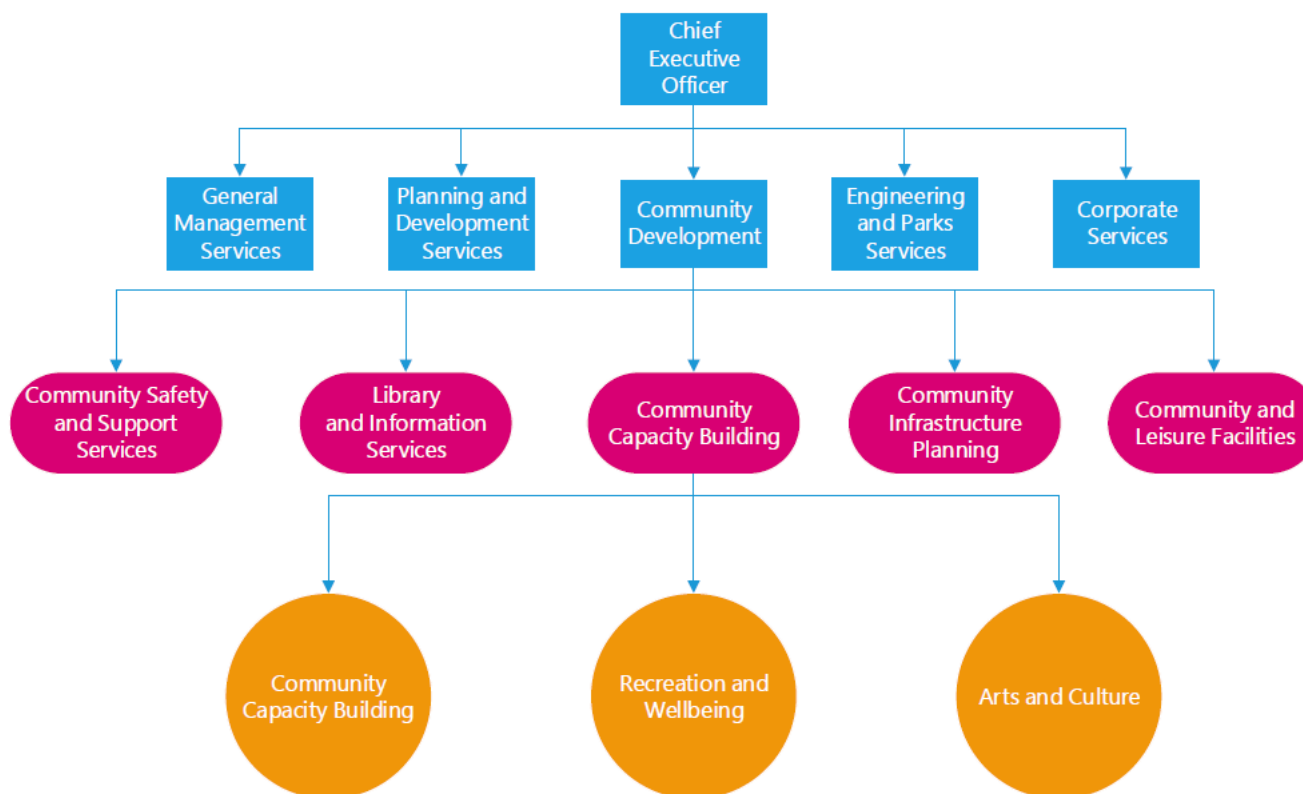


City of Rockingham

Addressing mental health in the City of Rockingham



Community Development Structure



Community Plan Strategies

- Community Plan Strategy (overarching strategy)
- Health and Wellbeing Strategy (formerly a Health and Wellbeing Plan, and Sport, Recreation and Physical Activity Strategy)
- Strategy for Children and Young People (includes early years)
- Seniors Strategy
- Reconciliation Action Plan
- Disability Access Inclusion Strategy
- Volunteering Strategy
- Cultural Development and the Arts Strategy
- Community Support Services Strategy
- Community Safety Strategy

All of these strategies include actions that relate to addressing mental health



How can local government positively impact a person's mental health?

- Local Government can influence the conditions needed for good health, that is, the natural, built and social environments in which people live, learn, work and play.
- Local Government can positively impact the mental wellbeing of all individuals, families and communities by:
 - building community resilience through creating safe, respectful and equitable communities and community environments and
 - providing opportunities for increasing all residents' participation and social connections

At the City of Rockingham we do this primarily through a community capacity building approach.



Community Capacity Building Ethos

Community capacity building is about promoting the 'capacity' of local communities to develop, implement and sustain their own solutions to problems in a way that helps them shape and exercise control over their physical, social, economic and cultural environments.

