

Integrated Health Promotion – Mental Health and Wellbeing

Organisation	Partners	Objective	Intervention Type and Strategies	09/10	10/11	11/12
BCHS	BDAC BDH BH CoGB Sports Focus YSAS Police Salvation Army	Our partnership work is progressed through the establishment of defined working groups and the development and implementation of their annual plans	A.1 Establish and maintain a Committee to implement the Bendigo Loddon Alcohol Action Plan 2009-2012	✓	✓	✓
BCHS	Bendigo Advertiser Bendigo Bank BUFS Pharmacies CoGB CVGPN Elmore Primary Health Service Rotary Clubs	To raise awareness and increase the understanding related to mental illness and related services	A.2 Conduct a Mental Health Week event	✓	✓	✓

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BCHS	Bendigo Bank Bendigo Diabetes Support Group Bendigo Scale Modelers Church groups CoGB Community Groups Primary Schools Sporting Clubs	To bring the community of Kangaroo Flat together to create a sense of connectedness further identify unmet needs and enhance knowledge of and access to services and programs	A.3 Bring together local services, businesses, community groups and clubs to showcase their services and distribute health information in a festival style event	✓		
BCHS	Bendigo Bank BUFS Pharmacies CoGB CVGPN Elmore Primary Health Service Media Rotary Clubs	To raise awareness of men's health issues, encourage positive behaviour change and enhance the knowledge of and access to services and programs within the City of Greater Bendigo	A.4 Conduct population based Men's Health events during September	✓	✓	✓
BCHS	CWA Elmore Progress Association	To engage local women from the Elmore community to identify unmet health needs and improve the health knowledge and access to services and programs	A.5 Conduct a population based Womens Health event	✓		

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BDAC	Annie North BCHS CoGB IDHS	Young Aboriginal people are supported in their transition to adulthood	A.6 Develop culturally appropriate "Arts for Health" programs with young Aboriginal people in Bendigo using a Health Promotion framework	✓	✓	✓
CASA	Annie North BCHS BDAC CoGB EASE IDHS St Luke's Anglicare	Our capacity to provide a safe environment for children and young people is enhanced	A.7 Develop and deliver education to member organisations about how to identify and respond to young people who have experienced trauma		✓	✓
CoGB	Baptcare BDAC BCHS LMHS Sports Focus St Luke's Anglicare Community Representatives	Our partnership work is progressed through the establishment of defined working groups and the development and implementation of their annual plans	A.8 Establish and maintain a Greater Bendigo Healthy Minds Network	✓	✓	✓
CoGB	BDAC IDHS LSC	Best practice will guide our health promotion activities	A.9 Investigate, document and distribute best practice "Arts for Health" programs that result in the wellbeing of young people and communities		✓	

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EASE	Annie North BCHS CASA Centacare DH LMHS St Luke's Anglicare Victoria Police WHLM	Our capacity to provide a safe environment for children and young people is enhanced	A.10 Support the Loddon Campaspe Family Violence Advisory Committee	✓	✓	✓
Executive Committee	St Luke's Anglicare BCHS BH LaTrobe University CVGPN	Capacity within and across organisations is strengthened through a range of workforce and capacity building activities	A.11 To facilitate the delivery of the 'Participation for Health' short course (previously Mental Health Promotion course)	✓		
IDHS	Existing strength training groups IDHS physical trainers Mental Health Nurse Other service providers	To promote and increase the knowledge and understanding of mental health and wellbeing by 10%, in workers and community members of South Loddon over three years	A.12 Provide social events to raise the awareness of mental health and wellbeing	✓	✓	✓

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IDHS	Existing strength training groups IDHS physical trainers Mental Health Nurse Other service providers	To promote and increase the knowledge and understanding of mental health and wellbeing by 10%, in workers and community members of South Loddon over 3 years	A.13 Scope funding opportunities for the Mental Health First Aid course to be conducted in two communities each year (ie six courses subject to funding)	✓	✓	✓
IDHS	Existing strength training groups IDHS physical trainers Mental Health Nurse Other workers or service providers	To promote and increase the knowledge and understanding of mental health and wellbeing by 10%, in workers and community members of South Loddon over 3 years	A.14 Provide courses on mental health and wellbeing and educational workshops on mental health with strength training groups and community groups and for primary school students annually	✓	✓	✓
IDHS	Existing strength training groups IDHS physical trainers Mental Health Nurse Other service providers	To promote and increase the knowledge and understanding of mental health and wellbeing by 10%, in workers and community members of South Loddon over 3 years	A.15 Participate in and support the current mental health support groups and foster additional support groups where necessary	✓	✓	✓

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IDHS	Existing strength training groups IDHS physical trainers Mental Health Nurse Other service providers	To promote and increase the knowledge and understanding of mental health and wellbeing by 10%, in workers and community members of South Loddon over 3 years	A.16 Develop strategies to educate new mothers and their support network about Post Natal Depression including the "Looking After Yourself" program	✓	✓	✓
IDHS	Existing strength training groups IDHS physical trainers Mental Health Nurse Other service providers	To promote and increase the knowledge and understanding of mental health and wellbeing by 10%, in workers and community members of South Loddon over 3 years	A.17 Develop and implement a Mental health and wellbeing program for young women with children. To be held twice yearly for 6 – 8 weeks	✓	✓	✓
IDHS	Wedderburn College LSC	To foster an integrated response to people's physical health and mental health problems in the South Loddon area over three years	A.18 Provide a support service for secondary school students and teachers regarding mental health issues at Wedderburn College	✓		
IDHS	Wedderburn College LSC	To foster an integrated response to people's physical health and mental health problems in the South Loddon area over three years	A.19 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	✓	✓	✓

