

## **Mental Wellbeing Network Outcomes Plan 2022**

### **Context**

A number of events have taken place in East Gippsland since the formation of the Mental Wellbeing Network (MWBN) in 2019, providing important context when considering the mental health of the community. Drought, major bushfires, and the COVID-19 pandemic have had, and continue to have, significant social, emotional, economic, and health and wellbeing impacts. Research into the long-term impacts of bushfire alone, provides insight into what may lay ahead, making this work more important than ever.

The value of people coming together to support the process of healing and traversing the journey of recovery together is well documented, therefore it's important to recognise how it has been hindered by pandemic-related restrictions.

Similarly, the ability of agencies to come together to work collaboratively has been interrupted, particularly for those responding to pandemic needs. This has contributed to breaks in the flow of work and networks that provide the platform for sharing valuable learnings, understanding the changing needs of the community, and new work that has emerged as a result of response and recovery-related funding.

### **Children and Young People**

When the MWBN undertook a systems thinking process to explore the core contributing factors impacting mental wellbeing in East Gippsland (Feb-Oct 2019), it was determined that a focus on the social connectedness of young people was a priority protective factor that could be leveraged. This was not to preclude other age sectors of the East Gippsland population, but rather in recognition that strengthening protective factors (and reducing risk factors) for children and young people had life-long impacts.

### **Supporting documents to be read in conjunction with the Outcomes Plan 2022:**

- Mental Wellbeing Network Background Document (October 2021)
- Mental Wellbeing Journey Map (October 2021)
- Mental Wellbeing Terms of Reference (endorsed 21 March 2022)

**Priority area 1 – Social connectedness for children and young people**

This priority area of improving mental wellbeing has direct links to:

- Victorian Public Health and Wellbeing Plan 2019- 2023
- East Gippsland Municipal Public Health and Wellbeing Framework under the priority area 'Healthy and Well'; and
- VicHealth's submission to the Royal Commission into Victoria's Mental Health System: Childhood and youth are priorities for intervention

What outcomes do we want?	What changes do we want to see?	How will we measure this?	What action do we need to take?
<p>There are accessible and engaging, child and youth friendly activities that enable social connectedness across East Gippsland</p>	<p>Children and youth across East Gippsland have access to a range of activities in their local community where they can participate and connect with others</p> <p>Meaningful and accessible opportunities for children and young people to participate in decision making.</p> <p>There are activities/ projects/ opportunities created that have been developed in collaboration with children and young people that provide the opportunity for social connection</p>	<ul style="list-style-type: none"> <li>- Activities/ projects/ opportunities created that have been developed in collaboration with children and young people</li> <li>- Level and style of engagement with children and young people (process evaluation)</li> <li>- Engagement in the activities, projects, opportunities (impact evaluation – did this activity enable children and young people to connect with others...)</li> </ul>	<p>Current actions include but shall not be limited to:</p> <ul style="list-style-type: none"> <li>- Projects of the VLGP project- how can we support this work as it emerges, and how can we use the information generated for planning activities, projects, opportunities for children and young people</li> <li>- Youth Ambassadors (Council funded)</li> <li>- FReeZA codesign (State Gov)</li> <li>- GippSport codesign - Street Games</li> </ul>

## Priority area 2 – Prioritising prevention in leadership and decision making

This priority area of improving mental wellbeing has direct links to:

- Victorian Public Health and Wellbeing Plan 2019 - 2023
- East Gippsland Municipal Public Health and Wellbeing Framework under the priority areas healthy and well, and able to participate.
- VicHealth's submission to the Royal Commission into Victoria's Mental Health System
  - Prioritise primary prevention and health promotion
  - Improving mental wellbeing is a shared responsibility
  - Strengthen investment and infrastructure

What outcomes do we want?	What changes do we want to see?	How will we measure this?	What action do we need to take?
<p>Resources, knowledge, learnings and expertise is shared readily with the intent to build sector capacity</p> <p>There is strong sector collaboration enabling agility to respond to changing needs</p>	<p>There is an increase in organisations who actively engage in collaborative primary prevention for mental wellbeing</p> <p>Information, resources, and knowledge is freely exchanged between agencies and colleagues</p> <p>Increased knowledge, awareness, and access to information across EG about primary prevention for MWB</p>	<p>Self-reported change to collaborative work where connection has been made through the MWBN (survey of network members)</p> <p># Of professional development opportunities offered though the network/guest speakers</p>	<p>Current actions include but shall not be limited to:</p> <ul style="list-style-type: none"> <li>-Cross sector communication regarding primary prevention in mental wellbeing.</li> <li>-Promote and encourage use of the Basecamp as a platform for sharing of information expertise and resources</li> <li>- Potential advocacy opportunities</li> </ul>
<p>Advocacy on issues that relate to primary prevention for mental wellbeing</p>	<p>As a network we are using our collective voice to advocate on matters related to primary prevention for mental wellbeing</p>	<p>The proportion of identified advocacy opportunities where action was taken.</p>	<ul style="list-style-type: none"> <li>• Identification of advocacy opportunities</li> <li>• Advocacy action as appropriate</li> </ul>

**MWBN member organisations:**

- Bairnsdale Regional Health Service (BRHS)
- Department of Education (DET)
- Department of Health (DH)
- East Gippsland Primary Care Partnership (EGPCP)
- East Gippsland Shire Council (EGSC)
- Connect Well
- Gippsland and East Gippsland Aboriginal Co-Operative (GEGAC)
- Gippsland Lakes Community Health (GLCH)
- Gippsland Primary Health Network (GPHN)
- Gippsland Women's Health (GWH)
- GippSport
- Gunaikurnai Land and Waters Aboriginal Corporation (GLAWAC)
- Lakes Entrance Aboriginal Health Association (LEAHA)
- Latrobe Regional Hospital (LRH)
- Mallacoota District Health Service (MDHS)
- Save the Children (STC)
- Omeo District Health (ODH)
- Orbost Regional Health (ORH)
- Victoria Police
- Youth Affairs Council Victoria (YACVIC)
- Yoowinna Wurnalung Aboriginal Healing Service