Guide

Assist

Support

***(sometimes we
call it cooking with GAS)***



Collaborative approach

Projects/Programs: Significant social outcomes from CCB projects/programs for the community include:

- **General CCB:** Community Grants, Workshops, CCB guidance and information for groups and individuals
- **Arts& Culture:** Opportunities for social connection and civic pride through events such as Castaways, Exhibition, Xmas Lights, New Years Eve, Aust Day, Performance in the Park and Summer Series
- **Health and Wellbeing:** KidSport, Sport Star Awards, Stepping Out Stencils, Get Active Rockingham, Outdoor Fitness equipment, Men's Health Week, PhotoVoice, Your Move program, Man V Fat, walking groups
- **Youth:** Junior Council, Youth Reference Group, Breakthrough Music Comp, In2Lyfe, Skate comps, Youth Beach Party
- **Early Years:** REYG and KEYs partnerships, parent workshops, Dad's Group, Teddy Bear's Picnic, Summer Parks Challenge
- **Seniors:** 'Lifestyle Program', Seniors & Carers Expo, Seniors Health Forum,
- **Cultural Diversity:** RAP, Harmony Day, NAIDOC, Cultural cooking workshops
- **Inclusion:** International Day for People With Disability, access and inclusion audits, beach wheelchairs and beach access matting

Act, Belong, Commit Partnership

- The City is a 10 year partner with Act, Belong, Commit and Mentally Healthy WA
- A lot of the focus on community capacity building programs has the ABC message promoted as part of the project
- Portion of the CDO Health and Wellbeing role is focused on supporting the other officers to promote the ABC message throughout their programs
- Three specific programs funded by Healthway - PhotoVoice Rockingham,
- Take pART schools competition, and
- Breakthrough Music Competition.



PhotoVoice Rockingham

- Funded by Healthyway, partnership with Mentally Healthy WA
- Digital Photography Competition which includes people taking a photo showing how they Act-Belong-Commit in their community and accompany it with a 25 words or less 'Voice' explaining their photo and relating it to the ABC theme.
- Around 30 school workshops every year and 3 community workshops. Engages roughly 230 community members each year.
- In 2019 the local Rockingham Shopping Centre is exhibiting the photos also.



Men's Health Week (Bloke's Art Class)

- Blokes Art Class was held as part of a series of Men's Health Week activities
- 51 blokes attended the art class at a local pub, and engaged in a painting class over a pint, with surprising outcomes for social connection and positive mental health



Social Connector Programs



- Social luncheon program – coordinates a monthly luncheon where 15 -24 people attend, and has been requested to move to twice a month
- Rockingham Connect Bus – low cost transport service for those who are disadvantaged and want to access places like City libraries, shops, and the social connector activities
- Pop up communities - small events in different locations to try and encourage people to engage with their local community, including neighbourhood breakfast program
- Safety for Seniors phone calls – weekly call to check in on isolated seniors (volunteers)

Training and Support

- Mental Health First Aid Training YMHFA Youth Mental Health First Aid Training for the community and sector
- ASIST Suicide prevention Training
- Suicide to Hope Training for local Clinicians
- Be Empowered Body Image Butterfly Foundation training
- Emotional regulation individual and group work in schools
- Resilience Armed for Life and Izra workshops in schools
- Transition to High School Armed for Life and Izra workshops in schools and the local community
- Bullying National Day Against Bullying and Violence workshops in high schools support
- National Buddy Day Primary schools Values for Life Workshops

Training and Support

- Navigating Teenage Depression workshops for the community
- Sexuality Gender Diversity and Mental Health Training for the community and sector
- Anxiety, What the Hell Is Happening workshop for the community
- Mental Health and Wellbeing Community Champions AnglicareWA workshop for the community
- The Art of Positive Thinking Workshop for the Community
- Understanding depression and anxiety in Youth Workshop Communicare
- Accidental Counsellor workshops specifically for community groups and sporting clubs

Partnerships and Networks


- Mental Health Interagency Group – Mental Health Week activities and general networking group for mental health service providers.
- Foundation Member Headspace Rockingham consortium and board
- Active member of the Rockingham Alliance Against Depression
- Connections to the Mental Health Services at Rockingham General Hospital (link patients in to City programs, and provide information to groups regarding ways to engage ABC more into their lifestyle) – currently have 30 people who are transitioning out of care linking in to the City's supported walking groups.

What's Next?



- Mental Health Interagency Group is planning for a major collaborative event in Mental Health Week 2020
- Develop an innovative and revitalised Act, Belong, Commit project
- Expand social connector programs
- Continue to promote Act, Belong, Commit message over all CCB programs

Contact Details

- Tenille Voges, Coordinator Recreation and Wellbeing
tenille.voges@rockingham.wa.gov.au
 - Penny McCall, Community Development Officer (Health and Wellbeing)
penny.mccall@rockingham.wa.gov.au
- 

Thank you