



**Pregnancy
to Parenthood™**

**Vulnerability Report:
1 January – 31 December 2024**

P2PVulnerable Client Report: 01Jan – 31Dec 2024

This report provides a context for the vulnerability of the P2P clients who attended the P2P Clinic sessions (including the P2P model, CPP, and ABC) between the 01st of January and the 31st of December 2024. Australia has no standard definition of vulnerable clients in mental health services or definite index to measure vulnerability. This report attempts to gauge the degree of vulnerability based on clients' subjective demographic characteristics, including 1) socioeconomic status, 2) household composition, 3) housing, 4) culture and language, and 5) ACEs, depression, and anxiety. Please see the supplement Excel sheet for the data details for this report.

Note1. P2P started collecting clients' data using new online questionnaires in May 2024 for trial and July 2024 for the whole group; therefore, the results reported here are primarily based on the data collected from May 2024. However, for several clients who completed a paper-based questionnaire between January and May 2024, one P2P admin staff member extracted required data from client files and manually input their information into the P2P online questionnaires. Therefore, this report includes those clients.

Note2. Whereas the data of the SEIFA and ACEs scores, depression and anxiety information of the clients from the 1st of January 2024 are available, clients who didn't include other vulnerability indexes reported here were excluded from this report as it was assumed that vulnerability in the P2P clients should be understood with a more comprehensive approach using multiple vulnerability indexes.

Note3. It is important to note that all results reported here are based on the responses self-reported by the P2P clients. Therefore, the scores relevant to vulnerability in this report are subjective measures. While these measures provide valuable insights, they also highlight the need for further research and a more comprehensive understanding of vulnerability in P2P clients.

Note4. Frequencies and percentages were analysed using Excel pivot table and Excel formula functions.

Clients

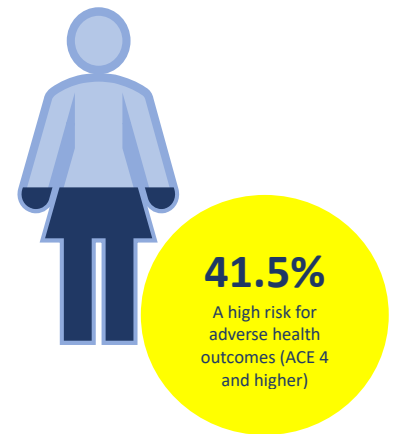
This report includes **65 clients**, **59** of whom received the P2P services **in the metropolitan clinics** and **6 in the Geraldton clinic**.

- Approximately 17% of the clients were pregnant women and 83% were a postnatal parent.
- Two of the 27 postnatal parents were fathers who identified themselves as a man.

Table 1. Clients' perinatal status by service location

	Antenatal n (%)	Postnatal n (%)
Total (n=65)	11 (16.9)	54 (83.1)
Metropolitan (n=59)	10 (16.9)	49 (83.1)
Geraldton (n=6)	1 (16.7)	5 (83.3)

KEY TAKEAWAYS



* The denominator of the % is the number of clients who reported that they experienced or were diagnosed with a mental health condition in the past or at the time they were attending the P2P services (n=49, 75.4%)

1. Socio-economic Status (SES)

The Australian Bureau of Statistics (ABS) defines socioeconomic status (SES) as “the social and economic position of a given individual, or group of individuals, within the larger society” and factors that impact people’s accessibility to material and social resources and their ability to participate in society¹.

SEIFA Score

SEIFA (Socioeconomic Indexes for Areas) ranks areas according to their relative socioeconomic advantage and disadvantages using Census data, combining data such as income, education, employment, occupation, housing, and family structure to summarise an area’s socioeconomic characteristics². The scores reported here are based on the Index of Relative Socioeconomic Disadvantage (IRSD), which focuses on relative socioeconomic disadvantage. The score ranges between 1 and 10: a low score indicates a relatively greater disadvantage and a high score indicates a relative lack of disadvantage.

