

Supporting Community Connection

for People with Mental Health Conditions Outside of a Funded NDIS Package

Webinar – 29 May 2019

10:30 – 11:30 AM



*I would like to
acknowledge the
traditional custodians of
this land and pay my
respect to elders past and
present.*



NSW ILC MH Project: Community Engagement Education Package (CEEP)

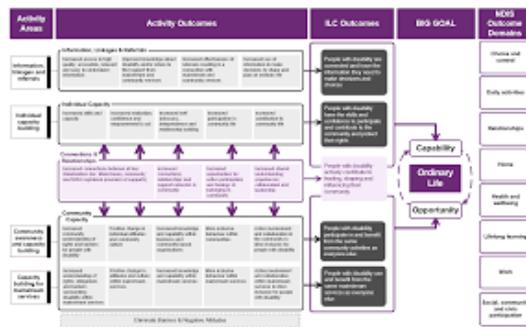
Supporting community connection for people with mental health conditions outside of a funded NDIS package

- For people who are ineligible for, or do not want to have, NDIS funded services and supports
- Will also benefit people with NDIS funded services and supports



What are the project outcomes?

- People with, or at risk of developing, psychosocial disability participate in and benefit from the same community activities as everyone else
- People with, or at risk of developing, psychosocial disability are connected and have the information they need to make decisions



The people we are working with

Developing learning materials and opportunities for:

- **Community Workers**
- **Volunteers**
- **Peers** (people with lived experience in both paid and unpaid support roles)

Developed through co-design with people with lived experience

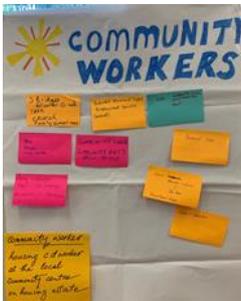
What are the activities?

- Develop, trial and make available to others learning material to support community connection of people with MH conditions
- Three webinars for further co-design & promotions
- Trials – August through October 2019
 - Metropolitan - Central Eastern Sydney
 - Regional, rural, remote – Western NSW/Dubbo
- Develop a 'good practice framework' to scale this work up in NSW & nationally

Exploring the project's key co-design question

“How do you support people to have a good/ better life outside of an NDIS funded package”?

(i.e. to better access mainstream and community services)?



Draft CEEP Framework

Six key learning modules:

1. Recovery
2. Community inclusion
3. Supports and services
4. Mental health and the NDIS/ILC
5. Healing environments/trauma
6. Self-management



Community Engagement Education Package
2018/2020 NSW Information, Linkages and Capacity-building (ILC) Project

DRAFT CEEP FRAMEWORK: LEARNING MATERIALS DEVELOPMENT
'SUPPORTING COMMUNITY CONNECTION'

Course draft learning outcome: How can Community Workers, volunteers and peers (both paid and unpaid) learn how to better support people living with mental health conditions to have a good life outside of a funded NDIS package.

The course learning resources will target:

- **Community workers** help disadvantaged individuals and groups by facilitating change and self-help within community settings.
- **Volunteers** are the lifeblood of our community and come from all lifestyles: working people, students and professionals, young people and retirees, from every town and community.
- **Peers** are people with lived experience of a mental health condition and recovery. Peers help others with mental health issues, and they may be paid (Peer Workers) or unpaid (volunteers). Peers include both individuals and their family/friends.

The proposed course topics for six learning modules and related video development are below. What might be missing? What might not be needed?

1. **Recovery** (draft learning outcome: Knowledge of social and medical model approach)
 - What is recovery (CHIME - 5 elements of recovery)
 - Connectedness
 - Hope and optimism
 - Identity
 - Meaning and purpose
 - Empowerment
 - A word about language
 - What does it mean if you are not eligible, or choose not to apply, for NDIS funded services and supports?
 - Life/goal planning (person-centred recovery planning)
 - Rights

"Can you share an example of experiencing a good/better life while living with a mental health condition?"



Funded by the NDIS ILC - NSW Jurisdictional Grants

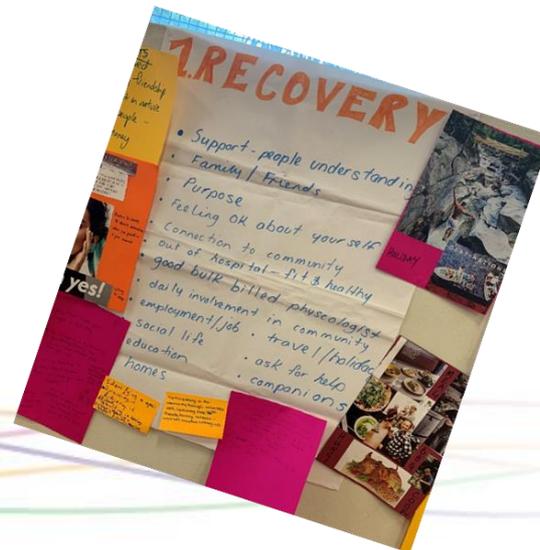


mhcc
mental health coordinating council

1. Recovery

Draft learning outcome: Knowledge of medical and social model approach

“Can you share an example of experiencing a good/better life while living with a mental health condition?”



