About the CRRMH

The Centre for Rural and Remote Mental Health (CRRMH) is based in Orange NSW and is a major rural initiative of the University of Newcastle and the NSW Ministry of Health. Our staff are located across rural and remote NSW.

The Centre is committed to improving mental health and wellbeing in rural and remote communities. We focus on the following key areas:
• the promotion of good mental health and the prevention of mental illness;
• developing the mental health system to better meet the needs of people living in rural and remote regions; and
• understanding and responding to rural suicide.

As the Australian Collaborating Centre for the Integrated Foundation for integrated Care, we promote patient-centred rather than provider-focused care that integrates mental and physical health concerns.

As part of the University of Newcastle, all of our activities are underpinned by research evidence and evaluated to ensure appropriateness and effectiveness.
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The second quarter of 2017 has been particularly busy. In April our Manager of Programs and Services, Trevor Hazell decided that the time had come to reduce his working hours and increase his pursuit of leisure and family history. While Trevor is still working with us and focussing on suicide prevention, we realise the importance of his contribution in the redevelopment of the Rural Adversity Mental Health Program (RAMHP) and the expansion of the Good SPACE and We Yarn programs. We hope Trevor will still be around the Centre for a few years yet.

The Sydney Royal Easter Show provided an important opportunity for the Centre to build the connection between rural and city folks. We hosted a lunchtime forum at the Show which was kindly attended by His Excellency General the Honourable David Hurley AC DCS (Ret’d), the Ministers for Mental Health and for Aboriginal Affairs, the Mental Health Commissioner Mr John Feneley, and many distinguished guests. We discussed a Centre paper that shows that suicide in rural and remote Australia is higher than in capital cities and needs to be addressed. We hope to launch the paper, which has been revised following comments from those present, on World Suicide Prevention Day in September.

Since this meeting the Governor of New South Wales has kindly agreed to grant the Centre Vice Regal Patronage. We look forward to a partnership that will be of value to the people of NSW.

On the theme of suicide prevention, we have been working to expand our Good Space and We Yarn programs. These grew out of a longstanding Farm-Link program which was designed to help prevent deaths by suicide in the farming community. Good SPACE recognises that suicide is not limited to the farming communities and that prevention needs a community-wide focus. The We Yarn program has been developed with Aboriginal partners and is being delivered in the Hunter New England and Northern parts of the state. As a University, we base our programs on the best evidence and subject them to critical evaluation. We look forward to seeing the results of these research studies.

Our research team is growing and we have presented our work at international meetings in Europe and Australia. We have much to learn and something to contribute to international understanding and practice in suicide prevention.

I would like to close by paying tribute to Mr John Feneley, New South Wales Mental Health Commissioner, who is to stand down shortly. John’s contribution to mental health in the state has been considerable and he has been a good friend of rural and remote residents. We will miss him and wish him all the best in the future.
This quarter in a snapshot

New CRRMH website launched

Farm-Link transitioned to Good SPACE

691 people linked to care through RAMHP – 38% increase

Rural Suicide Prevention Forum held

Sponsorship of ‘Glove Box Guide’ by SafeWork NSW

Act-Belong-Commit contract with Western NSW LHD for staff wellbeing campaign
Research
Dr Hazel Dalton, Research Leader & Senior Research Fellow

Ongoing partnership with the Black Dog Institute for the professional development of rural health professionals
The Centre has worked in partnership with the Black Dog Institute (BDI) since June 2016 to deliver, and evaluate the impact of, suicide prevention training for rurally based health professionals, including General Practitioners and psychologists. This evaluation is part of the broader evaluation of the Centre’s Good SPACE program and will complete data collection in September 2017. Mid-evaluation findings were presented at the 2016 Rural and Remote Mental Health Symposium. Following this successful collaboration, the Centre was invited by the BDI to partner on a submission to Murrumbidgee PHN, to develop and evaluate a professional development program for General Practitioners with a Special Interest in Mental Health. This submission was successful and the Centre looks forward to this ongoing collaboration.

Rural Suicide Prevention
In addition to the Rural Suicide Prevention Forum at the Easter Show, research has been active in this space this quarter, with the ongoing evaluation of Good Space and We-Yarn suicide prevention workshops and the critical thinking and perspective of Dr Scott Fitzpatrick who published a timely paper with Dr Clare Hooker examining the systems approach to suicide prevention and the prevailing emphasis of a medical model.

Fitzpatrick, S.J., Hooker, C. A ‘systems’ approach to suicide prevention: Radical change or doing the same things better? Public Health Research & Practice, 27(2):e2721713. Pubmed ID 28474050

For more detailed information, see Appendix 1 Funding Proposals, Appendix 2 Publications, Appendix 3 Conferences, Appendix 4 PhD students and Appendix 5 – CRRMH projects
The period April to June 2017 proved to be a quieter period than the previous three months. This was due to the large number of holidays, covering Easter in April, although May proved busy. Visitor numbers for CRRMH were 76, down from 128 and slightly down for Western NSW LHD from 155 to 124. Student numbers were also down. Article requests were down from 299 to 210 for CRRMH staff and to 296 from 350 for Western NSW LHD.

The Library Collections Committee
There was library collections committee meeting held on the 29th of June, 2017, which discussed issues including the online library collection, which staff recommendations and the continuation of library orientation for students and staff and ongoing training in the wards.

Area Health Meeting
On the 10th of April, there was an area health libraries meeting held at CRRMH, including librarians from Broken Hill, Dubbo, Orange and the CRRMH librarian as convenor. Items discussed included how to improve library services, the new library website and the ongoing collection, including potential shared e-database resources.

Publications
Publications have been regularly checked during this period.

Library Promotion
There was a new book display on April 3, 2017 with a range of new items relating to mental health. The library continued to be promoted through regular emails on library services, including orientations, library database training and Endnote.

Daily News Alerts
Daily News Alerts remains a popular feature of library services at John Hoskin Library. It is available for subscription through the CRRMH and the RAMHP websites. There is also regular journal Table of Contents sent out to Western NSW LHD and CRRMH staff.
Connections
Ms Vanessa Delaney, Senior Development Officer

Vice Regal Patron
During this quarter we were advised that His Excellency General the Honourable David Hurley AC DSC (Ret’d) Governor of NSW granted Vice Regal Patronage to the Centre following our application earlier this year. We look forward to working with His Excellency as our Patron as he is passionate about rural and regional communities and their mental health and wellbeing.

