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 International 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.
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The extent of the drought and its impacts on individuals, families and communities became increasingly visible to non-rural Australians in late 2019. As conditions worsened, many government, charitable and concerned individuals began to offer help through changes in policy, offers of practical help and generous financial donations. This created a very complex situation in which stressed communities and provider agencies had to monitor and respond to new opportunities and resources which often had strings attached or appeared to favour one part of the rural community over another. While the attention was welcome, the workload for all rurally-based agencies increased and the requests for briefings about “on the ground” conditions and local needs were often overwhelming in their urgency. I am enormously proud of the way in which our staff responded and continue to do so under such pressure.

In conditions such as these, it is of great importance to communicate appropriately with rural and remote residents and to ensure that they have the best possible information about how to care for each other in drought and other adverse conditions. One approach to this has been to place paid advertisements in rurally-owned community newspapers so that information can be provided to communities and local businesses can be supported at the same time. These advertisements were paid for by a number of generous donors to who we are thankful. The impact of such direct communication is being measured as is the use of CRRMH video and podcast materials.

The response to such adversity and the development of rural services requires a long-term and consistent approach informed by the best available evidence. Single, short-term interventions are not likely to have long-term beneficial impacts. In the Orange Declaration, the CRRMH has attracted international attention working with international partners to identify the critical challenges and the most important areas from attention. You can follow developments here but it suffices to say that the Declaration has attracted the attention of the International Initiative in Mental Health Leadership (IIMHL) and the World Health Organisation amongst others. Launches of the Declaration followed in Washington (September) and Adelaide (October) and the CRRMH is leading international developments in rural mental health and wellbeing.

I cannot conclude without mentioning the unprecedented bushfires which have shaken the nation, particularly in NSW and Victoria. The losses have been extraordinary and community recovery will take many years. Our RAMHP staff are at the centre of rural communities where they live and work. In some cases their own homes and families have been threatened. They will be at the centre of the community recovery process and there will be ongoing impacts from the full range of rural adversity in the years to come. Their leadership and collaborative skills have once again proved to be outstanding and I am full of admiration. The wisdom and good sense of the staff who support them in Orange has ensured that information and resources are available when and where they are needed.

2020 is the year in which our core contract with NSW Health is to be renegotiated and I close by commenting that the need for the CRRMH is stronger than ever.

With best wishes for a happy and safe new year.

Professor David Perkins
Snapshot of the Quarter

**Research**

New paper on social determinants of wellbeing in children published using ARMHS data

**John Hoskin Library**

New online LibGuide created for users of the library

**Connections**

CRRMH awarded the Mental Health Foundation Australia 2019 Organisation of the Year Award

**Communications**

8th edition of the Glove Box Guide to Mental Health launched on 3 October

**Online Connections**

Bushfire support webpage created on website for fire-affected individuals and communities

**Partnerships**

CRRMH chosen as rural partner of Everymind’s Ahead for Business project

**RAMHP**

806 people linked to care
106 training courses delivered to 3,005 participants
203 community events attended

**Staff News**

Research Associate Dr Joanne Lawrence-Bourne welcomed to the research team
Research
Compiled by Research Assistant Lucy McEvoy

1 new paper published

4 conference presentations

Held in Melbourne 11-13 November, the 2nd Asia Pacific Conference on Integrated Care attracted over 400 delegates. Professor David Perkins, Dr Hazel Dalton and Lucy McEvoy were on the conference organising and scientific committees. Visiting Research Fellow, Professor Nelly Oelke presented at the conference. Our research collaborators presented on the Family Referral Service in Schools Program and a rural community-led approach to integrated care.

14 years on, The Australian Rural Mental Health Study (ARMHS) has produced yet another published paper. The study commenced in 2006 and the recruited cohort was followed for 5 years. Social determinants of psychological wellness for children and adolescents in rural NSW was published in BMC Public Health on 2 December.

The Virtual Dementia Friendly Rural Communities project concluded in November. The chief investigators in the project, including Professor David Perkins, will be authoring reports and publications in 2020.

For more detailed information please see Appendices 1-5
Library Updates

- **Short ready reference** inquiries proved to be lower for this quarter – down from 251 to 192. The reference inquires for patients mainly concerned logging onto computers. Visitor numbers were not included.

- **Interlibrary loan requests - GRATIS** were slightly higher overall from 42 to 48.

- **Requests** supplied to the CRRMH library were down from 145 to 46 for this period. The number of requests supplied to Western LHD was down slightly from 198 to 184.

- **Loans** were down from 93 to 48. See table for other library activity this quarter.

- **Assistance** to CRRMH researchers and WNSW LHD staff was provided through literature searches, lean library training and setting up ORCID iDs.

- A new [CRRMH Library LibGuide](#) has been created in conjunction with UON. The webpage helps users access resources, databases and subject guides relating to rural mental health and suicide prevention.

Connections with UON

- Librarian Paul Stanfield continues to meet regularly with UON Senior Research Librarian Debbie Booth. Debbie is consulting with the CRRMH library on weeding techniques for the library’s current collection.

<table>
<thead>
<tr>
<th>Library Activity</th>
<th>Total</th>
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<tbody>
<tr>
<td>Short reference</td>
<td>192</td>
</tr>
<tr>
<td>Interlibrary loan requests – GRATIS</td>
<td>48</td>
</tr>
<tr>
<td>Interlibrary loan requests - UON</td>
<td>7</td>
</tr>
<tr>
<td>Interlibrary loans incomplete</td>
<td>4</td>
</tr>
<tr>
<td>Requests supplied from CRRMH library</td>
<td>249</td>
</tr>
<tr>
<td>Requests supplied external to CRRMH library</td>
<td>21</td>
</tr>
<tr>
<td>Loans</td>
<td>48</td>
</tr>
</tbody>
</table>
Connections
Compiled by Senior Development Officer Vanessa Delaney

Awards

- A highlight of this quarter for the CRRMH was being awarded the Mental Health Foundation Australia 2019 Organisation of the Year Award for our creative and innovative approaches to mental health challenges. Director Professor David Perkins and Senior Development Officer Vanessa Delaney were on hand to receive the prestigious award from The Hon. Alan Tudge MP. The event was a very multicultural affair with entertainment by Bollywood and Chinese dance groups, and the Foundation's Ambassadors representing a variety of cultures there to support the launch.

- The CRRMH were also a finalist in the University of Newcastle Excellence Awards which were presented in Newcastle on 10 December. While we didn’t take out the Community Engagement Award, it was very rewarding to see our important work in engaging with rural and remote communities during the drought recognised at the university level.

Global perspectives in healthcare workshop

In November, Professor David Perkins attended a Department of Health and Human Services Victoria workshop in Melbourne on ‘Global perspectives in health care – improving outcomes and sustainability through systems transformation.’ Professor Perkins was amongst senior leaders from the Department and health service, tackling local implications for the sector.
Rural and Remote Mental Health Symposium

CRRMH and RAMHP teams were well represented at this year’s Australian & New Zealand Mental Health Association’s Rural and Remote Mental Health Symposium held in Adelaide from 28-30 October. The Symposium is an annual event and this year featured three days of informative talks, plenary sessions, workshops and networking.

Director Professor David Perkins kicked off the event by addressing the delegates about the Orange Declaration, which has been published in the Australian Journal of Rural Health and identifies ten solutions for action to improve mental health outcomes.

RAMHP Coordinators Camilla Herbig and Kate Arndell also presented – Camilla about the successful Baggy Blues program and Kate about drought relief workers.

The Symposium was also a great opportunity to come together with other representatives from the mental health sector to showcase our work and share our knowledge and experience in rural and remote mental health.

(L-R) Kate Arndell, Professor David Perkins, Tessa Caton, Vanessa Delaney, Associate Professor Nelly Oelke, Dr Hazel Dalton, Camilla Herbig
Suicide Prevention – NSW and Australian government strategic initiatives:
The CRRMH has been invited and involved in informing both state and Federal suicide prevention strategies and implementation plans.

