

# BRIGHT & SURROUNDS MENTAL HEALTH THINK TANK

## SUMMARY OF DISCUSSIONS on 11.9.24



### Learnings from John & Zlatko's presentation - Key considerations:

- Funding – explore Alcohol & Drug Foundation (ADF), Murray PHN and more!
- Mental Health First Aid and “Tackle Your Feelings” training.
- Self-care support for mental health champions/supporters/first aiders – supervisions by psychologists
- Workshops/educational sessions tailored to audience of interest – typically more engaging than key note speakers
- Foundations need to be established with a supportive board/leadership within involved organisations/groups.
- Consider how you will increase awareness of your team – collateral/branding/advertising/hashtag
- Parent engagement is one of the biggest challenges

### What currently exists in the Bright area to support mental health and wellbeing?

- Bright P-12:
  - Seen as a community hub.
  - DET have funded mental health practitioners to be present in secondary schools.
  - Welfare Officer
  - Wellbeing Team made up of students
- Alpine Shire Council
  - RAYS group (Resilient Alpine Youth Squad) which is a platform for young people to raise mental health issues.
- Uniting Church offer Community Coffee Catch Ups on Friday mornings from 10am, which is open to anyone to attend.
- Social connectedness through sporting and other clubs
- Informal Facebook groups for activities such as running and chess

### What's missing/ needed?

- A multigenerational approach – a lot of work currently tailored to young people, but missing the senior citizens.
- A shared understanding of the health issue
- Community-coordination – stitch together different organisations, groups and clubs
- Training/skills for volunteers of all ages and families
- An effective support structure – see points below.
- A Coordinator/Driver for community coordination
- Strong partnerships
- Funding
- Emergency and service navigation contact points
- Point of entry/support for those alone and disconnected and at risk of falling through the gap.

### What could a support system provide?

- A safe space
- Community programs/activities with ongoing follow-up
- Training and support for volunteers
- Prevention/Intervention activities

### Structure considerations:

- Committee to coordinate activities
- Volunteers
- Diverse representation
- Every group needs to have a leader/champion to filter committee activities into their group
- Structured and organised by the Shire (a Coordinator)

### Sustainment considerations:

- Long-term funding
- Capacity building
- Embed within a structure that already exists
- Governance/Policy that sits within the Shire or Alpine Health