2. Community inclusion

Draft learning outcome: Importance of supportive environments in recovery

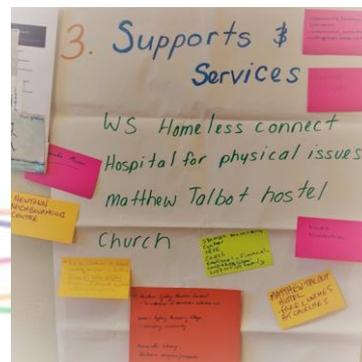
“Describe a situation that a person living with a mental health condition could experience as supportive?”



3. Supports and services

Draft learning outcome: Greater knowledge of supports and services outside of mental health and NDIS

“Tell us about a non-mental health community service or support that could help a person to have a good/better life?”



4. Mental Health
3 NDIS/ILC
Are there guide lines to reform?
only small amount of knowledge / overview needed
Crisis policy
Carers need support
stepped care model
Early Intervention
Help through NGOs to access NDIS
A bit basic knowledge, not too much
Connect workers, volunteers & peers to help
Don't know what this will look like
Rapidly evolving reform environment
S.W.O.T Don't think it's needed for the audience

4. Mental health & the NDIS/ILC

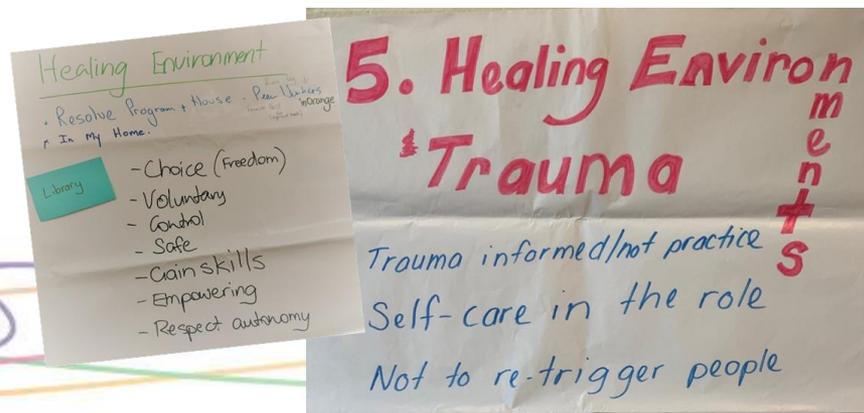
Draft learning outcome: Understanding new approaches and practices in the MH, NDIS and ILC environments

“How much – or how little – might a Community Worker, volunteer or peer need to know about the NDIS implementation and mental health reform environments?”

5. Healing environments/trauma

Draft learning outcome: Importance of trauma informed care (and practice)

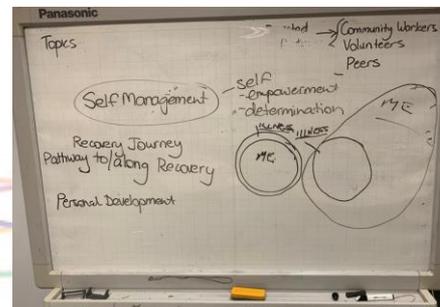
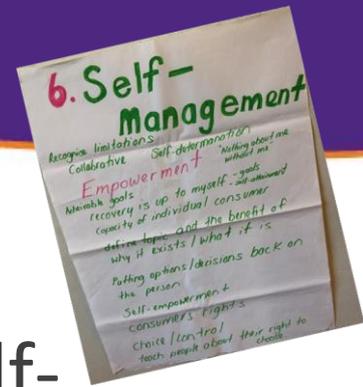
“Can you share an example of a safe and healing environment for a person living with a mental health condition?”



6. Self-management

Draft learning outcome: Awareness of self-management as a key recovery tool

“Co-design feedback is that the term ‘self-management’ is industry speak. How might a person living with a mental health condition describe their journey of reimagining their life?”



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A new FREE online resource to help people living with mental health conditions, their family, carers, and support networks to navigate the National Disability Insurance Scheme.



reimagine

MENTAL HEALTH, MY RECOVERY AND THE NDIS

Next Steps

- Develop CEEP Framework learning materials
- Video/e-resource development in June
- Trial/s to occur for August through October
- CEEP Project website development
 - Webinar transcript
 - Webcast
- Final learning resources and Good Practice Guide in early 2020

Post Webinar Survey



Key trial and project evaluation questions

- What enablers and barriers do you identify in relation to community engagement outside of a funded NDIS package for people living with mental health conditions?
- What are you hoping Community Workers, volunteer and peers will learn from the education package?
- What aspects of the package do you think might be most helpful/least helpful?
- What is missing?
- What are your perspectives on what would enhance the package going forward?

THANK YOU

Would your organisation benefit from becoming an MHCC member or other MHCC Learning and Development training?

Enquire today:

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