

Psychosis Strategy 2025-2027

About Mindgardens

Mindgardens Neuroscience Network is the first translational research centre in Australia to focus exclusively on disorders that involve the brain, emotions, nervous system and thinking processes.

Established in 2018 as a partnership between founding members the South Eastern Sydney Local Health District (SESLHD), UNSW Sydney, Black Dog Institute, and Neuroscience Research Australia (NeuRA), **Mindgardens bridges the gap between research and clinical practice** by leveraging the expertise of its members and collaborators. Our mission is to translate new insights rapidly into everyday practice, integrating patient health care with research and education to revolutionize the understanding, prevention, treatment and care of mental health, drug and alcohol and neurological disorders.

While Mindgardens maintains this broad remit, in 2025-2027 it will pursue a special focus on new opportunities in psychosis research translation and service development.

Strategic priorities

Mindgardens established three priorities in its 2021-2024 Strategic Plan. These priorities are maintained and adapted to the new strategic focus on psychosis for 2025-2027.



1. Drive better outcomes through research and innovation translation

To be recognised as the Australian leader in accelerating translation of evidence from all forms of research, implementation science and innovation into improved patient and community outcomes for identified priority areas in mental health, drug and alcohol and neurological disorders.

In 2025-2027 we will work to close the psychosis research implementation gap and accelerate the translation of research discoveries into practice, reducing the unacceptable 17-year delay in adopting new treatments. Through our member network, we will drive innovations that swiftly bridge research and clinical care, improving outcomes for people living with psychosis and their families and loved ones.



2. Maximise the impact of collaboration, co-design and partnerships

To deliver best health and wellbeing outcomes for people living with mental health, drug and alcohol and neurological disorders, Mindgardens will drive and optimise effective collaboration with its members; ensure the development of patient-centred co-designed healthcare services that integrate lived experience perspectives; and drive best value from its partnerships.

In 2025-2027 Mindgardens will extend its work to build relationships of trust between member organisations and other collaborators working in psychosis to ensure: consumers receive the benefits of participating in clinical trials and other research studies; consumers and clinicians inform research design to answer the most critical questions with the greatest potential to improve people's lives; and researchers have access to clinical settings for collaborations that explore emerging ideas.



3. Build a learning healthcare ecosystem

To provide the highest quality training, education, awareness building and support systems for clinicians, researchers, health managers, peer workforce and community for developing collective knowledge, skills and capabilities in mental health, drug and alcohol and neurological disorders.

In 2025-2027 Mindgardens will harness the strengths of our Members to build skills, capacity, knowledge and understanding in psychosis care and support, working with clinicians, researchers, health system managers and people with lived experience of mental health challenges to ensure positive practices and values are applied universally in the health care system.

About psychosis

During an episode of psychosis, a person's thoughts and perceptions are disrupted and they may have difficulty recognising what is real and what is not.

Psychotic disorders include conditions such as schizophrenia, schizoaffective disorder and bipolar disorder. They are often severe and enduring and cause significant distress and negative impacts on someone's ability to function. Some estimates suggest as many as 75% of people admitted to acute mental health hospital wards are there for psychosis. People living with psychosis often experience extreme disadvantage, including poverty, food insecurity and homelessness.

At any given time about 0.5% of Australians – or 100,000 people – are living with a psychotic disorder. Over a lifetime about 3% of people are diagnosed with a psychotic disorder.

Many people with psychosis do not receive recommended care, which exacerbates the impacts of the condition. The total economic cost in Australia is estimated at almost \$5 billion annually.

People living with psychosis are also at higher risk of developing preventable medical conditions, such as cardiovascular disease and diabetes, and their lifespan is 10 to 20 years shorter than the general population.

Despite these devastating impacts, psychosis research remains under-funded compared to other health conditions, and there is enormous potential for targeted programs to make a real difference in people's lives. There is also an increased risk of suicide.

Mindgardens' unique value proposition

Mindgardens' ambition is to transform prevention, diagnosis, treatment, care and support services for people who experience mental health, drug and alcohol and neurological disorders.

By addressing the significant gap in research translation and the slow pace of innovation in these areas, we leverage the strengths of our members to develop new innovative ideas, models of care and practice that deliver transformative and sustainable system-wide change.

We are building a dynamic multi-disciplinary environment, connecting key service providers, researchers, specialists in education and training, and strategic stakeholders to accelerate translational research strategies and achieve better care and outcomes for patients.

Shared member infrastructure facilitates collaborative clinical, research and education approaches. This includes sharing clinical trials frameworks, integrating care pathways for patients, and supporting clinicians to develop their research skills and expertise.

The Mindgardens members represent the largest collective of specialised clinicians and researchers in the southern hemisphere. Together we form a unique and powerful hub of highly concentrated expertise, driving meaningful change in the lives of people affected by these disorders.

Transformative collaboration

Mindgardens' approach is uniquely enhanced by two key components:

- **Lived Experience:** we integrate consumer perspectives into all aspects of our work, ensuring that lived experience drives change and informs our research, clinical, and educational initiatives. This approach ensures that our efforts are responsive to the needs and priorities of people accessing care, and their families and carers.
- **MindLabs:** our learning hub accelerates the translation of research into practice by providing education, workshops, communities of practice, and advice and consultancy to enhance collaboration and capacity building across our member organisations and collaborators. MindLabs ensures that our work remains grounded in the realities of people working at the coalface, fostering new models of care and support practices.

PURPOSE

Working with our Members to improve the lives of people living with mental health, drug and alcohol and neurological disorders by integrating research bench to bedside to community, patient healthcare and education.

VISION

To transform the understanding, prevention, treatment and cure of mental health, drug and alcohol and neurological disorders

MISSION

To drive clinical excellence, outstanding translational research and quality education in mental health, drug and alcohol and neurological disorders