



# Empowering our Communities Initiative

## Activity Work Plan

### 2019-2022



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An Australian Government Initiative

Head Office  
PO Box 868  
NURIOOTPA SA 5355

[countrysaphn.com.au](http://countrysaphn.com.au)

## 1. (b) Planned activities funded under the Primary Mental Health Care Schedule

### Empowering our Communities - Drought Support

Proposed Activities - copy and complete the table as many times as necessary to report on each activity	
Activity Title	Empowering our Communities SA
Description of Activity	<p>Aligning with National initiative objectives to fund community led mental health, social and emotional wellbeing and suicide prevention initiatives, CSAPHN has adopted a 6-spoked approach to meeting community expectations and meet immediate support needs, but also foster longer term recovery and resilience through:</p> <ul style="list-style-type: none"><li>• Early intervention and low intensity mental health services and resources</li><li>• Suicide prevention activities.</li><li>• Community wellbeing activities</li><li>• Workforce capability development</li></ul> 

	<p><b>Strategy 1: Low Intensity (Li) Strategies</b></p> <p>Activity detail: Capacity Building/Increasing existing low intensity workforce.</p> <ul style="list-style-type: none"> <li>• provide a high-quality service that people can access easily and directly, with or without needing a referral, while noting that it is best practice to involve a general practitioner (GP) in overall health and mental health care;</li> <li>• offer the intervention in a variety of delivery modalities (e.g. individual, group, telephone and web-based services, face-to-face);</li> <li>• offer the right frequency and volume of service to meet the needs of people with, or at risk of, mild mental illness (e.g. the right number of occasions of service at the right time, noting that services should be delivered in a time-limited manner, rather than as an ongoing service);</li> <li>• draw from a broad workforce, whilst ensuring workforce skills, qualifications and supervision arrangements are appropriate for the level of service commissioned; and</li> <li>• address the Low Intensity service needs of the identified drought regions, including those in underserviced population groups.</li> </ul> <p>Service Providers: Country &amp; Outback Health (CoBH) and Murray Mallee GP Network (MMGPN)</p> <p><b>Strategy 2: Priority Access Psychological Therapy Services (PTS)</b></p> <p>Activity details: Capacity Building/Increasing Access to PTS workforce.</p> <ul style="list-style-type: none"> <li>• provide evidence based, short term psychological intervention to people with a diagnosable mild, moderate, or in some cases severe mental illness, or to people who have attempted, or are at risk of, suicide or self-harm where access to other services is not appropriate;</li> <li>• provide a level of service commensurate with the clinical needs of the individual;</li> <li>• are delivered as part of a team approach to primary mental health care service provision, involving GPs, psychiatrists and paediatricians;</li> <li>• provide up to 12 individual and 12 group therapy sessions; and</li> <li>• are delivered by appropriately trained and qualified mental health professionals within their scope of practice.</li> </ul> <p>Service Providers: Country and Outback Health (COBH) Focus One Health and Murray Mallee GP Network (MMGPN)</p>
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	<p><b>Strategy 3: Community Connect Events</b></p> <p>Activity details: Small Grants - wellbeing initiatives such as community-led proposals for events, workshops and information forums.</p> <p>A range of activities and topics would be considered to support community-led wellbeing initiatives through grants, proposals and direct engagement, including:</p> <ul style="list-style-type: none"><li>• Community events or workshops that promote resilience and reduce stigma associated with mental illness and accessing mental health and suicide prevention services;</li><li>• Complementary and lifestyle interventions known to improve physical and mental health, that can be delivered in a group setting, such as exercise classes, relaxation and yoga classes, mindfulness meditation classes; and</li><li>• Community education on topics such as managing stress, anxiety, depression and stigma.</li></ul>
