

Mental Wellbeing in East Gippsland Virtual Review - All Sessions

Zoom Session
December 09, 2019





Welcome

Mental Wellbeing Network

East Gippsland Mental Wellbeing Network

“Creating our own story and future
about our wellbeing in East Gippsland”

The Purpose of the Network

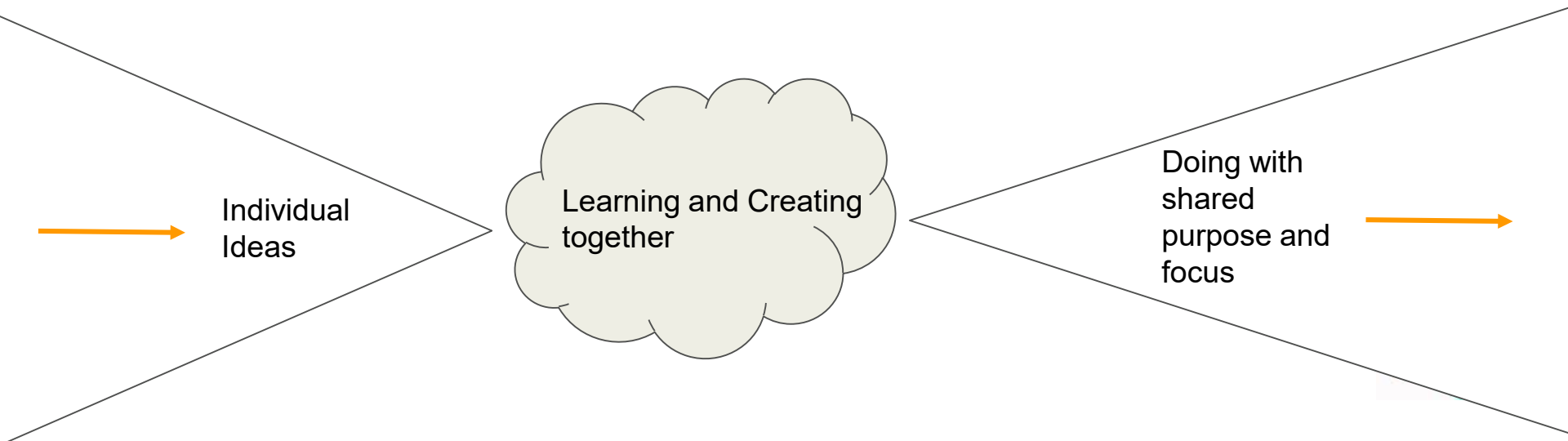
- To improve mental wellbeing in East Gippsland
- Clearly identify what needs to change and how it will change

Our aim is to identify **root causes** that challenge mental wellbeing and **explore their relationships** in order to create opportunities for **long term outcomes** through a **whole of community approach for primary prevention.**



A Way of Working

- Learn together - Value diverse perspectives
- Always be transparent in what we're learning
 - sharing what happens, when it happens
- Move one step at a time, adapting as we go
- Contributing in multiple ways
 - using technology to keep us connected



Motivation and Possibility

Motivation:

- Better outcomes for mental wellbeing
- Collaborate for long term meaningful change, there is desire to do so
- Build a shared understand and developed shared planning

Possibility

- Being leaders in the community
- Influencing and aligning organizational plans and policies
- Making small consistent changes
- Demonstrating commitment to work together to improve mental wellbeing



What is possible if we work together?

A more thoughtful collaborative approach to improved mental health in EG, through:

- Finding a common language and goal
- Sharing data and resources
- Being leaders in the community
- Influencing organizational plans and policies and align them with each other
- Making small consistent changes across the organizations and communities
- Demonstrating commitment from a diverse range of orgs to work together to improve mental wellbeing
- Creating shared planning towards real change that is sustained in the long term through shared outcomes



