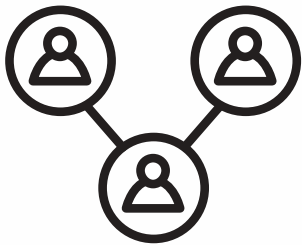




East Gippsland Mental Wellbeing Network

A Journey Map

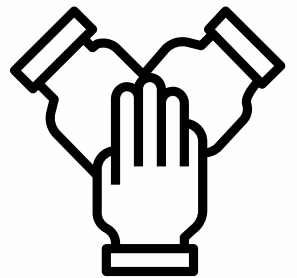
2018: Formation



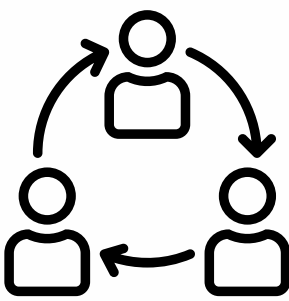
- East Gippsland Primary Care Partnership explore local appetite and capacity to establish a prevention network for mental wellbeing in East Gippsland. There are no other networks of its kind in East Gippsland.
- Planning begins to conduct a systemic inquiry into mental wellbeing in the East Gippsland community through a series of workshops.
- EGPCP work with systems thinking specialist Seanna Davidson to facilitate this process.
- Our shared vision is to: Identify root causes challenging wellbeing, explore relationships between these causes and identify areas in which to achieve long term improved outcomes.

Feb 2019: Workshop 1

- 26 people from 20 organisations gather for the inaugural workshop marking the formation of the East Gippsland Mental Wellbeing Network (MWBN).
- The group identify patterns, trends and events over time that influence mental wellbeing.
- Five complex problems are identified:
 1. Reaching those who are not accessing service before they reach crisis point;
 2. Short term and limited funding impedes sustainable outcomes
 3. High levels of gender inequality negatively influences the mental wellbeing of women;
 4. There are socially isolated children and families in East Gippsland; and
 5. East Gippsland are focused on reactive measures rather than early intervention and primary prevention.



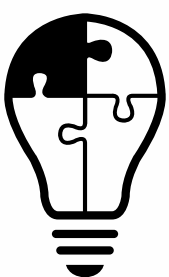
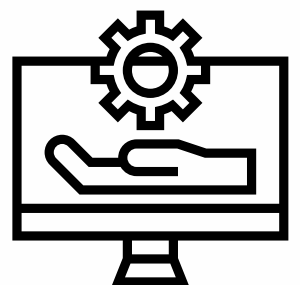
Mar 2019: Workshop 2



- The group explore the structures that hold the system in place.
- Two of the five complex problems are identified as priority areas and are redefined as:
 1. There are socially isolated children and families in East Gippsland (now: Social connectedness for children and young people).
 2. East Gippsland are focused on reactive measures rather than early intervention and prevention (now: Prioritising prevention in leadership and decision making).
- EGPCP conduct a partnership forum "Measuring Change" to explore which networks can work more effectively together to affect change across the system.

May 2019: Workshop 3

- The group creates systems maps against priority areas 1 and 2.
- These maps are created incorporating structural, attitudinal and transactional domains.
- The group explore "mental models" and gain insight into how assumptions, beliefs and values influence the system.



Jul 2019: Workshop 4

- The group work on creating measures against priority areas 1 and 2.
- Work on defining skill sets and identifying where there is agency and authority.

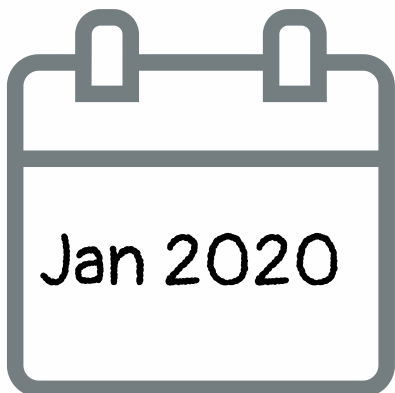
Oct 2019: Workshop 5

- In this final workshop, the group set about exploring projects that sit under priority areas 1 and 2.
- This work has a focus on young people having voice and influence and how this fits with social connectivity.



East Gippsland Mental Wellbeing Network

A Journey Map - continued



Jan 2020

- The group begins to meet as a network to further projects against priority areas 1 and 2.

- Project established under priority area 1 "Hearing the voices of Children and Young People" (HTV).
- Working group established to progress HTV project 1.



Mar 2020



Apr 2020

- Project proposal for HTV project developed into a scoping project in four selected communities across East Gippsland.
- Network agrees to meet monthly.

- Seed funding is secured for the HTV project with contributions from EGPCP, EGSC and Uniting.
- Disruptions from bushfire and COVID impact ability to progress the project at this time.



Jul 2020



Feb 2021

- EGPCP facilitate a partnership forum focusing measuring collaboration in partnerships across all networks including MWBN.

- MWBN turns its focus to priority area 2. The network approaches EGPCP to host a partnership forum with a focus on understanding and prioritising primary prevention.
- Planning for this event begins.



Mar 2021



Jun 2021

- EGPCP facilitate a partnership forum titled "Prioritising Primary Prevention" facilitated by Jeremy Scrivens and incorporating "Appreciative Inquiry" to explore how primary prevention can enhance health outcomes for East Gippsland.