NSW Ministry of Health’s Towards Zero Suicides initiative:
• Dr Hazel Dalton participated in the Towards Zero Suicides Premier’s Priority Delivery Plan Workshop (September 2019) – this forum enabled cross-sectoral planning.
• Dr Scott Fitzpatrick attended the NSW Suicide Prevention Data Forum. The forum provided updates on the development of the NSW Suicide Prevention Register.

National Suicide Prevention Taskforce:
• Professor David Perkins, Dr Hazel Dalton and Ms Tessa Caton gave feedback to Taskforce leads Ms Christine Morgan and Ms Jaelea Skehan at a special rural and remote session of the 2019 Rural and Remote Mental Health Symposium in Adelaide in October 2019. This was followed up with a submission to the taskforce entitled: Population and strengths-based collaborative approaches to community wellbeing as a vehicle for suicide prevention.
• Dr Scott Fitzpatrick attended the Towards Zero Suicide Prevention Forum: Opportunities for a Coordinated Response in Canberra in November 2019. This workshop enabled the Taskforce to identify key areas for immediate action to be tabled in the annual report.

The Hon. Bronnie Taylor MLC, NSW Minister for Mental Health
Mental Health Month: CRRMH and RAMHP promoted Mental Health Month throughout October by sharing our stories and resources. The awareness month encouraged people to think about their mental health and wellbeing, regardless of whether they may have a lived experience of mental illness or not. Mental Health Month gives the opportunity to understand the importance of mental health in our everyday lives and the need to encourage help-seeking behaviours when needed.

You Got This Mate website: During November the dedicated men’s mental health was completed. You Got This Mate provides action-focused tips and information to help rural men reach their best possible mental health. Designed in close consultation with RAMHP’s Rural Men’s Resource Advisory Group, the website is visually appealing to men, easy to navigate and comprises appropriate content, language and tone suitable to a rural male audience. Information presented on the website is evidence-based, developed with the research team. User testing and small changes are currently being completed and an official launch is being planned for March 2020.

How Are You Going? poster: Our How Are You Going? poster continued to be a sought after resource this quarter. Lifeline Darling Downs & South West Queensland adapted the poster for their local community to show how locals can reach out to them for support. Almost 75,000 copies of the poster were also inserted into community-owned newspapers throughout regional NSW, with editorial content focusing on self-care after natural disasters. An additional 12,000 copies were inserted into the 2019 issue of the Country Web newsletter, produced by the NSW Rural Women’s Network. This year’s edition celebrated rural women turning their passions into professions.

Lived Experience videos: Two of RAMHP’s five lived experience videos have been completed and are now live on the CRRMH YouTube channel. The videos aim to normalise help-seeking and reduce the stigma of mental illness. The videos feature Kaiden Powell and Andrew House’s journeys to recovery and how they continue to maintain good mental health. These videos will be promoted across social media and will also be used by RAMHP Coordinators in their mental health training sessions.
Projects cont.

Men's advisory group: The final Men's resource advisory group was held on 13 November, where the RAMHP project team provided the group with a sneak peek of the new You Got This Mate website. The website was developed in close consultation with the group, and language, tone and content of the site was directed by feedback provided during the regular meetings.

Media

Media coverage was positive and widespread during the quarter. Topics included drought events; the Glove Box Guide launch; tips on decision making, stress, and mental health care following a bushfire; and research on Community Wellbeing. A media release on supporting rural communities leading up to was printed in over 83 newspapers across NSW and led to three radio interviews on the topic.

This quarter the following media releases were distributed:
3 October: Award-winning Glove Box Guide to Mental Health launches
9 October: Community wellbeing approach delivers positive results
28 November: Taking care of your mental health following a bushfire
9 December: 10 ways to support rural communities leading up to Christmas

The Yass Tribune monthly column developed for Southern Local Health District RAMHP Coordinator Judy Carmody was also shared with the Goulburn Post and Crookwell Gazette. The column was published in October, November and December.

For a full list of media activity see Appendix 6
Online Connections
Compiled by Marketing Officer Ashleigh Middleton

Website Analytics 1 October – 31 December 2019

<table>
<thead>
<tr>
<th>CRRMH</th>
<th>RAMHP</th>
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<tr>
<td>8,099 website sessions (+6%)</td>
<td>5,155 website sessions (+8%)</td>
</tr>
</tbody>
</table>

Top 5 pages
1. Homepage – 3,190 views
2. Downloadable Resources – 976 views
3. Programs & Projects RAMHP – 632 views
4. About us Overview – 406 views
5. Research ARMHS – 394 views

Top 5 pages
1. Homepage – 3,157 views
2. Downloadable Resources – 879 views
3. Find a Coordinator – 751 views
4. About us – 519 views
5. About us Meet the team – 514 views

Bushfire support homepage

In December, a new [homepage for resources, information and support for those affected by bushfires](#) was created. The homepage provides self-care information, self-help resources and links to mental health help services. It also includes research publications on adversity and resilience in times of natural disaster.

New website additions

4 October: [Orange Community Launches Award-Winning Glove Box Guide to Mental Health](#) 130 views
10 October: [Community Wellbeing Approach Delivers Positive Results](#) 215 views
18 October: [Prestigious Award Win for CRRMH](#) 89 views
31 October: [Building Wellbeing – How One Community Claimed its Story](#) 123 views
27 November: [Launch of You Got This Mate](#) 149 views
16 December: [Bushfire support homepage](#) 204 views
Online Connections cont.
Compiled by Marketing Officer Ashleigh Middleton

Social Media Analytics 1 October – 31 December 2019

<table>
<thead>
<tr>
<th></th>
<th>Twitter</th>
<th>Facebook</th>
<th>LinkedIn</th>
<th>Instagram</th>
</tr>
</thead>
<tbody>
<tr>
<td>CRRMH</td>
<td>935 followers (+4%)</td>
<td>2,753 page likes (+10%)</td>
<td>56 followers (+37%)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>36 tweets posted</td>
<td>76 posts</td>
<td>13 posts</td>
<td></td>
</tr>
<tr>
<td></td>
<td>240 post engagements (-39%)</td>
<td>14,017 post engagements (+0%)</td>
<td>125 post engagements (+81%)</td>
<td></td>
</tr>
<tr>
<td>RAMHP</td>
<td>540 followers (+6%)</td>
<td>2,316 page likes (+22%)</td>
<td>45 followers (+36%)</td>
<td>372 followers (+32%)</td>
</tr>
<tr>
<td></td>
<td>35 tweets posted</td>
<td>113 posts</td>
<td>5 posts</td>
<td>25 posts</td>
</tr>
<tr>
<td></td>
<td>433 post engagements (+36%)</td>
<td>18,706 post engagements (+37%)</td>
<td>48 post engagements (+0%)</td>
<td>629 post engagements (+0%)</td>
</tr>
</tbody>
</table>

CRRMH Conversations e-newsletter

E-newsletters continue to be sent to subscribers with the following results:

October: Marking Mental Health Month Open rate 62% Click rate 16%

November/ December: Merry Christmas from the CRRMH Open rate 38% Click rate 6.7%

Orange Declaration e-newsletter

The first email update was sent to 50 endorsers of the Orange Declaration in early December.

Open rate 52% Click rate 16%

Social media promotions

Glove Box Guide to Mental Health: The launch of Volume 8 of the Glove Box Guide was promoted through CRRMH and RAMHP social media channels.

Mental Health Month: Mental Health Month was celebrated in October. Throughout the month key print resources, podcast episodes and excerpts from the Glove Box Guide were shared.
Partnerships

Compiled by Senior Development Officer Vanessa Delaney, RAMHP Program Manager Tessa Caton and Research Assistant Lucy McEvoy

Industry partnerships

Being Here Films: The Common Thread documentary was launched on 6 October on ABC free-to-air television. The six-part series was sponsored by the CRRMH and saw director Darius Devas travel across the nation to meet young Australians from all walks of life, who open up about their mental ill-health and share the tools and tactics that have supported their recovery. The documentary has had over one million online views and almost 5,000 shares.