Figure 1 shows the proportions of the SEIFA scores within Australia by service location.

- The score ranged between 1 and 10 as a whole.
- SEIFA score “8” was found most in the metropolitan clients (27.16%).
- SEIFA score “2” was found most in the Geraldton clients (66.7%).
- 23 of the 65 clients (35.4%) fell in the bottom of the 40% disadvantaged.

Note 4. The SEIFA scores of the Mid West region where the Geraldton services cover range between 1 and 6 – no score more than 6.

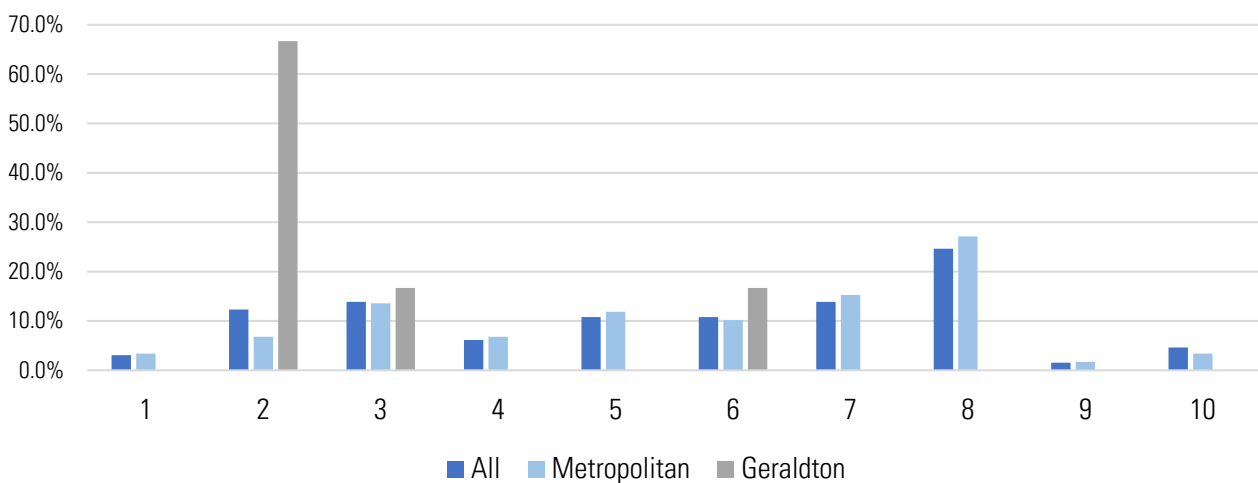


Figure 1. Proportions of the SEIFA scores by service location (n=65)

Footnote:

¹ Australian Bureau of Statistics, Measures of Socioeconomic Status (Catalogue No 1244.0.55.001, the 22nd of June 2011)
[https://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/0/367D3800605DB064CA2578B60013445C/\\$File/1244055001_2011.pdf](https://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/0/367D3800605DB064CA2578B60013445C/$File/1244055001_2011.pdf)

² Australian Bureau of Statistics, Socioeconomic Indexes for Areas (SEIFA), Australia. Available from <https://www.abs.gov.au/statistics/people/people-and-communities/socio-economic-indexes-areas-seifa-australia/latest-release#overview>

Below Poverty

Poverty was measured by “Do you have enough money to meet your daily needs?” Figure 2 represents the proportions of the answer categories.

- ‘Completely’ was the most frequently selected answer as a whole (36.9%).
- ‘Completely’ was the most frequently selected by the metropolitan clients (37.3%).
- ‘Mostly’ was the most frequently selected by the Geraldton clients (50%)
- 14 clients (21.5%) reported they have money a little to meet their daily needs or they have not at all money to meet their daily needs.