Rural Suicide Prevention Forum
Sixty key stakeholders, including politicians, policy makers, government and non-government organisations and industry representatives came together to discuss rural suicide prevention at this year’s Sydney Royal Easter Show. The “Working Together to Prevent Suicide in Rural Communities” forum was organised by the Centre and attended by the Governor of NSW, His Excellency General The Honourable David Hurley AC DSC (Ret’d), NSW Minister for Mental Health the Hon. Tanya Davies, NSW Minister for Aboriginal Affairs the Hon. Sarah Mitchell, and the NSW Mental Health Commissioner, John Feneley.

The forum focused on the fact that in every state in Australia, the rate of suicide among those who live outside the greater capital cities is higher than that for residents that within them. It looked at the issue of rural suicide from different perspectives, with a series of 5-minute presentations, followed by table workshops where participants identified those key issues which should be considered when planning and implementing suicide prevention strategies and approaches for rural settings.

The CRRMH is currently developing a paper incorporating the discussions from the day.

Special visitor
The Centre was fortunate enough to have a visit from Inspector at Health Information and Quality Authority HSE Ireland Linda Moore during her recent visit to Australia. Centre staff provided an update on work outcomes and initiatives working in rural mental health. CRRMH Director Professor David Perkins had the opportunity to meet Linda when he attended the IFIC conference in Ireland in May.
Communications
Ms Jocelyn Johnston, Communications Coordinator

Overview
In the second quarter of 2017, the Communications team launched two new videos profiling the Centre and RAMHP, launched the Centre’s new website www.crrmh.com.au and contributed to stakeholder communication channels. The highlights are outlined below.

Stakeholder Communications
This quarter, the Communications team have successfully liaised with key partners to cross-promote content. These channels include:

• The Country Web publication (Department of Primary Industries – Rural Resilience Program) – article on ‘The Govies Retreat’ initiative between RAMHP and the Rural Resilience Program. 12,000 copies of this publication are distributed as well as over 6,500 copies via direct mail.

• Royal Agricultural Show newsletter – article about the Centre and RAMHP. This publication is distributed to over 10,000 people.

• Department of Primary Industries (DPI) Intranet – information promoting the RAMHP program is now available on DPI’s intranet including RAMHP Coordinators’ contact details.

Media
For a full list of media interactions this quarter, please refer to Appendix 6.

Media Training
The team has identified a need for the Centre’s Senior Executive team to participate in professional media training. This is scheduled for September 2017 in time for Mental Health Month (October).
Partnerships
Compiled by Vanessa Delaney, Senior Development Officer; Tessa Caton, RAMHP Partnerships Manager; Hazel Dalton, Research Leader & Senior Research Fellow

We continue to build on our partnerships and to develop new partnerships, as follows:

Community Partnerships
- The Centre continues to sponsor Orange Parkrun, promoting good mental health and the prevention of mental illness.

Industry Partnerships
- **International Federation of Integrated Care (IFIC)** – On May 8 and 9, CRRMH Director Prof David Perkins attended the 17th International Conference on Integrated Care in Dublin, presenting a paper about Integrating services for people with serious and persistent mental illness in a small rural community. He also co-presented a paper with University of Newcastle Head of School, Public Health Prof Brian Kelly on integrated mental and physical care for cancer patients and integrated mental health care in city and country.

- Prof David Perkins was also honoured to present at the The Royal College of Surgeons of Edinburgh about the Centre’s role as the Australian Collaborating Centre for the IFIC promoting patient-centred rather than provider-focused care that integrates mental and physical health concerns.

- We are looking forward to being involved with three collaborations which were announced by the Hon. David Gillespie at the University of Newcastle on 29 June, attended by David Perkins. These include the National Health and Medical Research Council accreditation of a Hunter region collaboration, NSW Regional Health Partners, as one of Australia’s first Centres for Innovation in Regional Health (CIRHs); a seed grant of $225,000 to NSW Regional Health Partners under the Medical Research Future Funds $10 million Rapid Applied Research Translation program; and a collaboration between the Hunter Institute of Mental Health in the prevention of anxiety and depression.

Academic Partnerships
- Building on our successful collaboration with the Black Dog Institute, the Centre was invited to partner with them on a submission to Murrumbidgee Primary Health Network to develop and evaluate a professional development program for General Practitioners with a Special Interest in Mental Health. This submission was successful and the Centre looks forward to this ongoing collaboration.
Government Partnerships

- **North Coast PHN**: North Coast PHN: The Centre played a key role in the Centre for Healthcare Knowledge and Innovation Mental Health Symposium in Coffs Harbour on June 16 and 17 to discuss a model of mental health care service delivery. Health professionals and community representatives came together as one team for a co-design workshop on the first day, with the second day dedicated to forming new models of care for the North Coast, Murrumbidgee and Western NSW PHNs. Prof David Perkins also presented at the Symposium.

- **SafeWork NSW**: 2017 is the first year RAMHP has sought sponsorship for the annual publication, The Glove Box Guide to Mental Health which is in partnership with The Land newspaper. We are proud to announce SafeWork NSW will be our primary sponsor this year. The Glove Box Guide aligned strongly with SafeWork NSW’s increasing focus on mental health.

- **Local Land Services (LLS)**: RAMHP continues to continue its engagement with Local Land Services. RAMHP Program Manager has worked with their work health and safety committee to establish 3 KPIs for LLS General Managers which promote collaboration with RAMHP and uptake of WSS.

- **Western NSW LHD**: CRRMH Senior Development Officer Vanessa Delaney presented the Integrated Health Care Award at the Western NSW Local Health District Health and Innovation Awards in Dubbo on 18 May. The Integrated Health Care Award was sponsored by the CRRMH and IFIC. The winning project, "Blayney Partnerships in Action" set out to support the provision of coordinated, person-centred care that is empowering, respectful and appropriate to the needs of the Blayney community.

