

Gold Coast Mental Health Symposium 2024



Thursday 30 May 2024
Southport Sharks Club, Southport



Wellbeing First

A Vision for the Community Managed Mental Health Sector

Presented by Jennifer Black



Today

Understand the message of Wellbeing First

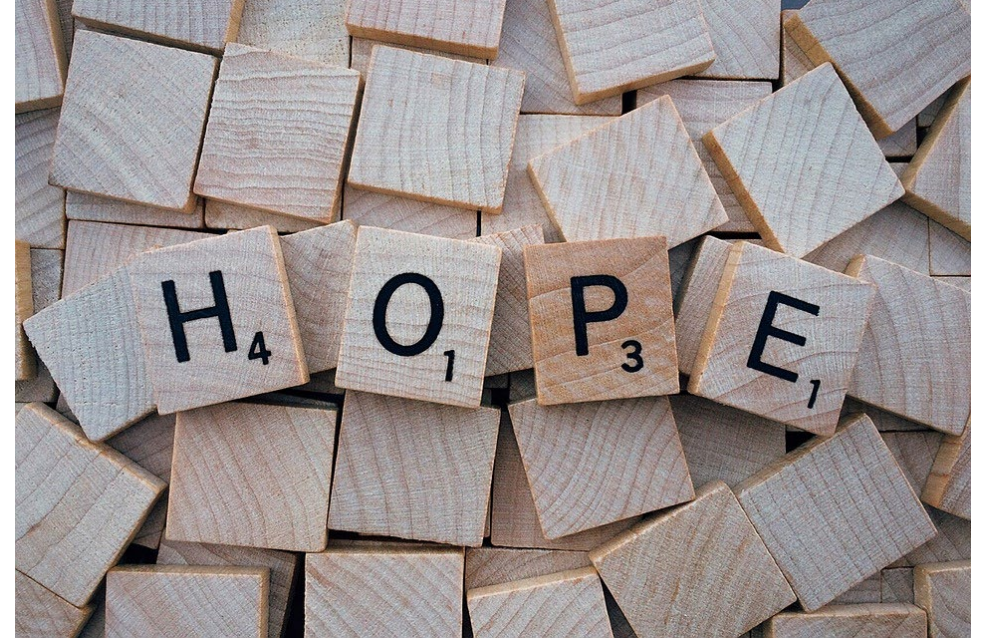
Be inspired by a different way of doing things

See the innovation possibilities

Be challenged to think differently

and

Want to know and learn more about Wellbeing First



QUEENSLAND ALLIANCE FOR MENTAL HEALTH

WELLBEING FIRST

JULY 2021



 Queensland
Alliance
FOR MENTAL HEALTH

Call to action to
fundamentally shift from a
mental health service system
that responds to illness after
the crisis, to one which
actively supports mental
wellbeing early in distress

qamh

QUEENSLAND ALLIANCE FOR MENTAL HEALTH

WELLBEING FIRST

JULY 2021

The logo for the Queensland Alliance for Mental Health, featuring a stylized white wave icon above the text "Queensland Alliance FOR MENTAL HEALTH".

The Wellbeing First Process

- Define the problem
- Consultation with stakeholders
- Vision
- Report
- Co-designed Principles
- Innovation Hub

The logo for the Queensland Alliance for Mental Health, consisting of the lowercase letters "qamh" in a teal, rounded font.

The creation of Wellbeing First 2020 - 2021

COVID-19

Productivity Commission Report

Other levers: Human Rights Act (QLD); Victorian Royal Commission; Qld Parliamentary Inquiry

Needs a different response, not more of the same



The “wicked” problem

- Personal experiences
- Economics
- Increasing rates mental ill –health prevalence
- Can’t find the right help, right time, right place
- Reduce the burden on acute services
- Identity of the Community Managed sector
- Culture and stigma
- Limitations of the system
- The challenge of actioning reform



What sets community
mental wellbeing
services
apart from
Business as Usual (BAU)?