Past Sessions

Where we landed

There are socially isolated children and families
in East Gippsland

↑
in order to
address this

↑
to be better placed to
intervene here

we first need
to address
this
↓

Children and young people do not have a voice within schools
and community

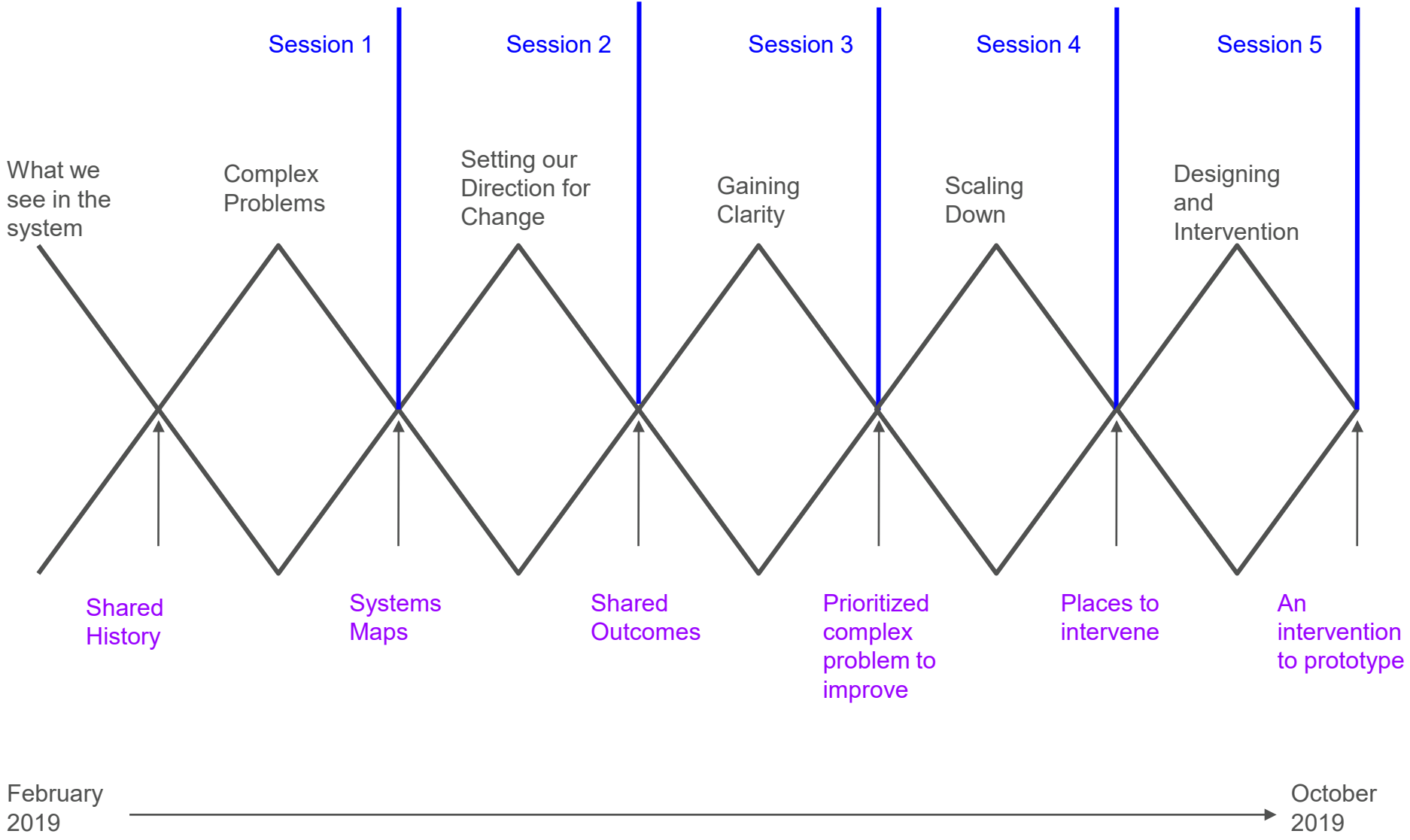
↑
in order to intervene here

Design mechanisms that capture the voices of
young people and their diverse experiences and
wellbeing needs