Non-Government Organisations (NGOs) Partnerships

RAMHP continues to rollout Community Support Skills Training for the Country Women’s Association (CWA). The CWA is a long standing partner of the CRRMH so it is a great example of collaboration to support rural communities.
Online Connections
Compiled by Ms Jocelyn Johnston, Communications Coordinator

Social Media
The Centre has a number of social media platforms which are used to promote activities, achievements, share resources and promote events. The engagement on posts continued to improve during this quarter with more shares and post clicks.
In this quarter:
- CRRMH Facebook fans increased by 7.3%
- RAMHP Facebook fans increased by 19%
- Good SPACE Facebook fans increased by 8.3%
- CRRMH twitter @crrmhnsw followers increased to 562
- RAMHP twitter @ramhpnsw followers increased to 278

In summary all social media channels are being actively used and content is being developed and shared which is engaging and relevant to targeted audiences. Creating a twitter hashtag #RSPforum17 for the Suicide Prevention Forum at the Easter Show was also a great way of encouraging, sharing, and promoting the ideas generated on the day.

Online Forum
The following online forums were facilitated with The Land in April and May this year:

- **Coping with Natural Disasters – 7 April**
  **Panel members:** Caroline Hayes, Rural Support Worker with NSW DPI, Martin David, Clinical nurse consultant with Mental Health Emergency Care Service, David Younger, Clinical and Consultant Psychologist, Vivien Thomson, Author
  The forum got 1164 page views and 1112 unique views.

- **Let’s talk about improving your mental wellbeing – 5 May**
  **Panel members:** Caroline Jackson-Pierce, Acting Manager for Act Belong Commit Mentally Healthy WA, Luke Martin, Clinical Psychologist, beyondblue, Addie Wootten, CEO, Smiling Mind, Ngaio Chandler, Parents Community Manager at Reach Out.
  The forum got 151 page views and 123 unique views.
NEW Website launched

- After several months of design and development, the new CRRMH went live on 11 May 2017, with user testing completed with 23 stakeholders. The group included CRRMH staff, representatives from the Community Advisory Committee (CAC), partners, a clinician (vision impaired) and RAMHP staff. Overall the feedback was very positive and the Centre is proud of the refreshing and engaging new design.
- The new RAMHP sub website is planned to be launched in the next quarter following user testing. We will also present the development site to the RAMHP team at the face-to-face meeting in July.

Videos launched

- As part of the Centre’s website project, the Communications team recruited a professional videographer to develop two short videos for both the CRRMH and RAMHP, which can be viewed at: RAMHP https://www.youtube.com/watch?v=Awbz6nD6ANM CRRMH https://www.youtube.com/watch?v=m1A4qX5Nr_g
- To officially launch the videos a direct email was sent to key stakeholders including rural LHD Mental Health Directors and CAC members. Both videos were also posted on social media.
- The videos had a great response. On the RAMHP Facebook analytics for the first post depicted 1,920 reach and 23 shares including NSW Farmers, Fiona Simpson, Mid North Coast LHD, Rural Resilience Program and Orange ParkRun.
- The promoted post had 3,787 video views including 36 shares. The promotion ran for seven days and reached over 7,500 people.
- The CRRMH video also had a large reach at 831 views and there are plans to promote it again in the next quarter.
- On YouTube CRRMH has had over 160 views and RAMHP has had over 218 views.
Act-Belong-Commit
Ms Courtney Bilske, Project Officer

During April – June the following Act-Belong-Commit activities took place:

• Continued operative community interaction with Charles Sturt University’s Future Moves School Outreach program, and Act-Belong-Commit branding at Orange and Clarence Valley Youth Week events.

• The project also became successfully implemented in some of our Steering Committee partner organisations, particularly Anson Street School. Through utilising the Act-Belong-Commit framework the school has demonstrated the capability to bring together the school and wider community and promote positive mental health messages through activity, belonging and engagement within the community. Initially staff were involved in community activities such as a step challenge and some staff started experimenting with ideas for the classroom; however, it was not until 2017 that the ABC project took full flight and was implemented as a whole school initiative. The school’s weekly newsletter features ideas about how to contribute to good mental health including information about kindness projects, anti-bullying strategies, and ways to improve wellbeing. It also includes a table describing how staff and students are participating in Act-Belong-Commit. Each classroom completes an Act-Belong-Commit table on a weekly basis, listing the various things they are doing as individuals and as a class, tallying things that contribute to good mental health. The school noticeboard includes tips for incorporating mentally healthy behaviours into their daily lives, which align with the framework of Mindful Mondays, Tune in Tuesdays, Walk it out Wednesday, Thursday Thoughts and Free your Mind Friday (provided by Act-Belong-Commit project officer at the CRRMH).

The second quarter of 2017 saw the Act-Belong-Commit start to wind up its current activities with the Mentally Healthy Orange project as it prepared for an exciting new project with the Western NSW Local Health District which will see the implementation of the Act-Belong-Commit program across the Health District’s 37 sites and 7500 staff. This will be the first time that Act-Belong-Commit has been rolled out as a staff wellness campaign in a large-scale organisation. WNSWLHD has provided 6 months of funding to CRRMH to manage the development of the project.
Farm-Link
Ms Fiona Livingstone, Farm-Link Coordinator

Farm-Link transitioned to the new program name ‘Good SPACE’, and as of 1st July 2017, the program will now be known as Good SPACE. SPACE stands for ‘Suicide Prevention through Awareness Courage and Empathy’.

The program updated materials in preparation for the name change during this time.

- CRRMH received a contract from Hunter New England Central Coast (HNECC) Primary Health Network (PHN) to deliver 10 We-Yarn workshops throughout the Hunter New England Central Coast area of NSW. Eight workshops were delivered (with two being postponed) to Aboriginal service providers and community. Three sites participated in the evaluation. Positive feedback was received at all workshops. Two We-Yarn workshops were also delivered to Orange Aboriginal Medical Service in April, and both groups participated in the evaluation.
- CRRMH finalised a contract with North Coast PHN to deliver 16 We-Yarn workshops across the North Coast by June 2018.
- Three Good SPACE Workshops were delivered during this period.
- Farm-Link was invited to the School Administrative and Support Staff Conference in Tamworth in April, to present on the importance of self-care, offering staff practical strategies.
- The program has received an extension of funding until June 2018.
Rural Adversity Mental Health Program (RAMHP)
Ms Tessa Caton, RAMHP Partnerships Manager

691 people were linked to care through the RAMHP Program from April - June 2017, a 38% increase from the previous quarter. A major event for RAMHP during this quarter was the Royal Sydney Easter Show. The primary objective being to raise the profile of RAMHP and distribute mentally healthy messages to rural show attendees. A range of strategies were employed to achieve this, including display of *How are you going?* posters, RAMHP collateral included in the ‘Ag Bag’, presentations and interviews with the Ringmasters, RAS Councillors Spouses and distribution of collateral through the CWA. Evaluation of the event demonstrated a positive impact.

