

Welcome to the



**Partnerships Working
Together Forum**

**build
YOUR GAME**
Good sports. Good mental health.



SMPCP *Partnerships – Working Together* Forum

Rhonda Allan, Delia Baber (Mallee Sports Assembly)

Greg Currie (Northern District Community Health Service)



Good Sports, Good Mental Health – Build Your Game

- Project of Australian Drug Foundation
- Funded by beyondblue
- 2009-2011
- Implemented with sporting clubs through Good Sports program network in northern Victoria & southern NSW (regionally by NDCHS & MSA)
- Drought-affected region
- Pilot conducted by NDCHS in 2007

Aims

- Support and promote inclusive, safe and healthy sports clubs
- Increase awareness of mental illnesses to promote help-seeking behaviour
- Provide information, appropriate referrals and support to communities through sports clubs and link clubs to referral services
- Build knowledge of links between mental health and alcohol and other drug use
- Promote how to look out for your mate

Goals

- Build club knowledge
- Challenging and changing attitudes: promoting positive mental health in clubs
- Build the club's role in the community
- Enhance club confidence: sustain club capacity

Partnerships

- Australian Drug Foundation, beyondblue – the national depression initiative
- Mallee Sports Assembly, Northern District Community Health Service
- 24 sports clubs in SMPCP catchment
- Other agencies : SMPCP, North Central Umpires Group, North Central Football League, Gannawarra Neighbourhood House, Gannawarra Shire Council, Swan Hill Neighbourhood House, Golden Rivers FL, Central Murray FL, Golden Rivers umpires

Sports Clubs

- *Rhonda worked with* Charlton LTC, Donald FC, Kerang ABA, Gannawarra TC, Kerang LTC
- *Delia worked with* Swan Hill Racecourse BC, Swan Hill SL, Lakers CC, Swan Hill CC, Swan Hill Futsal
- *Greg worked with* Boort FNHC, Mitiamo FNC, Kerang FC, Kerang BC, Cohuna-Kangas FNC, Cohuna GC, Cohuna BC, Murrabit FNC, Quambatook FC, Wandella FNC, Swan Hill FNC, Tyntynder FNC, Tooleybuc-Manangatang FC, NNWUFC

Build Your Game Interventions

1. Information Station

- beyondblue information station, or 'bluey' installed in club



2. Events

- Each club to host an event to promote mental health; educational/ awareness or social/game-related (nearly 3000 show bags)
 - Blue Rounds were conducted:
 - players, officials, gate people wore BYG Blue shirts
 - blue balloons were displayed, blue cricket stumps, hair sprayed blue
 - Club members and supporters were informed the aims of the program

Participants wearing the Blue Shirts







3. Local Services Audit

- Listing local community resources providing support on mental health and alcohol/drug use
- These lists were displayed in the club houses where it is easy for people to access/view the information



SUPPORT & INFORMATION

Drought Assistance Hotline
13 23 16

Mental Health Advice Line
1300 280 737

Beyondblue
1300 22 4636

COUNSELLING & REFERRAL

Centrelink
13 24 16

Echuca Mental Health
5480 7419

Local Doctors & Specialists

Northern District Community Health Service
5451 0200

Neighbourhood House
5456 4666

The Salvation Army
13 72 58

Salvation Army Hopeline
1300 467 354

24 HOUR EMERGENCIES

Community Mental Health Triage
1 300 363 788

Adult Mental Health Service
Via triage*

Aged Persons Mental Health Service
via triage*

Mental Health Carers Helpline
1300 550 265

Child & Adolescent Mental Health Service
Via triage*

St Lukes Anglicare Bendigo
5440 1100

Nurse on Call
1 300 606 024

IMMEDIATE CRISIS

Emergency 000

Mental Health Triage* 1 300 363 788

Lifeline 13 11 14

Regional Hospital Emergency Department

Psychiatric Disability Rehab Support Service
5480 1120

Women's Health Loddon Mallee
5092 1688

Suicide Help Line Victoria 1300 651 251

Centre Against Sexual Assault
5441 0430

St. Vincent de Paul Echuca
5480 7621
Rochester
5884 3584

Womensline
1800 811 811

Mensline
1300 78 9978

Centacare Family Services
5443 9577

Poisons Information
13 11 26

Echuca Community Mental Health
5480 7419

MPDGP Community Support Worker
5481 1300

Carers Support Service
1800 068 978

Rural Financial Counselling Service Kerang
5450 3285

Gambler's Help
1800 858 858

Eating Disorders
Via Triage*

Mallee Family Care
Kerang 5452 2863
Swan Hill 5032 4479

Parentline Vic

Carers' Support Group
5482 5541

Family Advice Line
1800 050 321

4. Mental Health Awareness Training

- Sports club committee members undertook beyondblue 3 hr training course (4 courses; 60+ participants)



Outcomes

- Outcome of CATI evaluation not yet available.
- Enhanced awareness of and capacity to recognize signs and symptoms of mental illnesses.
- Safe ground created to share stories.
- More likely to look out for their mates.
- Cooperation between rival clubs

Positives of the program:

- Stigma of mental health issues “broken down”
- Environments also promotes and supports the benefits of regular physical activity for one’s health and well-being
- New partnerships were developed and existing ones strengthened
- Most clubs were very keen to “come on board” due to history of their own members
- Raised awareness of the issues of drug use and more in particular alcohol use in the sporting environment
- People spoke more “freely” about depression and it is more common than you think
- Some Clubs plan to have a blue round annually
- Good means of engaging with men about mental health

Negatives of the program:

- Floods/inclement weather interfered with proposed schedule of “Blue Round” events
- Timing of the CATI initiative jeopardized access to increased information/comments from participants
- Initial instruction for program delivery not finalised until after commencement which caused confusion for involved partners
- Some clubs that were approached (bowling clubs) were already involved in an beyondblue initiative less than 12 months prior to the BYG program