Ahead for Business: CRRMH will be Everymind’s rural partner in a $3.1 million project, Ahead for Business, to support the mental health of people who own or work in small business. Dr Kristina Gottschall will be the Project Lead, conducting research in the rural sites for the CRRMH in partnership with Everymind.

Department of Primary Industries – NSW Rural Women’s Network: RAMHP strengthened its partnership with the NSW Rural Women’s Network by inserting 12,000 copies of the How Are You Going? poster into the 2019 issue of the Country Web Newsletter. Information on how to contact local RAMHP Coordinators was also included. This will ensure continued awareness of local mental health support across the rural NSW.

RAMHP and Baggy Blues Rural Mental Health Tour 2020: In November the NSW Government launched the NSW Mental Health & Drought Sports Fund. RAMHP and the NSW Cricket Alumni group, the Baggy Blues received funds to roll out the 2nd annual Rural Mental Health Cricket Tour in 2020. Expected locations for these tours include:

- Inverell (est. Jan)
- Tamworth (est. Feb)
- Cootamundra (est. Mar)
- Kempsey (est. Apr)
- Lithgow (est. Sep)
- Wentworth (est. Oct)
Partnerships cont.
Compiled by Senior Development Officer Vanessa Delaney, RAMHP Program Manager Tessa Caton and Research Assistant Lucy McEvoy

Academic partnerships

University of British Columbia: During the quarter, the CRRMH enjoyed the opportunity to welcome and host Associate Professor Nelly Oelke for several months. Nelly is a health services researcher with the School of Nursing at the University of British Columbia, Okanagan. Her research has focussed on identifying interventions specifically targeted to rural communities experiencing natural disasters. During her secondment, Nelly was very generous in sharing her insights and knowledge with our staff and will also take back her learnings to Canada. We are looking forward to continuing this partnership. Nelly shares her experience and research from her time with us in her blog titled ‘Nelly in Orange, Australia’ on the UBC website.

University of South Australia: The CRRMH has been working alongside the University of South Australia, rural-based Suicide Prevention Networks and other organisations to design community-based strategies for men in farming occupations in the Riverina region of NSW. To ensure these strategies are driven and supported by local communities, the research included a survey entitled “Lend your voice to suicide prevention research”, targeted to men in farming occupations across the Riverina willing to talk about their experiences of distress or poor mental health. Dr Scott Fitzpatrick will undertake interviews with participants in early 2020.

Community partnerships

Act-Belong-Commit – Orange parkrun: Staff attended Orange parkrun’s third anniversary on 26 October, along with almost 200 keen runners. It was a good opportunity to hand out our latest edition of the Glove Box Guide to Mental Health and to mark the end of Mental Health Month, promoting the messages of Act-Belong-Commit for mental health and wellbeing.
Rural Adversity Mental Health Program (RAMHP)

Compiled by RAMHP Program Manager Tessa Caton

Program Updates

• **A 35% increase** in the number of people were linked to care occurred between October – December 2019. This is largely due to the RAMHP response to the **bushfires** across the Mid North Coast, Hunter New England and North Coast areas of NSW.

• **Compounding adversity** remains a common issue across NSW with RAMHP Coordinators assisting both drought and bushfire affected communities.

• RAMHP Coordinators on the **North and Mid North Coast** worked with **Local Health District management and the Office of Emergency Management** to plan longer term disaster recovery projects.

• A number of major resources were launched by the RAMHP Team including:
  • 8th Edition of the **Glove Box Guide to Mental Health**;
  • **You Got This Mate Website**; and
  • **Lived experience videos**.

• The NSW Government also launched the **Mental Health & Drought Sports Fund**. This fund will be supporting the 2020 Rural Mental Health Cricket Tour, organised by RAMHP and the Baggy Blues.

• RAMHP Coordinator, Orry Berry attended the **UNICEF Youth Drought Summit**, supporting the young Indigenous attendees.

• A number of State-wide mental health literacy training projects continued, including:
  • Completion of **Water NSW** rollout
  • **Essential Energy**
  • **Department of Industry, Planning & Environment**.

Train, Link and Inform
1 October – 31 December 2019

806 people linked to care
106 training courses delivered to 3,005 participants
203 community events attended
Rural Adversity Mental Health Program (RAMHP) cont.
Compiled by RAMHP Program Manager Tessa Caton

Program Update

- RAMHP Coordinators Camilla Herbig, Kate Arndell and Kylie Atkinson presented at the Australian Rural & Remote Symposium in Adelaide.

- Animal welfare remains a strong priority across the state, with the drought causing severe water shortages. RAMHP Coordinators received a presentation from DPI's Animal Welfare group.

People Update

- Interviews were conducted to establish a RAMHP Coordinator position in Armidale. Results of recruitment will be known in early 2020.

- Approval was obtained to establish an additional RAMHP Coordinator position in the Far West LHD. Recruitment will commence in early 2020.

- Unfortunately, Project Officer Elise Taylor and RAMHP Coordinator Sarah Green left us in November and December. We wish them all the best in their next chapter.
Staff News
Compiled by Senior Development Officer Vanessa Delaney

Hellos and Goodbyes

• In October we said a fond farewell to Executive Officer, Greg Shapter. Greg worked with the CRRMH for over six years and saw us through many achievements and challenges, always with a calm and gentle demeanour. We thank Greg for his strong leadership and commitment to the CRRMH and wish him all the best in his retirement.

• In October we welcomed Research Associate, Dr Joanne Lawrence-Bourne. Joanne has a PhD in psychology and a keen interest in rural mental health.

• We farewelled Professor Nelly Oelke in November as she finished a two-month Research Fellowship from the University of British Columbia.

• In November, we farewelled Tamworth-based RAMHP Coordinator, Sarah Green. Sarah was a well respected and valued member of the RAMHP team for 8 years. We wish Sarah all the best in her next chapter.

• At the end of the year, RAMHP Training Officer, Elise Taylor also left the CRRMH to join headspace in Goulburn. Elise was an integral member of the RAMHP team for 18 months and her passion and enthusiasm will be missed.
Staff News cont.
Compiled by Senior Development Officer Vanessa Delaney

Training

• In early December, 15 CRRMH staff undertook a 2-day project management course. The course taught the fundamentals of project management, which is a key part of the work many of us do right across the organisation in planning and managing the various projects we deliver.

• In October and November, Professor Nelly Oelke from the University of British Columbia presented a number of informative sessions to Research and RAMHP staff. This included a session on patient-oriented research, knowledge translation (tapping into our very own forms of knowledge translation, such as the GBG, podcasts, social media etc.) and the Photovoice project in rural Canada where people aged over 50 years used photos to capture aspects of their environment and experiences.

• As part of his PhD, student Sophun Much completed further study in bio-statistics in December, exploring more complex methods of analyses commonly used in epidemiological research. Sophun achieved a high distinction for his efforts in this course!

• Research Fellow, Dr Tonelle Handley attended an intensive 3-day training course with the Sax Institute in November on how to build relationships with policy-makers in research.

• Several RAMHP, Research and Communications staff attended the “Analysing Social Media for Better Public Policy” Symposium at Charles Sturt University in November. The symposium aimed to advance understanding of ways that public authorities can improve their decision-making and policy by closely analysing social media.

• Congratulations to Senior Development Officer Vanessa Delaney on successfully completing the LH Martin Institute’s Emerging Leaders and Managers Program (eLAMP) through the University of Newcastle, a year-long program.

