

# "BECOMING PART OF THE IN CROWD"

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# Introduction

- The Community Inclusion Project
- “Including Everyone” Booklet and Brochure

# Community Inclusion Project

- Project was funded for 2 years under the Hunter Area Assistance Scheme until 30 June 2004
- Focus is on Lake Macquarie area
- People with a psychiatric disability integrate with mainstream community organisations

# Community Inclusion Project

- Steering committee
- Recruiting volunteers
- Subsidizing cost and providing transport
- Promoting the project
- Promoting consumer participation
- Raising awareness
- Identify and educate organisations

# Privacy

- How much information is provided to the community group?
- Responsibility and rights
- Contract

# Resource – “Including Everyone”

- Project split into worker and resource development
- Needed information for community organisations
- Resource seen as an educative tool that can be utilised in the future

# Development of the Resource

- Life Activities Inc. was subcontracted by Kaiyu Enterprises to produce a resource booklet and brochure
- Target Audience: Recreational and Community Groups in the Newcastle and Hunter Area

# “Including Everyone” Resource

- Underlying theme: promote the INCLUSION of people with mental health issues in local community/ recreational groups
- written in lay terms – designed to as EDUCATIONAL and REFERENCE tools

# Promoting Inclusion

- Acceptance
- Emotional support
- A reason for living
- Finding meaning and a purpose in life
- Peace and relaxation
- Control and making choices
- Safety and security
- Pleasure
- Shared experiences with others – “shared identity”

(Repper & Perkins, 2003).

# Information about Mental Health

- Background information and statistics on mental health
- Difference between:
  - Good mental health
  - Mental health problems
  - Mental illness and psychiatric disability
- Characteristics that may be displayed by people

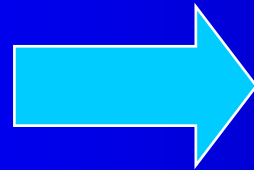
# Spectrum of Mental Health

## GOOD MENTAL HEALTH

good emotional, intellectual and spiritual development

Able to cope with everyday problems

Play and have fun



## MENTAL HEALTH PROBLEMS

Brief periods of emotional stress/distress

May not manage worries, fear, grief etc. effectively at times



## MENTAL ILLNESS

Significantly interferes with a person's thinking, feelings, & ability to socially interact

# Labels and Terms Used – Mental Health

- Different labels or terms, e.g.:
  - Anxiety – panic disorder, agoraphobia, PTSD, OCD, social phobia etc.
  - Bipolar Disorder
  - Depression
  - Eating Disorder
  - Personality Disorders
  - Schizophrenia
  - Dementia

# Behaviours You May See

- General behaviours that members of social/recreational groups should look out for
  - Person is displaying some behaviour which is **not typical of the way that that particular person generally behaves**

# Handy Hints and Guidelines

- General hints on how groups can deal with such behaviours, for example:
  - Do not draw attention to the behaviour in front of others
  - Be patient with the person and let them talk about the behaviour when they are ready to
  - Be sensitive to their needs
  - Involve the person in conversation and activities
  - Listen to the person and treat them with respect

# Handy Hints and Guidelines

- Encourages recreational/ community organisations to address barriers to participation
- Provides practical suggestions, e.g.:
  - To consider the cost of activities
  - Schedule events at varied times throughout the day / weekends
  - Show flexibility in the activities offered
  - Making reminder telephone calls etc.
  - Use simple signs and newsletters to promote upcoming activities

# Contacting Services

- Details on how to contact the appropriate local mental health services for information
- A Directory of Support Services in the Newcastle and Hunter Area

# Issues in Developing the Resources

- Brochure and booklet designed as educational and reference tools for community/recreational groups
- Brochure and Booklet are not academic pieces of writing

# Issues in Developing the Resources

- Timeframe for developing the resources limited – November 2003 – March 2004
- How much information is too much? And what is the most important information to include

# Issues in Developing the Resources

- People diagnosing or labelling people inappropriately
- Resources sent to community representatives to comment on the usefulness of the material