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.

Centre for Rural and Remote Mental Health
T +61 2 6363 8444
E crrmh.@newcastle.edu.au
# Contents

<table>
<thead>
<tr>
<th>Report</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>From the Director</td>
<td>4</td>
</tr>
<tr>
<td>Snapshot of the Quarter</td>
<td>5</td>
</tr>
<tr>
<td>Research</td>
<td>6</td>
</tr>
<tr>
<td>John Hoskin Library</td>
<td>7</td>
</tr>
<tr>
<td>Connections</td>
<td>8</td>
</tr>
<tr>
<td>Communications</td>
<td>9</td>
</tr>
<tr>
<td>Partnerships</td>
<td>10</td>
</tr>
<tr>
<td>Online Connections</td>
<td>12</td>
</tr>
<tr>
<td>Act-Belong-Commit</td>
<td>14</td>
</tr>
<tr>
<td>Good SPACE</td>
<td>15</td>
</tr>
<tr>
<td>Rural Adversity Mental Health Program</td>
<td>17</td>
</tr>
<tr>
<td>Staff Achievements, Training and Development</td>
<td>18</td>
</tr>
<tr>
<td>Appendix</td>
<td>20</td>
</tr>
</tbody>
</table>
Director’s Report
Prof David Perkins, Director

This has been a very busy quarter with World Suicide Prevention Day in September and preparing for Mental Health Month in October. October marks the publication of the Glove Box Guide to Mental Health which is now in its sixth edition. Our theme is “Let’s keep rural Australia talking about mental health”. We could not produce the Guide without the help of our long-term partners The Land, whose journalists interview all the contributors to the Guide and produce the stories which illustrate recovery from mental health so vividly. This year we have a new partner from the state government, SafeWork NSW. It is becoming increasingly apparent that we need to ensure that our workplaces are safe from risks to people’s psychological health and wellbeing. While these risks are not new, the costs of workplaces that are psychologically unsafe is very significant to individuals, families, communities and to the broader rural economy. We are pleased to work closely with SafeWork NSW.

Working with partners is the way in which we at the Centre for Rural and Remote Mental Health do business. We have worked closely with Local Health Districts, Primary Health Networks and their predecessors for the whole life of the Centre linking people to services and providing education and training in an integrated fashion. Other partners such as NSW Farmers and the NSW Department of Primary Industries are key partners on the “supply-side” working with us to meet many needs that are distinctively rural or the consequence of rural adversity such as fire, flood, drought, crime, economic or other causes. Our role in the response to floods on the North Coast and fires in the Tablelands demonstrates the quality of our staff and the value of our partnerships.

We are currently in discussion with several organisations about new partnerships and hope to make some announcements before long. When it comes to partnerships we have several requirements: they must be for the benefit of those who live in rural and remote NSW and such benefits must be tangible and sustainable. We cannot enter partnerships simply to meet the need of a city-based organisation for rural recognition. The partnerships may provide knowledge and technical skills so that we can be smarter in our strategy and operations, communicate better with our rural communities and contribute to our objective of continuous improvement and real social benefit.

Finally, some communities and organisations want to raise or give money to benefit their communities, improve mental health and prevent suicide. I can assure you that such donations are used to improve the quality of services in the rural communities from which they are raised. Please contact us if you are interested in fundraising on our behalf, donating to the Centre, or partnering with us.

In closing, thank you to all our partners who are working with us towards better mental health and wellbeing in rural Australia.
This quarter in a snapshot

- 303 visitors to the John Hoskin Library
- VERILY (Virtual Dementia Friendly Rural Community) project started
- 400 people linked to care through RAMHP
- ROUK? Day Forum attended by 70 people
- New Glove Box Guide survey developed
- 114 RAMHP training courses delivered, reaching 2,296 people
Research

In August the Western NSW Health Research Network held its annual conference in Orange. CRRMH researchers Hazel Dalton and Donna Read were invited to present their rapid review of Low Intensity Mental Health Services in the region. It was a fantastic opportunity for the team to showcase their work.

The Research team were excited to start work on the VERILY (Virtual Dementia Friendly Rural Community) project to support those who care for people with dementia and their rural communities. This is collaborative work with La Trobe (lead), Swinburne and Flinders universities. VERILY comprises three key initiatives:

• volunteer-led peer support and mentoring hubs to assist older people to use online information and communication technology
• a website and smartphone app to help carers navigate health and aged care services and increase support and connectivity between carers and with service providers
• carer peer support groups that meet by video-conference

The Mental Health Commission has awarded the CRRMH funding to undertake a review of community wellbeing initiatives within rural NSW with a view to producing a Community Wellbeing Collaborative Model, which could then be tailored to specific localities.

The Research team will review the Our Healthy Clarence initiative (Grafton) and the Act-Belong-Commit initiatives (particularly Mentally Healthy Orange) by undertaking interviews with key stakeholders across the regions.

For detailed information about our research activities this quarter, see: Appendix 1 Funding Proposals, Appendix 2 Publications, Appendix 3 Conferences, and Appendix 4 PhD students

Compiled by Lucy McEvoy, Research Assistant
John Hoskins Library

The period **July-Sept 2017** proved to be a busier period than the previous three months with the overall library use. Visitor numbers were increased for all clients using the library, which is reflected in the overall total increase from 230 to 303. Article requests were down from 299 to 210 for CRRMH staff and increased from 296 to 350 for Western NSW LHD. There was an overall increase in inter library loans from 98 to 119 and an increase in training especially for CRRMH staff, from three to nine.

The Library Collections Committee
There were library collections committee meetings held on the 18th of July and 7th of September, 2017, where issues were discussed including the online library collection, staff recommendations, continuation of library orientation for students and staff, and ongoing training in the wards.

Hospital/Health Library Professionals (HOLP) Meeting
On the 27th of September there was a health librarians meeting as part of GRATIS at Campbelltown Hospital. Issues discussed included the libraries individual collections, staffing and continued funding. There will be problems with the 360 link on CIAP for continued resources access so an idea was put forward for a general health librarian’s consortia to allow continuous use of 360 link for proper access to resources through CIAP into the future.

Publications
Publications have been regularly checked during this period.

Library Promotion
There was a new book display on July 24th 2017 with a range of new items relating to mental health. There is a new book and resources display planned for early October to coincide with Mental Health Month. 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.

Compiled by Paul Stanfield, Librarian
Suicide Prevention Parliamentary Breakfast
Prof. David Perkins had the honour of being invited to and attending a Suicide Prevention Breakfast in Canberra on 12 September. The breakfast was inspired by World Suicide Prevention Day and RUOK? Day. Special guests included Prime Minister Malcolm Turnbull and Leader of the Opposition Bill Shorten, who came together to recognise suicide prevention as a priority and to reiterate the need to do more. The event gave Prof. Perkins the opportunity to talk to key politicians, including Dr Mike Kelly MP, who sits on the Parliamentary Friends for Suicide Prevention Group, about the work the Centre is undertaking in rural suicide prevention.

RUOK? Day XPT event
Several Centre staff attended a special RUOK? Day event at Orange Train Station on September 14 as the XPT bound for Dubbo rolled into town highlighting RUOK? Day. CRRMH joined other special visitors including Bob Herbert from Tracksafe and Michael Herft from NSW Public Transport to spread the RUOK? message and the importance of checking in on our family and friends.

