

COMMUNITY MENTAL HEALTH: A FRAMEWORK FOR CHANGE

PROPOSED BY

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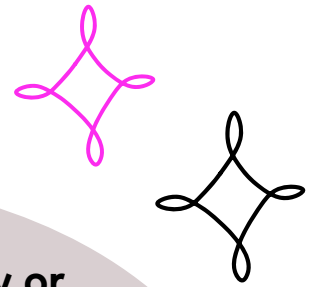
I work with communities, local govt & passionate individuals like you to create cross-sector, whole of community approaches to improve mental health & wellbeing outcomes.

All across society amazing individuals work in silos trying to solve the mental health crisis, frustrated that it continues to worsen despite all your efforts, and burnt out from trying to do it all.

Rural communities have a unique opportunity to bring the strengths that already exist in govt sectors, community & sporting groups together to create an intentional collaborative approach to improve mental health & well-being outcomes.

Think Effective Consultancy can provide you with a grass roots, proven framework for improvement and clear actionable steps that will help you create a cross-sector or community approach that will lead to true mental health reform in your region & funding to support it.

ARE YOU?



Are you a not-for-profit organisation, community or sporting group, in a community development role or a passionate individual and are frustrated by solutions that don't work in rural communities because of local constraints?

Do you want to improve mental health outcomes by bringing the right people together to create localised & sustainable solutions?

Are you a member of local govt & would like to bring passionate people together from across the local community to develop an impactful & sustainable community wellbeing plan that addresses local issues & generates it's own ongoing funding for improved outcomes?

Do you already have a plan but struggle to get funds to support it or have limited buy-in from your community?

If you answer yes to any of these questions you could benefit from a Community Approach To Mental Health

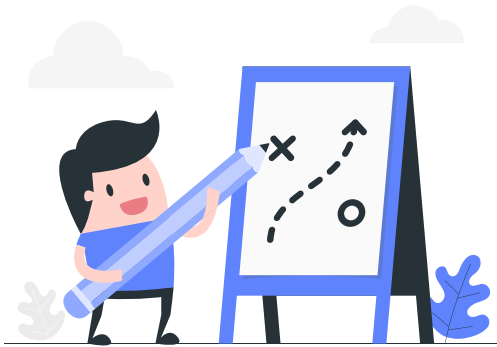
WHAT DOES A COMMUNITY APPROACH TO MENTAL HEALTH LOOK LIKE?



“There Is No Power For Change
Greater Than A Community
Discovering What It Cares About”

Margaret
Wheatley

BENEFITS TO THIS APPROACH



Having a clear roadmap for improving mental health in your community



Govt sectors, community & sporting groups and local businesses working together to improve mental health outcomes



Having a connected community that values and supports mental health and could problem solve issues in order to create localised solutions as they arise.



Fosters & nurtures a sense of belonging & connection across the community

WHY WORK WITH ME?

I have spent extensive time developing & implementing mental health initiatives both across communities and within schools. As a Chair and Founder of a Community Mental Health Action Team within my own local town I have developed processes that are both effective and sustainable and can help you achieve success when implementing change. I want you to benefit from the lessons I have learnt through my experiences, successes and setbacks. I want to see rural communities make a real difference to mental health statistics and to start saving lives.

In addition to that I:

- Am an Ambassador for the Australian & New Zealand Mental Health Association
- Have previously worked in Education for over 25 years with leadership roles in mental health & wellbeing & behaviour
- Have presented at numerous Mental Health Conferences across Australia including the Rural & Regional Mental Health Symposium & the International Mental Health Conference along with many more
- Have won & been a finalist in numerous awards for the work I have done in Community Mental Health including
 - # 2023 Finalist Mental Health & Wellbeing Community Achievement Award (For Boyup Brook Community Mental Health Action Team)
 - # 2022 Local Legend Community Achievement Award
 - # 2021 Finalist ABC Radio Spirit of Volunteering Award





SERVICES OFFERED

I have been where you are. Wanting to make change happen but with limited funding to support your initiatives, wondering if it is even possible?

But I want to tell you that every life is worth it and EVERY rural community has the ability to create intentional cross-sector collaboration and the development of effective community wellbeing plans. I have taken a team from \$0 in funding to over \$750 000 in funding to support mental health & wellbeing improvement across a community so I know it can be done.