• Marketing Officer Ashleigh Middleton completed an online graphic design course which will assist in the design and production of many of our resources.
Appendix 1: Research

- Held in Melbourne 11-13 November, the 2nd Asia Pacific Conference on Integrated Care attracted over 400 delegates. Prof David Perkins, Dr Hazel Dalton and Lucy McEvoy were on the conference organising and scientific committees. Visiting Research Fellow, Professor Nelly Oelke presented at the conference. Our research collaborators presented on the Family Referral Service in Schools Program and a rural community-led approach to integrated care.

- Dr Fitzpatrick was invited to speak at the Primary Health Network’s Fifth Stepped Care Workshop in Canberra on 12 November where he spoke on the challenges and opportunities of planning and designing mental health, drug and alcohol, and suicide prevention services in regional and remote communities. The workshop provided an overview of Commonwealth initiatives, suicide prevention, Aboriginal and Torres Strait Islander social and emotional wellbeing, and the consultation and workshop activities of PHN staff.

- See Connections section for details of workshops and forums the research team have been involved with for both NSW and Commonwealth government initiatives in suicide prevention.

- PhD student Sophun Moch presented results from the descriptive study of suicide deaths in Tasmanian inner regional and outer regional areas from 2010-2016 at the 41st Annual Society for Mental Health Research Conference on 28 November in Melbourne. This study examines the distribution of demographic, health, and social risk factors for suicide by region and sex in inner regional and outer regional areas of Tasmania between 2010 and 2016. It also aims to examine clustering of health and social risk factors for suicide among suicide deaths - a history of mental illness, reported physical illness, and problems related to primary support groups including family circumstances.

- IFIC Australia wrapped up the 2019 series of webinars on 11 December with Dr Anthony Brown, Executive Director of Health Consumers NSW exploring the reasons why partnering with communities is essential in developing health services.

- The Australian Rural Mental Health Study (ARMHS) commenced in 2006 and the recruited cohort was followed for 5 years. This study has produced yet another published paper on the Social Determinants of Psychological Wellbeing for Children and Adolescents in Rural NSW.
Appendix 1: Research cont.

- In 2019 *The Virtual Dementia Friendly Rural Communities* project trialled strategies to increase connection and support for rural carers of people living with dementia in 12 communities across 3 states of Australia. The project implemented a model for engaging with communities using online strategies, coupled with face-to-face and computer-mediated communication. This approach was perceived as being a useful model for augmenting access to information and support for rural communities. At the conclusion of the project in November, it was seen that this model could increase support for rural people who are living with dementia, their carers, and their communities. The model leverages technology to overcome challenges of distance that can otherwise disadvantage rural people. In addition, it capitalises on harnessing local ways of working and local champions to increase buy-in and relevance to rural communities, and in the process, tailoring implementation actions to best suit each community. The chief investigators in the project, including David Perkins, will be authoring reports and publications in 2020. Additionally, it is the aim that the Verily app will go live to a national audience in early 2020.

- The CRRMH has been in discussion with Everymind regarding the expansion of their *Ahead for Business* project to include two rural trial sites in 2020. Dr Hazel Dalton, Dr Kris Gottschall and Tessa Caton have been participating in the project planning process and Kris will take a substantive role leading the rural part of this project in 2020, with support from RAMHP.

- The research team performed an evidence check (a rapid literature review) of knowledge translation methodologies for the NSW Mental Health Commission, to inform the Living Well Mid-term Review. See Appendix 3 Publications.
## Appendix 2: Proposals

### Successful Proposals

**Western PHN Mental Health Foundational Plan – Phase 2.** Requested proposal from Western NSW Primary Health Network. Perkins D, Dalton H, Fitzpatrick SJ ($90,000) accepted July 2019.


### Submitted Proposals

NHMRC Centre for Research Excellence in Chronic disease prevention for people with a mental health condition: a population approach. Submitted by University of Newcastle and led by Professor Jenny Bowman. Prof David Perkins is a co-investigator.

Co-design strategies to increase access to effective preventive care to reduce risk behaviours for people with a mental health condition at a population level. APP1198425 (submitted December 2019).

### Pending Proposals

National Dementia Support Program submitted by La Trobe University and led by Professor Irene Blackberry. Awareness and Stigma Reduction Campaigns. VERILY consortium. $1,494,643.62 (Submitted April 2019).

### Unsuccessful Proposals

Appendix 3: Publications

Published Papers


Pending Submissions


Withdrawn Submissions
Davies, K., Read, D., Booth, A., Turner, N., Gottschall, K., and Perkins, D. Connecting with social and emotional wellbeing in rural Australia An evaluation of the ‘We Yarn’, Aboriginal gatekeeper suicide prevention workshop, Australian Indigenous Health Bulletin, submitted: 22 February 2019. (Withdrawn due to lack of communication from the editorial team. This will be re-submitted to another journal)
Appendix 4: Conferences

Presented


*Please note, due to family illness Dr Dalton was unable to attend, Mr James Wilson presented on her behalf.*

Cosgrave, C., **Dalton, H.** and Robin Bryant. Empowering and Engaging People and Communities - Volunteering and the role of the local community. 2nd Asia Pacific Conference on Integrated Care, 11-13 November 2019, Melbourne.

**Moch, S.** A descriptive study of suicide deaths in Tasmanian inner regional and outer regional areas from 2010-2016. 41st Annual Society for Mental Health Research Conference, 28 November 2019, Melbourne.
Appendix 5: PhD Students

Emma Austin has completed a full draft of her thesis. Emma’s paper, *The concerns about climate change among rural residents in Australia* has been accepted for publication by the Journal of Rural Studies.

Sophun Moch continues to analyse qualitative data for a descriptive study on suicide deaths in Tasmanian rural communities from 2010-2016 as part of his PhD thesis. He presented his work at the Annual Society for Mental Health Research Conference in Melbourne.
## Appendix 6: Media Activity

<table>
<thead>
<tr>
<th>Date</th>
<th>Media Outlet</th>
<th>Topic</th>
<th>Spokesperson</th>
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<td>30.09.2019</td>
<td>ABC South East</td>
<td>Rainbow Waves MH matters award</td>
<td>RAMHP Coordinator Jennie Keioskie interviewed</td>
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<td>1.10.2019</td>
<td>YouTube video</td>
<td>Mental Health Matters Rainbow Inclusion Award 2019 - Rainbow Waves Festival Committee</td>
<td>RAMHP Coordinator Jennie Keioskie interviewed</td>
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<td>Rainbow Waves MH matters award</td>
<td>RAMHP Coordinator Jennie Keioskie interviewed</td>
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<td>2.10.2019</td>
<td>Monaro Post</td>
<td>Stress and decision making</td>
<td>RAMHP Coordinator Jennie Keioskie</td>
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<table>
<thead>
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<th>Source</th>
<th>Story Details</th>
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<td>Barrier Daily Truth</td>
<td>Decision making and stress</td>
<td>RAMHP Coordinator Marie Kelly</td>
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<td>5.10.2019</td>
<td>ABC South East</td>
<td>One book, one community</td>
<td>RAMHP Coordinator Jennie Keioskie interviewed</td>
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<td>7.10.2019</td>
<td>North Queensland Register, Farm Weekly</td>
<td>We’re off and running for mental health</td>
<td>RAMHP mentioned</td>
<td><a href="https://www.northqueenslandregister.com.au/story/6421035/were-off-and-running-for-mental-health/">https://www.northqueenslandregister.com.au/story/6421035/were-off-and-running-for-mental-health/</a></td>
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<tr>
<td>Date</td>
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<tr>
<td>9.10.2019</td>
<td>Monaro Post</td>
<td>Women's Pamper Day Delegate</td>
<td>RAMHP Coordinator Jennie Keioskie</td>
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<td>9.10.2019</td>
<td>The Land</td>
<td>Mental Health First Aid Training - Jindera</td>
<td>RAMHP Coordinator Faith Rogers interviewed</td>
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<td>11.10.2019</td>
<td>ABC Hunter New England</td>
<td>Impact of Drought on kids</td>
<td>RAMHP Coordinator Matt Milne</td>
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<table>
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<td>16.10.2019</td>
<td>ABC Rural Report</td>
<td>International Day of the Rural Woman</td>
<td>RAMHP Coordinator Camilla Kenny</td>
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<td>17.10.2019</td>
<td>North Coast PHN</td>
<td>INFO: What you need to know if you are fire affected</td>
<td>RAMHP Coordinator Steve Carrigg</td>
<td><a href="https://nccrrn.org.au/archives/media/mental-health-support-for-bush-fire-affected-residents">https://nccrrn.org.au/archives/media/mental-health-support-for-bush-fire-affected-residents</a></td>
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<th>Activity Description</th>
<th>Coordinator</th>
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<tr>
<td>18.10.2019</td>
<td>Western Magazine</td>
<td>Decision making and How Are You Going? poster</td>
<td>Camilla Kenny</td>
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<td>24.10.2019</td>
<td>Canowindra Phoenix</td>
<td>Mental Health trivia night in Canowindra</td>
<td>Di Gill</td>
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<td>24.10.2019</td>
<td>Canowindra Phoenix</td>
<td>Ag and Chat morning teas</td>
<td>Di Gill</td>
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<th>Date</th>
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<td>25.10.2019</td>
<td>ABC Country Hour</td>
<td>The importance of taking care of mental and physical health</td>
<td>RAMHP Coordinator Di Gill</td>
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<td>30.10.2019</td>
<td>Mail and Guardian</td>
<td>Drought, depression and decolonisation</td>
<td>We-Yarn</td>
<td><a href="https://mg.co.za/article/2019-10-29-00-drought-depression-and-decolonisation">https://mg.co.za/article/2019-10-29-00-drought-depression-and-decolonisation</a></td>
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**November**