Compiled by Vanessa Delaney, Senior Development Officer
Communications

Overview
In the third quarter of 2017, the Communications team launched a new website for the Rural Adversity Mental Health Program (RAMHP) [www.ramhp.com.au](http://www.ramhp.com.au) following on from the Centre’s new website [www.crrmh.com.au](http://www.crrmh.com.au). The team also developed two new brochures (RAMHP and Good SPACE) and distributed the second RAMHP eNewsletter to over 1200 subscribers.

New Resources
This quarter, the Communications team developed two new brochures (RAMHP and Good SPACE). These new brochures outline both programs and are available to download on our new website: [Good SPACE](http://www.crrmh.com.au) and [RAMHP](http://www.crrmh.com.au).

New Glove Box Guide survey
The team worked with a professional designer to create an advert for the Glove Box Survey to be included in this year’s Glove Box Guide. The purpose of the ad is to encourage readers to participate in the survey and evaluation of the Guide. Evaluation of the 2017 Guide will be facilitated by our research team.

<table>
<thead>
<tr>
<th>Media</th>
<th>This quarter the following media releases were issued:</th>
</tr>
</thead>
<tbody>
<tr>
<td>•</td>
<td>Saleyards support for farmers as part of Farm Safety Week</td>
</tr>
<tr>
<td>•</td>
<td>Let’s talk – Suicide prevention workshops in the Upper Hunter</td>
</tr>
<tr>
<td>•</td>
<td>New websites connect rural people to mental health support</td>
</tr>
<tr>
<td>•</td>
<td>Take a minute and change a life on World Suicide Prevention Day</td>
</tr>
<tr>
<td>•</td>
<td>No, I’m not ok now what? (with Western NSW LHD and LikeMind)</td>
</tr>
</tbody>
</table>


For a full list of media interactions this quarter, please refer to Appendix 5 and 6.

Compiled by Jocelyn Johnston, Communications Officer
Partnerships

During this quarter the Centre continued to work with our partner organisations across a variety of projects. We are always looking at new opportunities to partner with other organisations to achieve our shared goals.

Industry Partnerships

- **International Federation of Integrated Care (IFIC)** – During this quarter Prof. David Perkins and Research Leader Hazel Dalton met with representatives from **Central Coast Health, International Foundation for Integrated Care (IFIC) and IFIC Scotland** as part of the formative evaluation of the Central Coast Integrated Care Program evaluation. Experts including IFIC CEO Nick Goodwin were part of the discussions.

- On July 31, the Centre hosted some of the research team from the **Black Dog Institute (BDI)**. Discussions were held about the National Suicide Prevention Trials and our rollout of these in Western NSW along with new opportunities for future collaboration in research and suicide prevention.

- On September 20, our Research Leader Hazel Dalton met with **ReachOut** Research Director Mariesa Nicholas and Evaluation Manager Kathryn Cairns at the Centre to discuss a potential research collaboration looking at young people in rural and remote areas.

- The RAMHP Program has recommenced their partnership with the **Baggy Blues**, the NSW Cricket Association’s alumni group. RAMHP is working with the **Baggy Blues** to gain funding from the NSW Government to conduct a rural cricket tour which profiles looking after your mental health.

- RAMHP’s strong partnership with **Safework NSW** and **The Land** will come to fruition when the 6th Edition of the Glove Box Guide to Mental Health is released on October 5th. The 2017 edition focuses on the theme ‘Let’s Talk’ to ensure conversations on mental health continue in rural communities. **Safework NSW** are our primary sponsor for this edition.
### Academic Partnerships

- On August 16, CRRMH researchers Donna Read and Hazel Dalton presented at the **Western NSW Health Research Network 2017 Research Conference** in Orange. Those in attendance were keen to learn about the Centre's results from its recent rapid review of low intensity mental health services as Drs Read and Dalton discussed the findings, challenges and implications for rural health equality. The theme for this year's WHRN NSW Research Conference was "achieving quality in rural health outcomes".

### Government Partnerships

- **Murrumbidgee PHN**
  On August 2, Centre Director Prof. David Perkins and Research Leader Dr Hazel Dalton joined the **Black Dog Institute (BDI)**, the **Australian College of Rural and Remote Medicine (ACRRM)** and **Murrumbidgee Primary Health Network (PHN)** to discuss the development of a mental health framework and training package for General Practitioners. This initial workshop was to review the needs and requirements of Murrumbidgee PHN and GPs.

- **Department of Primary Industries**
  RAMHP has expanded the reach of **Workplace Support Skills and Community Support Skills** by partnering with the **Department of Primary Industries** to rollout the training.

### Non-Government Organisations (NGOs) Partnerships

- The Centre partnered with **LikeMind Orange** and **Western NSW LHD** to host a forum on RUOK? Day on September 14 which was attended by around 70 people. The key message was that we all need to take responsibility and check in with our neighbours, our friends, our work colleagues by asking the simple question, ‘Are you OK?’

*Compiled by Vanessa Delaney, Senior Development Officer and Tessa Caton, RAMHP Partnerships Manager*
Online Connections

Social Media
The Centre has a number of social media platforms which are used to promote activities, events and achievements, and to share resources. The engagement on posts continued to improve during this quarter particularly on the RAMHP Facebook page with more shares and post clicks. Our focus is to include a ‘call to action’ on all posts linking back to our new website to appropriate resources and support.

In this quarter:
- **CRRMH Facebook** followers increased by 6.21% during the Jul-Sept period. The page increased by 21 likes to 701. There were 119 posts this period.
- **RAMHP Facebook** followers increased by 20% during the period up to 622. The page increased by over 100 likes. There were 155 posts in this period.
- **Good SPACE Facebook** followers increased by 11.96% up to 440. The page increased by 47 likes and included 87 posts this period.
- **CRRMH twitter** @crrmhnsw followers increased to 600.
- **RAMHP twitter** @ramhpnsw followers increased to 301.

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.

Online Forum
The following online forum was facilitated with The Land.

Let’s Talk About Rural Suicide Prevention – 8 September


Panel members: Psychologist Susan Beaton, CEO Suicide Prevention Australia, Sue Murray, National Partnership Coordinator, Stand by Support After Suicide, Susan Vaughan, Manager Suicide Prevention, Trevor Hazell, CRRMH.
The forum had 202 page views, 172 which were unique views.
RAMHP Website launched

During this period the new RAMHP website was launched.

- A key feature of our RAMHP website is an interactive map of NSW which provides contact details for RAMHP Coordinators located across rural and remote NSW.

- There is also an events calendar as well as useful downloadable resources such as the *Glove Box Guide to Mental Health* and the new podcast series – *Let’s Talk*.

To read the media release – ‘NEW websites connect rural people to mental health support’ see appendix 6.1

---

**RAMHP eNewsletter Let’s talk – Edition 2**

The second eNewsletter – Let’s Talk was distributed to over 1200 subscribers raising awareness about the signs of a mental health concern and knowing what to do about it.


Compiled by Jocelyn Johnston, Communications Officer
Act-Belong-Commit

During July-September the following Act-Belong-Commit activities took place:

- **Anson Street School**, one of the Centre’s Act-Belong-Commit Mentally Healthy Orange partners, won the **Mental Health Promoting Workplace Award** as part of the Mental Health Month Awards from WayAhead Mental Health Association of NSW. They received the award at the official launch of Mental Health Month, held at NSW Parliament House.


  A video link about the initiative can be found at: [Mental Health Promoting Workplace Award - Act-Belong-Commit, Anson Street School](http://mentalhealthmonth.wayahead.org.au/mental-health-matters-awards-2017/)

- By the end of September, Stage 1 (planning and scoping) of the **Western NSW Local Health District (WNSWLHD) Act-Belong-Commit Project** was near completion.