Here are three ways I can work with you to achieve this success in your community (all options are available in person or via Zoom depending on your needs)

01

DO IT YOURSELF

My blog, You Tube Channel & newsletter contain lots of information to take you through the steps of setting up your own Community Mental Health Action team. You can grab your FREE Implementation Checklist when you subscribe to my [newsletter](#) by clicking [HERE](#) & can access my Setting up a Successful Team Resource when you sign up

02

DO IT TOGETHER

Let me come and inspire your association or team by giving a presentation with an overview of the process and reasons for adopting this community approach. I can follow this up with specific presentations or workshops tailored to your community to help you implement each phase of the process.

03

DO IT FOR YOU

I can provide a complete consultation process to guide you through each phase of the process. I can come and inspire your team at each stage, workshop strategies and action plans and be available for support as needed.



DO IT YOURSELF OPTION

My intention is to help as many communities as possible adopt this model but I am very aware that everyone is at a unique stage regarding funding.

I have many resources that you can access for free if you wish to implement this model on your own. You can find & access information at:

My [Community Mental Health Blog](#)

My [You Tube Channel](#)

You can join my newsletter which will give you access to my [FREE Implementation Checklist](#) when you subscribe by clicking [HERE](#). You can also access my [Setting up a Successful Team Resource](#) when you sign up

WHAT YOU'LL GET:

- ✓ Regular updates & information about how to implement a Community Mental Health approach
- ✓ Access to purchase support resources for each phase of Community Mental Health implementation.
- ✓ Helpful tips and videos to motivate and support your work across your community

YOUR INVESTMENT

\$0 – 30

DO IT TOGETHER OPTION: Presentation/Workshop



Let me inspire your association or team by giving a presentation with an overview of the process and reasons for adopting this community approach.

I can follow this up with specific presentations or workshops tailored to your community to help you implement each phase of the process.

LET'S WORK TOGETHER

YOUR INVESTMENT
\$1000 PER
2-4HR SESSION

(+ travel & accomm)

Full day pricing & unique options can be negotiated over a Zoom call

WHAT YOU'LL GET:

- ✓ I can present in person to you and your team or via Zoom
- ✓ Detailed preparation & follow-up materials included
- ✓ The best place to start is to complete "Community Mental Health: A Framework For Change" presentation which will give you an overview of the process including key benefits, areas to develop & improve across your community & specific strategies to ensure success
- ✓ I can then present or workshop with your team any aspects of the process as you need (see over for details & options)

Presentation/Workshop Options



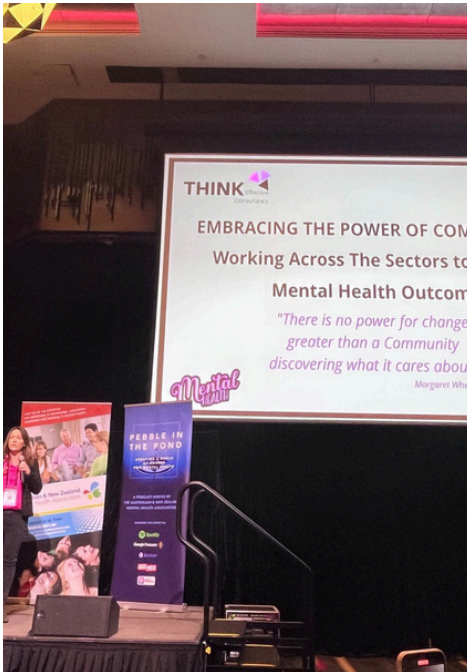
1-2 Hour Presentations

- Embracing the Power of Communities: Working Across the Sectors To Improve Mental Health Outcomes
- The Importance of "Family": Finding Belonging & Connection
- Setting Up A Successful Mental Health Action Team
- Wellbeing Planning (See FRAMEWORK)
 - Stage 1 "Strong Foundations"
 - Stage 2 "Data Collection & Initial Action Planning"
 - Stage 3 "Action Planning- Priorities, Objectives & Strategies"
 - Stage 4 "Momentum - implementing & sustainability"
- Deep Dive Into Key areas for Development & Specific Strategies To Utilise To Improve Mental Health & Wellbeing (See FRAMEWORK)
- Developing a Shared Understanding of Mental Health – short workshop to develop a shared understanding that is relevant to your setting & can be shared with your community/association
- Creative Data Collection Strategies
- Identify Local Protective & Risk Factors for Mental Health & Make a Plan to Build on or Minimise
- Mental Health Messaging – What can you do & essential templates to utilise



Presentation/Workshop Options

These sessions are a mixture of presentation & workshop. The aim is dig deep into your particular circumstances and create common sense, sustainable solutions.