←
we design
and prototype
here



How we got here



Systems Change Framework - Our Guide

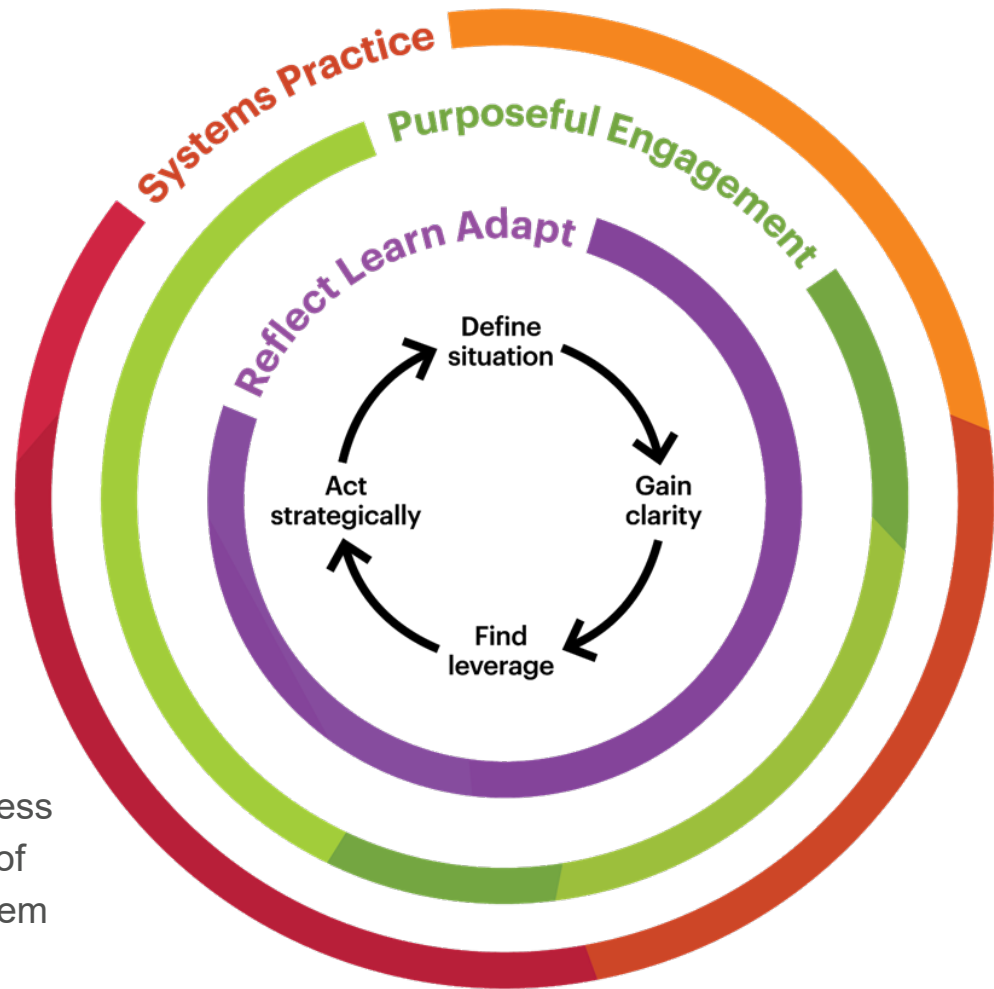
The Framework offers:

- structure to understand change
- process and set of practices to enable change

Two key aspects:

- 1) Iterative Inquiry Process
- 2) Learning Context

A systemic inquiry is a social learning process, which involves an ongoing process of interrogation of a system with the aim of shifting from the current undesirable system to a future desirable state in the system.

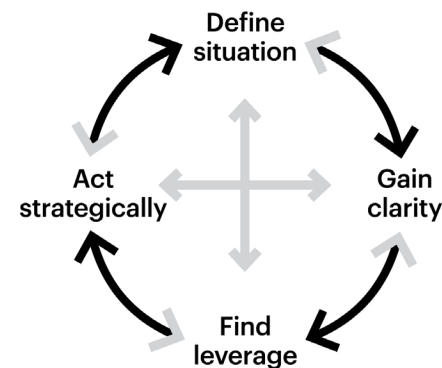




Systems Change Framework

Defined the situation:

- Identified shared needs and opportunities for participating in the alliance
- Outlined our motivation to work together
- Creating a journey map of mental health issues in EG over the previous 10 years
- Identified complex problems across the system

