



Future Directions – A Mental Health Networking Success

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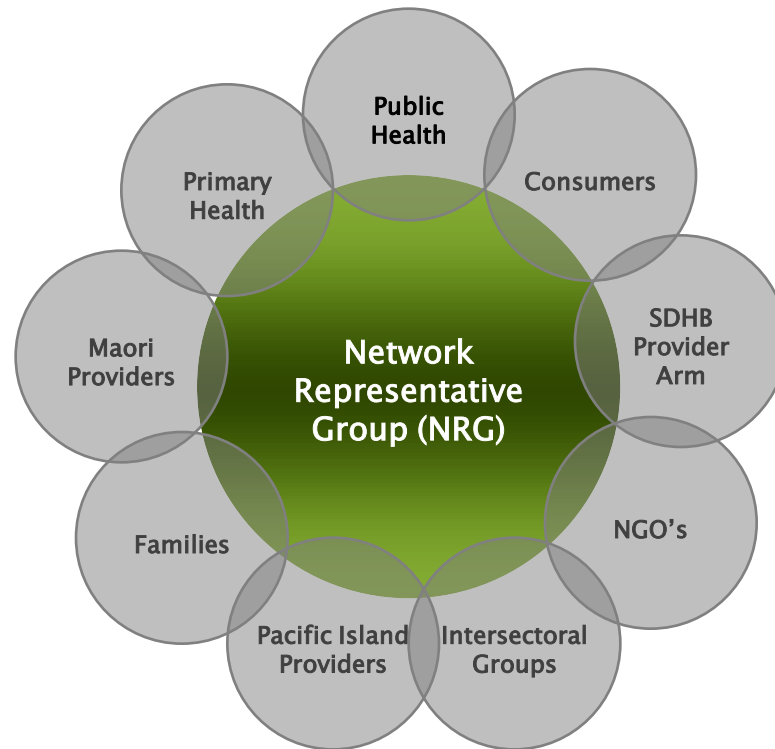
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How it all started...

- In 2005 new management, new ideas and a new vision sparked the development of a new Mental Health Network in Southland of providers, consumers, families and stakeholders.
- A community development approach was adopted for the process to ensure inclusion, consultation and robust planning

Why it works...



Weaving Wellness into our future

Why it Works...

- The Network shares information and facilitates communication
- The Network consults with the key agencies and groups in the MH sector
- The Network identifies weaknesses, strengths and opportunities
- The Network coordinates activity and facilitates collaboration
- The Network raises the profile of mental health in the wider community
- The Network provides advice and direction to planners and funders
- The Network develops the capacity of service providers and improves quality

What makes Future Directions different...

1. Vision
2. Model
3. Resourcing
4. Relationships
5. Activity

Vision

- “No one provider can deliver everything”
- An agreed understanding of the sectors ‘health’
- Acknowledging our strengths and weaknesses
- Agreeing on a model, a process, and a way forward
- Establishing a shared vision
- Openness and honesty
- A proven commitment

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Model

- A community development approach
- Inclusive, comprehensive and robust
- Leaders identified and engaged
- Network Representative Group established
- Range of groups and forums that support the Network
- Reduced duplication and improved continuity

Resources

- Dedicated positions that support the Network
 - Network Coordinator
 - Quality Improvement Coordinator
 - IT Systems Analyst
- Funding for ‘Network’ projects and resources
- ‘In-kind’ support from Network members

Relationships

- Defined by the model, terms of reference and agreed processes
- New contacts and networks continue to develop and grow
- The 'culture' of relationships continues to evolve
- Ongoing liaison with planning and funding and the MoH

Activity

- Coordinated and collaborative
- Capacity building with a focus on Quality
- Strategic Planning
- Support for individual providers and the entire Network
- Outcome focused
- Future Directions Branding

The CAMHS Connection...