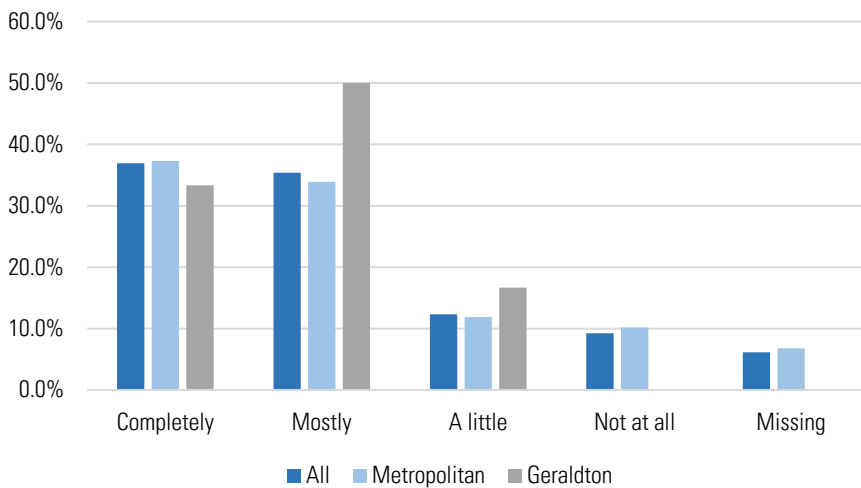


Figure 2. Proportions of the monetary sufficiency levels of the daily needs by service location (n=65)

Income

Income was measured by the total gross income range for the family. Figure 3 depicts the frequency proportions of each income category.

- The family’s gross income per week ranged between category 7 (\$386-\$481 / week (\$20,001-\$25,000 / year) and 26 (\$2,213 or more / week (\$115,001 or more / year)).
- The category range of 26 (\$2,213 or more / week (\$115,001 or more / year)) was reported most as a whole group (29.2%).
- 22 of the 65 clients (33.8%) fell in the weekly income ranges below the Australian average weekly income of \$1,923.40³.

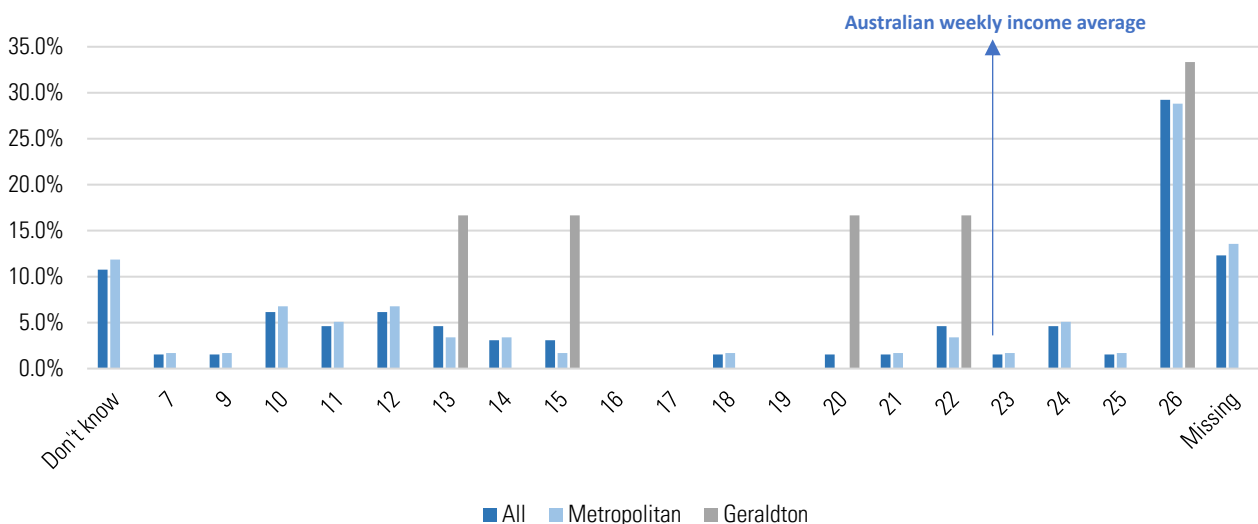


Figure 3. Proportions of the gross income per week for the family by service location (n=65)

Footnote:

³ Australian Bureau of Statistics, Average Weekly Earnings, Australia (Released the 15th of August 2024) <https://www.abs.gov.au/statistics/labour/earnings-and-working-conditions/average-weekly-earnings-australia/latest-release>

Employment:

Employment status was measured by 'Are you currently in paid employment?' Figure 4 shows the proportions of the 65 clients' employment status by service location.