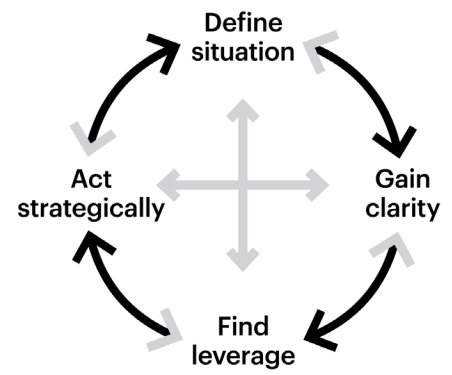




Systems Change Framework

Gained clarity:

- Mapped the systems of our complex problems
- Interrogation of existing undesirable outcomes in the system
- Identified key relationships between the complex problems
- Mapped root causes holding the problem in place
- Clarified type of root problems: structural, attitudinal or transactional

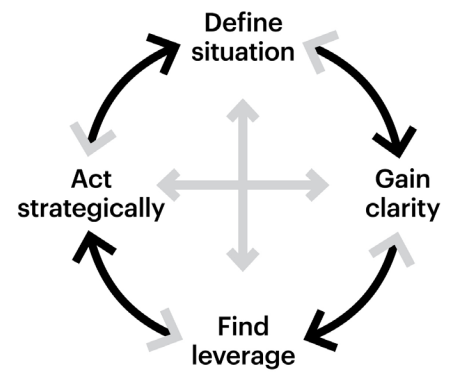




Systems Change Framework

Found Leverage:

- Identifying skills and expertise in Network
- Clarifying agency and authority to act
- Identified shared outcomes for the system
- Prioritized capacity to improve the complex problems based on context
- scaled down from the complex problem to identify an opportunity to intervene

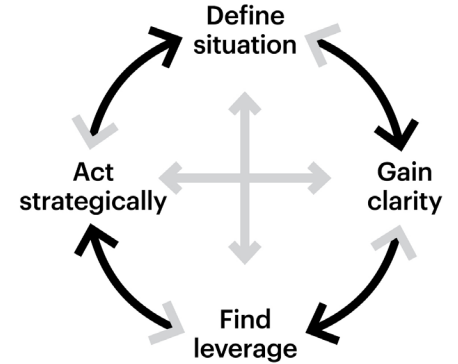




Systems Change Framework

Acting Strategically:

- Drafted an initial intervention
- **NEXT: prototype intervention with broader community, and particularly young people**



Draft Intervention

Draft Intervention

> Mobile van for youth to voice their experience and needs

How it will work:

- Bringing children and young people from larger towns to rural isolated areas
- Bringing services to these children/young people
- Stopping points, content and activities driven by young people
- Mobile radio/station/social media/chat rooms developing networks for support through technology
- Expressing needs/wants for their specific community

What we will learn:

- What is needed for mental health in rural communities - youth voice
 - Youth learn:
 - networking/isolation
 - Tech skills
 - How to make \$ and support their van
 - How to do media
 - How to do stuff rural kids do: prawning, surf, animals
 - Design the decoration of the van - competition



Draft Intervention

> Mobile van for youth to voice their experience and needs

Additional ideas and notes:

- The idea pulls from a number of ideas in the short list including mobile van, young people exchange who are from different young people of areas, youth radio
- Ultimately it was about a van that could be used to go to different places, with the opportunity for young people to come in and craft a social media message based on a topic they want to share. They create the social media (video, story, image) in the van with other kids and then publish.
- Young people could interview each other town to rural about their experiences.
- There is an online platform that they load their messages to.
- Van is full of technology for them to use - they gain some skills in using the technology
- Van is decorated by young people for young people - could have a competition to decorate different parts. Could be run through schools, as well as other places they congregate (ie food outlets/libraries) because there is wifi
- <https://exchange.telstra.com.au/digital-futures/tech-for-good/> is a great opportunity for sponsorship/support

Where to from here?

Where to next?

> Mobile van for youth to voice their experience and needs

- This idea needs to be prototyped with young people and service organizations working in this space
 - then further refined
- Build partnership agreements to implement this
- Test it out with on a smaller scale, learn and refine further
- Opportunities to bring technology partners on board like Telstra
- Design system measurements for change - what would improvement look like?



Close