  After the project team workedshopped with management and the Steering Committee, a project plan was developed for the **Act-Belong-Commit Wellbeing in the Workplace Program**.

  The program will utilise the mental health promotion framework of Act-Belong-Commit across nominated pilot sites throughout the WNSWLHD, creating supportive environments where staff have the opportunity to protect and promote their mental health and wellbeing.

**Compiled by Courtney Bilske, Senior Project Officer**
Good SPACE

Overview

Good SPACE is a suicide prevention program that operates in the Upper Hunter New England North West regions of NSW. The program is funded by the Hunter New England Central Coast Primary Health Network (HNECC PHN), and is managed by the CRRMH. The main activities the program includes:

- providing education to community and frontline workers around the signs they may notice in a person who could be at risk of suicide,
- how to have a conversation with that person, and
- where to refer them to for help.

The current training package includes the Good SPACE Workshop (4 hours), ASIST (2 days), and suicideTALK (2 hours). Good SPACE also coordinates clinical training through the Black Dog Institute (BDI), and contracts BDI to deliver their Advanced Skills in Suicide Prevention Training – a 6 hour workshop targeted at general practitioners, psychologists, and other allied health workers. Good SPACE also provides service linkage to individuals and communities. The program is involved in contracts regarding the delivery of the CRRMH’s Aboriginal Suicide Prevention Workshop – We-Yarn.

2017-2018 Work Plan

Good SPACE is currently funded until June 2018. The program has been asked to focus on three communities in the HNECC PHN footprint – Tenterfield, Moree and the Upper Hunter.

The program will deliver the following workshops in each area:

- 4 Good SPACE Workshops
- 2 ASIST Workshops
- 1 BDI Advanced Suicide Prevention Training for clinicians
Program Update

- New brochures, workbooks and folders were designed and printed to rebrand the program from Farm-Link to Good SPACE. The new brochure is available for download on CRRMH website at www.crrmh.com.au/suicide-prevention/good-space-formerly-farm-link-2/.
- The program delivered four Good SPACE Workshops between July and September 2017.
- Service linkage and support has been provided to people who are: bereaved by suicide, caring for a person after a suicide attempt, suicide attempt survivors, experiencing homelessness and domestic violence, experiencing financial hardship and/or stress, or experiencing a mental illness.
- Good SPACE staff attended a World Suicide Prevention Day event held in Armidale.
- The program has been involved in multiple meetings, particularly in the Upper Hunter and Tenterfield regions.

- Five workshops are scheduled during Mental Health Month.
- A new part-time Project Officer joined the team in August 2017 (see page 18).
- HNECC PHN have contracted the CRRMH to deliver seven healing days in the communities that the We-Yarn workshop was held in. Initial meetings have been held and planning is currently taking place.
- Several initial and follow up meetings have been attended on the North Coast with Aboriginal Health Services as part of the North Coast Primary Health Network contract, where the CRRMH will deliver 16 We-Yarn workshop by June 2018.

Good SPACE workshop in Moree for Medical Practice staff

Compiled by Fiona Livingstone, Good SPACE Coordinator
Rural Adversity Mental Health Program (RAMHP)

- RAMHP Coordinators linked **400 people** to care from July – Sept 2017; a slight reduction on the previous quarter. This is likely due to the reduction in demand from the Lismore region, as the intense support period following the Lismore floods subsides.
- This quarter RAMHP Coordinators delivered **114 training courses**, reaching **2,296 people**. This is the highest number of training courses since the program was refunded in 2016.
- RAMHP had a strong presence at the annual **NSW Farmers Conference** in July, both presenting and conducting a number of health checks throughout the conference. The **Department of Primary Industries’ 'Story Pod'** was used to collect video footage from **NSW Farmers Members** sharing their stories. This footage is being used on RAMHP’s social media platforms.

- **Safework NSW’s** sponsorship of the 2017 Glove Box Guide (GBG) to Mental Health was officially signed off. The GBG aligned strongly with Safework’s **Agriculture Work Health and Safety Sector Plan**. It is expected partnership work with **Safework** will continue.

- Sarah Maddox, RAMHP Evaluation Manager and Tessa Caton, RAMHP Program Manager commenced preparations to speak at the **9th National Rural Mental Health Conference** in Albury. Sarah will be presenting on the development of the RAMHP App and Tessa on the strategic changes RAMHP has undertaken over the 10-year period.
- Work continued with the **Department of Industries** and **Local Land Services** to expand the delivery of **Workplace Support Skills**.
- RAMHP’s **Process Evaluation Report** was finalised by Sarah Maddox, RAMHP Evaluation Manager. Key findings from this Report include:
  - RAMHP is on-track delivering the new strategic direction and there is strong levels of activity across all four program pillars, **LINK, TRAIN, INFORM & PARTNER**
  - Our core activities and outputs are being delivered across the state, with only two gaps or areas of need identified
  - RAMHP can continue to improve by continuing state-wide communications activities to raise the profile of RAMHP, focus on longer term partnerships, and expand training packages.

For the full RAMPH Report for this quarter, please refer to Appendix 7

Compiled by Tessa Caton, RAMHP Program Manager
Staff Training and Achievements

Training

• **Health and Safety workshop** on 7 August
  Orange-based CRRMH managers and supervisors attended a conducted by the University of Newcastle at the Centre. The workshop was designed to ensure participants have a good understanding of their responsibilities around monitoring and ensuring a safe workplace. One of the outcomes of the workshop was the decision to establish a Health and Safety Committee at the Centre.

• **Media spokesman training workshop** on September 27
  CRRMH staff, David Perkins, Hazel Dalton, Tessa Caton, Vanessa Delaney, Jocie Johnston and Claire Gander attended intense media training with consultant and trainer Sonia Zavesky. The workshop covered understanding the media, planning media stories, and interview skills, and included practical exercises including mock television and radio interviews.

• **Annual planning and development** meeting at Dubbo on August 29 and 30
  This event provides a wonderful opportunity for the executive team, researchers, program and project managers and officers, and communications and administration staff, who are spread throughout the State, to come together. It was a productive two days sharing information and ideas about our work, learning and developing new skills, and planning for our future activities. One of the most well received training sessions was on Facilitator/Presentation Skills, conducted by Anthony Critchley on the second day.
New Staff

- Trainee Administration Assistant Ashleigh Middleton joined the CRRMH team this quarter. Ashleigh grew up on a cattle farm near Orange. Having lived in a rural location she has seen the impact mental health concerns can have on people, particularly in isolated areas and farming communities.

- Sophun Moch comes to us from Cambodia as a PhD student. He will be researching rural suicide with Scott Fitzpatrick, David Perkins and Kerry Inder.

- Good SPACE welcomed new part-time Project Officer Jessica Barraket. Jess is based in Tamworth and will primarily focus on community engagement.

Achievements and celebrations

Congratulations to CRRMH Research Fellow, Dr Scott Fitzpatrick and Dr Jo River from the University of Sydney who authored an article published in the International Journal of Health Services this quarter.

