

WELLBEING SCRIPT SYSTEM BUILDING

UPDATE

REIMAGINING SECTOR COLLABORATIONS FOR WELLBEING OUTCOMES

Imagine if we could reduce the pressure on health services by 20%, whilst increasing the resilience and health of people in our communities, creating better places to live.

By creating stronger links and pathways between health practitioners and the community to improve our framework for wellbeing, we can..

**CONNECTION. HEALTH.
WELLBEING. AGENCY.**

AN UPDATE

The Central Highlands Association of Neighbourhood Houses has partnered with Health Futures Australia on Wellbeing Script System Building Initiative, funded by the Australian Government as the 'New Pathways for Health' Project. The partnership is engaging stakeholders in the co-design of a place-based approach to 'wellbeing scripts' for the region.

We have now completed a series of in-depth wellbeing dialogue interviews and focus groups with clinicians, community and Neighbourhood House leaders to gather a variety of perspectives on how things work, might work and ideas for the future. The purpose of these conversations has been to shed light on the role of Neighbourhood Houses as hubs for a range of connection and wellbeing activities across our communities, to connect local GP's with local Neighbourhood Houses, and actively explore the idea of a wellbeing script to ease referral to Houses.

This brief "news" provides a snapshot of the conversations and the critical themes that have emerged to guide the wellbeing effort for the future.



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CO-DESIGNING A NEW WELLBEING SYSTEM

WELLBEING VISION

- "I would love to see a community that has lots of opportunities for people to engage, to understand their own health and what contributes to that, to have opportunities for people to contribute and to be valued in their local community"
- "the connection is what brings people to doing it long term"

THE VISION AND OPPORTUNITY FOR OUR REGION – WHAT MIGHT IT LOOK LIKE?

- "seeing healthier and more engaged communities...creates empowered communities, which has untold benefits for community members"
- "it would be attractive to a lot of different sorts of people"
- "it would have a variety of options that people were able to choose from, that tapped into the things that they could see themselves doing. But also perhaps would challenge people to consider things that they'd not actually considered before"
- "a community that knows where to get the information to be healthy for themselves"
- "medical practitioners prescribed to Houses for "prevention""
- "there's an amazing opportunity to reshape things in the direction that we might see more appropriate"
- "health and wellbeing is more than a clinical or medical response"

WHAT'S REQUIRED

- "comfortable with not knowing, and there is a confidence that you need to have to be there"
- "always thinking about the end user"
- "you have a vision, but the vision is not the ultimate goal, but rather, it's the process that is important"
- "lots of open communication and relationship building"

THE GAPS

- "the gaps seem to be the informal mental health support and the social connectedness, and from that the other stuff flows"
- "and then there's that gap. That social connection gap"
- "I have had a few patients that you try and do the right thing by them to support them in the clinic, but you realise that they actually need social groups to help support them long term as well"

THE CURRENT STATE

- "I see a lot of people far more often as a GP, than I should need to, because they need to know that they've got a connection in some way"
- "it's waiting lists and costs, availability of psychologists. When probably 70% of our isolated, mild anxiety, early low-grade depression probably do better with community support and not psychology"
- "trying to engage that more middle group of people, which are just normal, average people without too many specific, obvious issues"

WHAT WE UNDERSTAND OF SOCIAL PRESCRIBING

- "opportunity to link in with people in a much less confrontational way..."
- "you also offer the opportunity for people to contribute"
- "embed health promotion activities and healthier eating, active living, social connection into some of those activities...in a way that was really accessible to the local community and really meaningful..."
- "we know from all the work that social connectedness is one of the biggest determinants of morbidity and mortality"
- "it always ends up being a multiple outcome situation"

NEIGHBOURHOOD HOUSES - WELLBEING HUBS

- "we worry about our community and the House will take care of itself"
- "Neighbourhood Houses look further than just providing "programs" and offering only the programs the Houses offer"
- "the infrastructure ...has been created with a lens of the social determinants of health"
- "they've also looked at the opportunities to have health promotion information, to look at embedding healthier eating, to look at that social connection"
- "a really good Neighbourhood House will be one that really invests itself in the community"
- "I do think they're an excellent ground level entry point for people"
- "Neighbourhood Houses are health promotion practitioners but don't promote it..."
- "you go there because you're seeking something or some gap in your life"

THE PROPOSED APPROACH: WELLBEING SCRIPT SYSTEM BUILDING

Insights, aspirations and ideas are gathered from potential Wellbeing Script users through interviews, focus groups, literature, and evidence

Sept 2020 - Feb 2021
Discovery

"Sensemake" together: through targeted small sessions in different communities we make sense of the data and next steps.

Nov 2020 - June 2021
Sensemake

In communities we design and test ideas, learn, and iterate to make the system work

Feb 2021 - onwards
Co-design

Build a useable Wellbeing Script that works for communities, GPs, and Houses.

Sept 2020 - onwards
Build

Our goal: A process and space to lead, experiment, design, create, scope- to build the wellbeing script system by connecting community health and wellbeing sectors. For more information www.chanh.org.au.

**WELLBEING
SCRIPT
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