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<td>4.11.2019</td>
<td>Far West in Focus</td>
<td>GBG launch</td>
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<td>7.11.2019</td>
<td>Canowindra Phoenix</td>
<td>Series of free Ag and Chat morning teas coming to Central West communities</td>
<td>RAMHP Coordinator Di Gill</td>
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[centreforruralremote.org](centreforruralremote.org)
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<td>18.11.2019</td>
<td>ABC Western Plains</td>
<td>Benefit of social events to mental wellbeing and help seeking.</td>
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<td>18.11.2019</td>
<td>Gilgandra Weekly and Toora Bungles</td>
<td>Tooraweenah Resilience and Wellbeing Event.</td>
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<td>18.11.2019</td>
<td>Gilgandra Weekly and Warren Weekly</td>
<td>Collie Womens Wellbeing Workshop.</td>
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<table>
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<tr>
<th>Date</th>
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<th>Interviewed By/Coordinating Officer</th>
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<tr>
<td>25.11.2019</td>
<td>ABC Central West</td>
<td>Ag and chat morning tea – coping with stress</td>
<td>RAMHP Coordinator Di Gill interviewed</td>
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<td>28.11.2019</td>
<td>ABC Newcastle</td>
<td>Looking after your mental health following a bushfire</td>
<td>RAMHP Manager Tessa Caton interviewed (pre-record)</td>
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<td>27.11.2019</td>
<td>Grenfell Record</td>
<td>What’s new in Weddin – Ag Chat morning tea</td>
<td>RAMHP Coordinator Di Gill</td>
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<td>27.11.2019</td>
<td>ABC Far West</td>
<td>RAMHP and GBG</td>
<td>RAMHP Coordinator Marie Kelly interviewed</td>
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<td>Radio 2BS Bathurst</td>
<td>Looking after your mental health following a bushfire</td>
<td>RAMHP Manager Tessa Caton interviewed (live)</td>
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<td>29.11.2019</td>
<td>Forbes Advocate</td>
<td>Ag and Chat morning tea</td>
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<td>December</td>
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<td>4.12.2019</td>
<td>UUU FM</td>
<td>Mental health</td>
<td>RAMHP Coordinator Alison Tye</td>
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<td>ABC Rural Hour</td>
<td>Drought and staying connected through Ag and Chat</td>
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<td>6.12.2019</td>
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<td>Helping rural communities leading up to Christmas</td>
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<td>10.12.2019</td>
<td>Bathurst Broadcaster</td>
<td>10 ways to support rural communities leading up to Christmas</td>
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<td>12.10.2019</td>
<td>Dubbo Photo News</td>
<td>Article on mental health – CRRMH responses</td>
<td>RAMHP Manager Tessa Caton</td>
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<tr>
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<th>Publication</th>
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<td>16.12.2019</td>
<td>2WEB Outback</td>
<td>Mental health at Christmas and review of 2019</td>
<td>RAMHP Coordinator Camilla Kenny interviewed</td>
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RAMHP Quarterly Update Report: October – December 2019

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.

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<td>TRAIN</td>
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<td>INFORM</td>
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The Rural Adversity Mental Health Program – Tessa Caton

**General RAMHP Program Updates**

- **A 35% increase** in the number of people linked to care occurred between Oct-Dec 2019. This is largely due to the RAMHP response to the **bushfires** across the Mid North Coast, Hunter New England and North Coast areas of NSW.
- **Compounding adversity** remains a common issue across NSW with RAMHP Coordinators assisting both drought and bushfire affected communities.
- RAMHP Coordinators on the **North and Mid North Coast** worked with **LHD management and the Office of Emergency Management** to plan longer term disaster recovery projects.
- A number of major resources were launched by the RAMHP Team including:
  - 8th Edition of the *Glove Box Guide to Mental Health*
  - *You Got This Mate Website*; and
  - Lived experience videos
- The NSW Government also launched the **Mental Health & Drought Sports Fund**. This fund will be supporting the 2020 Rural Mental Health Cricket Tour, organised by RAMHP & the Baggy Blues.
- RAMHP Coordinator, Orry Berry attended the **Unicef Youth Drought Summit**, supporting the young Indigenous attendees.
- A number of Statewide mental health literacy training projects continued, including:
  - Completion of *Water NSW* rollout
  - *Essential Energy*
  - Department of Industry, Planning & Environment

- RAMHP Coordinators, **Camilla Herbig, Kate Arndell** and **Kylie Atkinson** presented at the Australian Rural & Remote Symposium in Adelaide. They joined with CRRMH Team that launched the **Orange Declaration**
- **Animal welfare** remains a strong priority across the state, with the drought causing severe water shortages. RAMHP Coordinators received a presentation from DPI’s Animal Welfare group.

**People Updates**

- Interviews were conducted to establish a RAMHP Coordinator position in **Armidale**. Results of recruitment will be known in early 2020.
- Approval was obtained to establish an additional RAMHP Coordinator position in the **Far West LHD**. Recruitment will commence in early 2020.
- Unfortunately, Project Officer Elise Taylor and RAMHP Coordinator Sarah Green left us in November and December. We wish them all the best in their next chapter.

**Report 4 Highlights**

- **806 People Linked to Care** between Oct – Dec 2019
- **106 Training Courses** were delivered to **3,005** participants between Oct – Dec 2019
- **203 Community Events** were attended by RAMHP Coordinators between Oct – Dec 2019
General RAMHP Program Updates

RAMHP Communication Highlights– Jocelyn Johnston and Lauren Dunkley

The Communications team had another extremely busy quarter with the launch of a new website, the release of two Lived Experience videos and the publication of the 2019 Glove Box Guide to Mental Health.

You Got This Mate: A dedicated rural men’s mental health website
During November, the RAMHP team completed the first stage of the You Got This Mate website. You Got This Mate provides action-focussed tips and information to help rural men reach their best possible mental health.

Designed in close consultation with RAMHP’s Rural Men’s Resource Advisory Group, the website is visually appealing to men, easy to navigate and comprises appropriate content, language and tone suitable to a rural male audience.

