

Co-design of Integrated Mental Health Hub

Workshops with people with lived experience



About the project

The Central and Eastern Sydney Primary Health Network (CESPHN) is looking to develop a place-based integrated mental health service model.

We know that people seeking support in the community can often face challenges in finding the right service. This mental health hub will aim to offer a wide range of supports that address a broad range of social, emotional and physical needs all in one integrated service.

This project presents an opportunity for you to contribute to how this service should be designed.



About the workshops

We are inviting people with lived experience to be involved in the design of the mental health hub by attending workshops. Lived experience means you may experience mental health challenges yourself and you have accessed supports in the community (consumer), or you have helped a friend, family member or loved one who experience mental health challenges to access support (carer).

An external agency called Beacon Strategies will run the workshops on behalf of CESPHN. Workshops will explore:

- your (or your loved one's) experiences of accessing mental health support, such as what has been the most helpful or the most challenging previously
- how an Integrated Mental Health Hub would best meet your (or your loved one's) needs

What's involved?

The workshops will be held in-person and online (via Zoom) with about 10 people per session. You only need to attend one workshop if you are interested.

SESSION	MODE	WHEN	WHERE
1	Online	Tue 25 Oct 2022 5-7pm	• held remotely via Zoom
2	In person	Wed 26 Oct 2022 1-4pm	• held at the CESPHN office in Mascot • catering to be provided

Please note: you will be eligible to be remunerated for your participation in a workshop in accordance with CESPHN's paid participation policy

How to register

Please send an email with your name and the workshop session you would like to attend to Alicia Bruce, Consultant at Beacon Strategies at alicia@beaconstrategies.net

If you feel comfortable, please let Alicia know if you are attending as a consumer or as a carer, and how you found out about the workshops.

A confirmation email will be sent to you to confirm your registration and provide further details. If you have registered for the online session, the email will include a Zoom link.

Can't attend but still want to contribute?

If you're not able to attend the sessions but still want to share your ideas and experience, you can complete a short survey via the following link: https://www.surveymonkey.com/r/integratedmentalhealthhub_co-design

Co-design of Integrated Mental Health Hub

Workshops with local service providers



About the project

The Central and Eastern Sydney Primary Health Network (CESPHN) is leading a co-design process to develop a place-based integrated mental health service model.

We know that people seeking support in the community can often face challenges in finding the right service. This mental health hub will aim to offer a wide range of supports that address a broad range of social, emotional and physical needs all in one integrated service.

This project presents an opportunity for you to contribute to how this service should be designed.



About the workshops

As part of the co-design process, a series of co-design workshops are being held with representatives from local service providers in the CESPHN region. People working in primary care providers (including GPs and mental health professionals), community mental health services and other support services are invited to attend.

An external agency called Beacon Strategies will run the workshops on behalf of CESPHN. Workshops will explore:

- your experiences of assisting people to obtain effective mental health support
- potential model options that would meet the needs of consumers and their carers
- service design considerations such as pathways, suitability, workforce and integration

Separate focus groups are being held to capture the experiences and needs of community members, including people with lived experience of mental health challenges and their carers.

How to register

To register, please send an email with your name, organisation, role and the workshop session you would like to attend to Alicia Bruce, Consultant at Beacon Strategies at alicia@beaconstrategies.net

A confirmation email will be sent to you to confirm your registration and provide further details. If you have registered for the online session, this email will include a Zoom meeting link.



What's involved?

A range of focus groups are being offered in-person or online (via Zoom), with capacity for up to 15 participants per session. Participants only need to attend one workshop session only.

SESSION	MODE	WHEN	WHERE
1	In person	Wed 26 Oct 2022 6-8pm	CESPHN office (Mascot)
2	Online	Wed 26 Oct 2022 6-8pm	remote via Zoom
3	In person	Thu 27 Oct 2022 9-11am	CESPHN office (Mascot)

Please note:

- catering will be provided for the in-person sessions
- non-salaried participants such as GPs may be eligible for reimbursement for their time to attend the workshop in accordance with CESPHN's paid participation policy

Can't attend but still want to contribute?

If you're not able to attend the sessions but still want to share your perspective, you can complete a short survey via the following link:

https://www.surveymonkey.com/r/integratedmentalhealthhub_co-design