The article: ‘Beyond the Medical Model: Future Directions for Suicide Intervention Services’ draws on the large body of international research regarding service users’ perspectives of health services following an act of suicidal behaviour.
Appendix 1

Research - Funded proposals:


Development of a Community Wellbeing Collaborative Model for Rural and Remote Communities – CRRMH. Funding body: NSW Mental Health Commission ($141,180) submitted May, awarded June 2017. QTR2

VERILY Virtual Dementia Friendly Rural Communities Project – Blackberry I, Bauer M, Winbolt M, Wilding C (La Trobe University Vic), Perkins D (UON – CRRMH), Greenhill J (Flinders University SA), O’Connell J, Morgan D (University of Saskatchewan, Canada), Morley C (Northwest Health, Vic), Farmer J (Swinburne University Vic) Funding body: Commonwealth Government – Department of Health ($1,695,603) submitted December 2016, awarded June 2017. QTR2


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

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
Appendix 2
Research - Publications

Papers published


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


Appendix 3

Research - Conferences

Accepted


Maddox S (2017) Developing a data collection app for frontline staff. 9th Australian Rural and Remote Mental Health Symposium. Albury, NSW Australia. 11 – 13 October 2017

Maddox S, Caton T (2017) Adapting to Structural Reform in a Rural Environment. 9th Australian Rural and Remote Mental Health Symposium. Albury, NSW Australia. 11 – 13 October 2017


Invited

Perkins D (2017) “Similar prevalence and disappointing outcomes - can integrated care be of benefit to rural and remote residents?” 1st Asia Pacific Conference on Integrated Care Brisbane, QLD Australia. 6-8 November 2017


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, she will be seeking early confirmation in December 2017.

Mr Sophun Mok was awarded a 2017 University of Newcastle Scholarship and has commenced a PhD in rural suicide (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).

Ms Sunga Kalemba-Nyirenda was successful in the competitive award for a PhD scholarship on remote health workforce service provision (with the University of Newcastle – Centre for Resources Health and Safety). Her application is being processed with the University of Newcastle.
## Appendix 5
Communications – Media List

