



Centre for
Rural & Remote
Mental Health

Strategic Directions 2016-2020



Living Well in Rural and Remote Communities

	<p>Undertaking world-class research into rural and remote mental health and service systems</p>	<p>Building research capacity in rural and remote health</p>	<p>Applying existing knowledge to make a difference to rural and remote mental health</p>	
<p>Our Purpose</p> <p>To provide evidence based solutions to improve the mental health, wellbeing and resilience of rural and remote residents.</p> <p>To deliver high quality and relevant research, information, health promotion and education services that improve mental health and wellbeing.</p> <p>We aim to make a significant contribution to:</p> <ul style="list-style-type: none"> improving the mental health and wellbeing of rural and remote residents developing the mental health system to better meet the needs of those experiencing mental ill-health. understanding and responding to rural and remote suicide and suicide-related behaviours 	<p>Build a greater understanding of mental health and mental ill-health in rural and remote settings Particular focus on the mental health of people working in rurally based industries.</p> <p>Increased focus on the social and emotional wellbeing of Aboriginal and Torres Strait Islander people.</p>	<p>Ensure service planners and providers are informed by the most current and best research findings Provide research consultation, advice and expert support to MHB, the NSW Mental Health Commission, Rural LHDs, PHNs and other appropriate organisations</p>	<p>Translate research and well-founded theoretical perspectives into programs, resources and services that make a difference Work with communities, government and non-government organisations and others to develop and evaluate specific responses to rural suicides</p> <p>Together with relevant partners and external funders, undertake mental health promotion interventions that encourage individuals and communities to act to protect and promote their mental health</p> <p>Focus particularly on a partnership with Aboriginal communities to advance the effective promotion of social and emotional wellbeing and to reduce Aboriginal suicide and suicide-related behaviours</p>	
	<p>Build the evidence base for effective integrated services and systems for people with mental ill-health Form effective partnerships to attract local, state and national resources to enhance the CRRMH capacity to address a comprehensive research agenda</p> <p>Establish International Federation of Integrated Care (IFIC) Australia to advance the science, knowledge and adoption of person-centred and integrated care in policy and practice across Australia and the Asia-Pacific Region</p>	<p>Build a world-class research team within the Centre addressing rural and remote mental health Employ an established leader in building research capacity</p> <p>Build high-level expertise in program design, implementation and evaluation of mental health interventions</p>		<p>Trusted source of information Provide library services to assist students, teachers, practitioners and service planners</p> <p>Use a range of media to communicate high quality and evidence-informed information about mental health and mental health service systems in rural and remote settings</p>
	<p>Contribute to efforts to implement mental health sector reform Contribute to the design and delivery of new models of mental health service provision</p>	<p>Post-graduate learning Provide a pathway to higher learning for students in a cross-disciplinary approach to research relevant to rural mental health</p>		<p>Advocacy Work with consumers, carers and communities in the co-production of high quality responses to mental ill health and suicide.</p>
	<p>Conduct evaluations to determine the effectiveness of mental health service delivery in rural and remote settings Partner with Local Health Districts and Primary Health Networks to undertake evaluations on innovative service models</p>			