



Our Healthy Clarence Mental Health & Wellbeing Plan – 2019 - 2022

Vision

The Clarence Valley is an inclusive, connected and resilient community

Objectives

1. To increase the capacity of the people across the Clarence Valley to support their mental health and well-being
2. To increase the number of children and young people in the Clarence Valley who have knowledge, skills and capacity to support their mental health and resilience
3. To increase the capacity of the education sector to support mental health and well-being of their students, staff and community
4. To increase the number of mentally healthy workplaces
5. To improve access to and quality of health services for mental health
6. To support the mental health and wellbeing of Aboriginal and Torres Strait Islander peoples in the Clarence Valley

Legend

Projects that align with the OHC Plan, are endorsed by the OHC Steering Committee and coordinated by the OHC Project Coordinator.

Projects that are supported by the OHC Steering Committee however OHC is not responsible for the co-ordination of the project.

Projects that are promoted and marketed by the OHC Coordinator however OHC is not responsible for the coordination of the project.

WHOLE OF COMMUNITY INITIATIVES

Objective: To increase the capacity of the people across the Clarence Valley to support their mental health and wellbeing

Key Indicators

- Proportion of people in the Clarence Valley with high levels of psychological distress
- Number of people participating in mental health and wellbeing programs
- Number of people participating in mental health gatekeeper training

Action	Projects led by OHC	Projects supported by OHC	Projects promoted by OHC	Responsibility
Develop and implement community champions programs to support mental health and wellbeing across all communities in the Clarence Valley including those in isolated areas	Community engagement forums in Grafton and Lower Clarence	Develop Community champions program	Community champions program	Implementation Team - Community Engagement Implementation Team – Community Capacity Building
Build capacity of sporting, social and cultural groups for prevention and early intervention in relation to mental health	Develop database of sporting codes across Clarence Valley. Meet with them to discuss mental health and wellbeing. Tailor mental health awareness training & resources specific to needs of sporting codes.			Implementation Team – Community Capacity Building

	Develop a regular Fluro Friday in Yamba			Implementation Team – Community Engagement
Build the capacity of professionals in support services to address mental health and well-being	Information sharing with PHN QUASI regularly for distribution across the GP practices in the Clarence Valley			OHC Coordinator
Develop and implement a comprehensive communication strategy including print, television, radio and social media	Develop an OHC Communication Strategy MindFrame Training for local media			Implementation Team - Community Engagement
Participate in National Volunteer Week		Attend community celebration for Volunteers on 25 th May 2019		Implementation Team – Community Engagement
Participate in Men’s Health Week, R U OK Day and other relevant key events				Implementation Team – Community Engagement

CHILDREN AND YOUNG PEOPLE

Objective: To increase the number of children and young people in the Clarence Valley who have knowledge, skills and capacity to support their mental health and resilience

Key Indicators

- Proportion of under 12 year old children with high levels of psychological distress
- Proportion of secondary school students with high levels of psychological distress
- Proportion of young people 16-24 years with high levels of psychological distress
- Proportion of secondary school students who can speak to someone about psychological distress
- Proportion of young people reporting positive experience with GP care

Action	Projects led by OHC	Projects supported by OHC	Projects promoted by OHC	Responsibility
Provide training for young people in mental health literacy with a focus on hard-to-reach groups and individuals		Delivery of AMHFA, SMHFA and YMHFA Delivery of SMHFA Training in Maclean		Implementation Team – Community Capacity Building
Build capacity in young people to provide peer support for mental health and wellbeing			Delivery of Teen MHFA Establish an AOD support group for families in Maclean	Implementation Team – Community Capacity Building
Disseminate information on pathways to mental health care, with a focus on early intervention		One Stop Shop events in Secondary and Primary Schools		Implementation Team – Community Engagement

Promote involvement of youth in community initiatives across the Clarence Valley		MindBlank to visit annually		Implementation Team – Community Engagement, Gurelgham, DPI
Promote and create youth specific services, events and spaces			<p>Youth at Risk Programs e.g. Valley track</p> <p>PCYC Fit for Life and Fit for Work Programs in conjunction with Police</p> <p>Clarence Valley Youth Service</p> <p>Youth Drop in and School Holiday Programs</p> <p>PCYC Safety Driver Training in Maclean</p> <p>Develop a series of resources to promote safe use of alcohol and other drugs (with an emphasis on cannabis) to ve developed for youth by youth in an interactive format</p>	Implementation Team – Community Engagement, CYA, DPI, Police, Gurelgham, Nungera, AMS
Promote a greater understanding of vocations and vocational opportunities				TAFE

EDUCATION

Objective: To increase the capacity of the education sector to support mental health and well-being of their students, staff and community

Key Indicators

- Proportion of secondary school students with high levels of psychological distress
- Proportion of secondary school students who can speak to someone about psychological distress
- Proportion of staff completed training in mental health programs