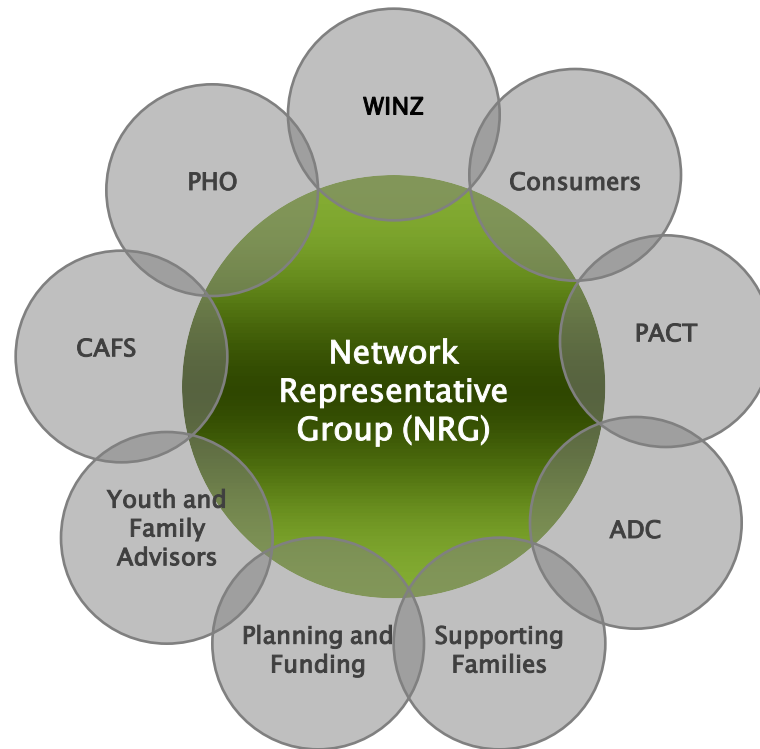
- SDHB provider arm is the main provider of specialty services
- SDHB contracts additional specialist services from a number of community based providers who are also part of the Network
- CAFS represented in the Network Representative Group by the General Manager, who is the chair, and the Service Manager
- The Youth Consumer Advisor also attends

Mapping Local Services

- Pact Youth South
- SF Southland
- Awarua Social and Health Services
- YMCA Southland
- Adventure Development Counselling Ltd
- Mirror Counselling
- Nga Kete Matauranga Pounamu Trust

SF Southland

- SF (Supporting Families) Southland deliver support, advocacy, education and information services to children who have a parent or sibling with a mental illness.
- Based in Invercargill and have a district-wide contract
- Contracted FTE = 1.0
- Close links with CAFS, ADC, YOSS



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Benefits

- Stronger intersectoral links
- Raised profile of mental health
- Raised profile of CAFS and clarified role
- Identification of community need and solutions
- Link with Planning and Funding
- Positive outcomes for children and youth

What a difference three years makes...

- Infrastructure development – IT, facilities, memorandums, interface agreements
- Youth One Stop Shop
- Workforce development – joint recruitment, supervision, secondments
- Youth Consumer Advisor
- Youth Advisory/Consultation Group
- Coordination between providers
- Mental Health Promotion/Mental Health Literacy
- Rural Mental Health



FUTURE DIRECTIONS


The Southland Mental Health Network - *Weaving Wellness into our future*

Future Directions - Windows Internet Explorer provided by SDHB

http://www.futuredirections.org.nz/index.php?p=background

Google NZ

Future Directions



Photograph kindly supplied by Ventura Southland

FUTURE DIRECTIONS


The Southland Mental Health Network - *Weaving Wellness into our future*

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- Future Directions - Background**
- Southland District Profile
- Mental Health Events Calendar
- Mental Health Open Forums
- Mental Health Sector Profiles
 - Intersectoral Agencies
 - Primary Health Care
 - SDHB Provider Arm
 - NGOs
 - Maori Providers
 - Pacific Island Providers
 - Service Users
 - Families
- Initiatives and Projects
- Situations Vacant
- Links
- Contact Us

Future Directions - Background

The Southland Mental Health Network, called Future Directions was established in 2005, and is designed to deliver better services by providers for mental health consumers and their families. It does this by:

- Including Everyone:**
The Network has members from all of the major groups working in mental health including NGOs (Non-Government Organisations), PHOs (Primary Health Organisations), consumers and families.
- Sharing Ideas:**
The Network provides an opportunity to share information and discuss ideas and concerns openly and honestly.
- Taking Action:**
The Network develops and runs projects on behalf of all providers, consumers and their families.
- Providing Feedback:**
Members of the Network take ideas and information back to their own organisations and networks and give feedback and advice to the Southland District Health Board.



In Southland there are 3 sectors that represent service providers, consumers and families. The diagram illustrates their relationship and each of them has representatives sitting on the central group called the Network Representative Group, or NRG. The NRG meet every month to discuss local mental health issues, develop and run projects and to get updates on projects already running.

Three times a year an "Open Forum" is held. Mental health providers, stakeholders, consumers and families attend these Forums and anyone from the public can also attend. They offer the chance to receive updates on what's going on in the Mental Health sector and to have an open discussion about issues that those present are interested in discussing.

The NRG representatives from the mental health sector for 2007-2008 are:

SDHB CONSUMERS

The Next Steps...

- Consolidation
- Further integration
- Further development
- Maintaining the momentum



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