Mental Health
is not the absence of
Mental Illness



The absence
of Mental Health
is as much of
struggle as
the presence of
Mental Illness

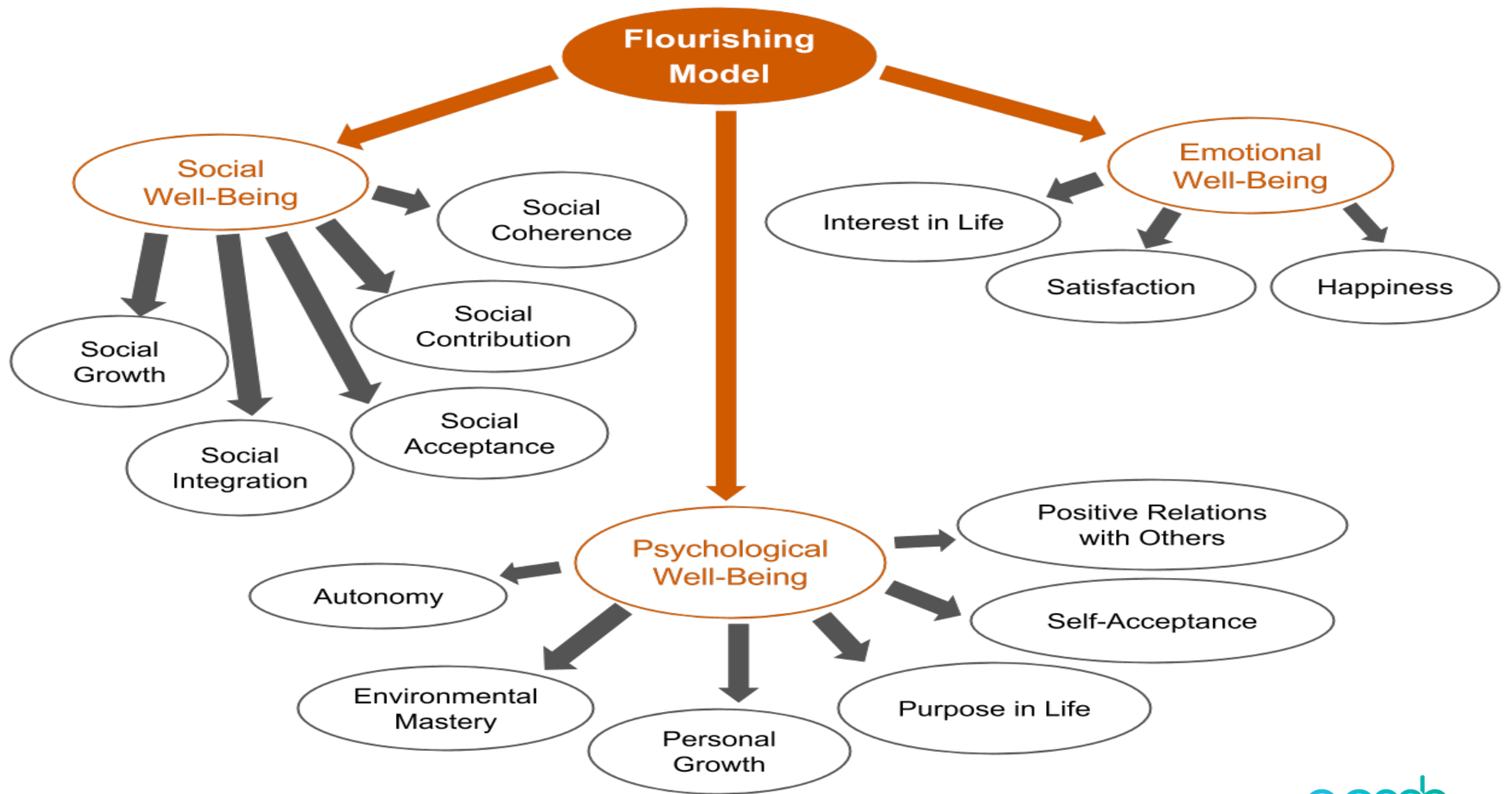
Mental Health

World Health Organisation

Is defined as a state of well-being where individuals are able to:

1. Realise their own potential.
2. Work productively.
3. Cope with the normal stresses of life.
4. Make a positive contribution to the community.





Emotional Wellbeing

(Private , Emotional Vitality)

Individuals feel mostly...

Cheerful,

In good spirits,

Happy,

Calm and peaceful,

Satisfied,

Full of life



Psychological Wellbeing

(Private & Personal assessment of functioning)

Self-acceptance – we are able to like most things about ourselves.

