

NAREMBEEN COMMUNITY WELLBEING PLAN

2019-2021

Long-term Outcome: To reduce risks and increase safety and wellbeing for all individuals within the Shire of Narembeen

Endorsed: June 2019

PURPOSE

The Narembeen Community Wellbeing Plan seeks to build resilience, improve health and wellbeing and strengthen agency collaboration; in turn reducing the incidence of risky behaviours and potential harms associated with alcohol and other drug use within the community of Narembeen. The Narembeen Community Wellbeing Plan endeavours to achieve this by:

- Actively supporting partnerships between community and service providers to identify and address local issues.
- Providing a means to coordinate, implement and evaluate an evidence-based, whole of community approach in a timely and appropriate manner.

BACKGROUND

The Narembeen Community Wellbeing Plan was developed using best practice principles (see appendix 1).

The four planning workshops facilitated by the Wheatbelt Prevention Team with key Narembeen stakeholders and agencies (Held in August and November 2018 and March and April 2019), and the analysis of a number of consultation documents, anecdotal data & reports, and a Community Perception Survey dating from 2018 have provided the context for the Narembeen Community Wellbeing Plan. These documents reflect the collective knowledge and experience of the Narembeen Community Wellbeing Plan [NCWP] planning workshops and should be consulted if further development of the NCWP is required.

Documents which inform the Narembeen Community Wellbeing Plan:

- *Shire of Narembeen Community Perception survey 2018*
- *WAPOL Narembeen anecdotal Incident data 2018*
- *WACHS – Narembeen Hospital Epidemiology Data 2011 - 2018*
- *Shire of Narembeen Crime Statistics*
- *Narembeen Early Development Index Data*

These documents can be acquired by contacting the Wheatbelt Prevention Team, or the Narembeen Community Wellbeing Plan committee

LINKS TO EXISTING STRATEGIES

The Narembeen Community Wellbeing Plan committee acknowledges the existing strategic framework of:

National Strategies:

- National Drug Strategy 2017-2026
- The 5th National Mental Health and Suicide Prevention Plan
- ATSIPEP Report 2016 & ATSIPEP Youth Round Table Report 2015
- National Aboriginal and Torres Strait Islander Peoples' Drug Strategy 2014 – 2019 (*A sub strategy of the National Drug Strategy 2010-2015*)
- Lifespan Model

State Strategies:

- The Western Australian Mental Health Promotion, Mental Illness, Alcohol and Other Drug Prevention Plan 2018-2025
- Working Together: Mental Health and Alcohol and Other Drug Engagement Framework 2018-2025
- Strong Spirit Strong Mind - Aboriginal Drug and Alcohol Framework for Western Australia 2011- 2015.
- WA Youth Health Policy 2018 - 2023
- WA Suicide Prevention Strategy 2020: Together we can save lives
- WA Aboriginal Youth Health Strategy 2018-2023
- Western Australian Alcohol and Drug Inter-agency Strategy 2018 – 2022

Local Strategies:

- Shire of Narembeen Strategic Plan
- Narembeen Community Resource Centre Contract Agreement

WORKING DOCUMENT

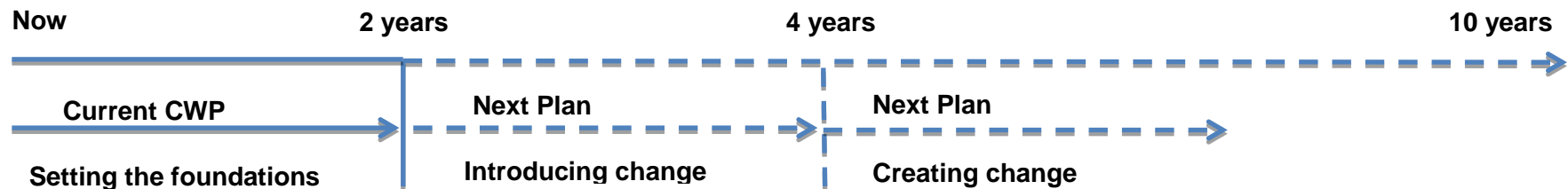
The Narembeen Community Wellbeing Plan is intended to be a **two-year** plan. However, the working group acknowledges that there may be cases where strategy and key priority areas will adopt some variation according to emerging trends in the community.

