

Supporting Community Connection

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

Webinar 2/3 – 26 February 2020

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.*



Pre-webinar survey

How familiar are you with this MHCC project?

- Not at all
- A little
- Somewhat
- Very



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

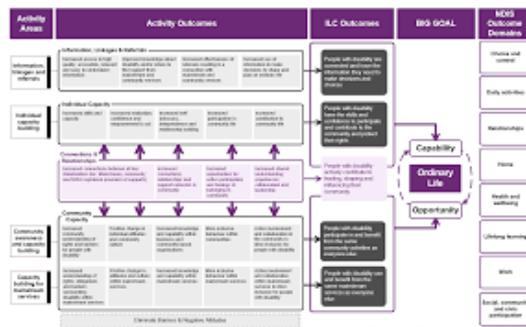
Supporting community connection for people with mental health conditions outside of a funded NDIS package

- 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?

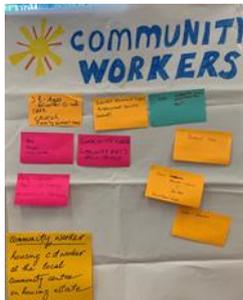
- People with, or at risk of developing, psychosocial disability participate in and benefit from the same community activities as everyone else
- People with, or at risk of developing, psychosocial disability are connected and have the information they need to make decisions



Exploring the project's key co-design question

“How do you support people to have a more fulfilling life outside of an NDIS funded package”?

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



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**
 - Metropolitan - Central Eastern Sydney – September 2019
 - Regional, rural, remote – Western NSW/Dubbo – October 2019
- Develop a 'good practice framework' to help other people use the learning opportunities in NSW & nationally

Six key learning topics

1. What is Recovery?
2. Community Inclusion
3. Supports and Services
4. Embracing Change
5. Creating Healing Environments
6. Empowerment

The most important elements that Community Workers and others need to know about 'Embracing Change'?

- Its evolving, evolve with us
- How to access NDIS, criteria
- Greater ^{knowledge on} ↑ access on PHN services

The most important elements that Community Workers and others need to know about 'Embracing Change'?

- Need to mention the date
- What happens after the 12 months?
- Need professional experience to find supports.

The trial evaluation

- Two half-days of face-to-face training
- Evaluation by the University of Sydney
 - Pre-trial survey
 - Post-trial survey
 - Survey related to each of the six learning topics



Webinar viewer questions & comments

How can we support people living with mental health conditions to have a fulfilling life in the communities of their choice?



Panel question 1

Please tell us about what brought you to the trial and about your experience of it?

Panel question 2

Which bits of the trial learning did you learn the most from and what challenged you the most?

Panel & viewer question 3

What do you think shorter learning opportunities could look like?

Panel & viewer question 4

What ideas do you have for how the learning opportunities could be used elsewhere?

*Reimagine your life.
Your future.
Your recovery.*

www.reimagine.today

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

Post-webinar survey

How familiar are you with this MHCC project?

- Not at all
- A little
- Somewhat
- Very



Next Steps

- Review learning materials & opportunities
- Consider developing new learning resources
- Final learning resources on MHCC project webpage <https://www.mhcc.org.au/project/nsw-ilc-community-engagement-education-package-ceep-project/>
- Good Practice Guide & Final Report
- Final webinar – May 2020

Western NSW co-design feedback

Would you like to comment further on the experience of attending the co-design?

I was surprised with myself how I went when I first walked in I was abit nervous and didn't know what to expect, but I feel positive, hopeful and happy after leaving here. I got very involved with the discussion, I want to really strive to redicover myself and help people. I hope I can start working in an area that helps people in my situation or similar circumstance

These Girls are Awesome! Great Work!

Would you like to comment further on the experience of attending the co-design?

It felt amazing to be part of what is ~~consider~~ one of the biggest mental health reforms. Australia has been through. The experience & strength of voices in the room was humbling, I'm proud to be part of this journey.

Would you like to comment further on the experience of attending the co-design?

MET SO MANY NEW PEOPLE - SHARED THEIR JOURNEY - EXPERIENCES EXTREMELY IMPORTANT TO DESIGN TRAINING MEET NEEDS OF LINGCO EXPERIENCED - WE ARE NOT SCARY PEOPLE WE ARE HUMAN WITH NEED TO BE RESPECTED - GREAT TO BE PART OF MAJOR REFORM!

Would you like to comment further on the experience of attending the

This project has given me a different viewpoint on service design and delivery. I have thoroughly enjoyed the process and the interactions with the various groups. It has been a learning and growing journey for us too!
Thank you all for this opportunity to contribute to the process.

THANK YOU

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

Enquire today:

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training@mhcc.org.au

Or visit: mhcc.org.au