- Over 50% of the clients worked when they started the P2P services. However, 37.5% of the employed clients were taking parental leave.
- No Geraldton group clients were taking parental leave when they stated the P2P services.

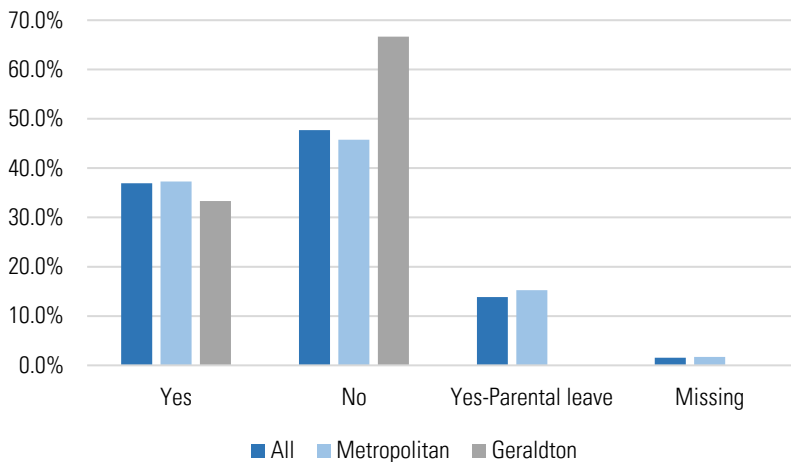


Figure 4. Proportions of the employ status by service location (n=65)

Government benefits

The receipt of government benefits was measured by the question, 'Government benefits: Does your family receive any government benefit t, allowance or pension?'. Table 5 represents the proportion of the receipt situations by service location.

- Approximately 54% of the 65 clients received government benefits.
- In the Geraldton group, 4 clients or 66.7% of the 6 Geraldton clients received the benefits.

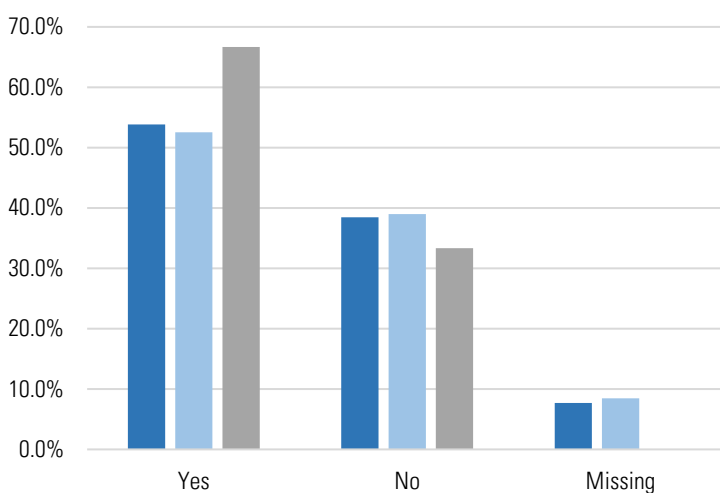


Figure 5. Proportions of the receipt of the government benefits by service location (n=65)

No high school education

'No high school education' was measured by the question, 'What is your highest level of education?' Figure 6 reports the proportions of the 65 clients with the highest education by service location.

- Over 18% of the 65 clients didn't finish their high school education.
- A university degree was the most reported education by the metropolitan clients (29.23%) followed by Tafe/College certificate (23.1%).
- No Geraldton clients finished university degrees.