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	<p><b>Strategy 5: Communication, Resources and Referral Pathways</b></p> <p>Scaling back of activity and continuation of attendance at key ongoing stakeholder touchpoints through:</p> <ul style="list-style-type: none"> <li>• Dry Conditions Working Group collaboration, attendees include Primary Industries and Regions South Australia (PIRSA), NGOs, Education, State Health and various Agriculture representatives from areas impacted by the drought – meetings discuss information sharing and assist with identifying local gaps and changes in need as time evolves.</li> <li>• PHN representation of National Drought Taskforce teleconferences to continue to discuss the three key areas identified as important factors in approaching drought initiatives, these being; Coordination of mental health supports, access to information and method of delivery of mental health support.</li> </ul> <p><b>Strategy 6: Upskilling and Training</b></p> <p>Creation of a Trusted Advocates Network within Tailem Bend and potential for expansion to create a state-wide network within the broader drought affected region.</p> <p>Activity detail:</p> <ul style="list-style-type: none"> <li>• Identify up to ten Trusted Advocates within the identified community and establish a local network. Work with the local community to identify business that have regular contact with farmers and general community. Invite these businesses to become part of trusted advocate group (1 employee from each business)</li> <li>• Deliver training for Trusted Advocates in Mental Health First Aid or ‘Accidental Counselling’ training to assist them in their role. Hold a trusted advocates Induction event where participants undertake Accidental Counselling and are informed of resources that are available in the community. This will be held as a dinner event so the advocates can network and get to know each other.</li> <li>• Provide information and resources to Trusted Advocates about the availability of online, face-to-face and self-help mental health and emotional wellbeing supports within their community, to promote self-help and improve referral pathways. Information will be provided to advocates at the induction event, each business will be provided with a stand to display within their business that has information about supports online, face-to-face and self-help available to their community. Each trusted advocate will be provided with a trusted advocate badge and a sticker to display on window of their workplace so community members know a trusted advocate can be found there.</li> <li>• Provide proactive support of, and mentoring to, Trusted Advocates and appropriate clinical support to provide debriefing opportunities as required. Monthly teleconference with EOC project officer and other trusted advocates.</li> <li>• Oversee the local network and manage Trusted Advocates to ensure the number of Trusted Advocates is sustained and supported. Monthly teleconference with EOC project officer and other trusted advocates.</li> </ul>
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	<p>Addition of industry support to current community efforts for those impacted by drought and broadening of eligibility for funding opportunities.</p> <p>Providing opportunity for upskilling and workforce development for current providers in the Country SA PHN region.</p>
Target population cohort	<p>In South Australia, the Department of Primary Industries and Regions' (PIRSA) 'Adverse Events Recovery Framework for Primary Production' (the Framework), outlines the government's approach to determining what support may or may not be required in response to adverse events.</p> <p>The Framework aligns to the principles of the Intergovernmental Agreement on National Drought Program Reform (IGA) agreed by the Commonwealth, states and territory governments in 2013.</p> <p>In South Australia, with no formal process or programs requiring declaration of drought areas, it is considered appropriate for industry, private sector and community support services to utilise the areas assessed as drought affected under the framework.</p> <p>Current data identifies more than 4800 farming properties as affected by drought (refer figure 1). Note those farming properties differ greatly in terms of type, size, preparedness and needs.</p> <p>The impacts of drought can be direct and indirect, resulting in increased fodder pricing, decreased water quality and strain on a number of industries, therefore in accordance with national drought agreement 'there should no longer be Exceptional Circumstances declarations and associated lines on maps' thus other communities (not outlined in Figure 1/ Table 1) whom can portray evidence of drought will be eligible to apply for funding and/or support.</p> <p>The latest season update showed continuing dry conditions and frost in September and October had impacted pasture growth and crop yield – with a number of producers now opting to cut crops for hay. Consequently, as at 30 September, the grain crop estimate has been reduced to 4.9 million tonnes (from 5.8 million tonnes).</p> <p>According to the Bureau of Meteorology, rainfall for parts of the South Australian drought affected regions in September 2018 was lowest since records commenced. Soil moisture levels are also extremely low, which is also contributing to higher frost risks.</p>

Figure 1 illustrates the Drought affected areas across South Australia.