Lived Experience Videos
Two of the Lived Experience videos which were shot during August have been finalised and were released on social media and on the new You Got This Mate website. A third video will be finalised in January and will be released across RAMHP’s communication platforms. View Andrew’s and Kaiden’s videos on YouTube.

Glove Box Guide to Mental Health Vol. 8
Now in its eighth year, the award-winning Glove Box Guide to Mental Health was officially launched on Thursday 3 October at the Agrestic Grocer in Orange.

The 64- page Guide, a joint partnership between The Land and Rural Adversity Mental Health Program (RAMHP) shares personal stories of how people cope with and adapt to change as well as where people can find help for their mental health concerns when they need it.

With NSW in the grip of prolonged drought, the theme this year is ‘Journey Through Change’ highlighting the many and varied changes people go through in rural Australia – At Home, At Work, In The Community, as well as Where To Get Help.

Responding to Bushfire Crisis in Mid and Northern NSW
During November and December many communities along the East Coast of NSW and inland were devastated by bushfires. RAMHP have been responding to media requests for information and comment along with launching a social media campaign to disseminate information about how to keep well during and following a disaster, and when a person should seek professional help. A dedicated page was also developed for the RAMHP website which compiles all the resources, information and support services individuals and communities may need when experiencing and recovering from bushfire.
General RAMHP Program Updates

RAMHP Communication Highlights – Jocelyn Johnston and Lauren Dunkley

**RAMHP eNewsletters**
RAMHP released two eNewsletters during this period.

The October/November edition, *‘Let’s Talk’ about men’s mental health*, was delivered to 1,345 recipients and had a 33.9% open rate. This edition focused the freshly released 2019 edition of the *Glovebox Guide to Mental Health* and the launch of RAMHP’s new targeted men’s mental health website *You Got This Mate*. Click here to view the October/November eNewsletter.

The December/Christmas edition, *Merry Christmas and What’s NEW*, was delivered to 1,434 recipients and had an open rate of 27.9%. This edition provided an overview of RAMHP’s work throughout 2019, launched two new Lived Experience videos and included a Christmas greeting. Click here to view the December/Christmas eNewsletter.

**Website**
During this quarter the RAMHP website received 6,530 website sessions (+37.46%) The average website session was 2:26 mins.

The top 5 pages were as follows:
1. Homepage – 3,157 views
2. Downloadable Resources – 879 views
3. Find a RAMHP Coordinator – 751 views
4. About Us – 519 views
5. About Us; Meet the Team – 514 views

**Events**

**Glove Box Guide to Mental Health**
Across the state, RAMHP Coordinators launched the latest edition of the Glove Box Guide to Mental Health to their local communities. In Orange, the official launch was held at the Agreistic Grocer on the 3rd of October. The evening event was well attended by community representatives which included the Orange Mayor, staff from The Land, local service providers and individuals interested in progressing the awareness of mental health. The event was covered in the media and also served as a celebration for the RAMHP project staff who had spent many months preparing material for the Guide.
General RAMHP Program Updates

**Drought Events**
Across NSW RAMHP Coordinators have been heavily involved in drought events with the aim of promoting strategies for maintaining positive mental health, highlighting the help services available in local communities and identifying individuals who required linking to care. Events included 'Ag 'n Chat' morning teas in the Central West, Connection with Community dinner and lunch events in Hunter New England, 'Sconversation' morning teas, drought relief information nights and Drought Communities One Stop Shops road shows. All events were strongly supported by RAMHP communications and media resources.

**Launch of Social Media Videos**
During November and December, RAMHP launched regular social media videos. Filmed by Coordinators while out in the 'field', the short videos address common mental health queries and/or strategies to keep mentally well. In November, Phil spoke about what a normal response to a disaster is and during December Camilla talked about why connections are important for keeping well.

Program Manager, Tessa Caton, also provided a video wrap-up of RAMHP's achievements during 2019.
Newspaper Insert Campaign
During this Quarter the team were also busy planning and implementing a campaign to support local newspapers in drought affected areas as well as promote RAMHP and our How Are You Going? poster. So far 73,450 inserts have been included in various newspapers in drought-affected communities. Editorial focussing on ‘Decision making and stress’ and promoting local RAMHP Coordinator details was also included in some newspapers. This project continues to be rolled out to a few remaining areas in regional NSW. Considering the bushfire emergencies, editorial content has changed to focus to on self-care after natural disasters.

The poster was also inserted into 12,000 copies of the 2019 issue of the Country Web newsletter, which is produced by the NSW Rural Women’s Network. This year’s edition celebrates rural women turning their passions into professions.

Rural Adversity Mental Health Program deal with tough decisions and stress
Rural Adversity Mental Health Program (RAMHP) Coordinator Camilla Kenny is encouraging members of the community who may be facing stress caused by tough decision making to try some of their top tips.

Ms Kenny said RAMHP is releasing a resource called “How Are You Going?” which is a non-clinical tool to self-assess where you are at with your mental wellbeing.

The RAMHP program tips include prioritising your decisions, and can help link you to the most appropriate support services in your area.
General RAMHP Program Updates

Media Highlights

Media coverage of RAMHP was positive and widespread in Q4. Topics include the launch of the Glove Box Guide, tips on decision making and stress, tips on mental health care following a bushfire, the Baggy Blues tour, Ag and Chat morning teas and ways to support rural communities leading up to Christmas.

This quarter the team sent out the following media releases:

**10 ways to support rural communities leading up to Christmas**
Monday, December 9, 2019

**Taking care of your mental health following a bushfire**
Thursday, November 28, 2019

**Community wellbeing approach delivers positive results**
Wednesday, October 9, 2019

**Award winning Glove Box Guide to Mental Health launches**
Thursday, October 3, 2019

The media release ‘10 ways to support rural communities in NSW leading up to Christmas’ was printed in over 83 regional newspapers and RAMHP Manager Tessa Caton was also interviewed by a number of radio outlets.

The media release ‘Taking care of your mental health following a bushfire’ also had a good pick up with over 8 newspaper articles and a number of radio interviews with RAMHP Program Manager Tessa Caton.

The following three issues were published in October, November and December:

- October – **Wellbeing and You**
- November – **Decision making and stress**
- December – **Supporting rural communities leading up to Christmas**

Some examples of key media activity are presented in Table 1 on the following page. Please note this is a sample only. The full list for October-December can be seen in Appendix A of the CRRMH Quarterly Report.
## General RAMHP Program Updates

### Table 1: Overview of media Interactions (note this is a sample only – see Appendix A of the CRRMH Quarterly report for a full list)

<p>| Date       | Media Outlet                           | Topic                                                                 | Spokesperson                        | Link                                                                 |
|------------|----------------------------------------|                                                                      |                                      |                                                                      |
| 1.10.2019  | YouTube video                          | Mental Health Matters Rainbow Inclusion Award 2019 - Rainbow Waves Festival Committee | RAMHP Coordinator Jennie Keioskie   | <a href="https://www.youtube.com/watch?v=L_f-N2LQxwE">https://www.youtube.com/watch?v=L_f-N2LQxwE</a> |</p>
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Mental health toolbox launched with The Land at the Agrestrial Grocer

'Books are powerful': Project aims to bring people together through literature

Rural Adversity Mental Health Program can help when times get tough

Support available in Central West

We all make hundreds of decisions each day. Sometimes we have to make tough decisions under pressure. Sometimes, the decision itself can cause stress. When we are under constant stress we might rush in without all the information or put things off.

Try these tips:

Prioritise your decisions - is this a big decision with serious consequences? If so, spend some time making that decision instead of less important decisions.

Know your timeframe - think about the amount of time you need to spend making the decision. When does it need to be confirmed? What do you need to know to be well-informed? What information can you get in the timeframe you need?

Keep in mind that delaying or avoiding a decision is making a decision not to act.