Action	Projects led by OHC	Projects supported by OHC	Projects promoted by OHC	Responsibility
Continue to support schools in ongoing implementation of existing staff training to support youth mental health				Dept. of Education, Private Schools
Support the implementation of staff training to support youth mental health in TAFE and other vocational education providers				Dept. of Education, Private Schools
Continue to work with work with local Aboriginal organisations and/or community members to identify and implement culturally safe mental health and wellbeing programs for Aboriginal young people in the school, TAFE and				Implementation Team – Community Capacity Building

other vocational education providers				
Continue to offer training to parents and carers to enhance their capacity to identify and respond to depression and suicide risk in students in school, TAFE and other voc. education providers				Implementation Team – Community Capacity Building
Continue to implement, monitor and evaluate postvention strategies and protocols in schools and support their implementation in TAFE				Dept of Ed, TAFE
Continue to strive for consistency in protocols and policies for mental health and suicide are consistent in all schools across the Clarence Valley				Dept of Ed, Private Schools
Develop and implement protocols and policies for mental health and suicide for TAFEs and other vocational education providers across the Clarence Valley				Implementation Team – Community Capacity Building
Develop and implement a mental health strategy for implementation in early childhood centre's				Dept of Ed, Early Childhood Centre networks, NSOA

Develop and implement a mental health strategy for implementation in primary schools				Dept of Ed
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WORKPLACES

Objective: To increase the number of mentally healthy workplaces

Key Indicators

- Number of Clarence Valley workplaces in coalition
- Number of workplaces receiving mental health training
- Number of employees receiving mental health training
- Number of supervisors receiving mental health training

Action	Projects led by OHC	Projects supported by OHC	Projects promoted by OHC	Responsibility
Develop a coordinated strategy for mentally health workplaces	Presentations to specific employers and at Chambers of Commerce meetings	Caring in Construction Program with John Holland Group Develop a presentation for employers on mentally healthy workplaces		Implementation Team – Community Engagement
Establish a coalition of Clarence Valley workplaces with a commitment to mental health and well-being	Establish an Implementation Team and report directly back to SC	Delivery of Workplace Support Skills Training Develop a tool kit for workplaces		Implementation Team – Community Capacity Building

Provide and coordinate training in mental health literacy for workers in the Clarence Valley workplaces with a focus on industries including those in construction, agriculture and aquaculture	OHC Coordinator to undertake MHFA Facilitator Training		MHFA Training ASIST Training DV-alert Training Workplace Support Skills Training Wellbeing and You Training	Implementation Team – Community Capacity Building
Provide support for workplaces to develop and implement evidence-based mental health policies and practices		Develop a tool kit for Workplaces		Implementation Team – Community Capacity Building
Provide training for supervisors in supporting mental health of workers				Implementation Team – Community Capacity Building

HEALTH CARE

Action	Projects led by OHC	Projects supported by OHC	Projects promoted by OHC	Responsibility
ACCESS Promote community understanding of mental health services and service providers	Develop events calendar for Mental Health Month and World Mental Health Day		Promote Mental Health Month and World Mental Health Day Promote Maclean community Day	Implementation Team – Mental Health Month

Improve use of mental health plans by GPs for people in the Clarence				PHN
Improve access to mental health services for children under 12 across the Clarence Valley		Undertake needs analysis Undertake service mapping exercise		Implementation Team - Access
QUALITY Enhance collaborative approach to care across primary care and specialist mental health services				Implementation Team - Access
Promote and support the implementation of evidence-based treatment and prevention (e.g. CBT or DBT) through training for MH professionals				Implementation Team – Community Capacity Building
Provide and promote training opportunities to GPs and other health providers on holistic screening for suicidality, immediate risk management, and identification of mental disorders such as depression, including utilisation of the peer workforce to provide training		Deliver Advanced Suicide Prevention Training Deliver Talking about Suicide in General Practice Workshops	Promote Advanced Suicide Prevention Training Promote Talking about Suicide in General Practice Workshops	Implementation Team – Community Capacity Building
Promote agreed guidelines and tools for crisis care and follow up of people who have self-harmed				

to all service providers				
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ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES

Objective: To support the mental health and well-being of Aboriginal and Torres Strait Islander peoples in the Clarence Valley

Key Indicators

- Proportion of Aboriginal and Torres Strait Islander peoples with high levels of psychological distress
- Number of Aboriginal and Torres Strait Islander peoples participating in Aboriginal mental health and wellbeing programs

Action	Projects led by OHC	Projects supported by OHC	Projects promoted by OHC	Responsibility
Implement cultural safety programs in primary care services to ensure safe and accessible services for Aboriginal and Torres Strait Islander peoples across the Clarence Valley			AMHFA Training in Maclean AMHFA Training in the CV	Implementation Team – Community Capacity Building
Implement specific culturally appropriate mental health training programs for Aboriginal and Torres Strait Islander peoples across the Clarence Valley		Deliver AMHFA in Maclean		Implementation Team – Community Capacity Building

Support programs in community-led healing for Aboriginal and Torres Strait Islander peoples across the Clarence Valley		Participate in events and programs	Closing the Gap Day for Youth in Maclean Men's Camp at Woody Head Becoming Women's Camp	Implementation Team – Community Engagement, Gurehlgam Healing Centre, Nungera
Support self-determination and community governance, reconnection and community life, and restoration and community resilience in OHC programs		Valley Track (Back Track style program) Clarence Valley Youth Service	Promote Valley Track Promote Clarence Valley Youth Service	DPI, headspace, Momentum PMC, AMS, NSOA

Please note this OHC Mental Health & Wellbeing Plan is a live, working document and as such can change as we progress through the various projects and actions therein.