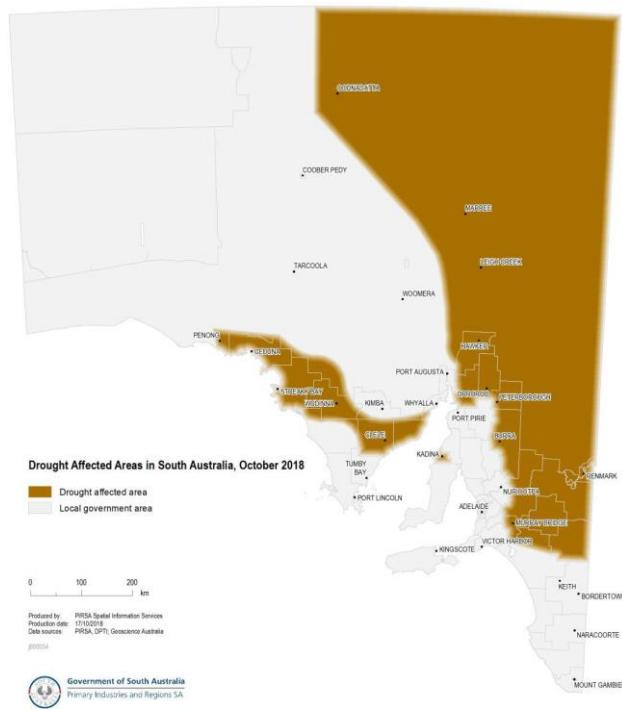


Table 1 identifies the Drought affected areas, the relevant local government areas and postcodes.

District	Local Government area	Post codes	Framework phase	No. Farm Businesses (PICs)
Eyre Peninsula	Franklin Harbour Cleve Kimba Streaky Bay Wudinna Ceduna	5602, 5603, 5604, 5633, 5640, 5642, 5650, 5651, 5652, 5653, 5654, 5655, 5660, 5661, 5671, 5680, 5690.	Drought affected	641

	Murray Mallee	Mid Murray Loxton/Waikerie Renmark Paringa Karoonda East Murray Coorong Rural City of Murray Bridge Council	5238, 5260, 5253, 5254, 5256, 5301, 5302, 5303, 5304, 5306, 5307, 5308, 5309, 5310, 5311, 5312, 5320, 5321, 5322, 5330, 5331, 5332, 5333, 5340, 5341, 5342, 5343, 5344, 5345, 5346, 5353, 5354, 5356, 5357.	Drought affected	2083	
	Northern Yorke Peninsula	Copper Coast	5552, 5554, 5556, 5558	Drought affected	181	
	Upper North	Peterborough Flinders Ranges Orroroo/Carrieton Mt Remarkable Goyder	5374, 5381, 5417, 5418, 5419, 5420, 5421, 5422, 5431, 5432, 5433, 5434, 5480, 5481, 5482, 5485, 5493	Drought affected	1463	
	North East Pastoral	N/A (pastoral unincorporated area)	5701, 5440, 5730, 5731, 5732, 5733, 5734.	Drought affected	457	
	<b>Total</b>				<b>4,825</b>	
Consultation/Collaboration/Communication	<p>CSAPHN will leverage the South Australian Family and Business (FaB) Support Program which helps farmers, farming families and regional businesses in drought affected communities. The program is modelled on the successful FaB Scout program deployed during the Millennium Drought in 2009/10.</p> <p>Each mentor is experienced in discussing and addressing the difficult issues that come about as a result of drought and other adverse events. The mentors work closely with other service providers such as Rural Financial Counselling and local health networks and will connect people to those services as required.</p> <p>They can make the connections between drought assistance and other support measures currently available through government, non-government and community organisations and donations.</p>					

They provide a free, informal, confidential, independent and understanding approach available for individuals, families or businesses in South Australia who may be affected by drought.

South Australia has approximately 30 Suicide Prevention Networks (SPN), they are place-based with a mixed membership of community and lived experience representation, supported by the mental health sector and service providers. SPN's in the drought effected areas will be engaged in consultation and have the opportunity to deliver community-based activity.