LIST OF ACRONYMS USED IN THIS DOCUMENT

AOD	Alcohol and other drugs
ATA	Alcohol Think Again
CWP	Community Wellbeing Plan
DA	Drug Aware
Dept. LGSCI	Department of Local Government, Sport and Cultural Industries
FDV	Family & Domestic Violence
MH	Mental Health
MHC	Mental Health Commission
NDHS	Narembeen District High School
SDERA	School Drug Education and Road Aware
SP	Suicide Prevention
WAPHA	WA Primary Health Alliance
WCADS	Wheatbelt Community Alcohol and Drug Service

Priority Areas:

1. Alcohol misuse and associated harms
2. Mental Health and Emotional Wellbeing



Priority 1: Short-term Outcomes (next 24 months)

- To reduce the number of alcohol related Family and Domestic Violence (FDV) recorded incidences by 10% over 2 years.
- Provision of education and increased awareness of alcohol related harms, primarily the impact on children, families and the broader community.

Priority 2: Short-term Outcomes (next 24 months)

- Increased awareness of mental health and wellbeing through the provision of education and training to professionals and the broader community.
- Increased awareness and knowledge of support services (placed based, outreach, phone and online), how to access and referral pathways.

PRIORITY ONE: Alcohol misuse and associated harms			
<i>Primary Target Group: Male (all ages .: 14 years +)</i> <i>Secondary Target Group: Whole of Community</i>			
SHORT-TERM OUTCOME/S (next 24 months)	KEY PERFORMANCE INDICATOR	COLLECTION TOOL	COLLECTED BY
To reduce the number of alcohol related FDV recorded incidences by 10% over 2 years.	Reduction in the number of alcohol related FDV recorded incidences	WAPOL Incident Report	WAPOL
Provision of education and increased awareness of alcohol related harms, primarily the impact on children, families and the broader community	Provision of education for professionals, parents and community	Number of training/sessions delivered within community	Organisation facilitating training
	Demonstrated increase in knowledge on tools and strategies	Training feedback/evaluation forms	Organisations facilitating training
	Increased awareness of alcohol related harms	Evaluation of Communications Plan; Community Perception Survey	Whole of Committee

ACTIONS	LEAD	RESOURCES	WHO WILL CONTRIBUTE	BY WHEN
Short-term Outcome: To reduce the number of alcohol related FDV recorded incidences by 10% over 2 years				
Investigate the possibility of alcohol related FDV referrals to Holyoake for contact / counselling support.	WAPOL Holyoake	Referral Form		December 2019
Increased promotion of Holyoake's AOD services and 24/7 AOD Support Lines	Holyoake	Communication Schedule		Ongoing

Build capacity for community to understand and acknowledge the link between alcohol and violence through the 'Alcohol is no excuse for Violence' Campaign	Whole Committee	Communication Schedule		Ongoing
Continuation of positive and proactive policing	WAPOL		Whole of Committee	Ongoing

Short-term Outcome: Provision of education and increased awareness of alcohol related harms, primarily the impact on children, families and the broader community				
Introduction and promotion of non-alcoholic wine and beer in licenced premises and at Events in the Shire of Narembreen.	Shire of Narembreen Narembreen CRC		All licenced premises	Ongoing
Support the continuation of SDERA programs at Narembreen District High School to deliver related AOD education and resiliency building activities.	Narembreen DHS SDERA	SDERA Challenges & Choices Resources		
Support SDERA to increase awareness to parents in Narembreen of the harms of AOD use by providing relevant fact sheets and through the delivery of workshops.	Narembreen DHS		SDERA	
Provision of AOD harm reduction related training/workshops for: <ul style="list-style-type: none"> - First Responders - Licenced Premises - Sporting Clubs - Broader Community 	Narembreen CRC Holyoake		Whole of committee	Ongoing
Liaise and encourage collaboration between Sporting Clubs and the Alcohol and Drug Foundation - Good Sports program.	Holyoake Sporting Clubs		Shire of Narembreen Narembreen CRC	

Investigate the effectiveness of placing Breathalyser's in licenced venues and potential introduction of Breathalyser's in licenced venues.	WAPOL			
Role model appropriate behaviour around alcohol within the workplace.	Whole of committee			
Promote and/or advocate for an increase in alcohol free events.	Shire of Narembeen Narembeen CRC		Licenced premises	
Promotion of the Dry July initiative.	Shire of Narembeen Narembeen CRC			
Develop a localised communication schedule to include: <ul style="list-style-type: none"> - Alcohol. Think Again "I need you to say no" Campaign - Alcohol. Think Again "Alcohol and Health" Campaign 	Whole of Committee			
Value add to SOCK Week initiatives through promotion of ATA material and support service information.	Narembeen C RC		Shire of Narembeen	24 th June each year
Utilising the Narembeen DHS Student Council and the Wheatbelt Youth Council as conduits to share information and resources and to provide advice and guide initiatives embedded within the Narembeen Community Wellbeing Plan	Narembeen DHS Holyoake Shire of Narembeen		Whole of Committee	

