Community Engagement Education Package

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

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

Project Overview
The National Disability Insurance Agency (NDIA) has funded the Mental Health Coordinating Council (MHCC) to co-design a community engagement education package to support people living with a mental health condition and/or at risk of developing psychosocial disability.

The education package will assist community workers, volunteers and peers to better support people living with a psychosocial disability or mental health condition who are ineligible for, or do not want to have, funded National Disability Insurance Scheme (NDIS) plan.

Who will the project target?
The project will help community workers to use recovery approaches when assessing the needs of people living with mental health conditions, enabling connection and increased participation in community activities.

Community workers, volunteers and peers work together to enable the social and economic inclusion of all people.

- **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.

What will the project do?

Key project partners are:

- **Being** (the NSW Mental Health & Wellbeing Consumer Advisory Group)
- **Mental Health Carers NSW** (MHCN)

MHCC, Being and MHCN will develop and deliver two trials of an education package to enhance the community engagement of people with mental health conditions who may be lonely, marginalised, distressed, etc. and need support.

One trial will be in a metropolitan area and the other in a rural area (in 2019). MHCC will identify locations for trials with guidance from a project Advisory Group.

Before the trials, MHCC will co-design the education package and delivery approaches with people with a lived experience of a mental health condition (Co-Design Working Groups). These discussions will help identify community engagement strategies and education package content. MHCC will strengthen the engagement strategies and content with videos or e-resources as part of the package.

Mental Health Coordinating Council
Postal Address: PO Box 668 Rozelle NSW 2039
Phone: 02 9555 8388
Email: info@mhcc.org.au
Website: www.mhcc.org.au

ndis
Funded by the National Insurance Agency

mhcc
mental health coordinating council

mhcc
mental health coordinating council

ndis
Funded by the National Insurance Agency

Get Involved

Community Capacity Building

MHCC will use feedback from the trials to develop a good practice framework to strengthen community engagement opportunities for people living with mental health conditions

A key question that the project will explore is: "What are the challenges and needs of people with mental health conditions when connecting with community and mainstream services"?

What are community and mainstream services?
Community services are activities not supplied by government groups, available to everyone in the community, e.g., social, study and sporting interests. Mainstream services are non-disability specific services and organisations, e.g., health, mental health, education, employment, justice, housing and child protection services.

What outcomes will the project achieve?

- 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.

What is recovery?
For many people, mental health 'recovery' can be confused with the word 'cured'. If you're in recovery you're all better now, right? Wrong.

Both treatment and support are important for recovery. Recovery is possible through supports that give people hope and help them to establish valued social role/s and self-management skills to take control of life decisions. Social supports and self-direction help people feel belonging and wellbeing.

Self-help and peer support are important because often the only people who can truly understand the experience of a mental health condition are those who have been there.

How can I get involved?

Do you want to learn more about recovery?
If you are a community worker, volunteer, peer or other interested person and would like to learn more about the project or the Advisory Group, please contact Tina Smith – Senior Advisor, Sector and Workforce Development: **tina@mhcc.org.au** Sitting fees are available for peers who express interest outside of a paid work role.

After MHCC has identified the trial sites, we will invite people with lived experience and their supporters to contribute to up to four Co-Design Working Groups in each of the metropolitan and rural areas.

A Monitoring and Evaluation Working Group of the Advisory Group will track progress and explore how the project outcomes have been met.

To get involved or for further information about the project or the Advisory Group, please contact
Rebecca Lewis - Project Officer:
rebecca@mhcc.org.au or 02 9555 8388