A critical component of the Primary Health Networks programme is the Commonwealth mandate to establish and maintain Community Advisory Committees (Primary Health Care Committees).

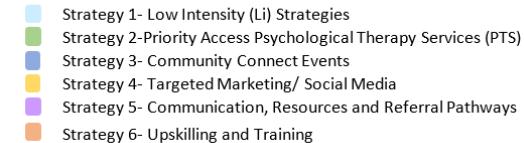
CSAPHN Primary Health Care Committees provide community perspective to the PHN and ensure that decisions, investments are innovations are patient centred, cost-effective, locally relevant and aligned to local care experiences and expectations.

Numerous such Committees preside within the drought identified regions and will be leveraged and to consult and promote towards the goals of the Empowering our Communities SA initiative.

Part of the SA Drought Mental Health Taskforce Group chaired by PIRSA that reports to the Minister Whetstone (Minister for Primary Industries and Regional Development)

Linking in with State Government strategy which is introducing extra measures to support farmers during this challenging time, including:

- Working with Livestock SA to create a fodder register to connect fodder with those in need;
- Undertaking an extensive fodder audit;
- Working with industry to undertake further workshops on animal nutrition and animal health, managing soil erosion and planning for next season;
- Coordinating a donation register and determining how South Australian farmers can access this support;
- Liaising with SA Health to coordinate support services in the affected regions, utilising existing health and wellbeing services available across Australia; and
- Implementing 'buy local' campaigns through Brand SA to support the dairy and pork industries impacted by a lack of fodder.

Duration	<table border="1"> <thead> <tr> <th></th><th>Jul</th><th>Aug</th><th>Sep</th><th>Oct</th><th>Nov</th><th>Dec</th><th>Jan</th><th>Feb</th><th>Mar</th><th>Apr</th><th>May</th><th>June</th></tr> </thead> <tbody> <tr> <td><b>COBH Li</b></td><td colspan="12">Service Delivery</td></tr> <tr> <td><b>MMGPN</b></td><td colspan="12">Service Delivery</td></tr> <tr> <td><b>Focus One</b></td><td colspan="12">Service Delivery</td></tr> <tr> <td><b>Small Grants</b></td><td>Opening</td><td>Assessment</td><td colspan="10">Activity Commencement</td></tr> <tr> <td><b>Calendars</b></td><td colspan="3"></td><td colspan="3">Consultation/ design/printing</td><td colspan="6" rowspan="5">Dispersal</td></tr> <tr> <td><b>Field Days</b></td><td colspan="2">Planning / Resources</td><td colspan="3" rowspan="2">Event and roadshow</td><td colspan="7" rowspan="4"></td></tr> <tr> <td><b>Communication</b></td><td colspan="12">Ongoing engagement</td></tr> <tr> <td><b>Tailem Bend</b></td><td colspan="3">Training and Development</td><td colspan="9">Ongoing community engagement</td></tr> <tr> <td><b>State- wide</b></td><td colspan="3">Training and Development</td><td colspan="9">Ongoing community engagement</td></tr> </tbody> </table> <p>  </p>		Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	<b>COBH Li</b>	Service Delivery												<b>MMGPN</b>	Service Delivery												<b>Focus One</b>	Service Delivery												<b>Small Grants</b>	Opening	Assessment	Activity Commencement										<b>Calendars</b>				Consultation/ design/printing			Dispersal						<b>Field Days</b>	Planning / Resources		Event and roadshow										<b>Communication</b>	Ongoing engagement												<b>Tailem Bend</b>	Training and Development			Ongoing community engagement									<b>State- wide</b>	Training and Development			Ongoing community engagement								
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Arrangements for prioritising funding allocation	<p>Appointment of an assessment team to review applications and undertake a comprehensive assessment process. The assessment team will evaluate applications to identify projects that clearly demonstrate their capacity to undertake the project.</p> <p>The nominated grants assessment team will assess and decide on the projects for recommendation and endorsement. All applicants will be notified in writing of the outcome of their application.</p> <p>Applications will be assessed against the following criteria:</p> <ul style="list-style-type: none"> <li>• A clear understanding of the community's health needs and associated service gaps that the project aims to address;</li> <li>• An evidence based and effective approach to the project that is community-led and based;</li> <li>• Availability of appropriately qualified and skilled resources for the duration of the project;</li> <li>• A commitment to service sustainability after the end of the CSAPHN funding;</li> <li>• The project is achievable within the timeframe and represents value for money; and</li> <li>• Willingness to co-contribute funding to activity where appropriate and able.</li> </ul> <p>In assessing proposals to fund early intervention and low-intensity services, CSAPHN would consider whether proposed services:</p> <ul style="list-style-type: none"> <li>• are evidence-based or evidence-informed;</li> <li>• supplement and not duplicate or replace, existing services in these communities;</li> <li>• can be accessed without a diagnosed mental illness or Mental Health Treatment Plan;</li> </ul>																																																																																																																																		