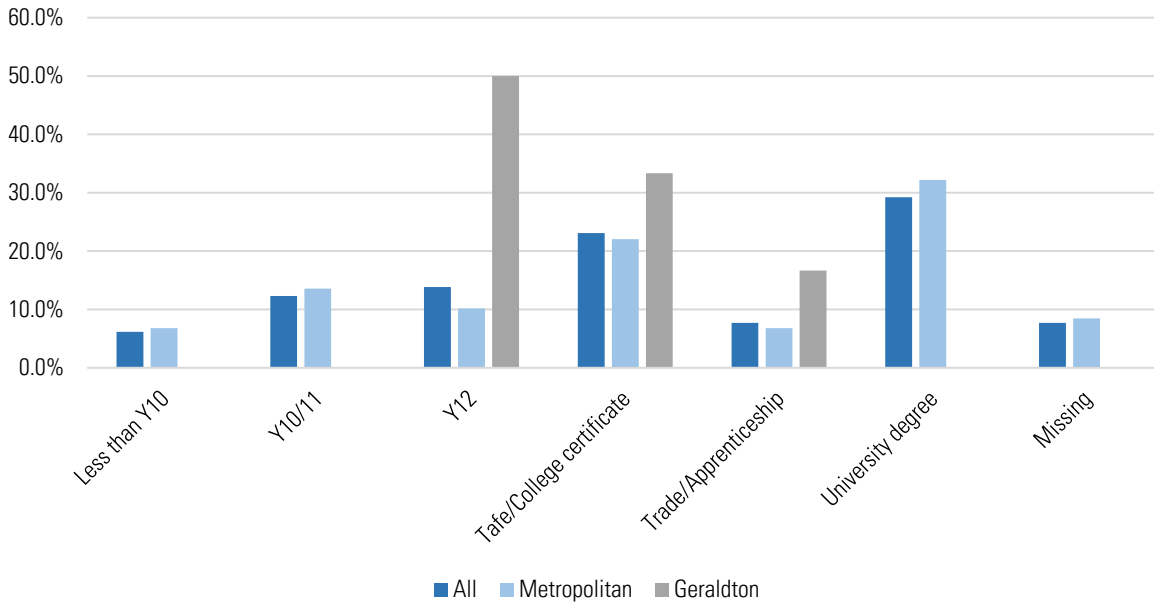


Figure 6. Proportions of the highest education by service location (n=65)

2. Household Composition

Single-Parent household

Postnatal clients (n=54) were asked to select their household types. Figure 7 presents the proportions of the household types reported.

- Approximately 82% of the postnatal clients live with their child(ren) as a biological or adaptive parent (Original family) as a whole.
- Approximately 13% of the clients identified themselves as a solo parent.

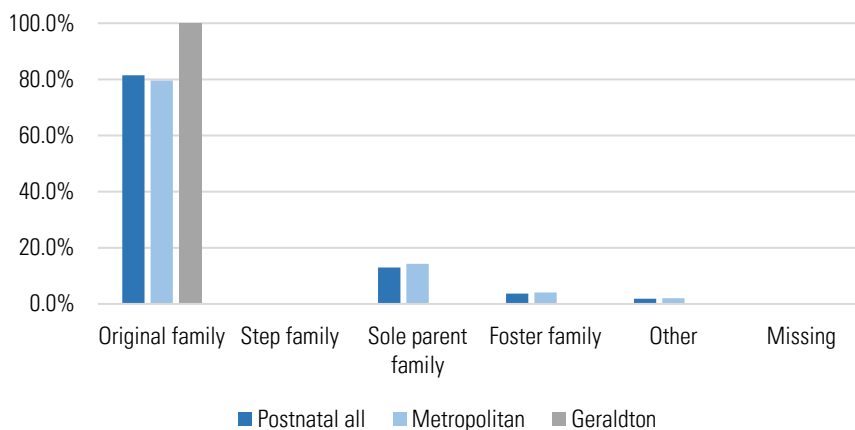


Figure 7. Postnatal – Household type by service location (n=54)

Aged 18 and younger

None of the 65 clients was aged 18 and under. 20 was the youngest age reported and 46 was the oldest.

