

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 Support women’s community groups and networks to provide more social connection opportunities	WHLM		✓	✓	✓
	A.14 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.15 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.16 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.17 Conduct "Build Your Game" programs in sporting clubs	NDCHS	Sporting Clubs	✓	✓	✓
	A.18 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.19 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.20 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.21 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.22 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.23 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.24 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.25 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.26 Build capacity of workers and community members to deliver programs for women	WHLM	PCP Partner Organisations	✓	✓	
	A.27 Disseminate findings of the Country Closet (research on the experience/issues facing lesbians in rural areas) to mental health and other health practitioners	WHLM		✓	✓	
Promote primary health services as a key access point for mental health care and referral	A.28 Conduct workplace mental health checks	BCHS	Business Employers Workhealth	✓	✓	✓