

**Work Plan for the Primary Care Partnership Mental Health working party held at Ramsay Court**

**Mission statement: To increase the awareness of mental health issues within the Northern Mallee community**

**Red= Completed Tasks**

**Remaining Budget: \$0**

**1. Objective 1: The promotion of Mental Health and Well being strategies to schools in the Loddon Mallee**

<b>Item No</b>	<b>Strategy</b>	<b>Intervention</b>	<b>Action/s Required (including expenditure)</b>	<b>Person/s Responsible</b>	<b>When</b>	<b>Completed/ outcome</b>
<b>1.1</b>	To implement Mental Health Programs into education facilities	1.1.1 To promote “Mind Matters” in local secondary schools. To assist secondary schools to implement aspects of the “Mind Matters” program	St Josephs and two Rivers are the only schools currently implementing programs. To continue to provide ongoing support.  Educate Staff: Mental Health issues.	Jill Joslyn	Ongoing.  When opportunities arise	
		Boy zone Girl zone		Jill Joslyn reporting back	Ouyen to run in July	
		Tafe created Champions Program	Janet M spoken to Janet Nunn(Evaluator)- happy for Champions		Copy of Evaluation will be available at Aug	

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			program to be mentioned as a further outcome of SQUARE		meeting	
		1.1.6a) Implementation of "Tuning into Kids" Parenting program to pre and Primary school aged children	CAMHS clinicians have been trained in this program. Anyone can access this training.	Nicole	Nicole update Aug meeting; establish dates	Ongoing
			CAMHS will trial 2 groups in R'vale, one Tongan and one Aboriginal	Nicole	After 2 trial groups are completed.	
			CAMHS then to discuss with P/S nurses about identifying further groups to conduct the training with.			
	1.1.6b.) CAMHS will be facilitating their first TIK program with CAHMS consumers (parents).		This will be evaluated as to the next Target Group		July 28 <sup>th</sup> - will run for 6 weeks. Nicole to update Aug meeting.	
	1.1.7. Support Secondary Schools in the implementation of their current well-being programs	Redcliffs to run the beyond blue program next yr.	No action at this point.	Nicole	Still awaiting to discuss with Redcliff's Secondary	

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		Chaffey will run the "Best of Coping" program.		Nicole	Update Aug meeting	
	1.1.8 Provision of mental health education for staff in secondary schools	Staff are requesting further information on Anxiety, Depression, Self Harm P/S Nurses and CAMHS to get together to discuss this.	CAMHS have requested feedback from Secondary Schools & have devised an ongoing plan for staff forums.	Denise Pragt Nicole Moraitis (Concept of 6.1.5 program may be used for this programs development)	Update Aug meeting	
		Chris to give talk during Mental Health Week at Red Cliffs Secondary School		Chris & Barb	October	
		Engaging Boys		Jill Joslyn?	Update Aug meeting	
<b>1.2</b>	To promote the Victorian Government Positive Body Image Strategy	1.2.1 To assist local secondary schools to implement programs from the positive body image strategy	There is currently an application in place to run Go with your Life. To await outcome of same	Danielle White & Denise Pragt Barb	Ongoing	
		1.2.1b Service Providers Forum, Parents Forum; guest speaker to come along	Support from the MH Working Party	Anthea	Flyer will be sent out once details finalised	Group agreed to support

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		Dove website: Commercials on body image				
		1.2.2 Deliver Body think program at Murrayville Community College and Ouyen P-12	MRCC Youth Services	Jill J Collaborative approach with RDHS, WHLM, MTHCS: Casey Kay, Tania Down	Update August meeting	
		1.2.3 To have gender specific body image programs. (Positive Body Image: strength based)	Looking for speakers: kids who have been through hard times but have managed and had positive outcomes	Barb & Jo	September holidays	

**Objective 2: The promotion of Mental Health and Well being strategies to Parents in the Loddon Mallee**

2.

Item No	Strategy	Intervention	Action/s Required (including expenditure)	Person/s Responsible	When	Completed/ outcome
2.2	<b>Little Day Out Children's &amp; Families Expo</b>	2.2.1 Centre care lead agency to conduct family expo.	\$3000 (Rob made this commitment to committee) 65 stalls expected, Contact Allison at Centacare if you want to run a stall.	John Soulsby Update Aug meeting	Fri 10th Sep.	

