

# Empowering our Communities Activity Work Plan 2019 - 2022

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COUNTRY SA

An Australian Government Initiative

## Strategic Vision



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 strategy to meeting community expectations and meet immediate support needs, but also foster longer term recovery and resilience through:

- Early intervention and low intensity mental health services and resources
- Suicide prevention activities
- Community wellbeing activities
- Workforce capability development



### Strategy 1: Low Intensity (Li) Strategies

Capacity Building/Increasing existing low intensity workforce.

- 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.
- Offer intervention in a variety of delivery methods (e.g. individual, group, telephone and web-based services, face-to-face).
- Offer the right service to meet the needs of people with, or at risk of, mild mental illness.
- Draw from a broad workforce, whilst ensuring workforce skills, qualifications and supervision arrangements are appropriate for the level of service commissioned.
- Address the Low Intensity service needs of the identified drought regions, including those in underserved population groups.

### Strategy 2: Priority Access Psychological Therapy Services (PTS)

Capacity Building/Increasing Access to PTS workforce.

- Provide evidence based, short term psychological intervention to people with 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.
- Provide a level of service that meets the clinical needs of the individual.
- Delivered as part of a team approach to primary mental health care service provision, involving GPs, psychiatrists and paediatricians.
- Provide up to 12 individual and 12 group therapy sessions.
- Delivered by appropriately trained and qualified mental health professionals within their scope of practice.



### Strategy 3: Community Connect Events

**Small Grants** - wellbeing initiatives such as community-led proposals for events, workshops and information forums.

A range of activities and topics would be considered to support community-led wellbeing initiatives through grants, proposals and direct engagement, including:

- Community events or workshops that promote resilience and reduce stigma associated with mental illness and accessing mental health and suicide prevention services.
- 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.
- Community education on topics such as managing stress, anxiety, depression and stigma.

### Strategy 4: Targeted Marketing / Social Media

- Targeted drought social media campaign to highlight Empowering our Communities (EoC) mental health service access points, reduce stigma surrounding mental health and encourage help seeking behaviours via Regional Access. Regional Access is CSAPHN funded Low Intensity Psychological Therapies 24/7 service.
- Media campaigns across media platforms and within targeted agricultural industry to reduce stigma surrounding mental health, encourage help seeking behaviours and highlight EoC Mental Health service access points.
- Extension of Regional Access to connect with communities, stakeholders, GP's and the priority population, with a view to increase access and awareness of Regional Access. Streamlining early intervention referrals within the stepped care model and promote full suite of EoC services and activity.

- Various promotional and resource tools to communicate EoC activity and provide education regarding mental health, suicide prevention and access to local mental health service points.
- Roadshow attendance– providing resources, service provider information and promotion of online services as well as help-seeking avenues at community drought events/field days.

### Strategy 5: Communication, Resources and Referral Pathways

**Continuation of attendance at key ongoing stakeholder touchpoints through:**

- 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.
- 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.

### Strategy 6: Upskilling and Training

**Creation of a Trusted Advocates Network within Tailam Bend and potential for expansion to create a state-wide network within the broader drought affected region.**

- 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).



- 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.
- 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 online support, 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 a window at their workplace so community members know a trusted advocate can be found there.
- 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.
- Oversee the local network and manage Trusted Advocates to ensure the number of Trusted Advocates is sustained and supported.