	<ul style="list-style-type: none"> <li>• offer brief interventions;</li> <li>• are culturally appropriate, including for Aboriginal and Torres Strait people; and</li> <li>• support appropriate referral pathways for individuals that require additional or longer-term support.</li> </ul>
Method of delivery/engagement and targets	<p>As outlined in strategy 3, we will be enabling community development through Small Grants for wellbeing initiatives such as community-led proposals for events, workshops and information forums.</p> <p>A range of activities and topics would be considered to support community-led wellbeing initiatives through grants, proposals and direct engagement, including:</p> <ul style="list-style-type: none"> <li>• Community events or workshops that promote resilience and reduce stigma associated with mental illness and accessing mental health and suicide prevention services;</li> <li>• Complementary and lifestyle interventions known to improve physical and mental health, that can be delivered in a group setting, such as exercise classes, relaxation and yoga classes, mindfulness meditation classes; and</li> <li>• Community education on topics such as managing stress, anxiety, depression and stigma.</li> </ul> <p>CSAPHN will be seeking to facilitate engagement in community development and wellbeing promotional activities across all the 5 identified districts and 18 Local Government Areas within the drought affected areas.</p> <p>CSAPHN will utilise its existing locally based Regional Strategies engagement team to develop strong relationships and meaningful connections with both service providers and key stakeholders and community leaders. Engagement with local communities, networks and forums will ensure community voices are heard to enable effective local solutions.</p>

Risk Management	Risk	Likelihood of risk (Rare, Unlikely, Possible, Likely, Almost Certain)	Consequence of risk (Provide a brief example of the consequence)	Risk Rating (Low, Medium, High, Extreme)	Mitigation Strategy *	
	Service objective as stated in the schedule is not achieved	Likely (4)	Clients not receiving service, long waiting lists.	High	Progress and expenditure regularly reviewed and discussed with Department.	
	Community expectation not being met	Possible (3)	Negative press for PHN funded activity through community and media outlets.	Moderate	Requires consistent messaging through PHN commissioned service providers and ongoing communication across all networks.	
	Market failure in targeted areas of increased service delivery	Possible (3)	Delays in service roll out, sourcing provider.	Moderate	Leveraging of existing providers or short procurement of contractor service.	
	AWP approval delayed and funds unable to be utilised	Possible (3)	Delays in activity and expenditure of funds	High	Communication and progress of approvals regularly reviewed and discussed with Department.	
	Planning is based on incorrect and/or incomplete data	Unlikely (2)	Resources not put into most needed locations or services	High	Robust planning and needs assessment processes	

				At risk groups impacted			
Likelihood	Almost certain	5	High	High	Extreme	Extreme	Extreme
	Likely	4	Moderate	High	High	Extreme	Extreme
	Possible	3	Low	Moderate	High	High	Extreme
	Unlikely	2	Low	Low	Moderate	High	High
	Rare	1	Low	Low	Low	Moderate	High
	Consequence		1	2	3	4	5
		Insignificant- low consequence to achievement of objectives	Minor requires some adjustments to achieve objectives.	Moderate-significant adjustment to achieve objectives	Major – threatens goals/objectives	Catastrophic – stops achievement of goals/objectives	



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