Full Day Presentation/Workshops

- **Benefits & Development of a Community Approach To Mental Health** – Detailed Workshop providing overview and then working through getting started, areas to develop, key strategies for success, 3 tier mental health snapshot and more. Then we start identifying your areas of need, positive work that has already been done and build from there to improve mental health and wellbeing outcomes in your setting
- **Setting Up a Successful Action Team** – In depth process to get your team started including stakeholder engagement, development of team roles, effective processes and communication to gain buy in from wider community or members
- **Data Collection** – learn creative ways to collect data that people will actually engage in, develop a plan for data collection and analysis in order to drive action planning
- **Support Pathways Workshop** – identify what currently exists, engage stakeholders & develop a plan to meet the needs of local area
- **Support Resources & Communication Plan** – Create a localised directory of support resources & create a communication plan to build mental health awareness and promote work being done
- **Community Wellbeing Planning** – a Series of Workshops to develop a community wellbeing plan for your local area including engagement of stakeholders, creating buy-in, collecting data, identifying priorities and processes, setting objectives action plans & timelines, engagement with local govt (avoid starting here. This is the end goal but foundational work is needed first this is to be successful)



DO IT FOR YOU OPTION

This option is developed in consultation with you to meet your specific community needs.

LET'S WORK TOGETHER

SUMMARY:

- ✓ This option will provide you with the full process of setting up your team, collecting data, developing communication & buy in with the community and creating & implementing your first Community Wellbeing Plan
- ✓ Specific costs can be clarified over a Zoom meeting prior to accepting this option
- ✓ In depth details of planning & project days can be provided for you if you are interested in this option

YOUR INVESTMENT
\$5000–10,000
(+travel & accom)

This price will be negotiated over a Zoom call depending of no of days & extent of work

What You'll Get

1 **An Initial Meeting Day & Various Meeting & Project Days (with a maximum of 10 days)**

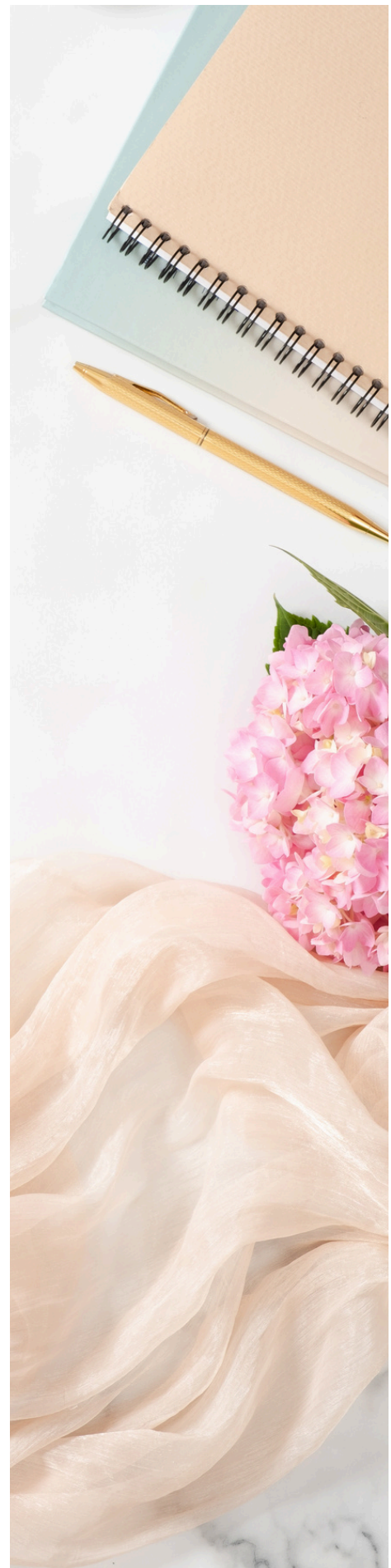
After a preliminary Zoom meeting to clarify your needs and suitability for this option an initial (ideally in person) day would take place. At this meeting a full understanding of your community needs would be developed. Initial community members could be identified to attend but this would be further developed during the day. A clear timeline of steps and remaining dates and work to be done will be sent after this meeting.