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		2.2.2 Ouyen to have a "Day In the Park"	Support from committee	Casey Kay	Oct- not Show Week	Ongoing
2.3	Parenting Unit	7.3.1 Conducted feasibility study, final recommendations due March 2010	Waiting for Department of Health re: Parenting Units in regional areas	Rhonda Galliene	Meeting 10/6/10 Rhonda to report back	Ongoing
2.4	Family based strengthening program	7.4.1 PEPHS Position Health Services has been advertised to start in July	Jodie Marshall has been appointed to this position.		Update Aug meeting	
		Awaiting advertisement of a joint position in Robinvale PEPHS/ CAMHS				Ongoing
		Chris gave a talk regarding suicide with Tristar				

**Objective 3: To increase the well-being of the local community**

Item No	Strategy	Intervention	Action/s Required (including expenditure)	Person/s Responsible	When	Completed/ outcome
	3.1.1 Promote Mental Health & Wellbeing Program on Menopause		Liaise with Jean Hailees Foundation and promote and secure venue, requiring PCP \$200	Gwen	September 1	Granted
	8.1.2 Play- "Inside Out": 19 yr old			PCP/ Art Centre? Cath Murphy	Next meeting	
3.2	To support MRCC to implement relevant well-being strategies identified in the MRCC plans	8.2.1 To support the MRCC Youth Agenda: Strategic	\$1000 Proposal pending to request expenditure of	Barbara Clifford Jill reporting feedback	Awaiting Minister	

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	(eg. Community Safety Plan, Municipal Health and Well-being plan, Youth Agenda)	Plan.	funds			
		3.2.2 Youth Forum at the Workers			21/7/10- kids Professionals: 22/7/10	Completed Awaiting feedback/ Evaluation
3.3	Provide mental health education directed at parents, carers and community members	8.3.1 Carers "Strength Hope & Well-being"	Find suitable date for the event	Cath Murphy	Oct/Nov	
3.4		3.4.1 Boy Zone	To combine with Girl Zone	Jill	July- Redcliff's	

**Objective 4: The promotion of Mental Health and Well being strategies to Services Providers in the Loddon Mallee**

Item No	Strategy	Intervention	Action/s Required (including expenditure)	Person/s Responsible	When	Completed/ outcome
4.1	To promote a better awareness of mental health issues throughout the Northern Mallee	4.1.1 Mental Health Professional to hold 2 talk		Jill Gleeson	Future	

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4.2	To build community capacity by providing appropriate education and support to the primary care sector.	4.4.1 MHFA	<ul style="list-style-type: none"> <li>To train more people in Adolescent MHFA.</li> </ul>	PCP- \$10,000	19 <sup>th</sup> September	Kath Crouch from CAMHS and Julia Lowmyer form school nursing. In progress
			<ul style="list-style-type: none"> <li>To Deliver a minimum of 5 MHFA programs to Community</li> </ul>	PCP, PMHS, MFC, Centre Care	Ongoing	Courses booked for 2010.
			<ul style="list-style-type: none"> <li>To improve collaboration with other local trainers i.e. indigenous and Robinvale</li> </ul>	PCP		
			<ul style="list-style-type: none"> <li>Advertising in S.Daily</li> </ul>		Saturdays edition	
			<ul style="list-style-type: none"> <li>MHFA Evaluation/ project</li> </ul>	Rebecca	Ongoing	
		4.4.2 SQUARE	<ul style="list-style-type: none"> <li>To deliver a minimum of 4 programs to</li> </ul>	PCP, PMHS, MFC, MDGP, MRCC		3 courses held so far in 2010.

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			communities Feed back to PCP.	Chris to follow up		
			<ul style="list-style-type: none"> <li>ISC wanting the training- next month</li> </ul>		Update next meeting- Jill	
		4.4.3 ASIST	<ul style="list-style-type: none"> <li>To deliver a minimum of 4 programs to communities</li> </ul>	PCP, PMHS, MFC, Redcliff's Secondary College, MVA Co-op	July	Dates set for the year. One session completed
		4.4.4 Dual Diagnosis Training Program –PDRS, Train the Trainer programs		Jill Gleeson & Paul Hogarth attending training	More info next meeting	
			<ul style="list-style-type: none"> <li>To make up a data base for referral processes and forward to GP's</li> </ul>	Karen Bulman  Chris to follow up with Troy	Next meeting	
		9.5.2 CBT: Cognitive Behavioural Therapy	<p>\$19,000 PCP Budget 50%with funds to be carried forward from 09/10 budget of \$9,000</p> <p>Applying for a further \$10,000- 32 places</p>	Chris Hermans Rob McGlashan	CBT training November 2010 16 places for professionals. November 18 <sup>th</sup> - 21 <sup>st</sup> 2010	PCP 32 places have been selected  <b>Granted</b>

## 5. New Business

Item No	Strategy	Intervention	Action/s Required (including expenditure)	Person/s Responsible	When	Completed/ outcome
10.1	Pep 3 Psychological Test SRS	Bring play to Mildura	More information		Next Meeting	
10.2	Self Harm Training		Financial Assistance of \$1500	Jill Joslyn	November. Discuss next meeting	
10.3	Proposal to change Meeting Times; combine MH & DA 10:30-12:00pm. Change name to Dual Diagnosis Working Party?		Discuss	All Members present	July Meeting	Discussed and agreed to change meeting times commencing the 26 <sup>th</sup> August
10.4	Discuss Budget		Discuss budget to ensure money is allocated appropriately	All Members	Next Meeting	