We aim to continue to bring you all the issues that matter, in all the areas we reported on in the coming weeks.

The Cumbendah OCM hosted the morning tea with the support of the Department of Primary Industries Rural Support Program and the Rural Adversity Mental Health Program (RAMHP).

The aim of the Ag and Chat Morning Teas is to encourage people to take the opportunity to learn some information about our agricultural specialist and then allow themselves to have time to have a cup of tea or coffee, something nice to sit and chat while catching up with other locals.

It is at times we are the most stressed that we need to have contact with others. However, this is the time we are more likely to withdraw, said Dr Gill from Agriculture WA. All catering for the Ag and Chat Morning Teas is happening through local businesses and community groups to ensure that hosting is easy for the rural communities.

At the launch in Canowindra it also went to the heart of the community an opportunity to learn about different services available to them including free relationship counselling, funding through the CWA and the Western NSW LVHC and Farm Support Team.

There are several dates and venues in the district with funding coming through the Forest Trust.

CMC Core CWA & LVHC

For more information, please ring Dr Gill on 0425 462 630 for more information.

Local Leaders | Rural Adversity Mental Health Program: Decide to make choices carefully

We make hundreds of decisions each day. Sometimes we have to make tough decisions under pressure. Sometimes, the decision itself can cause stress. When we are under constant stress we might rush in without all the information or put things off. Try these tips:

Prioritise your decisions – is this a big decision with serious consequences? If so, spend some time making that decision instead of less important decisions.

Know your timeframe – think about the amount of time you need to spend making the decision. When does it need to be confirmed? What do you need to know to be well-informed? What information can you get in the timeframe you need? Keep in mind that delaying or avoiding a decision is making a decision not to act.

If you find that our original decision wasn’t the most beneficial, it’s important to remember that the decision was the best at the time with the available information. Instead we could invest our energy into putting

Support available in Central West

In 2018, 3646 Australians died by suicide - more than double the national road toll of 1145 deaths.

The impact of suicide is felt not only by the families directly affected, but also by the wider community. And while the national figure has decreased slightly, there has been an increase across the state, especially in regional areas.

Masonic es to Coor y Chest

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General RAMHP Program Updates

RAMHP Social Media – Lauren Dunkley

The following table provides an overview of the key statistics for RAMHP’s Facebook page.

Table 2: Overview of RAMHP’s Facebook Page Statistics, Oct. – Dec. 2019

<table>
<thead>
<tr>
<th>Statistic</th>
<th>Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>413 new likes were achieved during this period, bringing the total number</td>
<td>• Number of likes increased by 21.6%</td>
</tr>
<tr>
<td>of likes to 2316</td>
<td></td>
</tr>
<tr>
<td>Post Publishing this quarter was 113</td>
<td>• This quarter featured posts on the launch of the new ‘You Got This</td>
</tr>
<tr>
<td>Engagement with posts:</td>
<td>• Total engagements were up by 37.2%</td>
</tr>
<tr>
<td>– Reactions 5188</td>
<td>• Posts that attracted high engagement included a post about how</td>
</tr>
<tr>
<td>– Comments 310</td>
<td></td>
</tr>
<tr>
<td>– Shares 1347</td>
<td></td>
</tr>
<tr>
<td>– Link Clicks 401</td>
<td></td>
</tr>
</tbody>
</table>
General RAMHP Program Updates

RAMHP Social Media – Lauren Dunkley

The following table provides an overview of the key statistics for RAMHP’s Twitter page.

Table 3: Overview of RAMHP’s Twitter Statistics, Oct - Dec. 2019

<table>
<thead>
<tr>
<th>Statistic</th>
<th>Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>29 (+5.7%) new followers were achieved during this period, bringing the total number to 540</td>
<td>• RAMHP’s Twitter audience continues to increase</td>
</tr>
<tr>
<td>Post Publishing this quarter was 35 during this period</td>
<td>• Publishing frequency increased by 16.7% this quarter</td>
</tr>
<tr>
<td>35 Tweets during this period:</td>
<td>• Engagement has increased by 14.8% this quarter.</td>
</tr>
<tr>
<td>- Post Link Clicks</td>
<td></td>
</tr>
<tr>
<td>- Replies 4</td>
<td></td>
</tr>
<tr>
<td>- Retweets 59</td>
<td></td>
</tr>
<tr>
<td>- Tweet Likes 158</td>
<td></td>
</tr>
</tbody>
</table>
General RAMHP Program Updates

RAMHP Social Media – Lauren Dunkley

The following table provides an overview of the key statistics for RAMHP’s Instagram page.

Table 4: Overview of RAMHP’s Instagram Statistics, Oct - Dec. 2019

<table>
<thead>
<tr>
<th>Statistic</th>
<th>Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>90 new followers (+31.91%) were achieved during this period, bringing the total to 372.</td>
<td>• RAMHP’s reach on social media continues to grow</td>
</tr>
<tr>
<td>Post Publishing this quarter was 25 during this period</td>
<td>• Publishing frequency has been reliably consistent throughout the period for the newly launched Instagram account.</td>
</tr>
<tr>
<td>Engagement with 25 posts:</td>
<td>• Engagement increased by 0.8% during this period.</td>
</tr>
<tr>
<td>− Likes 602</td>
<td></td>
</tr>
<tr>
<td>− Comments 14</td>
<td></td>
</tr>
<tr>
<td>− Saves 5</td>
<td></td>
</tr>
<tr>
<td>− Impressions 11415</td>
<td></td>
</tr>
</tbody>
</table>
Data Considerations

This Report 4 represents the fourth period of data collected using the RAMHP App in 2019. There are a number of considerations which must be taken into account when interpreting the results of this Report. These include:

- Annual leave taken by RAMHP Coordinators during the reporting period may impact on their data presented in the Report.

- The correctness of data from the RAMHP App relies on the accurate data entry of the RAMHP Coordinators.
How Many People Were Linked?

From October – December 2019, 806 people were linked to mental health support services or resources by RAMHP Coordinators. This represents a 35% increase from last quarter.

The majority of links (n=683, 85%) were people seeking assistance for themselves.

Chart 1: Number of Links Oct. – Dec. 2019, 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>Linked someone to services/resources to help someone else</th>
<th>Linked someone to services/resources for themselves</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr - Jun 2019</td>
<td>156</td>
<td>422</td>
</tr>
<tr>
<td>Jul - Sep 2019</td>
<td>130</td>
<td>469</td>
</tr>
<tr>
<td>Oct - Dec 2019</td>
<td>123</td>
<td>683</td>
</tr>
</tbody>
</table>
How Did Linking Take Place?

During October – December 2019, the largest number of links took place when RAMHP Coordinators **attended community events** (n=95, 34%).

A considerable proportion of linkages also occurred by **providing advice to other professionals** (n=48, 17%) and through **RAMHP training** (n=45, 16%).

---


- I met them at a community event or meeting (34%)
- They attended training I delivered (13%)
- I provided linking advice to a professional in my partnerships/networks (17%)
- Through phone or email contact (16%)
- The ‘person in need’ works for a service in my partnerships/networks (9%)
- The ‘person in need’ was referred from another service (6%)
- Other (4%)

Note: (n=278). 528 cases were not included as they were group links i.e. when a number of people are linked at the same time for a specific issue.
How Did Linking Take Place?