RAMHP’s Support During Natural Disasters
Unfortunately, rural NSW experienced another natural disaster in which RAMHP played a significant role.

RAMHP Coordinators, Steve Carrigg and Samantha Osborne, worked extensively to support Northern LHD’s response to flooding in Lismore. Notably, our RAMHP Coordinators facilitated the development of a dedicated flood response telephone line in collaboration with the North Coast PHN. In addition to his RAMHP role, Steve Carrigg also assisted with the management of the evacuation centre.

Refer to Appendix 8 for full RAMHP Quarterly Update Report.

- RAMHP had a strong presence at the *Aboriginal Mental Health and Wellbeing Workforce Forum* in June. RAMHP Coordinator, Darcy Budden collaborated with an Aboriginal Population Health Trainee to present their development of Aboriginal Worker Self Care Workshop.
Staff Training and Achievements

Congratulations to RAMHP Project Officer Claire Gander who graduated in April with a Master of Public Health with Distinction from the University of Newcastle.

Claire pictured with University of Newcastle Chancellor Mr Paul Jeans

Finance Administration Officer Helen Turnbull celebrated 15 years working with the Centre on 5 May. Helen has seen many changes at the Centre over the years and says it has been great to see how these changes are having a positive impact on the community. Congratulations Helen!

- Communications Officer Jocie Johnson and RAMHP Senior Project Officer Victoria Smyth attended the Mindframe Communication Managers’ Advisory Group Meeting held by Hunter Institute of Mental Health on 30 May, as well as consultations for “Life in Mind: A National Communication Strategy to guide the prevention of suicide in Australia” in May and June.
- In May, RAMHP Project Officer Sarah Maddox attended “Quantitative Data: Sources, types, presentation, interpretation and management” at the NSW Health Intelligence Unit.
- CRRMH Librarian Paul Stanfield completed a RAMHP Mental Health First Aid (MHFA) course in June.
- Act-Belong-Commit Project Officer Courtney Bilske attended an Acceptance and Commitment Therapy (ACT) Introductory Workshop on May 11 and 12. ACT is a model used for therapy and coaching based on the use of mindfulness and values.
- All Centre-based staff had the opportunity to attend Zoom conference training at the Centre during this quarter.
Appendix 1
Research Funding Proposals

Funded proposals:

1. **National Suicide Prevention Trial – community engagement work**

2. **IMHpact MNC – Evaluating the benefits of a Regional Mental Health Services Collaborative Structure; collecting data for the second year of the evaluation**

3. **Program Development: General Practitioners with a Special Interest in Mental Health**
   Partner organisations: *Black Dog Institute (lead), CRRMH, ACRRM (Australian College of Rural and Remote Medicine)*
   Funding body: RFP Murrumbidgee Primary Health Network ($390,000, $100,000 for CRRMH – evaluation component) submitted February, awarded March 2017. **QTR1**

4. **Formative evaluation of the ‘Whole of Program – Central Coast Integrated Care Program’**
   Perkins D, Goodwin N, Hendry A, Dalton H, Davies K, Handley T, Read D and Booth A – Central Coast Local Health District - Expression of interest (competitive) submitted ($133,604) and awarded February 2017. **QTR1**
Pending proposals:
1. A randomised controlled trial of an online intervention addressing social isolation, depression, and alcohol use in older Australians – Kay-Lambkin F, Sunderland M, Chan S, Slade T, Kelly B, Perkins D, Handley T – NHMRC TCR - depression, alcohol use, social networks in older Australians, ($547,784.10) submitted June 2017 QTR2
5. Discovery Early Career Researcher Award (DECRA) – Dr Scott Fitzpatrick – Australian Research Council, submitted March 2017 ($394,099) QTR1
6. Discovery Early Career Researcher Award (DECRA) – Dr Tonelle Handley Australian Research Council, submitted March 2017 QTR1
7. Virtual Dementia Friendly Rural Community project Blackberry I, Farmer J, Perkins D et al – Australian Government - Dementia and Aged Care Services Fund: Research and Innovation Grants Grant Opportunity 1: Support for existing and emerging challenges in dementia, ($1,695,603) submitted January 2017
   Led by La Trobe University, collaborators Swinburne University, CRRMH

Unsuccessful proposals:
Appendix 2
Research - Publications

Papers published


**Fitzpatrick, S.J.** Hooker, C. A ‘systems’ approach to suicide prevention: Radical change or doing the same things better?” *Public Health Research & Practice,* 27(2):e2721713. QTR2

**Papers accepted for publication**

**Fitzpatrick, S.J.,** River, J. Beyond the medical model: Future directions for suicide intervention services" *International Journal of Health Services* accepted 23 December 2016

**Papers submitted for publication**

**Fitzpatrick, S.J.** “Reshaping the ethics of suicide prevention: Responsibility, inequality, and action on the social determinants of suicide” *Public Health Ethics* under review


**Rich J.,** **Handley T.,** Inder K., and **Perkins D.** An experiment in using open-text comments from the Australian Rural Mental Health Study on health service priorities. *Rural and Remote Health* under review.
Appendix 3
Research - Conferences

Presented
Perkins D. Integrated Primary Care: the news from Australia. Annual Conference 2017. Scottish School of Primary Care. Royal College of Surgeons, Edinburgh, Scotland (Plenary) 18th May 2017
Perkins D. Building community connections and resilience: the importance of context and culture- the CRRMH. *IFIC Scotland*. 16 May 2017
Perkins D. Whole person mental health care: towards better systems of care. Centre for Healthcare Knowledge and Innovation. Coffs Harbour (Plenary) 13th June 2017