Positive relationships with others – we can form and maintain supportive, warm, and trusting relationships with others.

Personal growth – we see ourselves as becoming better people.

Purpose in life – we have a sense of direction or meaning in life.

Environmental mastery – we believe that we are able to shape the world around us (at least to some extent) to meet our needs.

Autonomy – we believe that we are reasonably in control of what happens to us (i.e. rather than others, fate, or luck being totally in charge)



Social Wellbeing

(evaluate public & social functioning)

Individuals ...

- See society as meaningful and understandable, *(social coherence)*
- See society possessing potential for growth, *(social actualization)*
- Feel they belong to and are accepted by their communities, *(social integration)*
- Accept most parts of society, *(social acceptance)*
- See themselves contributing to society *(social contribution)*



A Wellbeing First approach must be ...

- Whole of Population focus
- Locally responsive to the needs of the community
- Relevant to people's expressed needs
- Person led not person centred
- Programs that intentionally foster mental wellbeing
- Direct entry point without medical intervention
- Early in distress support
- Intentional coaching approach
- Strong customer service philosophy
- Specialise in linking people with naturally occurring community resources

Wellbeing First Benefits

Individual Benefits

- Earlier intervention
- Greater satisfaction that services can respond to needs
- Decreased friction points to access supports



Community Benefits

- Increased community wellbeing
- Increased economic engagement and productivity
- Increased liveability
- Access to services normalised and encouraged helps reduce stigma
- Increased community access, engagement and participation
- Locally designed initiatives meet community expectation

Wellbeing First Benefits

Mental Health Ecosystem Benefits

- Reduced demand ED and acute services
- Reduced need for expensive crisis intervention responses
- Reduced number of people using the hospital system
- Reduced demand on assessment and treatment services
- Clinical systems not overwhelmed and can concentrate on providing a clinical service to those that need it
- Improved clarity about the unique contribution of the Community Mental Wellbeing Sector
- Reduced duplication and competition between services



Imagine...

Everyone has access to support, designed locally that prevents mental ill-health, languishing and distress.

We have the skills and resources to successfully navigate the vulnerable, uncertain, complex, and ambiguous situations we face personally and collectively.

Everybody in the community can ask for help regardless of ability, health, social, cultural, or economic status without being labelled a person with a mental illness.

