

Integrated Health Promotion – Mental Health and Wellbeing

| Objective | Intervention Type and Strategies | Organisation | Partners | 09/10 | 10/11 | 11/12 |
|---|--|---------------------|---|-------|-------|-------|
| Develop a broad-based local area planning and coordination capacity embracing the diverse elements of a community response to mental health | A.1 To participate actively in the Southern Sub-regional Planning and Governance Group for Mental Health Reform | BH | DH PCP Executive Officer Partner Organisations | | ✓ | ✓ |
| Lead an organised and collaborative effort to promote positive mental health in targeted community settings | A.2 Maintain the Loddon Shire Healthy Minds Network | LSC | BDH BH IDHS DBNC | ✓ | ✓ | ✓ |
| | A.3 Support the implementation of the Loddon Mallee Region Problem Gambling Integrated Health Promotion Catchment Plan 2009-2012 | St Luke's Anglicare | All members PCP Executive Officer | ✓ | ✓ | ✓ |
| | A.4 Support the Loddon Campaspe Family Violence Advisory Committee | EASE | Annie North BCHS CASA Centacare DH LMHS St Luke's Anglicare Victoria Police WHLM PCP Executive Officer | ✓ | ✓ | ✓ |

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| | A.5 Support the Bendigo Family Violence Prevention Network | Victoria Police | Annie North BCHS BDAC CASA CoGB DH EASE LAJAC HH Victoria Police WHLM YSAS PCP Project Officer | ✓ | ✓ | ✓ |
| | A.6 Attend or hold a community event annually to raise public awareness of IDHS mental health services and the literature and other resources available from IDHS | IDHS | Wedderburn College LSC | ✓ | ✓ | ✓ |
| | A.7 Conduct a health and wellbeing event during Mental Health Week | BCHS | Bendigo Advertiser Bendigo Bank BUFS Pharmacies CoGB CVGPN Elmore Primary Health Service Rotary Clubs | ✓ | ✓ | ✓ |

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| | A.8 Bring together local services, businesses, community groups and clubs to showcase their services and distribute health information in a festival style event at Kangaroo Flat | BCHS | Bendigo Bank Bendigo Diabetes Support Group Bendigo Scale Modelers Church groups CoGB Community Groups Primary Schools Sporting Clubs | ✓ | | |
| | A.9 Conduct population-based men's health events during September to enhance the knowledge of and access to mental health and other services and programs within Greater Bendigo. | BCHS | Bendigo Bank BUFS Pharmacies CoGB CVGPN Elmore Primary Health Service Media Rotary Clubs | ✓ | ✓ | ✓ |
| | A.10 Conduct a population based women's health event in Elmore to identify current health needs and improve their health knowledge and access to services and programs | BCHS | CWA Elmore Progress Association | ✓ | | |
| | A.11 Conduct Women's Health Week in Bendigo and International Women's Day in Bendigo annually | WHLM | Partner Organisations | ✓ | ✓ | ✓ |

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| Reduce the risk factors for mental health problems associated with substance issues | A.12 Strengthen the Bendigo Loddon Alcohol Action Plan Committee | BCHS | BDAC BDH BH CoGB Sports Focus YSAS Police Salvation Army PCP Project Officer | ✓ | ✓ | ✓ |
| Promote a socially inclusive society to strengthen recognised protective factors for mental wellbeing | A.13 Facilitate activities that increase social connection | WHLM | | ✓ | ✓ | ✓ |
| | A.14 Support women’s community groups and networks to provide more social connection opportunities | WHLM | | ✓ | ✓ | ✓ |
| | A.15 Provide events to raise the awareness of mental health and wellbeing in our community including educational workshops for existing groups and primary school students | IDHS | Existing strength training groups IDHS physical activity trainers Mental Health Nurse Other service providers Schools | ✓ | ✓ | ✓ |
| | A.16 Facilitate the delivery of the Mental Health First Aid course in two communities each year | IDHS | Existing strength training groups IDHS physical trainers Mental Health Nurse Other service providers General community | ✓ | ✓ | ✓ |