Accepted

Submitted
Appendix 4
Research – PhD students

Candidates Mr Len Kanowski, Ms Emma Austin, and Ms Victoria Hirst are continuing their studies. Ms Shahinoor Akter had her PhD confirmed in June. Ms Natalie Cheesemond has commenced her PhD under the supervision of Dr Kate Davies in 2017 and Mr Sophun Mok has been awarded a 2017 University of Newcastle Scholarship and will commence a PhD in rural suicide shortly (Supervisors: Prof David Perkins, Prof Sally Chan, A/Prof Kerry Inder and Dr Scott Fitzpatrick, Topic: approaches to prevention of suicide in rural and remote areas). Two other students have made applications to begin PhDs through the CRRMH – one on rural suicide in India, the other on remote health workforce service provision (with the University of Newcastle – Centre for Resources Health and Safety).
Appendix 5
Research – CRRMH projects
## Appendix 6
Communications – Media List

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<td>Help from the heart to save regional lives'</td>
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<td>Speaking opportunity at Mullumbimby</td>
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<td>Centres involvement with Our Healthy Clarence</td>
<td>Sam Osborne</td>
<td><a href="http://ncphn.org.au/healthspeak/">http://ncphn.org.au/healthspeak/</a></td>
</tr>
<tr>
<td>16.05.2017</td>
<td>NNSWLHD Northern Exposure</td>
<td>Trauma informed care for Clarence Valley partnerships - organised by RAMHP</td>
<td>Sam Osborne</td>
<td>Media article on file. Available on request</td>
</tr>
<tr>
<td>18.05.2017</td>
<td>Bay News</td>
<td>Research team – COPSY project</td>
<td></td>
<td>Media article on file. Available on request</td>
</tr>
<tr>
<td>18.05.2017</td>
<td>Hilltops Phoenix</td>
<td>Keep Safe on Your Property</td>
<td>RAMHP</td>
<td>Media article on file. Available on request</td>
</tr>
<tr>
<td>19.05.2017</td>
<td>Tumut and Adelong Times, Tumut</td>
<td>Farmers workshop to focus on safety</td>
<td>RAMHP</td>
<td>Media article on file. Available on request</td>
</tr>
<tr>
<td>22.05.2017</td>
<td>ABC South East</td>
<td>Thredbo 20 years on</td>
<td>Jennie Keioskie</td>
<td>No link available</td>
</tr>
<tr>
<td>22.05.2017</td>
<td>Gundagai Independent</td>
<td>Farm safety workshops in Gundagai</td>
<td>RAMHP</td>
<td>Media article on file. Available on request</td>
</tr>
<tr>
<td>Date</td>
<td>Source</td>
<td>Title/Description</td>
<td>Author/Contact</td>
<td>Link</td>
</tr>
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<td>----------</td>
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<td>-------------------------------------------------------------------------------------</td>
<td>---------------------------</td>
<td>-------------------------------------------</td>
</tr>
<tr>
<td>24.05.2017</td>
<td>ABC Riverina</td>
<td>New Measures to reduce quadbike deaths and injuries- discussion for primary producers in Gundagai</td>
<td>RAMHP</td>
<td>No link available</td>
</tr>
<tr>
<td>25.05.2017</td>
<td>Blayney Chronicle</td>
<td>A conversation with the GM</td>
<td>RAMHP</td>
<td>Media article on file. Available on request</td>
</tr>
<tr>
<td>29.05.2017</td>
<td>North Coast PHN April edition Healthspeak</td>
<td>Our Healthy Clarence</td>
<td>RAMHP Coordinator Sam Osborne</td>
<td>Media article on file. Available on request</td>
</tr>
<tr>
<td>29.05.2017</td>
<td>Grafton Daily Examiner</td>
<td>Minister announcement funding for safe spaces in Clarence Valley</td>
<td>RAMHP Coordinator Sam Osborne</td>
<td>Media article on file. Available on request</td>
</tr>
<tr>
<td>30.05.2017</td>
<td>Narrandera Argus</td>
<td>Breaking down mental health stigma</td>
<td>RAMHP Coordinator Merilyn Limbrick</td>
<td>Media article on file. Available on request</td>
</tr>
</tbody>
</table>
## Appendix 6.4

<table>
<thead>
<tr>
<th>Date</th>
<th>Source</th>
<th>Topic</th>
<th>Speaker/Contact</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>15.06.2017</td>
<td>Radio 2SER107.3 with Presenter Jesse Begley</td>
<td>Rural Mental Health</td>
<td>CRRMH Director Professor David Perkins</td>
<td>No link available</td>
</tr>
<tr>
<td>16.06.2017</td>
<td>Rural Weekly Lismore</td>
<td>Advice emergency response at Primex</td>
<td>RAMHP</td>
<td>Media article on file. Available on request</td>
</tr>
<tr>
<td>17.06.2017</td>
<td>Coffs Coast Advocate Coffs Harbour</td>
<td>Headed north for Primex – assistance offered for storm affected farmers by NCCLS</td>
<td>RAMHP</td>
<td>Media article on file. Available on request</td>
</tr>
</tbody>
</table>
Appendix 7
Farm-Link Photos

Tenterfield We-Yam participants, June 2017

SASS conference presentation in June 2017, Tamworth.


RAMHP Quarterly Update
April – June 2017
This report is intended to provide an update for our key stakeholders on the work being undertaken by the Rural Adversity Mental Health Program (RAMHP). It is intended that this report will be emailed to key stakeholders and also available on the Program’s website and that of the Centre for Rural and Remote Mental Health. Please email comments or questions to tessa.caton@newcastle.edu.au

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<th>Page Number</th>
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</tr>
<tr>
<td>TRAIN</td>
<td>20</td>
</tr>
<tr>
<td>INFORM</td>
<td>22</td>
</tr>
</tbody>
</table>
General RAMHP Program Updates

The Rural Adversity Mental Health Program – Tessa Caton

Strategic Directions for RAMHP

- RAMHP participated in the Royal Sydney Easter Show for the first time in April. The primary objective being to raise the profile of RAMHP and distribute mentally healthy messages to rural show attendees. A range of strategies were employed to achieve this, including display of How are you going? posters, RAMHP collateral included in the ‘Ag Bag’, presentations and interviews with the Ringmasters, RAS Councillors Spouses and distribution of collateral through the CWA.

