



Supporting Community Connection Community Engagement Education Package

MHCC NSW 2018/2020 NSW NDIS Information, Linkages
and Capacity-building (ILC) Project

DRAFT CECP FRAMEWORK: LEARNING MATERIALS DEVELOPMENT

‘SUPPORTING COMMUNITY CONNECTION’

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

The course learning resources will target:

- **Community Workers** – who help disadvantaged individuals and groups by facilitating change and self-help within community settings.
- **Volunteers** – who 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** – who 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 carers, family, and kinship groups.

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** (Learning outcome: Understand the importance of purpose and meaning when healing from the impacts of a mental health condition)
 - A word about language
 - Personal recovery v medical recovery
 - What is recovery (CHIME - 5 elements of recovery)
 - 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)
 - Being authentic – Walk the Talk
 - Rights



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2. **Community Inclusion** (draft learning outcome: Importance of supportive environments in recovery)

- What is community inclusion/connection?
 - What is community participation?
 - Building individual and community capacity
 - Challenges and barriers to participation?
 - What is good mental health
 - Overcoming barriers
 - Health and well-being impacts of loneliness
 - Importance of outreach and engagement
 - Working with vulnerable people
3. **Supports and Services** (draft learning outcome: Greater knowledge of supports and services outside of the NDIS and mental health sectors)
- What are mainstream services?
 - What are community services?
 - What other support is there?
 - Non mental health specific Community Workers
 - Volunteer support
 - Peer support
 - Making warm referrals
 - Service/care coordination
4. **Embracing Change** (draft learning outcome: Understanding new approaches and practices in the mental health, NDIS and ILC environment)
- Regional stepped care approaches to mental health reform
 - Psychosocial Support Measure
 - Continuity of Support
 - NDIS implementation
 - NDIS Psychosocial Stream
 - Information, Linkages and Capacity-building
 - Informal/natural support (family, friends, kinship groups & communities)
5. **Creating Healing Environments** (draft learning outcome: Importance of trauma informed care and practice)
- What is trauma and its impacts?
 - Healing from trauma
 - Creating safe healing environments
 - People and communities at risk for trauma
 - Diversity Self care
6. **Empowerment** (draft learning outcome: Awareness of self-direction as a key recovery tool)
- Decision making
 - Types of decision making
 - Independent decision making
 - Supported decision making
 - Shared decision making
 - Substitute decision making
 - Self-advocacy
 - Self-directed care
 - Choice and control
 - Digital literacy