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IDHS	Wedderburn College LSC	To foster an integrated response to people's physical health and mental health problems in the South Loddon area over three years	A.20 Foster further development of the collaborations with Loddon Shire Maternal and Child Health Nurses and other local agencies	✓	✓	✓
IDHS	BDAC	Improve the social, spiritual and emotional wellbeing of Aboriginal people, their families and community in South Loddon	A.21 IDHS community health team to seek partnership opportunities with Bendigo and District Aboriginal Co-operative (BDAC).	✓	✓	✓
IDHS	BDAC	Improve the social, spiritual and emotional wellbeing of Aboriginal people, their families and community in South Loddon	A.22 Assist aboriginal people in South Loddon to access mainstream mental health and social support services as required	✓	✓	✓
LCCLC	Annie North BCHS BDAC CASA CoGB DH EASE LAJAC MH&CS Victoria Police WHLM YSAS	Our capacity to provide a safe environment for children and young people is enhanced	A.23 Support the Bendigo Family Violence Prevention Network	✓	✓	✓

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LSC	BDH BH IDHS DBNC	Our partnership work is progressed through the establishment of defined working groups and the development and implementation of their annual plans	A.24 Maintain the Loddon Shire Healthy Minds Network	✓	✓	✓
MH&CS	Beyond Blue BH CoGB CVGPN MAHS St Luke's	The community and professionals have increased knowledge about the mental health services which are accessible in Heathcote and neighbouring localities	A.25 Utilise and promote Beyond Blue and other forms of mental health education and professional support services	✓		
NDCHS	Organisations providing services to North Loddon including schools, BDH and LSC	To promote and increase knowledge and understanding of mental health issues of individuals in North Loddon	A.26 Conduct Mental Health First and Youth Mental Health First Aid courses in North Loddon	✓	✓	✓
NDCHS	Sporting Clubs	To create awareness of mental health and wellness in North Loddon	A.27 Conduct "Build Your Game" programs in sporting clubs	✓	✓	✓
St Luke's Anglicare	All members	Our partnership work is progressed through the establishment of defined working groups and the development and implementation of their annual plans	A.28 Support the implementation of the Loddon Mallee Region Problem Gambling Integrated Health Promotion Catchment Plan 2009-2012	✓	✓	✓

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WHLM	Annie North Baptcare BDAC BDH BH BUCO CASA CoGB IDHS LMHS LSC MH&CS	Elder abuse information is promoted throughout the Loddon Mallee Region	A.29 Develop a local interagency protocol and referral pathway for addressing elder abuse in Greater Bendigo and Loddon	✓	✓	✓
WHLM	Annie North BCHS BDAC BDH BH CASA CoGB IDHS LMHS MH&CS	Elder abuse information is promoted throughout the Loddon Mallee Region	A.30 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 Baptcare BDAC BDH BH BSVB CoGB IDHS Monash University	Create supportive environments for positive lifestyles for older people	A.31 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	✓		

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WHLM	Rural Women's Network Rural Women Leading Change Reference Group	Implement the priorities of the Rural Women Leading Change Reference Group	A.32 With other members of the Rural Women Leading Change Reference Group take action to increase numbers of women in leadership, increase social connectedness, raise metropolitan women's awareness of rural issues women (goals developed by the Women and Climate Change Reference Group - predecessor to this group)	✓	✓	✓
WHLM	Rural Women's Network Rural Women Leading Change Reference Group	Women have improved connections amongst one another	A.33 Establish a network of WHLM Ambassadors	✓	✓	✓
WHLM	Rural Women's Network Rural Women Leading Change Reference Group	Women have improved connections amongst one another	A.34 Build ICT capacity in the region	✓	✓	✓
WHLM	Rural Women's Network Rural Women Leading Change Reference Group	Women have improved connections amongst one another	A.35 Support mental health sector initiatives	✓	✓	✓

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WHLM	Rural Women's Network Rural Women Leading Change Reference Group	Women have improved connections amongst one another	A.36 Provide support to or auspice women's community groups (such as Circus WOW and WISHES)	✓	✓	✓
WHLM	Rural Women's Network Rural Women Leading Change Reference Group	Women have improved connections amongst one another	A.37 Run activities that promote social connectedness (such as book club and film nights)	✓	✓	✓
WHLM	Mental Health Workers Health Information Providers	Support women to increase self-esteem, confidence and capacity to deal with change	A.38 Run group programs (such as Choices, challenges and change, Anger and other emotions, Upbeat, Wisdom of Older Women, Sharing and Caring over 70's, meditation and emotional strength building)	✓	✓	✓
WHLM	Mental Health Workers Health Information Providers	Support women to increase self-esteem, confidence and capacity to deal with change	A.39 Develop a program for women dealing effectively with change	✓	✓	✓
WHLM		Health services are engaged in community sector partnerships that benefit women	A.40 Disseminate findings of the Country Closet (research on the experience issues facing lesbians in rural areas) to mental health and other health practitioners	✓	✓	✓