- RAMHP Coordinator, Darcy Budden presented at the Aboriginal Mental Health and Wellbeing Workforce Forum in June. Darcy collaborated with an Aboriginal Population Health Trainee to present on Aboriginal Worker Self Care

- RAMHP Coordinators, Steve Carrigg and Samantha Osbourne, played a significant role in the Northern LHD’s response to flooding in Lismore. Notably, our RAMHP Coordinators facilitated the development of a dedicated flood response telephone line in collaboration with the North Coast PHN

- Work continues on this years Glove Box Guide to Mental Health. The theme for this year will be Let’s Talk. This years edition will also include a survey to evaluate the Glove Box Guide and to collect further information on where rural people seek help when they are concerned about their mental health.

Staffing Updates

- Camilla Kenny, RAMHP Coordinator for Western LHD took 3 months study leave. Camilla will be returning in early August

- Darcy Budden, RAMHP Coordinator for the Mid North Coast LHD will be taking 12 months Long Service Leave, commencing in August. Recruitment has commenced to backfill this position for 12 months

- Finalisation of Southern LHDs second RAMHP Coordinator, Judy Carmody occurred. Judy will be based in Goulburn and officially commences with RAMHP on the 24th of July 2017

- Recruitment continues for the RAMHP Coordinator Position located in Moree, this position will be shared between the Hunter New England and Western LHDs.

Quarterly Report 4
Highlights

- 691 People Linked to Care
Between Apr – Jun 2017, a 38% increase from Jan - Mar 2017

- The majority of links has changed to people seeking services/ resources for themselves

- 109 Training Courses delivered to 1,729 participants

- A substantial increase in the number of links made were in response to floods in Northern NSW
General RAMHP Program Updates

RAMHP Communication Highlights – Jocelyn Johnston

Website Update
- The first phase of the new website project (the Centre for Rural and Remote Mental Health (CRRMH) website) is complete and now live – [www.crrmh.com.au](http://www.crrmh.com.au). The second phase: the RAMHP website (part of the CRRMH website) is almost complete with new innovative features. These include a search button allowing the user to pop in their local postcode to locate the local RAMHP Coordinator in their area. The other feature is a ‘Events and Training’ calendar which will promote upcoming community and training events across NSW. User testing will commence shortly with the site going live in July.

RAMHP Video
- As part of the RAMHP website project, the RAMHP team developed a video (short and longer version). The aim of the video is clearly communicate our goal of linking people living in rural and remote NSW to mental health care.
  - The videos were promoted as follows:
    - Direct email distributed to key stakeholders and rural mental health directors
    - Video posted on YouTube: [https://www.youtube.com/watch?v=Awbz6nD6ANM](https://www.youtube.com/watch?v=Awbz6nD6ANM)
    - Video posted on the CRRMH Facebook page and on the RAMHP Facebook page twice.
  - The short videos will be embedded on the new RAMHP website and also used at community events, workshops and conferences.
  - RAMHP Facebook analytics show the first post reached 1,920 people and was shared 23 times by key stakeholders including NSW Farmers, Fiona Simpson, Mid North Coast LHD, Rural Resilience Program and Orange ParkRun. The promoted post had over 3,800 video views including 36 shares. The promotion ran for 7 days and reached over 7,651 people. On YouTube the video has had over 218 views.
General RAMHP Program Updates

Stakeholder Communications

During this quarter, the Communications team collaborated with key stakeholders and submitted articles and stories in the following publications:

- **The Country Web magazine** - This is a publication distributed by the Department of Primary Industries – Rural Resilience Program (RRP). We helped write and submit an article on ‘The Govies Retreat’ initiative which was a collaboration between RAMHP and the RRP.

- **Royal Agricultural Show newsletter** – This year, the newsletter featured a story about the RAMHP program and mental health in the bush. The newsletter has a circulation of over 9,000 people from rural and metropolitan areas.

- **Department of Industries Intranet site** – there is now a section on the RAMHP program including how to locate each of the RAMHP Coordinators across NSW.
Online Forums

The following online forums were held in April and May this year. Planning also commenced for a Forum on the 21st July on ‘Let’s have a yarn about the Social and Emotional Wellbeing in Indigenous Communities’. This follows on from NAIDOC week (2-9 July). As you can see from the statistics below, the Forum titled Coping with Natural Disasters shows a large number of page views. This forum was facilitated in response to bushfires affecting communities including: Leadville, Bungendore, Queanbeyan, Spring Ridge, Mudgee and Kempsey.

7th April - Coping with Natural Disasters:

• **Panel members:** Caroline Hayes - Rural Support Worker NSW DPI, Martin David - Clinical Nurse Consultant Mental Health Emergency Care Service, David Younger - Clinical and Consultant Psychologist, Vivien Thomson – Author.

• **Analytics for this forum:** 1,164 page views and 1,112 unique views.

5th May – Let’s talk about improving your mental wellbeing

• **Panel members:** Caroline Jackson-Pierce - Acting Manager for Act Belong Commit Mentally Healthy WA, Luke Martin - Clinical Psychologist beyondblue, Addie Wootten - CEO Smiling Mind, Ngaio Chandler - Parents Community Manager at Reach Out.

• **Analytics for this forum:** 147 page views and 119 unique views.
General RAMHP Program Updates

Media Highlights

- The majority of media coverage during this period consisted of online and print media. Media topics include RAMHP’s attendance at the Royal Easter Show and the Rural Suicide Prevention Forum organised by RAMHP and the Centre for Rural and Remote Mental Health, RAMHP’s training courses and events such as Tradies’ breakfast which was facilitated during Men’s Health Week (11 – 17 June). Topics also included support for farmers impacted by the floods near Lismore.

- Some examples of key media interactions are presented in Table 1 below. Please note this is a sample only.