- 30-39 was the most reported age range as a whole and in the metropolitan group.
- 19-29 was the most reported age range in the Geraldton group.

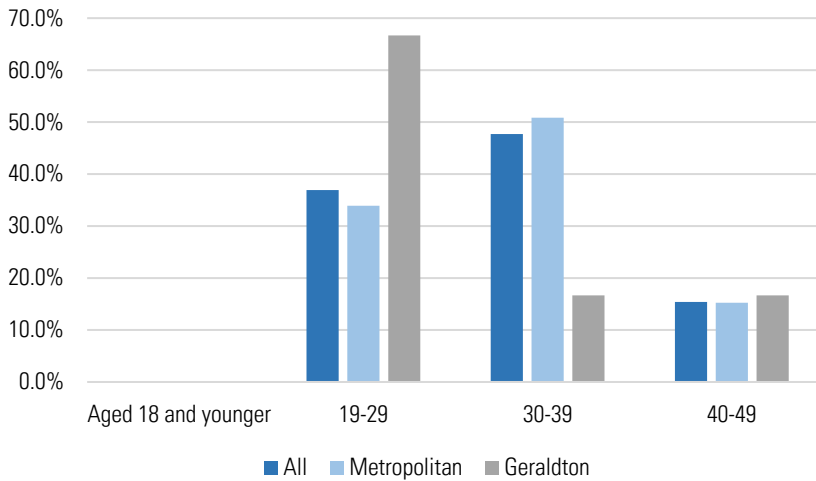


Figure 8. Age range proportions by service location (n=65)

3. Housing

Stable housing

'Stable housing' was measured by two questions: 'Do you have a partner?' and 'Do you feel safe with your partner?' Figure 8 represents the proportions of having or not having partner.

- 50 of the 65 clients reported that they have a partner (77%).
- All 6 Geraldton clients had a partner.

84% of the 65 clients having a partner reported that they felt safe with their partner (Figure 9).

- No one reported that they didn't feel safe with their partner.
- However, two clients selected the 'Other' answer option. One stated, *"Denied violence, but there is aggression"* While this client recognised that their partner was aggressive, the client didn't select 'No' but selected 'Other'. The other one stated, *"Physically safe, not emotionally."*
- 6 clients (12%) didn't answer this question. This question might be sensitive or quite personal.

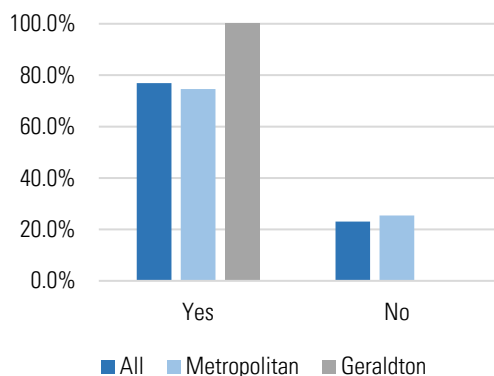


Figure 9. Having a partner (n=65)

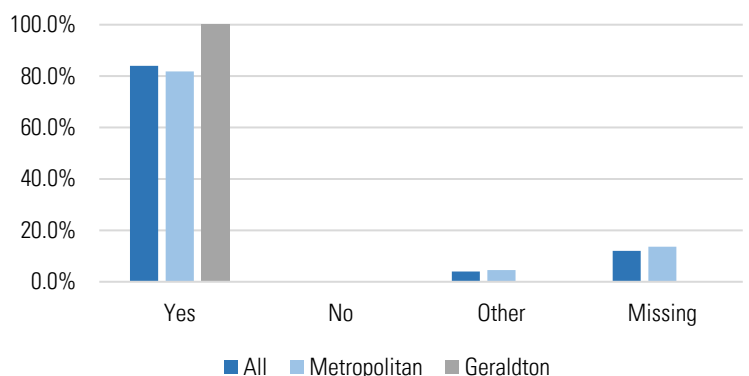


Figure 10. Being safe with the partner (n=50)

Daily transport

The sufficient levels of the daily transport needs were measured by the question: ‘Do you have enough means to meet your daily transport needs?’ Figure 10 reports the proportions for each sufficient level by service location.

