, for all Australians.

Peter D. McGorry.



Our strategic direction



We will use three overarching strategies to help deliver our vision and mission.

1 PARTNERING WITH YOUNG PEOPLE AND FAMILIES

Put young people, their families and friends at the forefront of everything we do.

Work with young people, their families and friends to ensure that they are engaged in developing our clinical services, research and skills and knowledge.

2 DRIVING AND DELIVERING INNOVATION IN YOUTH MENTAL HEALTH

Lead thinking and policy discussions to support youth mental health as well as influence the right conversations with Australian and global partners and organisations.

Identify and drive a high impact research platform that enables quality research across Australia.

Grow and develop a workforce to support youth mental health services for the benefit of young people.

Establish and deliver innovative and exemplary clinical services that support young people.

3 DELIVERING EFFECTIVELY

Define the research that is needed in order to produce the strongest possible results for young people through partnerships and collaborations.

Work to build an exemplary youth mental health system that is influential, collaborative and results-focused.

Drive systemic change to deliver excellence in research, service delivery and systems at a national and international level.

Delivering the strategy



OUR LEADERSHIP IN
YOUTH MENTAL HEALTH



YOUTH PARTICIPATION

Working in partnership with young people, their families and friends

LEADING INNOVATION

Identifying and driving high impact research initiatives

Leading thinking and policy within youth mental health

Growing workforce capability

Leading transformation through exemplary clinical systems



EFFECTIVE DELIVERY

Working in partnership to build a model youth mental health system

Enabling excellence in translational research

Championing world-class knowledge and research

GROWTH

In new and existing sources of income, youth participation, expansion of partnerships and collaborations, increase number of people working in youth mental health.

SUSTAINABILITY

Through stable and secure funding, involved and knowledgeable workforce, effective professional development.

INFLUENCE

Through quality research and clinical services which shape the direction, agenda and debate on youth mental health.

Delivering Clinical Services

Designing and delivering innovative, respected and exemplary clinical systems to ensure better services for young people.

THIS WILL BE DONE BY

Leading transformation through exemplary clinical services



Working in partnership with young people, their families and friends



Working in partnership with other organisations to build a world class youth mental health system

IN ORDER TO

Expand our service delivery reach

Better understand and implement clinical service models to inform wider knowledge sharing and delivery

Address gaps in youth mental health services to improve clinical services

Delivering Skills and Knowledge

Reinvigorating and developing the workforce supporting young people with mental health issues.

THIS WILL BE DONE BY

Growing the workforce's capability to foster a new generation of dynamic youth mental health workers

IN ORDER TO

Deliver accessible expertise for professionals, organisations and services

Provide national and international leadership in professional and workforce development

Build a trusted and loyal expert community for youth mental health practitioners and organisations

Deliver innovative training, intellectual property, products and platforms

Delivering Research

Driving and delivering innovative research in youth mental health in order to increase understanding of mental ill-health in young people, increase the number of professionals and students working in youth mental health research and inform improved and more effective clinical services.

WE WILL DO THIS BY

Identifying and driving high impact research initiatives



Enabling excellence in translational research

IN ORDER TO

Develop and grow new, targeted research programs

Establish effective processes, expertise and platforms to drive best-practice research

Enhance the translation of research findings into practice

Get involved

There are many ways that individuals and companies can get involved in the work of Orygen, The National Centre of Excellence in Youth Mental Health



Whatever you choose will make a difference.

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orygen.org.au



The National Centre of Excellence
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35 Poplar Road
Parkville VIC 3052
1300 679 436
ABN 85 098 918 686
orygen.org.au

An initiative of The University
of Melbourne, Melbourne Health
and The Colonial Foundation