Table 1: Overview of Media Interactions

<table>
<thead>
<tr>
<th>Date</th>
<th>Media Outlet</th>
<th>Topic</th>
<th>Spokesperson</th>
<th>Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.04.2017</td>
<td>ABC Lismore</td>
<td>Flood Recovery</td>
<td>RAMHP Coordinator Steve Carrigg</td>
<td>No link available</td>
</tr>
</tbody>
</table>
## General RAMHP Program Updates

**Table 1: Overview of Media Interactions (continued), note this is a sample only**

<table>
<thead>
<tr>
<th>Date</th>
<th>Media Outlet</th>
<th>Topic</th>
<th>Spokesperson</th>
<th>Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>01.05.2017</td>
<td>ABC Radio Riverina with Anne Delaney</td>
<td>Mental Health First Aid for Men in Griffith</td>
<td>RAMHP Coordinator Merilyn Limbrick</td>
<td>No link available</td>
</tr>
<tr>
<td>05.05.2017</td>
<td>ABC Central West Radio</td>
<td>Mental and physical health both need taking care off</td>
<td>RAMHP Coordinator Di Gill</td>
<td>No link available</td>
</tr>
<tr>
<td>22.05.2017</td>
<td>ABC South East</td>
<td>Thredbo 20 years on</td>
<td>RAMHP coordinator Jennie Keioskie</td>
<td>No link available</td>
</tr>
</tbody>
</table>
General RAMHP Program Updates

RAMHP Social Media – Vicky Smyth

Overview of Facebook data

The following table provides an overview of the key statistics for RAMHP's Facebook page.

Table 2: Overview of RAMHP's Facebook Page Statistics

<table>
<thead>
<tr>
<th>Statistic</th>
<th>Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 81 new likes were achieved during this period, bringing the total number of likes to 518</td>
<td>• Number of likes increased by 58.82%</td>
</tr>
<tr>
<td>• Post Publishing increased this quarter to 116, which was up 38% on last quarter</td>
<td>• Improved ability to get online has helped to increase the number of posts</td>
</tr>
<tr>
<td>• Engagement with posts:</td>
<td>• Interactions with the posts has increased by 67% over last quarter.</td>
</tr>
<tr>
<td>- Reactions 843</td>
<td>• The increase in interactions is likely to be due to trialling post boosting.</td>
</tr>
<tr>
<td>- Comments 78</td>
<td></td>
</tr>
<tr>
<td>- Shares 312</td>
<td></td>
</tr>
<tr>
<td>- Link Clicks 188</td>
<td></td>
</tr>
</tbody>
</table>
General RAMHP Program Updates

Figure 1: Top performing posts during the period April – June 2017.

<table>
<thead>
<tr>
<th>Post</th>
<th>Reactions</th>
<th>Comments</th>
<th>Engagement</th>
<th>Reach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rural Adversity Mental Health Program - RAMHP</td>
<td>87</td>
<td>20</td>
<td>2.6%</td>
<td>7,627</td>
</tr>
<tr>
<td>Each year 1 in 5 of us will experience a #mentalhealth problem. Mental health problems are very common but they are also very treatable. If you or someone you know is struggling with a mental health problem, check out this video and find out how to get help. Please share this with your networks, friends and via social media. We would also love to hear your feedback!</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Post) May 16, 2017 11:25 am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rural Adversity Mental Health Program - RAMHP</td>
<td>32</td>
<td>13</td>
<td>5.1%</td>
<td>3,802</td>
</tr>
<tr>
<td>All community pharmacists and staff will, at times, provide care to people who are experiencing mental health problems. Blended Mental Health First Aid In the Pharmacy has been designed specifically for your needs. The course consists of a self-paced online learning component, followed by a 4hr face-to-face session. Go to <a href="http://www.guid.org.au/academy-staffpharmacy-assistant/online-enrolment2">www.guid.org.au/academy-staffpharmacy-assistant/online-enrolment2</a> to secure your spot in our Dubbo or Orange courses. #MHFA #ruralmentalhealth #WesternNSW</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Post) April 13, 2017 1:50 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Centre for Rural &amp; Remote Mental Health</td>
<td>11</td>
<td>9</td>
<td>4.9%</td>
<td>1,938</td>
</tr>
<tr>
<td>Know someone who is a smoker and wants to quit? The University of Newcastle, Australia and Hunter New England Population Health are looking for participants from regional and remote NSW to be part of a new quit smoking study. The study is looking to examine the effectiveness of video support sessions (via Skype, FaceTime) for smoking cessation compared to telephone support sessions or written self-help materials. Study participants will also be asked to complete a brief online survey about smoking habits initially and then 4-months, 7-months and 13-months later. For more information and to go to the Survey click on: <a href="http://www.newcastle.edu.au/research/quit">www.newcastle.edu.au/research/quit</a></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Post) June 19, 2017 3:08 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Overview of Twitter Data

The following table provides an overview of key statistics relating to RAMHP’s twitter account during the period April – June 2017.

Table 3: Overview of RAMHP’s Twitter Analytics

<table>
<thead>
<tr>
<th>Statistic</th>
<th>Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 51 new followers were achieved during this period, bringing the total number of followers to 278</td>
<td>• RAMHP’s Twitter audience continues to increase.</td>
</tr>
<tr>
<td>• Post Publishing increased by 68.7% over the period</td>
<td>• Using social media scheduling software has helped to increase posts published.</td>
</tr>
<tr>
<td>• 88 Tweets during this period</td>
<td>• The social media community is engaged with content posted on Twitter. Engagement figures are up from last quarter.</td>
</tr>
<tr>
<td>– @mentions 21</td>
<td></td>
</tr>
<tr>
<td>– Replies 1</td>
<td></td>
</tr>
<tr>
<td>– Retweets 32</td>
<td></td>
</tr>
<tr>
<td>– Tweet likes 64</td>
<td></td>
</tr>
<tr>
<td>– Retweet with comment 6</td>
<td></td>
</tr>
</tbody>
</table>
General RAMHP Program Updates

Overview of Twitter Data

Figure 2: Top performing tweets during the period April – June 2017.

<table>
<thead>
<tr>
<th>Date Sent</th>
<th>Reach</th>
<th>Impressions</th>
<th>Responses</th>
<th>Likes</th>
<th>Clicks</th>
</tr>
</thead>
<tbody>
<tr>
<td>ramhpsw</td>
<td>9.6k</td>
<td>900</td>
<td>3</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

(Tweet) May 30, 2017 12:57 pm

ramhpsw
New project @HInstMH Life in Mind
#InxuMss Connecting Aus suicide prevention services
pic.twitter.com/0b0ZFy150V

(Tweeted by Victoria S. May 04, 2017 9:00 am)

ramhpsw
This Frid join @ReachOut_AUS, @Smiling_Mind, @beyondblue, @ActBelongCommit for a talk on mental wellbeing - More: bit.ly/1FkzBZM

(Tweeted by Victoria S. May 04, 2017 9:00 am)

ramhpsw
Talking mental wellbeing in 30 mins.
@ReachOut_AUS @ActBelongCommit @Smiling_Mind @beyondblue Log in: theland.com.au

(Tweeted by Victoria S. May 05, 2017 11:30 am)
Overview of Social Media April – June 2017

Royal Easter Show
RAMHP developed a social marketing campaign which was scheduled in the lead up to the Royal Easter Show to raise awareness of RAMHP’s presence. Themed posts were scheduled encouraging viewers to visit the areas where RAMHP was participating, and look out for merchandise.