Table 5: Proportion of Links Oct. – Dec. 2019, by Method of Linkage & Local Health District

<table>
<thead>
<tr>
<th>How linking took place</th>
<th>Far West</th>
<th>Hunter New England</th>
<th>Illawarra Shoalhaven</th>
<th>Mid North Coast</th>
<th>Murrumbidgee</th>
<th>Nepean Blue Mtns</th>
<th>Northern</th>
<th>Southern</th>
<th>Sydney Areas</th>
<th>Western</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>I met them at a community event or meeting</td>
<td>30%</td>
<td>43%</td>
<td>0%</td>
<td>67%</td>
<td>44%</td>
<td>0%</td>
<td>13%</td>
<td>12%</td>
<td>100%</td>
<td>46%</td>
<td>34%</td>
</tr>
<tr>
<td>They attended training I delivered</td>
<td>10%</td>
<td>43%</td>
<td>0%</td>
<td>3%</td>
<td>11%</td>
<td>0%</td>
<td>13%</td>
<td>34%</td>
<td>0%</td>
<td>15%</td>
<td>16%</td>
</tr>
<tr>
<td>I provided linking advice to a professional in my partnerships/networks</td>
<td>16%</td>
<td>0%</td>
<td>0%</td>
<td>14%</td>
<td>22%</td>
<td>0%</td>
<td>20%</td>
<td>26%</td>
<td>0%</td>
<td>14%</td>
<td>17%</td>
</tr>
<tr>
<td>Through phone or email contact</td>
<td>12%</td>
<td>14%</td>
<td>100%</td>
<td>6%</td>
<td>11%</td>
<td>0%</td>
<td>13%</td>
<td>12%</td>
<td>0%</td>
<td>17%</td>
<td>13%</td>
</tr>
<tr>
<td>The ‘person in need’ works for a service in my partnerships/networks</td>
<td>22%</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>7%</td>
<td>8%</td>
<td>0%</td>
<td>0%</td>
<td>6%</td>
</tr>
<tr>
<td>The ‘person in need’ was referred from another service</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>8%</td>
<td>0%</td>
<td>0%</td>
<td>11%</td>
<td>0%</td>
<td>0%</td>
<td>3%</td>
<td>4%</td>
</tr>
<tr>
<td>Other</td>
<td>10%</td>
<td>0%</td>
<td>0%</td>
<td>3%</td>
<td>11%</td>
<td>100%</td>
<td>22%</td>
<td>8%</td>
<td>0%</td>
<td>5%</td>
<td>9%</td>
</tr>
<tr>
<td>TOTAL</td>
<td>100%</td>
<td>100%</td>
<td>100%</td>
<td>100%</td>
<td>100%</td>
<td>100%</td>
<td>100%</td>
<td>100%</td>
<td>100%</td>
<td>100%</td>
<td>100%</td>
</tr>
</tbody>
</table>

Note: (n=278). 528 cases were not included as they were group links i.e. when a number of people are linked at the same time for a specific issue.
What Symptoms Or Issues Were RAMHP Coordinators Assisting With?

Chart 3: The Ten Most Frequent Symptoms Identified when Linking, Oct. – Dec. 2019

- The 10 most common issues or symptoms RAMHP Coordinators assisted with are presented above. More than one issue or symptom can be selected for each person linked (N=1,919).

- The most common issue or symptom was **stress (n=409)**.

- The issue **drought (n=210)** moved from second place for the first time since this measure was first reported in August 2018. **Disaster or adverse event (n=397)** was the second most frequent issue reported, most likely reflecting the Coordinators’ contact with people affected by fires. Data specifically on RAMHP’s fire response will be reported in next quarterly report.
What Support Or Resources Were Suggested by RAMHP Coordinators?

- RAMHP Coordinators usually provide more than one type of support or resource when they link (N=3,781).

- The most common support or resources provided by RAMHP Coordinators were printed information (n=657, 17%), practical strategies (n=497, 13%) and GP (n=482, 13%).

- This quarter saw a considerable increase in recommendations for printed information (up 42%), telephone helplines (up 65%) and emergency services (up 88%). This is likely to reflect the Coordinators’ response to the fires.
Coordinators’ Stories From Those We Help: Fires

I spoke with a woman who was discharged from a mental health facility. She presented to the evacuation centre as her home perished in the bushfire. I linked her to the Community Mental Health Team.

I was approached by a Red Cross responder, new to her position helping people affected by the bushfires. She sought information about available services, and I gave her Glove Box Guides, a DPI Primary Producers Assistance Guide, HRUG posters and contact details for other RAMHP Coordinators. She was particularly interested in knowing how to engage people in accessing services and how to have difficult conversations about mental health.

I spoke with a man who was exhausted from the fires and smoke. He was really anxious about climate change. We had a long talk and I provided some websites and a copy of the Glove Box Guide. He plans to reconnect with family as a result of this tragedy.

I visited businesses in an area affected by the fires to see how people were coping. I met a woman who was experiencing mild trauma - intrusive thinking, trouble sleeping and "catastrophising" events that "could have" happened as a consequence of the bushfires. I provided information about phone and online services, suggested they access a social support group and I provided strategies.

I met a veterinarian who is experiencing constant worry about the welfare of wildlife and domestic animals affected by the bushfires. I linked them to their GP, telephone support, online services and provided print information and practical strategies.

I spoke with a woman who was experiencing symptoms of hyper vigilance and worry about what could have happened to family members in the wake of the bushfires that raged through the area. I provided printed information and recommended online support.
How Much Training Was Delivered?

- From October – December 2019, **106 training courses** were delivered by RAMHP Coordinators.

- The most common training courses delivered were **Mental Health First Aid** (n=28, 26%), **Tailored Training** (n=25, 24%), and **Workplace Support Skills** (n=26, 25%).

- RAMHP Coordinators delivered training to **3,005 participants** this quarter.

- On average each course contained **28 participants**.
Who Did RAMHP Coordinators Train?

Training courses were predominantly comprised of general community members (n=17, 16%), community group or organisations (n=13, 12%) and other government or council staff (n=13, 12%).

**Examples of Organisations Trained**

- Stormtech
- GenTech Seeds
- NSW Police
- Orange City Council
- Cooinda Court Nursing Home
- Sapphire Physio
- Queanbeyan Palerang Regional Council
- University of New England
- HNECC PHN Practice Nurses and Admin
- Local Health District Palliative Volunteers
- Guyra Rotary
- Uniting Church in Australia
- THALES Australia
- Department of Fair Trading
- Essential Energy

---

**Chart 7: Number of Training Courses, Audience Type, Oct. – Dec. 2019**

<table>
<thead>
<tr>
<th>Audience Type</th>
<th>Number of Training Courses</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Community Members</td>
<td>17</td>
</tr>
<tr>
<td>Community group or organisation</td>
<td>13</td>
</tr>
<tr>
<td>Other government or council</td>
<td>13</td>
</tr>
<tr>
<td>Primary industry</td>
<td>9</td>
</tr>
<tr>
<td>Other Private Business</td>
<td>9</td>
</tr>
<tr>
<td>Mental health</td>
<td>7</td>
</tr>
<tr>
<td>Physical health (eg medical)</td>
<td>7</td>
</tr>
<tr>
<td>Heavy industry</td>
<td>7</td>
</tr>
<tr>
<td>Education</td>
<td>6</td>
</tr>
<tr>
<td>Other</td>
<td>5</td>
</tr>
<tr>
<td>Mixed welfare services</td>
<td>5</td>
</tr>
<tr>
<td>Youth</td>
<td>2</td>
</tr>
<tr>
<td>Police or emergency services</td>
<td>2</td>
</tr>
<tr>
<td>Housing</td>
<td>2</td>
</tr>
<tr>
<td>Employment</td>
<td>1</td>
</tr>
<tr>
<td>Consumers (of mental health and other services)</td>
<td>1</td>
</tr>
</tbody>
</table>
What Audiences Were Reached Through Community Events?

Chart 8: Coordinator Attendance at Community Events, by Audience Type, Oct. – Dec. 2019

- RAMHP Coordinators attended a large number of farming (n=60, 30%) and general community (n=109, 54%) events.

- General community events included Trusted Advocates Information in Coonabarabran, Prosperity in the Park in Nowra, Designing Resilience Actions Workshop in Warren and the Human Services truck roadshow in Wilcannia.

- RAMHP Coordinators had direct contact with 3,410 visitors at events.