

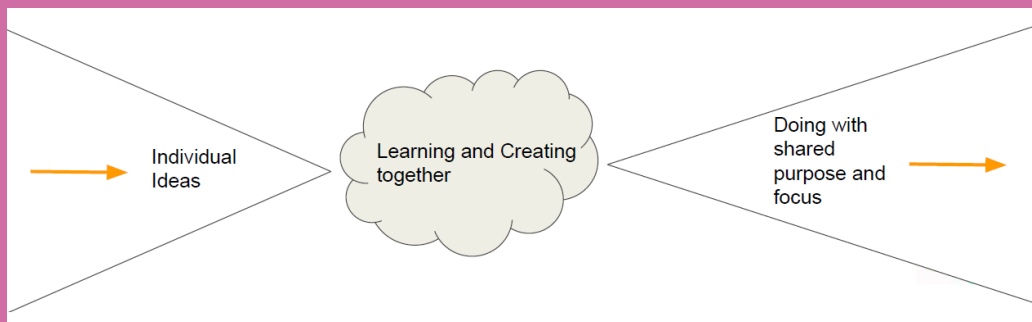
Systems thinking in action

Mental Wellbeing Network

What was done



In March 2019, the East Gippsland Mental Wellbeing Network was developed. Our aim was to identify root causes that challenge mental wellbeing and explore their relationships in order to create opportunities for long term outcomes through a whole community approach for primary prevention. "Creating our own story and future about our wellbeing in East Gippsland" and The purpose of the Network was: To improve mental wellbeing in East Gippsland and clearly identify what needs to change and how it will change. Five workshops and two zoom summary sessions were held using systems thinking concepts to refine direction and lead change in mental wellbeing.



How it was done

A more thoughtful collaborative approach to improve mental health in East Gippsland was done through: Finding a common language and goal, sharing data and resources, being leaders in the community, influencing organisational plans and policies and align them with each other, making small consistent changes across the organisations and communities, demonstrating commitment from a diverse range of organisations to work together to improve mental wellbeing and by creating shared planning towards real change that is sustained in the long term through shared outcomes.

Using a systems change framework we gained clarity through: Mapping 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.

We found leverage in: Identifying skills and expertise in the Network, clarifying agency and authority to act, identified shared outcomes for the system, prioritised capacity to improve the complex problems based on context, scaled down from the complex problem to identify an opportunity to intervene.

What it meant for action

The group started off with five complex problems and have narrowed down to work with two: Socially isolated families and communities and prioritising prevention in leadership and decision making.

Some of the thinking of the group behind these priority areas: Potential alignment with plan and early outcomes measures, parts of plan.

Some potential measures: Social isolation, children feel like they have a trusted, meaningful relationship with an adult and families in East Gippsland are spending quality time (undistracted) together each day.



Into the future

Organisations in East Gippsland prioritise prevention (i.e. mental wellbeing) in their strategic plans. Commitment to an increase in resource allocation in East Gippsland organisations is dedicated to primary prevention for mental wellbeing. There is a collaborative approach to primary prevention (i.e. mental wellbeing) across East Gippsland organisations. The group have identified clear areas of advocacy for next health and wellbeing plan.