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| | A.17 Conduct Mental Health First Aid and Youth Mental Health First Aid courses in North Loddon | NDCHS | Organisations providing services to North Loddon including schools, BDH and LSC | ✓ | ✓ | ✓ |
| | A.18 Conduct "Build Your Game" programs in sporting clubs | NDCHS | Sporting Clubs | ✓ | ✓ | ✓ |
| | A.19 Develop culturally appropriate "Arts for Health" programs with young Aboriginal people in Bendigo using a Health Promotion Framework | BDAC | Annie North BCHS CoGB IDHS | ✓ | ✓ | ✓ |
| | A.20 Develop and implement a mental health and wellbeing program for young women with children. To be held twice yearly for 6 – 8 weeks | IDHS | Existing strength training groups IDHS physical trainers Mental Health Nurse Other service providers | ✓ | ✓ | ✓ |
| | A.21 Develop a local interagency protocol and referral pathway for addressing elder abuse in Greater Bendigo and Loddon | WHLM | Annie North Baptcare BDAC BDH BH BUCO CASA CoGB IDHS LMHS LSC HH | ✓ | ✓ | |

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| | A.22 Raise awareness and increase community understanding of elder abuse within the aged care services sector and the general community in the Loddon Mallee Region and in accordance with the 'With respect to Age 2009' framework | WHLM | Annie North BCHS BDAC BDH BH CASA CoGB IDHS LMHS HH | ✓ | ✓ | |
| | A.23 Develop and implement a program for women aged 55-74 years in Greater Bendigo and Loddon, with a focus on improving the social determinants of health and social connectedness | WHLM | Annie North Baptcare BDAC BDH BH BSVB CoGB IDHS Monash University | ✓ | ✓ | |
| Systematically improve the mental health competency of other key workforces in the community | A.24 Develop and deliver education to member organisations about how to identify and respond to young people who have experienced trauma | CASA | Annie North BCHS BDAC CoGB EASE IDHS St Luke's Anglicare | | ✓ | ✓ |
| | A.25 To facilitate the delivery of the 'Participation for Health' short course (previously Mental Health Promotion course) | Executive Committee | St Luke's Anglicare BCHS BH LaTrobe University CVGPN | ✓ | | |

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| | A.26 Utilise and promote Beyond Blue and other forms of mental health education and professional support services | HH | Beyond Blue BH CoGB CVGPN MAHS St Luke's | ✓ | | |
| | A.27 Develop strategies to educate new mothers and their support network about Post Natal Depression including the "Looking After Yourself" program | IDHS | Maternal and Child Health Nurses Mental Health Nurse Ante Natal and Post Natal Groups Parenting Groups Other service providers | ✓ | ✓ | ✓ |
| | A.28 Build capacity of workers and community members to deliver programs for women | WHLM | PCP Partner Organisations | ✓ | ✓ | |
| | A.29 Disseminate findings of the Country Closet (research on the experience/issues facing lesbians in rural areas) to mental health and other health practitioners | WHLM | | ✓ | ✓ | ✓ |
| | A.30 Disseminate information to PCPs, health agencies, all LGAs and other organisations to increase their awareness of an activity in addressing the needs of women | WHLM | PCP Partner Organisations | ✓ | ✓ | ✓ |
| Promote primary health services as a key access point for mental health care and referral | A.31 Conduct workplace mental health checks | BCHS | Business Employers Workhealth | ✓ | ✓ | ✓ |

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| | A.32 Conduct a population based Children's Week event to raise awareness of contemporary child related issues and increase knowledge and access to children's services for 0 – 12 years | BCHS | Bendigo Library CAMHS BDAC YMCA Schools Kindergartens CoGB Playgroups | ✓ | | |
| Improve the social, spiritual and emotional well-being of Aboriginal people, their families and community | A.33 Assist Aboriginal people in South Loddon to access mainstream mental health and social support services as required | IDHS | BDAC | ✓ | ✓ | ✓ |