<table>
<thead>
<tr>
<th>DATE</th>
<th>PUBLICATION</th>
<th>TOPIC</th>
<th>SPOKESPERSON</th>
<th>LINK</th>
</tr>
</thead>
<tbody>
<tr>
<td>12.07.2017</td>
<td>Murrumbidgee LHD Facebook</td>
<td>Young Dramatic Minds Festival</td>
<td>RAMHP Coordinator Merilyn Limbrick</td>
<td><a href="https://www.facebook.com/ramhp/posts/689266424603255">https://www.facebook.com/ramhp/posts/689266424603255</a></td>
</tr>
<tr>
<td>12.07.2017</td>
<td>ABC Central West</td>
<td>Men’s mental health</td>
<td>RAMHP Coordinator Di Gill</td>
<td>No link</td>
</tr>
<tr>
<td>12.07.2017</td>
<td>Radio FM104.7</td>
<td>Farm Safety Week Clarence Valley Saleyard event</td>
<td>RAMHP Coordinator Sam Osborne</td>
<td>No link</td>
</tr>
<tr>
<td>12.07.2017</td>
<td>Byron Shire News</td>
<td>Mental health information now at saleyards</td>
<td>RAMHP Coordinator Sam Osborne</td>
<td>Article on file</td>
</tr>
<tr>
<td>12.07.2017</td>
<td>Ballina Shire Advocate</td>
<td>Mental health information now at saleyards</td>
<td>RAMHP Coordinator Sam Osborne</td>
<td>Article on file</td>
</tr>
<tr>
<td>12.07.2017</td>
<td>Newsletter</td>
<td>MHFA training for Nurses and Tradies Brekkie</td>
<td>RAMHP Coordinator Sam Osborne, Community Nurse Managers and MHFA participant</td>
<td>Article on file</td>
</tr>
<tr>
<td>13.07.2017</td>
<td>The Land</td>
<td>Indigenous issues forum</td>
<td>RAMHP</td>
<td>Article on file</td>
</tr>
<tr>
<td>14.07.2017</td>
<td>Coastal Views</td>
<td>Council notices - rural mental health in the saleyards</td>
<td>RAMHP Coordinator Sam Osborne</td>
<td>Article on file</td>
</tr>
<tr>
<td>14.07.2017</td>
<td>Coastal Views</td>
<td>Mental health for farmers – Clarence Valley and RAMHP</td>
<td>RAMHP Coordinator Sam Osborne</td>
<td>Article on file</td>
</tr>
<tr>
<td>14.07.2017</td>
<td>ABC Statewide Drive</td>
<td>St Ivan’s Fires, coping after disaster and self-care</td>
<td>RAMHP Coordinator Di Gill with Sue Freebairn from DPI</td>
<td>No link</td>
</tr>
<tr>
<td>Date</td>
<td>Source</td>
<td>Topic</td>
<td>Person(s)</td>
<td>Link</td>
</tr>
<tr>
<td>------------</td>
<td>-------------------------</td>
<td>----------------------------------------------------------------------</td>
<td>------------------------------------</td>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>14.07.2017</td>
<td>Daily Examiner</td>
<td>Saleyards and RAMHP</td>
<td>RAMHP Coordinator Sam Osborne</td>
<td>Article on file</td>
</tr>
<tr>
<td>15.07.2017</td>
<td>Daily Examiner</td>
<td>Men’s Health Week Tradies Brekky</td>
<td>RAMHP Coordinator Sam Osborne</td>
<td>Article on file</td>
</tr>
<tr>
<td>21.07.2017</td>
<td>Newcastle Herald</td>
<td>Farming for the future – Future Farmers Network</td>
<td>Senior Project Officer Fiona Livingstone and Good SPACE mentioned</td>
<td>Article on file</td>
</tr>
<tr>
<td>24.07.2017</td>
<td>Maitland Mercury</td>
<td>Land access key to region’s food bowl</td>
<td>Senior Project Officer Fiona Livingstone and Good SPACE mentioned</td>
<td>Article on file</td>
</tr>
<tr>
<td>24.07.2017</td>
<td>ABC Upper Hunter</td>
<td>Suicide prevention program Good SPACE</td>
<td>Good SPACE Senior Project Officer Fiona Livingstone</td>
<td>No link</td>
</tr>
<tr>
<td>27.07.2017</td>
<td>The Land</td>
<td>NSW Farmers</td>
<td>Photo RAMHP Coordinator Jennie Keioskie and Tessa Caton</td>
<td>Article on file</td>
</tr>
<tr>
<td>03.08.2017</td>
<td>The Rural Wagga</td>
<td>Coly laughs for health</td>
<td>RAMHP mentioned</td>
<td>Article on file</td>
</tr>
<tr>
<td>04.08.2017</td>
<td>WIN NEWS Albury</td>
<td>Homelessness Service Albury</td>
<td>Carevan representatives</td>
<td>No link</td>
</tr>
<tr>
<td>Date</td>
<td>Newspaper</td>
<td>Event Description</td>
<td>RAMHP Coordinator</td>
<td>Link</td>
</tr>
<tr>
<td>------------</td>
<td>--------------------------</td>
<td>-------------------------------------------------------</td>
<td>-------------------</td>
<td>-------------------------------</td>
</tr>
<tr>
<td>07.08.2017</td>
<td>Barrier Daily Truth</td>
<td>Innovative Health Awards</td>
<td>RAMHP Coordinator Marie Kelly</td>
<td>No link</td>
</tr>
<tr>
<td>09.08.2017</td>
<td>Sunraysia Daily</td>
<td>Govies Retreat: Building Resilience for rural home tutors</td>
<td>RAMHP Coordinator Marie Kelly</td>
<td>No link</td>
</tr>
<tr>
<td>10.08.2017</td>
<td>Dubbo photo news</td>
<td>A meeting of minds – RAMHP workshops</td>
<td>RAMHP Coordinator Di Gill</td>
<td>Article on file</td>
</tr>
<tr>
<td>12.08.2017</td>
<td>Sunraysia Daily Mildura VIC</td>
<td>Top award for Marie Kelly</td>
<td>RAMHP Coordinator Marie Kelly</td>
<td>No link</td>
</tr>
<tr>
<td>14.08.2017</td>
<td>Area News Griffith</td>
<td>Focus on Wellness</td>
<td>RAMHP MHFA mentioned</td>
<td>Article on file</td>
</tr>
<tr>
<td>18.08.2017</td>
<td>Mudgee Guardian &amp; Gulgong Advertiser</td>
<td>RAMHP and Di Gill</td>
<td>RAMHP Coordinator Di Gill</td>
<td>Article on file</td>
</tr>
<tr>
<td>23.08.2017</td>
<td>Hillston-Ivanhoe Spectator</td>
<td>Innovations award, Govie’s Retreat</td>
<td>RAMHP Coordinator Marie Kelly</td>
<td>Article on file</td>
</tr>
<tr>
<td>27.09.2017</td>
<td>Nyngan Observer</td>
<td>Getting through the dry</td>
<td>RAMHP and Coordinator Camilla Kenny mentioned</td>
<td>Article on file</td>
</tr>
<tr>
<td>31.08.2017</td>
<td>ABC Upper Hunter</td>
<td>New websites connect rural people to mental health support</td>
<td>CRRMH Director Professor David Perkins</td>
<td>No link</td>
</tr>
<tr>
<td>31.08.2017</td>
<td>ABC Riverina</td>
<td>New websites connect rural people to mental health support</td>
<td>CRRMH Director Professor David Perkins</td>
<td>No link</td>
</tr>
<tr>
<td>Month</td>
<td>Source</td>
<td>Event Description</td>
<td>Author/Contact Information</td>
<td>Source/Link</td>
</tr>
<tr>
<td>-----------</td>
<td>---------------------------------</td>
<td>-------------------------------------------------------------</td>
<td>------------------------------------------------------------------</td>
<td>--------------------------------------------------</td>
</tr>
<tr>
<td>September</td>
<td>Hunter New England Newsletter</td>
<td>RUOK? Day and World Suicide Prevention Day</td>
<td>RAMHP Coordinators Sarah Green and Kate Arndell</td>
<td>Article on file</td>
</tr>
<tr>
<td>01.09.2017</td>
<td>Community Radio 2NUR Newcastle</td>
<td>New websites connect rural people to mental health support</td>
<td>CRRMH Director Professor David Perkins</td>
<td>No Link</td>
</tr>
<tr>
<td>04.09.2017</td>
<td>ABC Newcastle</td>
<td>World Suicide Prevention Day</td>
<td>CRRMH Director Professor David Perkins</td>
<td>No link</td>
</tr>
<tr>
<td>04.09.2017</td>
<td>2EC and Power FM, Bega</td>
<td>World Suicide Prevention Day</td>
<td>CRRMH Director Professor David Perkins</td>
<td>No link</td>
</tr>
<tr>
<td>06.09.2017</td>
<td>Prime 7 Border News</td>
<td>Headspace Albury Wodonga Report Card</td>
<td>RAMHP Coordinator Helen Sheather appears in footage</td>
<td>No link</td>
</tr>
<tr>
<td>06.09.2017</td>
<td>Coonamble Times</td>
<td>New websites connect rural people to mental health support</td>
<td>CRRMH and Director Prof David Perkins</td>
<td>Available on file</td>
</tr>
<tr>
<td>06.09.2017</td>
<td>Bingara Advocate</td>
<td>New Websites</td>
<td>CRRMH and Director Prof David Perkins</td>
<td>Available on file</td>
</tr>
<tr>
<td>07.09.2017</td>
<td>ABC Broken Hill - Mention in 6:30am and 7:30am news</td>
<td>New websites</td>
<td>CRRMH and Director Prof David Perkins</td>
<td>No link</td>
</tr>
<tr>
<td>07.09.2017</td>
<td>ABC South East, Bega - Mention in 6:30am news</td>
<td>New websites</td>
<td>CRRMH and Director Prof David Perkins</td>
<td>No link</td>
</tr>
<tr>
<td>Date</td>
<td>Source</td>
<td>Event Description</td>
<td>Author</td>
<td>Notes</td>
</tr>
<tr>
<td>------------</td>
<td>-------------------------------------</td>
<td>-----------------------------------</td>
<td>---------------------------------------------</td>
<td>-------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>07.09.2017</td>
<td>ABC Radio Sydney – 10am news</td>
<td>New websites launched</td>
<td>CRRMH Director Professor David Perkins</td>
<td>The Centre for Rural and Remote Mental Health, with the help of the Rural Adversity Mental Health Program, has launched two websites, offering help on how to find mental health services in the regions. The centre's director, David Perkins, says giving the community some responsibility can help tackle a lot of resources in the country.</td>
</tr>
<tr>
<td>08.09.2017</td>
<td>Murrumbidgee Landcare</td>
<td>Suicide prevention online forum</td>
<td>CRRMH</td>
<td></td>
</tr>
<tr>
<td>11.09.2017</td>
<td>Northern Daily Leader and the Country Leader</td>
<td>Tamworth Saleyard RUOK? event</td>
<td>RAMHP Coordinator Kate Arndell</td>
<td>No link</td>
</tr>
<tr>
<td>13.09.2017</td>
<td>Nyngan Observer</td>
<td>Family helps fight depression</td>
<td>CRRMH</td>
<td>Available on file</td>
</tr>
<tr>
<td>Date</td>
<td>Source</td>
<td>Type of News</td>
<td>Coordinator/Expert</td>
<td>Link</td>
</tr>
<tr>
<td>------------</td>
<td>-------------------------------</td>
<td>------------------------------------</td>
<td>-------------------------------</td>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>14.09.2017</td>
<td>Dubbo Photo news</td>
<td>RUOK? Day</td>
<td>RAMHP Coordinator Camilla Kenny</td>
<td>No Link</td>
</tr>
<tr>
<td>14.09.2017</td>
<td>WIN News Central West</td>
<td>RUOK? Day</td>
<td>CRRMH and Professor David Perkins</td>
<td><a href="https://www.facebook.com/WINNewsCentralWest/?hc_ref=ARQzWdZh623fFQBzRWn6W07pjVqmtnj4-5pq3BFjQtULLAw-Hw7j3JKnSq642Le8gQ">https://www.facebook.com/WINNewsCentralWest/?hc_ref=ARQzWdZh623fFQBzRWn6W07pjVqmtnj4-5pq3BFjQtULLAw-Hw7j3JKnSq642Le8gQ</a></td>
</tr>
<tr>
<td>Date</td>
<td>Source</td>
<td>Event Description</td>
<td>RAMHP Contact Notes</td>
<td>Link</td>
</tr>
<tr>
<td>----------</td>
<td>--------------------------</td>
<td>------------------------------------------</td>
<td>--------------------------------------</td>
<td>-------------------------------------------</td>
</tr>
<tr>
<td>15.09.2017</td>
<td>Tumut and Adelong Times</td>
<td>Women4Women</td>
<td>RAMHP Coordinator Helen Sheather</td>
<td>No link</td>
</tr>
<tr>
<td>15.09.2017</td>
<td>Daily Liberal</td>
<td>RUOK? and train</td>
<td>RAMHP Coordinator Camilla Kenny</td>
<td>Article on file</td>
</tr>
<tr>
<td>18.09.2017</td>
<td>Radio 2TM Tamworth</td>
<td>Tamworth Business Chamber and RAMHP</td>
<td>RAMHP</td>
<td>No link</td>
</tr>
<tr>
<td>21.09.2017</td>
<td>Dubbo Photo News</td>
<td>RUOK? and RAMHP</td>
<td>RAMHP Coordinator Camilla Kenny</td>
<td>Article on file</td>
</tr>
<tr>
<td>25.09.2017</td>
<td>North West Magazine</td>
<td>Mental health in spotlight at sale yards</td>
<td>RAMHP</td>
<td>Article on file</td>
</tr>
<tr>
<td>27.09.2017</td>
<td>Coonamble Times</td>
<td>New rural resilience position</td>
<td>RAMHP mentioned</td>
<td>Article on file</td>
</tr>
<tr>
<td>27.09.2017</td>
<td>Hunter Valley News</td>
<td>Mental Health month – Good SPACE workshop</td>
<td>Good SPACE mentioned</td>
<td>Article on file</td>
</tr>
<tr>
<td>Date</td>
<td>Source</td>
<td>Event Description</td>
<td>Mentioned</td>
<td>Link</td>
</tr>
<tr>
<td>------------</td>
<td>-----------------------------</td>
<td>------------------------------------------------------------------------------------</td>
<td>--------------------</td>
<td>-------------------------------------------</td>
</tr>
<tr>
<td>28.09.2017</td>
<td>UP Country Entertainer</td>
<td>Good SPACE workshops</td>
<td>Good SPACE</td>
<td>Article on file</td>
</tr>
<tr>
<td>30.09.2017</td>
<td>Newcastle Herald</td>
<td>Farmers preparing for dry</td>
<td>RAMHP and Suicide Briefing Paper</td>
<td>Article on file</td>
</tr>
</tbody>
</table>
Appendix 6