2 **Support Resources & Documentation After Each Session**

After any in-person or zoom sessions I will provide detailed documentation of any discussions and action planning. You will be provided with copies suitable for sharing on social media and in Word to allow for easy access. Data collection and collation of wellbeing planning documents will also be provided

3 **UNLIMITED Ongoing Support**

Unlimited ongoing support will be provided with this model for any questions and queries at any stage. This can be via phone, email or Zoom and has no end-date. .

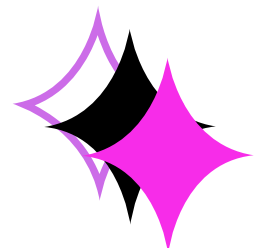




Never doubt that a small
group of
thoughtful committed
citizens can change the
world:

Indeed, it's the only
thing that ever has.

Margaret Mead



Testimonials

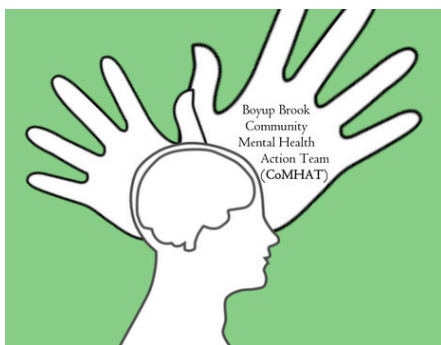


Hon. Terry Redman (former MLA)

Your outstanding efforts in the area of positive mental health through the Community Mental Health Action Team is to be applauded

Bernard Beatty (award winning School Principal)

Renee's work has had and continues to have a positive impact on the local community, and the wider area. Her tireless work with the CoMHAT has seen the employment of a Community Mental Health project officer, the development and funding of a Community Wellbeing Plan written in collaboration with the WA Mental Health Commission and local Shire and the delivery of numerous local events and new initiatives across the community.



CoMHAT Community Survey Respondent

The Community of Boyup Brook, young and old, have really started becoming aware and coming together more in all of the different range of groups we have on offer since CoMHAT started. Groups are opening up events together to allow more people to be involved with the load of preparations and enjoyment of functions. I believe CoMHAT has been a blessing. The organisers with their passion have really hit the nail on the head with grasping what Boyup Brook needed.

FAQ's

What if I don't have a team or know who to ask to be involved?

Don't Worry! This is what I am here for. There are specific places to start that can be very helpful in getting the right people for your team (and it doesn't need to be big to be successful)

Does everyone on the team need to be a Mental Health Professional?

Not at all. This team is not a counselling service. It is about finding people passionate about improving mental health outcomes and this can include mental health professionals, educators, police, local business people, sporting group representatives, Shire members, individuals with lived experience etc.

We have already tried writing a Community Wellbeing Plan & it didn't work. What now?

This a common problem and an easy starting point. The reason the Wellbeing Plan hasn't worked and possibly hasn't attained funding is because it is essential to do the foundational work. This creates buy-in from the community, does the background work needed to access funding and much more.

What if we have no funding but we desperately want to make this happen?

I completely understand and want to help you get started because funding WILL START TO FLOW. Contact my Amazing Grant Writer (who has helped get Boyup Brook get over \$750 000 of funding)to help you get funding to access my services.

KIRSTEN SKRAHA - Grant Go Getter

kirsten.skraha@gmail.com 0459673030

Let's Get Started!

You are probably full of information overload now and wondering where to begin. Best places to start are via one of the links below.

Schedule a 30 min chat with me so we can discuss what would work best for you and your budget.

Learn more by heading to my website to understand more about Community Mental Health and grab my free resources.

Or email me with as many questions as you like @ renee@thinkeffective.com.au

[SCHEDULE A CALL](#)

[LEARN MORE](#)

We cannot keep working in siloed approaches hoping that the mental health statistics will improve.

Rural communities have the potential to create REAL solutions that actually work. To identify local constraints and issues and create solutions that tap into the strengths that already exist across the community.

Schedule a call now and lets start making a difference across your community.



Renee

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