

Vision: People across the south west are healthy, well and connected to their communities.

Goal: South West communities are recognised as being **socially and emotionally well**.

Overall Results	June 2018	June 2019	Change 2018-2019
Nº of people involved in strategies across key settings	1962	7352	5390 ↑
Nº of organisations participating in Social & Emotional Wellbeing partnership strategies	62	94	32 ↑
Nº of approved policies supporting Social & Emotional Wellbeing	5	13	8 ↑
No of organisations awarded in the Victorian Achievement Program (VAP) Safe Environment Benchmark (SEB) E=Early years, S =Schools, W= Workplaces	0	2 EY	2 EY ↑
No of organisations active in the VAP SEB	0	1S	1S ↑
No of organisations awarded the VAP Alcohol Benchmark (AB)	0	2 EY,2W	2 EY,2W ↑
Nº of organisations awarded the VAP Mental Health & Wellbeing Benchmark (MHB)	2EY,1S,2W	3 EY,2S,2W	1 EY,1S ↑
Nº of organisations active in the VAP MHB	10	7EY, 8S, 4W	5EY, 2S, 2W ↑
Nº of other recognised evidence based best practice programs being delivered by partners	9	12	3 ↑
Nº of settings participating in Communities that Care pilot programs	2 S	2 S, 10 clubs	10 clubs ↑
Early Years Setting impacts 2018-19		Member Engagement of Early Years Services 2018-19	
<p>VAP, Kids Matter (KM), Peaceful Kids, Mindful Play (MP)</p> <ul style="list-style-type: none"> - 7 new social & emotional wellbeing (SEW) policies - 8 SEW sessions delivered by partners reaching 172 people - 5 health & wellbeing action groups created - MHS 4 KM sessions- 71 children participated - MHS 2 parent KM sessions - 18 parents participated - SWH reconciliation action group established 	<p>17% of catchment Early Years settings are supported (14/80)</p> <ul style="list-style-type: none"> -Southwest Healthcare (SWH) supporting 12 early years (EY) service -Terang & Mortlake Health Service (TMHS) supporting 8 services -Corangamite Shire Council (CSC) supporting 17 early years services -Moyné Shire Council (MSC) supporting 2 early years services -Moyné Health Service (MHS) supporting 4 early years services -MHS 5 MP sessions- 88 children participating 		
School Setting impacts 2018-19		Member Agency Engagement of Schools 2018-19	
<p>VAP, Mindful Play, Kids Matter, Mental Health & Wellbeing (MHW), Good Behaviour Game (GBG), Peaceful Kids (PK), BRICK's program Communities that Care (CtC), Youth Mental Health First Aid (YMHFA), BRICKS</p> <ul style="list-style-type: none"> - 1 whole of school SEW policy - 2 schools delivered GBG - TMHS 2 YMHFA sessions- 28 participants - TDHS 6 KM sessions, 200 children participated - SWH reconciliation action group established <p>Brophy Impact Project – 26 leaders trained engaging 525 youth via the delivery of projects by leaders in Warrnambool</p>	<p>39 % of catchment schools are supported (17/43)</p> <ul style="list-style-type: none"> - SWH supporting 8 schools - TMHS supporting 3 schools - Timboon District Health Service (TDHS) supporting 1 school - MHS supporting 1 school, KM, 30 children involved - MHS 26 PK sessions- 114 children participating - MHS 3 MHW sessions- 84 children participating - CSC supporting 7 schools- 23 BRICKS sessions, 161 participants - Terang College YMHFA – 26 participants - Camperdown College YMHFA – 24 participants 		
Workplace impacts 2018-19		Member Agency Engagement of Workplaces 2018-19	
<p>Victorian Achievement Program, Mental Health & Wellbeing,</p> <ul style="list-style-type: none"> - 5 whole of workplace SEW policies implemented - TMHS 1 workplace health & wellbeing event, 8 participants - Moyné Shire Council (MSC) 2 whole of workplace health & wellbeing events, 115 participants - SWH resilience course 117 staff participated 	<p>22% of SWPCP partner agencies are supported (9/40) 2910 employees</p> <ul style="list-style-type: none"> - SWH supporting 3 workplaces, BE YOU workshop 16 orgs – 30 staff - SWH Aboriginal advisory group established - TMHS supporting 1 workplace, - TDHS supporting 1 workplace - WCC supporting 1 workplace 		
Community impacts 2018-19		Member Agency Engagement of Community 2018-19	
<p>Mental Health First Aid, food hampers, Occasional Counselling, alcohol & sports club equity audits</p> <ul style="list-style-type: none"> - Simpson Neighbourhood Centre: 6 events, 381 people - 300 food hampers supporting dairy farming families - 4 Occasional Counselling to 120 farmer engagement staff - 3 equity audits by SWSPO, engaged 1361 members - CAH 15 social connection activities, 230 farmers participated - Moyné Shire had 14,976 visits to its social connection van - SWH provided resilience facts sheets to 6,000 families 	<p>20 % of SWPCP partner agencies are supported (5/24) 35,87 people</p> <ul style="list-style-type: none"> - 10 Communities that Care sports club alcohol audits - 6 Mental Health First Aid courses for dairy farming communities - SWH supporting 11 events, 867 participants - MHS supporting 624 events, 144 participants - TMHS supporting 7 events, 157 participants - WestVic Dairy social connections events - Agricultural Victoria social connection events and field days - Ripple Effect -Online website engaging - 900 farmers National Centre for Farmers Health 		