MEDIA RELEASE

Thursday, 31 August 2017

NEW websites connect rural people to mental health support

Each year one in five of us will experience a mental health problem. If you live in the city, you are twice as likely to see a psychologist than if you live in a rural area of NSW.

To address this the Centre for Rural and Remote Mental Health (CRRMH) and its flagship program the Rural Adversity Mental Health Program (RAMHP) have launched new websites ensuring rural communities know when, where and how to find mental health support when they need it.

Director of the CRRMH Professor David Perkins said the new websites were developed to make it easy for anyone to find evidence-based information and research, useful resources, and contact details for Rural Adversity Mental Health Coordinators located across NSW.

"A key feature of our new RAMHP website is an interactive map of NSW which provides contact details for RAMHP Coordinators located across rural and remote NSW. We want people in the bush to know where they can go for help," he said.

"We understand rural communities may be doing it tough dealing with financial hardship, isolation, uncertain weather forecasts, as well as dealing with unexpected adverse situations. RAMHP Coordinators are unique in that they live and work in rural and remote communities and have strong local connections," said Professor Perkins.

The visually appealing and easy to navigate websites also include links to research papers, publications and studies on topics such as rural suicide prevention and Aboriginal health and wellbeing.

Other key features on both websites include a comprehensive list of online and telephone directory services in NSW as well as an Events and Training Calendar highlighting key mental health activities.

Individuals, communities or service providers looking for education and training courses in mental health support skills can find a range of options on the CRRMH and RAMHP websites.

"We encourage people to check out both websites, find the information available and make use of their interactive features," Professor Perkins said.

To access the new websites go to:
Centre for Rural and Remote Mental Health: www.crrmh.com.au
Rural Adversity Mental Health Program: www.ramhp.com.au


Saleyards support for farmers as part of Farm Safety Week (104 KB)
Tuesday, July 11, 2017

Let's talk - Suicide Prevention workshops in the Upper Hunter (390 KB)
Monday, August 14, 2017

NEW websites connect rural people to mental health support (296 KB)
Thursday, August 31, 2017

Take a minute and change a life on World Suicide Prevention Day (283 KB)
Monday, September 4, 2017

R U OK Day Forum in Orange (253 KB)
Wednesday, September 6, 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

Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>General RAMHP Program Updates</td>
<td>3</td>
</tr>
<tr>
<td>Data Considerations</td>
<td>14</td>
</tr>
<tr>
<td>RAMHP Updates by Program Component</td>
<td>15</td>
</tr>
<tr>
<td>LINK</td>
<td>16</td>
</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 had a strong presence at the annual NSW Farmers Conference in July, both presenting and conducting a number of health checks throughout the conference. DPI’s ‘Story Pod’ was also used to collect video footage from NSW Farmers Members sharing their stories. This footage is being used on RAMHPs Social Media.
• We officially signed off on Safework NSW’s sponsorship of the 2017 Glove Box Guide to Mental Health. The GBG aligned strongly with Safework’s Agriculture Work Health and Safety Sector Plan. It is expected partnership work with Safework will continue.
• Sarah Maddox, RAMHP Evaluation Manager and Tessa Caton, RAMHP Program Manager commenced preparations to speak at the 9th National Rural Mental Health Conference in Albury. Sarah will be presenting on the development of the RAMHP App and Tessa on the strategic changes RAMHP has undertaken over the 10 year period.
• Work continued with the Department of Industry and Local Land Services to expand the delivery of Workplace Support Skills.

Staffing Updates
• Camilla Kenny, RAMHP Coordinator for Western LHD returned from 3 Months study leave
• We welcomed Judy O’Mara in July, who will be the RAMHP Coordinator for the Mid North Coast LHD for the next 12 months. Judy has a Social Work and Agricultural background and most recently the Partnerships Coordinator for the Mid North Coast – an ideal combination of skills for the RAMHP Coordinator Position
• Recruitment continues for the RAMHP Coordinator Position located in Moree, this position will be shared between the Hunter New England and Western LHDs.

Management Report 5 Highlights
• 400 People Linked to Care Between Jul – Sept 2017
• The majority of links were for people seeking services/resources for themselves
• 114 Training Courses delivered to 2,296 participants
• This quarter recorded the highest number of training courses and training participants since the Program was refunded at the start of 2016
General RAMHP Program Updates

RAMHP Communication Highlights – Jocelyn Johnston

Website update
• The second phase of the new website project (RAMHP) website is complete and now live – www.ramhp.com.au. New innovative features include a search button providing people with the opportunity to pop in their postcode to locate the local RAMHP Coordinator in their area. The other feature is an ‘Events and Training’ calendar which will promote upcoming community and training events across NSW. Feedback from the new website has been very positive.

NEW resources
• This quarter saw the development of a new brochure for RAMHP with a new look and feel consistent with our new website. The brochure is available to download from our website here.

New Glove Box Guide survey ad
• The team worked with a professional to design and include an advert in this year’s Glove Box Guide. The purpose of the ad is to encourage readers to participate in the survey and the evaluation of the Guide. The evaluation will be facilitated by the research team at the Centre for Rural and Remote Mental Health.
General RAMHP Program Updates

Online Forums

To mark World Suicide Prevention Day (September 10) and R U OK? Day (September 14), the following online forum was facilitated with The Land.

Friday 8 September – Let’s talk about rural suicide prevention

• **Panel members**: Psychologist Susan Beaton, CEO *Suicide Prevention Australia*, Sue Murray, National Partnership Coordinator, *Stand by Support After Suicide*, Susan Vaughan, Manager *Suicide Prevention CRRMH*, Trevor Hazell.

• **Analytics for this forum**: 202 page views and 172 unique views.

eNewsletter – ‘Let’s Talk’

• **The second edition of the RAMHP eNewsletter** – ‘Let’s Talk’ was distributed to over 1200 subscribers raising awareness about the signs of a mental health concern and knowing what to do about it.

