



# CAMPASPE PCP TEAM 2019 ACHIEVEMENTS

FOR:  
Campaspe PCP  
Management  
Group  
December  
2019

## PARTNERSHIPS

- Governance group x 6 meetings this year
- Aboriginal Health Partnership Group - quarterly
  - Mental Health working group
- Campaspe Health Promotion Leadership Group - quarterly
  - Catchment Prevention/Health Promotion plan
- Service Integration Steering Committee - quarterly
- Healthier Campaspe
  - Auspice for Project Manager position
  - Exec Sponsor for HC MH&AoD working group – bi-monthly meetings
- Campaspe Family Violence Action Group
  - Exec Sponsor for Primary Prevention working group – bi-monthly meetings
- Mental Health - Rural Support & Campaspe Murray Mental Health Network
- Volunteer Coordinators Network



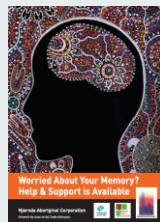
# SERVICE INTEGRATION

- Service Coordination Orientation training x 2 sessions
- Benchmarking survey/audit
- Health literacy – *Designing easy to read resources* training
- *Aged Care Support* resource developed and disseminated
- *Local Directory of Health and Community Services*
- Annual Service Integration plan



# NJERNSA DEMENTIA PATHWAYS PROJECT

- Establishment of an effective project reference group
  - members from Njernda (including staff and Elders), Echuca Regional Health, Dementia Australia, a regional Aboriginal Development Officer and Campaspe Primary Care Partnership
- Engagement with Aboriginal Elders & Carers
- Review of Aboriginal specific dementia resources
  - Dementia Australia customised national resource to be suitable for local consumers
- Resource promoting a localised pathway for dementia care- using local artwork
- Local referral pathway between the Njernda Aboriginal Corporation and the regional Dementia Australia office
- Dementia education to 70 participants
- Local video production - *Healthy Body: Healthy Mind, Dementia Awareness*



# SUPPORTING VULNERABLE CHILDREN AND FAMILIES

## Campaspe Core Competencies project completed

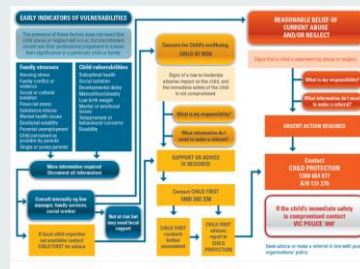
- 6 self-nominated organisations involving 13 programs
  - 16 organisation audits; 44 staff self-audits
  - Findings/Recommendations report to each organisation
- Voice of Families x 8 interviews
- Workforce development x 68 staff participation
  - held in Campaspe
  - Peak body specialist trainers
- Community Capacity building
  - email and social media campaign
  - Library strategy
  - Vulnerable children forum x 69 attendees
  - Resilience documentary



# SUPPORTING VULNERABLE CHILDREN AND FAMILIES

## Loddon Healthcare that Counts regional project completed

- 6 self-nominated organisations
  - Campaspe x 2 ERH & KDHS
  - Change champion resource allocation
  - Organisational self-assessment
  - Staff survey (pre x 189 post x 217 responses)
  - Organisation action plan
- PCP Project Coordination (BLPCP & CVPCP)
- Regional Steering Committee
- Community of Practice
- Regional Forum
- Workforce development x 44 staff (91%↑ confidence to identify vulnerability and refer)
- Resource development
  - Interactive referral pathway
  - Policy guidelines



# MENTAL HEALTH

- **Rural Support**
  - Network meetings involving water industry, AgVic, Dairy industry, Rural Finance, Local government, health services, Rural Aid
  - Mental Health literacy programs
  - Community event grants
  - Service access promotion
  
- **Campaspe Murray Mental Health Network**
  - Advocacy for headspace
  - Mental Health Week event x 96 participants
  - 'R U OK' day promotion
  - Rural Commission for MH - submission

**RURAL SUPPORT NETWORK**  
Key Achievements & Impacts 2016-2019

The network is covered & supported by Campaspe Primary Care Partnering to share information and build relationships with Service Providers for the benefit of the communities experiencing difficulties due to poor seasonal conditions and other economic adversity.

**MENTAL HEALTH FIRST AID**  
Delivery of 11 Mental Health First Aid Courses to 176 individuals across Campaspe.  
"Completing the course has meant that I now have the skills to participate in difficult mental health conversations, offer support & direct people to the right place to get help!"  
NICKIE HENDERSON FIELDS OFFICER

**RURAL SUPPORT COMMUNITY GRANTS**  
Establishment of Grants to support community events promoting physical & mental well being & community connections.  
Four events have been funded in 2019 with health practitioners attending each event and distributing resources, making contacts & promoting local mental health services.

**RURAL SUPPORT CASE STUDY**  
"My farming client has been affected by industry downturn, drought conditions, high input costs and financial hardship. At one visit it became clear that his mental health required immediate treatment. The connections created as a member of the Rural Support Network gave me the confidence to refer knowing this client would be linked with the appropriate service. I had previously given the farmer a rural support wallet card and was quickly able to highlight the correct details for Mental Health Week. The client spoke to a Mental Health Professional that day, gained a referral from his GP the following day and was able to immediately access a Mental Health Care Plan."  
RURAL FINANCIAL COUNSELLOR

**STRENGTHENING NETWORKS**  
12 network meetings have been held over the past 3 years with wide rural representation at each meeting.  
"Our regional values participation in this group will provide us the opportunity to meet our networks and ensure that industry communication is provided to those who may be in contact with the farm businesses - we don't require them the opportunity to engage with."  
MARK HENDERSON HONEYBEEHIVE

**MENTAL HEALTH & EMERGENCY FOOD & SUPPORT RESOURCES**  
Development and distribution of 2,000 Mental Health Wallet Cards and Emergency Food & Support Services brochures.