Blue text indicates activity not funded through DHHS health promotion but important partnership activity of the networks.

NB. Some member agencies work together to support a single organisation and therefore engagement data will not always match total organisations

The impacts outlined in this report are owned and delivered by the member agencies which includes contributions from:



Executive Summary

The network of partners have demonstrated a significant increase in the number of social and emotional wellbeing preventative health initiatives being delivered and supported by key settings over the last 12 months.

The initiatives have aimed to build supportive environments and social connection across the four key settings of early years, schools, workplaces and community. There has been a trend of Early Years services and Primary Schools shifting their focus of effort towards social and emotional wellbeing over physical health. The change in priority health issue focus is in response to increasing levels of anxiety and depression seen in school children. Research by Communities that Care in Warrnambool 2015 and anecdotal feedback from school Principals and school health and wellbeing staff has verified this, with researchers identifying increases in childhood anxiety and depression as a global trend.

Locally the South West Dairy industry has had a prolonged period of hardship, with a recent national survey of dairy farmers showing confidence in the future of the industry at the lowest point since the survey started in 2004. Volatility in the past 10 years has led to severe industry downturns in 2012/13 and 2016/17. On top of this in 2018, the communities suffered significant Bush Fires on St Patrick's Days that decimated many farms. The dairy industry generates 4 billion dollars, which is 30% of the SW Victoria's economy supporting around 4,000 on-farm jobs. Access to economic resources as an average weekly income in the South West is much lower than the Victorian average, along with many rural remote communities having no public transport and limited infrastructure to undertake physical activity, social connection opportunities or even access the internet.

In SWPCP's catchment the Health Promotion funding from DHHS supports approximately 3.0 EFT on the ground staff time, and 0.8 EFT coordination of effort by SWPCP staff. Consequently, HP staff strategically use their time to engage and build the leadership skills and capacity of community members in key settings as described above as a practical way to increase the reach and influence of community to take action and deliver interventions which improves their social and emotional wellbeing.

SWPCP provided backbone support to a network of members working in partnership to deliver a huge array of social connection events and material aid to reduce situational distress to farmers, with no suicides from SW dairy farmers in the last 12 months.

SWPCP engages a wide range of partners outside of DHHS funded health promotion agencies to link up staff across sectors and industries to align their effort in partnership. As relationships and connections have formed between community partners the reach and number of collaborative actions has also increased significantly.

Achievement Program Early Years

In 2018-2019 a partnership formed between the Corangamite Shire, Terang and Mortlake Health Service (TMHS) and South West Healthcare (SWH) to support the implementation of the Victorian Achievement Program in all Shire managed early years' services.

TMHS and SWH Health Promotion Officers (HPO's) re-engaged the cluster-managed kindergartens and supported Mobile Child Care and Family Day Care to start their Achievement Program journey. As internet access was a major barrier for some of the rurally located settings, TMHS & SWH HPO's collaborated closely with the Program Support Officer at the Achievement Program to develop an offline model to allow all settings to participate.

The Corangamite Shire Early Years Coordinator had the following to say about their work with the Kindergartens: "Laura and Alex have been providing support to all kindergarten services through site visits and attendance at teacher's meetings. This ongoing support and monitoring have seen all kindergarten services progressing towards recognition for the Mental Health and Wellbeing benchmark."

Laura Stevenson, Health Promotion Officer Terang Mortlake Health Service & Alex Bell Health Promotion Officer South West Healthcare