General RAMHP Program Updates

Media Highlights

This quarter we distributed the following media releases:

- **Saleyards support for farmers as part of Farm Safety Week** (with Clarence Valley Council) – July 11 2017
- **New websites connect rural people to mental health support** – Thursday 31 August
- **Take a minute and change a life on World Suicide Prevention Day** - Monday 4 September
- **No, I’m not ok now what?** (with Western NSW LHD and LikeMind) – 6 September

Some examples of key media activity are presented in Table 1 below. Please note this is a sample only. Topics include RAMHP Coordinator Marie Kelly’s award for the ‘Govie Retreat Project’, Farm Safety Week (Clarence Valley Sale Yards), CRRMH and RAMHP new websites, R U OK Day? and World Suicide Prevention Day.

**Table 1: Overview of Media Interactions**

For a full list of media coverage for this quarter, please refer to Appendix A for more details.

<table>
<thead>
<tr>
<th>Date</th>
<th>Media Outlet</th>
<th>Topic</th>
<th>Spokesperson</th>
<th>Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>12.07.2017</td>
<td>Byron Shire News</td>
<td>Mental health information now at saleyards</td>
<td>RAMHP Coordinator Sam Osborne</td>
<td>Article on file</td>
</tr>
<tr>
<td>12.07.2017</td>
<td>ABC Central West</td>
<td>Men’s mental health</td>
<td>RAMHP Coordinator Di Gill</td>
<td>No link</td>
</tr>
</tbody>
</table>
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>
</table>
General RAMHP Program Updates

Clarence Valley health agencies receive trauma care training

A free two-day training Understanding and guiding people to professional and recently held at Grafton. Based on the workshop was attended by [snip] Assistant Director—Services, Dr [snip], in partnership with The Clarence Valley Mental Health Program Coordinator and Ken Williams, General Manager of the New South Wales Local Health District (NSW LHD) and local health services.
The workshop was supported by [snip] at the [snip] of the Southern Cross University, North Coast Regional Health Services, Channel [snip], [snip], and [snip]. Support from the Clarence Valley Mental Health and Other Allied Services themselves.
The workshop was highlighted by [snip] and [snip] of the Southern Cross University, North Coast Regional Health Services, Channel [snip], [snip], and [snip]. Support from the Clarence Valley Mental Health and Other Allied Services themselves.

NEW websites connect rural people to mental health support

There are new websites in the state that provide mental health support. If you need help, you can visit one of the sites below:

- [snip] website
- [snip] website
- [snip] website

These websites provide information and resources on mental health support services for rural people.

World Suicide Prevention Day and National Day events - Kate Anderson, RAMHP Worker

Tamworth based Rural Adversity Mental Health Program (RAMHP) Coordinator has been running World Suicide Prevention Day and National Day events throughout the year. Kate Anderson, the coordinator, has been working collaboratively with [snip] and [snip] in providing trauma training.

The event saw the coordinator speak to a range of people including farmers, business people and general members of the community, in an attempt to raise profile of the importance of having a conversation about mental health and how to get support.

Links to media coverage of these events:

Top award for tireless Kelly

By [snip]

Kelly was recognized for her tireless work in promoting mental health awareness and reducing suicide rates. Kelly’s efforts have significantly contributed to the improvement of mental health services in rural areas.

Train starts conversations

By [snip]

The train is [snip] and has started conversations about mental health and suicide prevention. The train, which travels through rural areas, has been [snip] and is now providing mental health support and awareness.

[snip] of the Rural Adversity Mental Health Program said, "[snip]".

If you or someone you know needs help, visit [snip] or call [snip] 1300 274 968. The National Suicide Prevention Lifeline is [snip].
# 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>- 107 new likes were achieved during this period, bringing the total number of likes to 622</td>
<td>- Number of likes increased by 20%</td>
</tr>
<tr>
<td>- Post Publishing increased this quarter to 155, which was up 32.5% on last quarter</td>
<td>- We have introduced a new tool Slack which helps Coordinators to send through stories for social media, this has increased the efficiency or receiving social media material</td>
</tr>
</tbody>
</table>
| - Engagement with posts:  
  - Reactions 1,914  
  - Comments 252  
  - Shares 336  
  - Link Clicks 174 | - Total engagements have increased by 99.7%, this suggests that the content we are posting is relevant to the page followers  
  - We have been using live and auto-play videos which has helped reach a greater audience  
  - We also introduced a new award for outstanding contribution ‘RAMHP Outstanding Contribution Award’, which increases engagement. |
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>256</td>
<td>57</td>
<td>9.3%</td>
<td>7,013</td>
</tr>
<tr>
<td>Rural Adversity Mental Health Program - RAMHP</td>
<td>152</td>
<td>19</td>
<td>11.7%</td>
<td>3,245</td>
</tr>
<tr>
<td>Rural Adversity Mental Health Program - RAMHP</td>
<td>169</td>
<td>64</td>
<td>9.7%</td>
<td>2,888</td>
</tr>
</tbody>
</table>
General RAMHP Program Updates

Overview of Twitter Data
The following table provides an overview of key statistics relating to RAMHP’s twitter account during the period July – Sept 2017.

Table 3: Overview of RAMHP’s Twitter Analytics

<table>
<thead>
<tr>
<th>Statistic</th>
<th>Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 44 new followers were achieved during this period, bringing the total number of followers to 301</td>
<td>• RAMHP’s Twitter audience continues to increase</td>
</tr>
<tr>
<td>• Post Publishing decreased by 61% over the period</td>
<td>• A decline in Post Publishing was noted as considerable planning was undertaken during this period in preparation for Mental Health Month in October. It is expected rates will increase in the next quarter</td>
</tr>
<tr>
<td>• Messages increased 19%</td>
<td>• More people are directly engaging with the content that is published on Twitter</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 47% from last quarter.</td>
</tr>
<tr>
<td>– @mentions 25</td>
<td></td>
</tr>
<tr>
<td>– Replies 3</td>
<td></td>
</tr>
<tr>
<td>– Retweets 27</td>
<td></td>
</tr>
<tr>
<td>– Tweet likes 68</td>
<td></td>
</tr>
<tr>
<td>– Retweet with comment 7</td>
<td></td>
</tr>
</tbody>
</table>
## General RAMHP Program Updates

### Overview of Twitter Data

*Figure 2: Top performing tweets during the period July-Sept 2017*

**Twitter Top Posts, by Responses**

<table>
<thead>
<tr>
<th>Tweet</th>
<th>Reach</th>
<th>Responses</th>
<th>Clicks</th>
<th>Retweets</th>
</tr>
</thead>
<tbody>
<tr>
<td><code>ramhpnsw</code></td>
<td>Looking after your mental health is just as important as your physical health - here is @Barnaby_Joyce showing us how at #nswfaac #letstalk <a href="https://t.co/Exa4fovZ">link</a></td>
<td>16,472</td>
<td>6</td>
<td>5</td>
</tr>
<tr>
<td>(Tweet) July 19, 2017 1:23 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><code>ramhpnsw</code></td>
<td>NEXT WEEK: 2017 GLOVE BOX GUIDE TO MENTAL HEALTH is available on 5th October in @thelandnews. Read about 2017 Ambassador Clyde Rathbone. <a href="https://t.co/UDO8Nxr8">link</a></td>
<td>1,652</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>(Tweet) September 28, 2017 11:40 am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><code>ramhpnsw</code></td>
<td>#WearttPurpleDay2017 How are you celebrating this year?</td>
<td>891</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>(Retweet with Comment) August 25, 2017 9:30 am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><code>ramhpnsw</code></td>
<td>Join our @ruokday event LIVE on Facebook 12:30 or Likemind Orange today to discuss what to do when someone says &quot;No, I'm not OK&quot; <a href="https://t.co/1S4kti7fgo">link</a></td>
<td>1,525</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>(Tweet) September 14, 2017 10:54 am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
General RAMHP Program Updates

Overview of Social Media July-Sept 2017

WSPD Video Campaign

RAMHP developed a video campaign on the theme “Take a minute, change a life” for World Suicide Prevention Day. This campaign featured each of the RAMHP Coordinators sharing video messages suggesting tips on how people can take a minute to change a life.