**STRENGTHENING OF REFERRAL MECHANISMS**  
"Membership of the network made it possible to ensure we had a mental health representative at each of 4 recent Agriculture Victoria Seasonal Update & Long-term Outlook Workshops across the region. This meant that the 135 participants came in contact with a mental health practitioner and now know about their role and how to access local support."

# PREVENTION

- **Catchment wide Prevention Plan**
  - Strategic 4 year plan 2021 + annual plan
  - Annual reporting
  
- **Prevention of Family Violence through Gender Equity**
  
- **Healthy Eating Active Living**

**2019-2020 Campaspe Prevention and Health Promotion Plan**

**2019-2020 PREVENTION REPORT**

OCTOBER 2019

This plan has been prepared by Campaspe Primary Care Partnership in partnership with Campaspe Primary Care, Campaspe Community Health and Campaspe Health Services. It is a strategic plan for the prevention of disease and promotion of health and well-being in the Campaspe region.

# PREVENTION OF FAMILY VIOLENCE THROUGH GENDER EQUITY STRATEGIES

- Co-design research completion
  - Mentoring of 5 HP team members from Huddle
  - Conversion of research into strategy design
- Gender equity scholarships in partnership with C4EM & CCLLEN
- Capacity building
  - Promoting Equality & Respect (WHLM)
    - 37 participants from 10 CFVAG member org's
  - Identifying & Responding (CNV)
    - 25 attendees from 11 CFVAG member org's
- Hashtags for change
- 16 days of activism campaign

**Gender Equity in Campaspe Co-Design Project 2018**  
 18 Victorian female experienced physical violence. Gender inequality is the key driver of violence against women.

**The Campaspe Primary Care Partnership** integrated Health Promotion team conducted research with primary care providers to understand what factors contribute to gender equity and violence. **Physical, financial, social & cultural** are the most likely to be a cross-sectional society in Campaspe.

**A co-design approach** with input involving 18 health professionals and residents and 17 gender equality advocates resulted in the development of strategies to reduce gender inequality that are realistic, appropriate and accessible to community.

**The strategy also research questions included:**  
 • How can we change the way we think about gender inequality, violence, violence against women and violence against women?  
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**Strong themes emerged from the many insights collected telling us that:**

- Gender inequality** is a cross-sectional society in Campaspe.
- Physical, financial, social & cultural** are the most likely to be a cross-sectional society in Campaspe.
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**Strategies developed from the research will be refined and implemented over the next three years through the 2017-2021 Integrated Health Promotion Plan and Campaspe Family Violence Action Group, including:**

1. Supporting people in the violence to also access and understand what is available to them and support to balance their lives and improve their health and wellbeing.
2. Gender equity education training to increase awareness of gender inequality, violence against women and the impact of gender inequality on health and wellbeing.
3. Delivery of a social marketing and communication strategy specifically for Campaspe to support people to call out gender inequality in everyday life.

Logos for: Echuca Regional Health, Campaspe, KYABRAM DISTRICT HEALTH SERVICE, Campaspe PCP 2017-2021 Integrated Health Promotion Plan.

**Hashtags for Change**  
 Keep anyone out for those who have been harmed by violence against women and children, and promote gender equality.

#CampaspeNoExcuseForAbuse  
 #CampaspeFreeFromViolence  
 #CampaspeSaysNo2FamilyViolence

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# HEALTHY EATING ACTIVE LIVING

- Co-design research completion
  - Conversion of research into strategy design
- Active April (through Healthier Campaspe)
- Walk to School initiatives
- Healthy Choices and Achievement Program – continued implementation

**Healthier Eating & Active Living in Campaspe Co-design Project 2018-2017**  
 18 Victorian female experienced physical violence. Gender inequality is the key driver of violence against women.

**The Campaspe Primary Care Partnership** integrated Health Promotion team conducted research with primary care providers to understand what factors contribute to healthy eating and active living. **Physical, financial, social & cultural** are the most likely to be a cross-sectional society in Campaspe.

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## Healthy Heart of Victoria

- Active participation on Campaspe Shire Council's local Project Control Group
  - Active Living Census
  - Health Broker position
  - Infrastructure & Activation x 4 initiatives - Activating Crossvale
- Regional Steering Group – Chair, Campaspe PCP EO



## VIBRANT VOLUNTEER PROJECT (DSS FUNDED)

- Revised the Volunteer handbook with 400 copies distributed to partners
  - Winners of the Volunteering Victoria State Award
    - Collaboration for Community Impact
  - 23 network partners (increased from 15)
  - Volunteers and the Law workshop x 43 attendees from 17 organisations
  - Shared understanding of family violence x 17 attendees
  - Volunteer Wellbeing day and International Volunteer day events
  - State Conference panel presentation
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- **254** Volunteer enquiries were received
  - **216** Volunteers were inducted
  - 2,337 volunteers across **15 VIO's** contributed a total of **74,330** hours of volunteering
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## REGIONAL & STATEWIDE

- VicPCP platform
  - Loddon / Loddon and Southern Mallee PCP Network
    - EO + PCP Chairs & EOs Networks
  - *Making the Invisible Visible* consultation and report
  - Local advocacy
- Loddon Children & Youth Area Partnership
  - Loddon Campaspe Regional Partnership & RDV Regional Assembly
    - Healthy Heart of Victoria
    - Keep in touch/KIT youth mental health
  - LM Health Services Partnership forums
  - WHLM Primary Prevention of Violence Against Women Stewardship Group