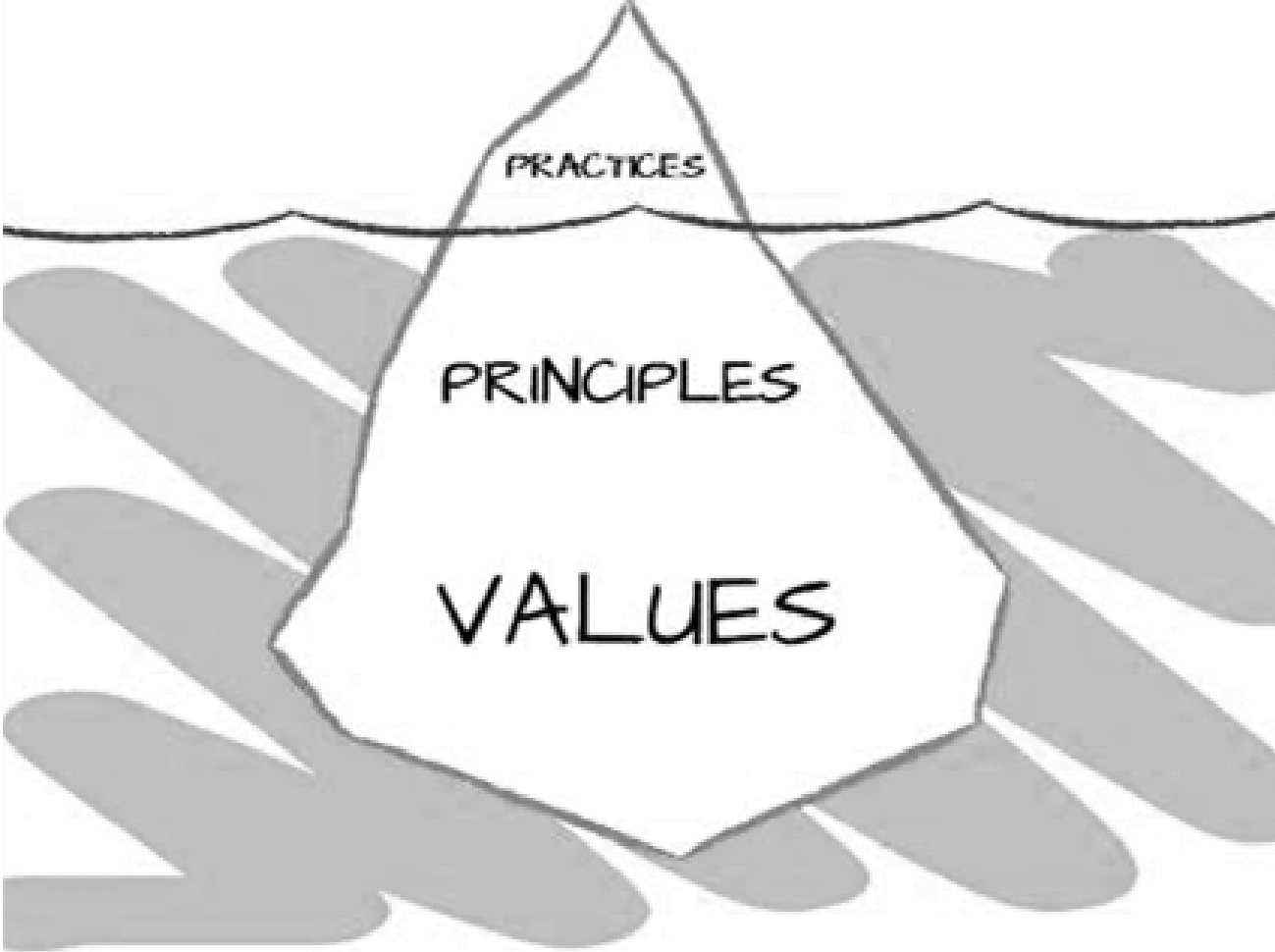
We all value and invest in community initiatives that foster collective wellbeing and our nation's productivity is measured not only in terms of economic growth but also its mental wealth.



Wellbeing First

Core Beliefs

Service Principles



A mental wellbeing focussed service... should view the person as the team leader and the service provider is accountable to that team Leader (for their service delivery).



“People flourish when their local community connections are relevant, real, and authentic and exist primarily outside service provision”



A mental wellbeing focused service...

recognises it **cannot empower or motivate people** but provides opportunities for people to reclaim their own power, voice, and direction.



A mental wellbeing
focused service...

is not the primary
solution to people's
mental wellbeing but
provides useful tools and
opportunities for people
to flourish.



Wellbeing First Innovation Hub



The design thinking program

Activity	Description	Your time	When
Virtual Classroom	On line learning in human centred design process and learn how to apply the tools within your workplace	2 hours sessions weekly over 6-8 weeks	September- October 2022
Group mentoring	Monthly sessions with Stephan to apply the tools to a problem within your workplace	2 hours per month over 8 months	November 2022 – June 2023
Individual and group catch up sessions	Receive support for your change project from the QAMH team and experts to assist you to use the learning	Monthly as needed	November 2022 – June 2023
Innovation Showcase	Participants come together to share learning and innovation with the wider sector	One day	June/July 2023

WELLBEING FIRST
Innovation Hub

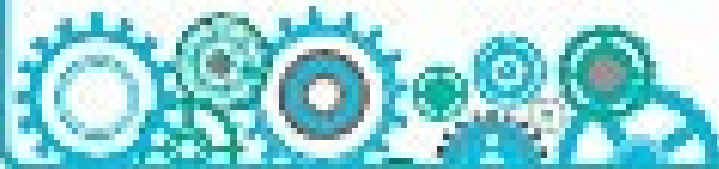


Congratulations

to our successful Member applicants:

Arafmi
Brisbane South PHN
Community Focus
Footprints Community
Impact Community
Services
Mentally Healthy City
Townsville
Mind Blank

Momentum Mental Health
Neami National
Outback Futures
QPASTT
Stride
Suicide Programs
Wellways
Wesley Mission Australia
Youth Flourish Outdoors



qamh
Queensland Association
of Mental Health

qamh

Thank you

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www.qamh.org.au

Questions? Join at menti.com - use code 4622 2961