Australian sports person Joe Williams also recorded a video for our campaign.

RUOK Campaign

RUOK?’s Convo Convoy visited Gundagai, Dubbo, Bourke and Tamworth, where RAMHP Coordinators joined the discussion.

RAMHP Coordinators from around the state hosted a number of RUOK Day Events which took place in Albury, Tamworth, Clarence Valley, and Crookwell.

In Dubbo and Orange a train branded with RU OK helped to get conversations started. The RAMHP and CRRMH team in Orange also co-hosted an event with LikeMind, to talk about what to do if someone says ‘No, I’m not OK’. This was broadcast live to Facebook.

Pre Launch Campaign for Glove Box Guide 2017

The social marketing campaign for the 2017 Glove Box Guide to Mental Health used more videos and audio to pre launch the Guide.

In the four weeks leading up to the launch, videos related to GBG stories were shared to give followers a taste of the stories that would be featured.

Brendan Maher CEO, RU OK? and former Wallaby player Clyde Rathbone recorded videos specifically for RAMHP.
Data Considerations

This Management Report 5 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 Management Report 5). These include:

• Population size and demography differs considerably in each of the seven LHDs covered by RAMHP Coordinators. RAMHP Coordinators tailor their activities to cater to the priorities within their LHD. This must be taken into consideration when interpreting the LHD comparative data.

• 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
How Many People Were Linked?

Chart 2: Number of Links Jan. – Sept. 2017, by Linkage Type

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

<table>
<thead>
<tr>
<th>Quarter</th>
<th>Number of Links</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan-Mar 2017</td>
<td>224</td>
</tr>
<tr>
<td>Apr-Jun 2017</td>
<td>485</td>
</tr>
<tr>
<td>Jul-Sept 2017</td>
<td>211</td>
</tr>
</tbody>
</table>

Source: RAMHP App

Note: 75 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

- From July to September 2017, **400 people were linked** to mental health support services or resources by RAMHP Coordinators. The decrease from Q4 is likely due to the high number of linkages that took place during Q4 in response to floods in Northern LHD.
- Again, the majority of links (**n=211, 53%**) were for **people seeking assistance for themselves**.


- I met them at a community event or meeting: **22%**
- They attended training I delivered: **10%**
- I provided linking advice to a professional in my partnerships/networks: **4%**
- Through phone or email contact: **4%**
- The ‘person in need’ works for a service in my partnerships/networks: **38%**
- The ‘person in need’ was referred from another service: **21%**
- Other: **4%**

- Similarly to Q4, over half of all links in Q5 occurred when RAMHP Coordinators **delivered training** (**n=124, 38%**) or **attended community events** (**n=67, 21%**).
- Providing linking advice to **professionals** increased by **10%** (**n=72, 22%**) compared to Q4.
What Symptoms Or Issues Were RAMHP Coordinators Assisting With?

Chart 4: The Ten Most Frequent Symptoms Identified when Linking, Jul. – Sept. 2017

- The most common issues or symptoms RAMHP Coordinators assisted with were **stress** (n=199, 15%), **pre-existing mental health disorders** (n=119, 9%) and/or a **change in behaviour** (n=113, 9%)
- The most common issues or symptoms RAMHP Coordinator assist with remain consistent with Q2, Q3 and Q4
- **Social disconnection** was among the ten most frequent symptoms or issues identified when linking for the first time (n=47, 4%)

Note: A symptom or issue can be selected multiple times (N=1,284). 75 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, Jul. – Sept. 2017

- The most common support or advice provided by RAMHP Coordinators remains visiting their GP (n=233, 15%)
- Providing printed information (n=166, 11%), the Mental Health Line number (n=126, 8%) and website information, online therapy or e-mental health (n=163, 11%) were other frequently provided suggestions
- In addition to linking people to services and/or resources, RAMHP Coordinators provided strategies (e.g. sleep hygiene) during 10% (n= 150) of all links

Note: A support or resource can be selected multiple times (N=1,517). 75 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
A young mother at MHFA training, who had recently moved to the area, spoke with me about feeling isolated and having a history of post-natal depression. I linked her to a GP and some community support groups.

I spoke with a highly-distressed mother, concerned about her child’s substance abuse issues. The mother had previously been told that if the young person didn’t want help there was little that could be done. I encouraged her to seek help and support for herself through carer, as well as drug and alcohol services and support groups such as Al-Anon.

A bereaved mother spoke with me. The suicide of her child occurred 20 years ago and the mother had never spoken to a professional about it. She wanted to talk with someone who had also lost someone to suicide. I linked her to compassionate friends and a suicide call back service.

I met parents whose three-year-old child was about to have open heart surgery. They were seeking tips and strategies to minimise the emotional impact on the child and other family members.

I spoke with a woman who was experiencing escalating violence from her husband. The husband has a brain injury. I encouraged her to contact the Police.

I met a man whose wife has early onset dementia. He needed more support. I linked him to a social worker at the hospital.
From July to September 2017, RAMHP delivered its highest number of training courses (n=114) since the Program was refunded at the start of 2016. This is an 5% increase compared to Q4.

The most common training course delivered was Mental Health First Aid (n=36, 32%)

From July to September 2017, RAMHP Coordinators delivered training to 2,296 participants. Aligning with the high number of training courses delivered, this represents the highest number of people trained by RAMHP since the Program was refunded.

On average each course contained 20 people.
Training courses were predominantly comprised of a number of different disciplines employed by Mental Health (n=19, 17%), Government or Council (n=16, 14%) and Community Groups or Organisations (n=14, 12%).

The predominant training audiences Government or Council and Community Group or Organisation, represent a change from the previous quarters data and are likely due to targeting Workplace Support Skills to local councils in the Grafton and Maitland districts.

Examples of Organisations Trained
- Evans River School
- Clarence Valley Council
- Novaskill students
- Spinifex Recruiting
- Barrier Local Command Aboriginal Liaison Officers
- Ivanhoe Correctional Centre
- YMCA Bright Side Program Staff
- Snowy Hydro
- Department of Primary Industry Inland Fisheries Research
- Lifetime Connect
- Flourish Australia
- Cooinda Aged Care Facility
- Watershed Landcare Group
- Parkes High School Staff
- Riverina TAFE
What Audiences Were Reached Through Community Events?

Chart 9: Coordinator Attendance at Community Events, by Audience Type, Jul. – Sept. 2017

- General Community (n=36, 43%) and Farming (n=15, 18%) focused events remain the most common community events attended by RAMHP Coordinators.
- The occurrence of NAIDOC Week in July contributed to the high number (n=10, 12%) of community events focused on Aboriginal people that were attended by RAMHP Coordinators in Q5.

Note: Events which are attended by more than one RAMHP Coordinator are recorded more than once in the chart above.

Source: RAMHP App
If you have any questions regarding the content of this Report, please contact:

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