- Approximately 10% of the 65 clients reported that they have a little means or not at all means to meet their daily transport needs.

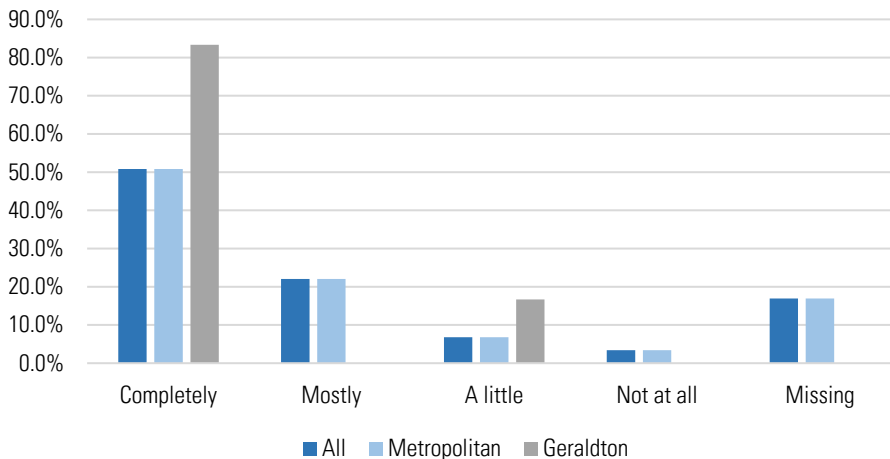


Figure 11. Daily transport needs sufficiency (n=65)

4. Culture & Language

Aboriginal or Torres Strait Islander origin

Aboriginal or Torres Strait Islander origin was identified by the question, ‘Are you of Aboriginal or Torres Strait Islander origin?’

- 1 client identified themselves as of Aboriginal origin.
- 5 clients didn’t answer this question.

English fluency

English fluency was measured by the question, ‘Do you feel that your English is adequate to meet your daily needs?’

This question was added in June 2024; therefore, we have relatively large numbers of clients who didn’t answer this question.

- 56 of the 65 clients felt that their English was adequate to meet their daily needs (Approx. 86%).
- 1 client was unsure if their English was adequate to meet their daily needs.
- 8 clients didn’t answer this question.

Cultural belonging

‘Cultural belonging’ was explored by the question ‘Do you feel a connection with your culture?’

This question was added in June 2024; therefore, we have relatively large numbers of clients who didn’t answer this question.

- 17 of the 65 clients were not sure or did not feel that they have a connection with their culture (26.2%)
- 10 clients didn’t answer this question.

5. ACEs, Depression & Anxiety

ACEs

Figure 12 depicts the proportions of each ACE score by service location.

- The most reported score was five as a whole and in the metropolitan group (15.4% and 16.9%, respectively).
- 27 of the 65 clients (41.5%) presented an Ace score of 4 and higher, which indicate a high risk for adverse health outcomes.