The CRRMH also hosted the Rural Suicide Prevention Forum at the Easter show. RAMHP and other partners attending the forum tweeted live and posted photos to Facebook.

Mental Health First Aid in the Pharmacy
A campaign was developed to promote a new course “Mental Health First Aid in the Pharmacy”, which was delivered in partnership with Pharmacy Guild. The posts also advertised an online registration. This helped gain traction on social media as the posts were cross promoted with the Pharmacy Guild.

Training
RAMHP Coordinators were busy this quarter delivering training around the state, and sending information to publish on social media.
Data Considerations

This RAMHP Quarterly Update Report 4 represents the fourth period of data collected using the RAMHP App.

There are a number of considerations which must be taken into account when interpreting the results of this Report (RAMHP Quarterly Update 4). These include:

• The correctness of data from the RAMHP App relies on the accurate data entry of the RAMHP Coordinators

• Additionally, annual leave taken by RAMHP Coordinators during the reporting period may impact on their data presented in this Report.
RAMHP Updates by Program Component

- LINK
- TRAIN
- INFORM
How Many People Were Linked?

- From April to June 2017, **691 people were linked** to mental health support services or resources by RAMHP Coordinators. This is a **38% increase** from Q3, with high numbers of linkages in response to floods in Northern LHD.
- The majority of links (**n=485, 70%**) were for people seeking assistance for themselves.

**Chart 2:** Number of Links Oct. 2016 – Jun. 2017, by Linkage Type

- **Linked someone to services/resources to help someone else**
- **Linked someone to services/resources for themselves**

**Source:** RAMHP App

**Chart 3:** Proportion of Links Apr. – Jun. 2017, by Method of Linkage

- Over half of all links occurred when RAMHP Coordinators **delivered training (n=149, 41%)** or **attended community events (n=95, 26%)**
- Links resulting from RAMHP training increased by **16%** compared to Q3

Note: 325 cases were not included as they were group links i.e. when a group of people are linked at the same time for a specific issue. **Source:** RAMHP App
What Symptoms Or Issues Were RAMHP Coordinators Assisting With?

Chart 4: The Ten Most Frequent Symptoms Identified when Linking, Apr. – Jun. 2017

- The most common issues or symptoms RAMHP Coordinators assisted with were stress (n=231, 17%), pre-existing mental health disorders (n=130, 10%) and/or a change in behaviour (n=121, 9%).
- The most common issues or symptoms RAMHP Coordinator assist with remain consistent with Q2 and Q3.

Note: A symptom or issue can be selected multiple times (N=1,359). 325 cases were not included as they were group links i.e. when a group of people are linked at the same time for a specific issue.

Source: RAMHP App
What Support Or Resources Were Suggested By RAMHP Coordinators?

**Chart 5: Number of Times a Type of Support or Resource was Suggested, Apr. – Jun. 2017**

- The most common support or advice provided by RAMHP Coordinators remains visiting their GP (n=278, 17%), website information, online therapy or e-mental health (n=172, 10%) and/or providing the Mental Health Line number (n=196, 12%)
- In addition to linking people to services and/or resources, RAMHP Coordinators **provided strategies** (e.g. sleep hygiene) during 11% (n= 189) of all links

---

*Note: A support or resource can be selected multiple times (N=1,359). 325 cases were not included as they were group links i.e. when a group of people are linked at the same time for a specific issue.

Source: RAMHP App*
I met a woman during training in Sydney. She was from a flood-affected area, had lost her stock and was not coping well. I gave her the contact details for the RAMHP worker in her area.

I received a phone call from the Council. They were concerned about a resident who had lost their home in the fires. The man also recently lost his wife and the ashes were in the house. I suggested they access their GP and Accessline.

I linked a professional in my network. They are a clinician and were unaware that those affected by the recent fire could access free counselling paid for by the LGA.

I was contacted by the President of a local sports team. They were requesting support for the club and players in relation to the recent suicide attempt by a player. I provided the President with 60 information packs for the club and will be providing training.

A mother contacted me because she was concerned about her teenage son. He was the first at the scene of a friend’s suicide and is experiencing trauma. I provided a number of services including their GP, the CMHT, a youth service and Accessline.

I spoke to a relative of a man who is currently on life support following a suicide attempt. I put them in contact with StandBy Response Service.
• From April to June 2017, **109 training courses** were provided by RAMHP Coordinators. This is an **18%** increase compared to Q3.
• The most common training course delivered remains **Workplace Support Skills** (n=41, 38%).

- **Chart 6**: Number of Training Courses Delivered, by Course Type, Oct. 2016 – Jun. 2017
- **Chart 7**: Number of Training Participants, Oct. 2016 – Jun. 2017

Source: RAMHP App

- **From April to June 2017, RAMHP Coordinators delivered training to **1,729 participants**
- On average each course contained **16 people**
Training courses were predominantly comprised of a number of different disciplines employed by Physical Health (n=13, 12%), Education (n=13, 12%) and Mental Health (n=11, 10%).

The predominant training audiences Education and Physical Health, represent a change from the previous quarters data.
What Audiences Were Reached Through Community Events?

Chart 9: Coordinator Attendance at Community Events, by Audience Type, Apr. – Jun. 2017

- General Community (n=27, 39%), Youth (n=15, 22%) and Farming (n=12, 17%) focused events were the most common community events attended by RAMHP Coordinators.
- General Community remain the main focus of community events attended by RAMHP Coordinators since Q1.
- This quarter also saw an increase in the number of Aboriginal (n=6, 9%) focused events.

Source: RAMHP App

Note: Events which are attended by more than one RAMHP Coordinator are recorded more than once in the chart above.
If you have any questions regarding the content of this Report, please contact:

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Program Manager, RAMHP
Ph: 0484 339 996
Email: tessa.caton@newcastle.edu.au