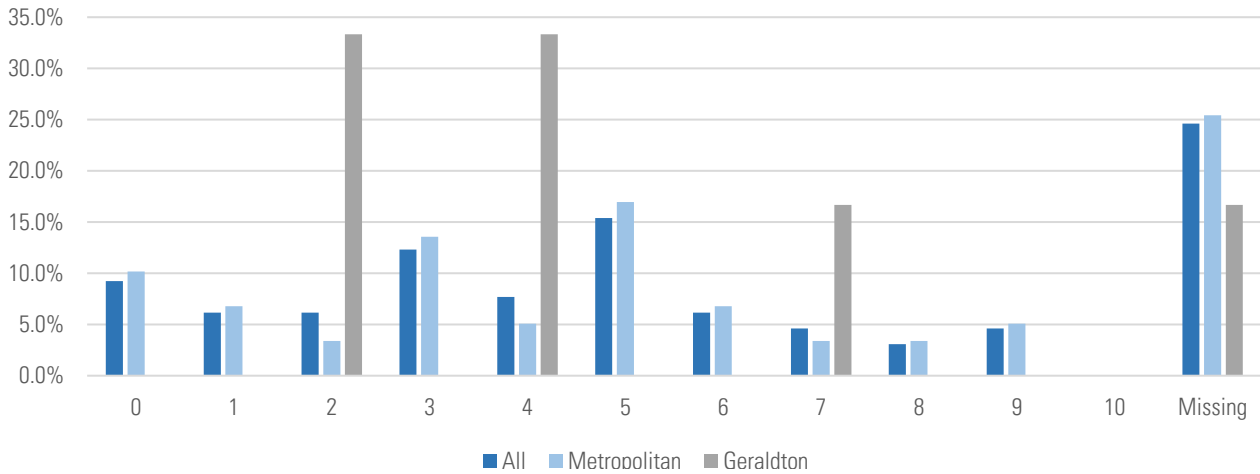


Figure 12. ACEs score by service location (n=65)

Depression & Anxiety

Approximately 75% of the 65 clients (n=49) stated that they were experiencing or diagnosed with a mental health condition in the past or at the time they were attending the P2P services (Figure 12). At the time the data were collected:

- Approximately 35% of the 49 clients reported that they were suffering from depression, which was 32% in the metropolitan group and 60% in the Geraldton group (Figure 13).
- Approximately 59% of the 49 clients were suffering from anxiety, which was 57% in the metropolitan group and 80% in the Geraldton group (Figure 13).

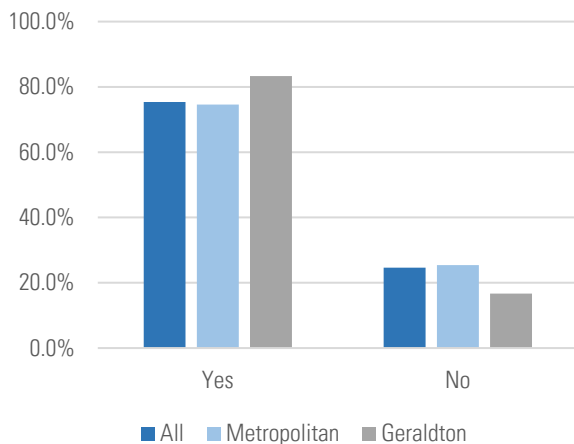


Figure 12. Mental health diagnoses (past & current) (n=65)

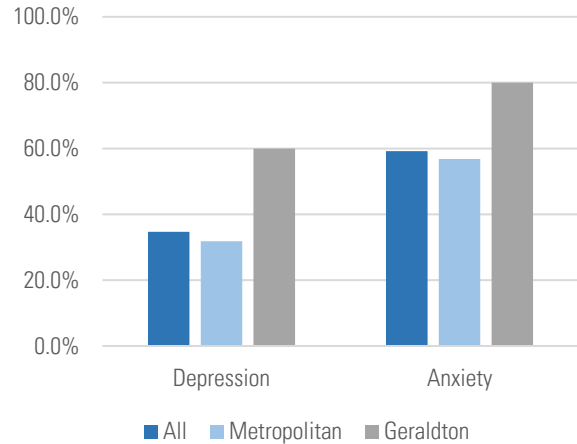


Figure 13. Depression and/or anxiety currently diagnosed (n=49)