PRIORITY TWO: Mental Health and Emotional Wellbeing			
<i>Primary Target Group: Whole of Community</i> <i>Secondary Target Group: School aged children</i>			
SHORT-TERM OUTCOME/S (next 24 months)	KEY PERFORMANCE INDICATOR	COLLECTION TOOL	COLLECTED BY
Increased awareness of mental health and wellbeing through the provision of education and training to professionals and the broader community	Increase in the awareness of mental health and wellbeing and the importance of help seeking behaviours	Community Perception Survey	MHC/Whole of Committee
	Increased confidence to provide support and guidance to individuals that are experiencing mental health or situational distress	Community Perception Survey	MHC/Whole of Committee
	Provision of training for professionals and community	Number of training/sessions delivered within community	Organisation facilitating training
Increased awareness and knowledge of support services (placed based, outreach, phone and online), how to access and referral pathways	Increase in the number of appropriate local services/agencies identified as a support service	Community Perception Survey (pre-post comparison)	MHC/Whole of Committee
	Increase in the number of referrals to place based or phone/online support services	Referral numbers (place based)	Support Services

ACTIONS	LEAD	RESOURCES	WHO WILL CONTRIBUTE	BY WHEN
Short-term Outcome: Increase awareness of mental health and wellbeing through initiatives and the provision of education and training to professionals and the broader community.				
Expanding on the Shire of Narembeen's re-branding 'Together We Grow' with the creation of 'Together We Grow' Week which will focus on mental health and wellbeing and strengthening community and social capital.	Shire of Narembeen Holyoake			
Creation of a Mental Health & Wellbeing Committee which will work collaboratively with the Narembeen CRC to roll out Mental Health Week and other relevant state and national suicide prevention initiatives	Narembeen CRC Holyoake			
Provision of education and training with a focus on mental health literacy and suicide prevention for: <ul style="list-style-type: none"> - School Staff - Front Line Workers - Health professionals - First Responders - Community members (Mental Health First Aid, Rural Minds, safeTALK, Applied Suicide Intervention Skills Training (ASIST), Gatekeeper Suicide Prevention Training, Cyberbullying workshops and educational workshops from Regional Men's Health Initiative).	Holyoake Narembeen CRC		SDERA Narembeen DHS	
Explore the possibility of the introduction of Mentoring program and possibilities with existing community groups	WAPOL		Whole of Committee	

Promotion and value adding to the Think! Mental Health Football Round.	Narembeen CRC		Holyoake Narembeen Football Club	
Value adding to SOCK Week initiatives through the promotion of mental health and wellbeing	Narembeen CRC		Holyoake	
Develop a localised media and community awareness communication schedule Plan for the Think! Mental Health campaign	Whole of Committee			
Value adding to 'Love Your Body' Week initiatives through the promotion of mental health and wellbeing	Narembeen CRC		Holyoake Narembeen DHS Gymnasium	
Value add to the Purple Bench & Blue Tree Projects to incorporate help seeking and crisis line information.	WAPOL Shire of Narembeen		Holyoake	
Utilising the Narembeen DHS Student Council and the Wheatbelt Youth Council as conduits to share information and resources and to provide advice and guide initiatives embedded within the Narembeen Community Wellbeing Plan	Narembeen DHS Holyoake Shire of Narembeen		Whole of Committee	

Short-term Outcome: Increased awareness and knowledge of support services (placed based, outreach, phone and online), how to access and referral pathways				
Production of Support Service brochure and fridge magnet and dissemination to all households and post office boxes within the Shire of Narembeen (inclusion of AOD support service)	Shire of Narembeen Narembeen CRC		Holyoake WACHS	
Review and update all web-based directories within the Shire of Narembeen to reflect all placed based, outreach, phone and online services and their referral pathways	Shire of Narembeen Narembeen CRC			
Promotion of Central AgCare in all directories and at Events	Whole of Committee			
Investigate the potential of the introduction of Youth Focus's Web Based Counselling Service in Narembeen	Holyoake		Youth Focus	

Steps	Task	Date	Done
1. Create Community Wellbeing Group	<ul style="list-style-type: none"> Identify management group members. 	May 2018	Complete
	<ul style="list-style-type: none"> Call first meeting to establish purpose and structure, including terms of reference, meeting structures, meeting schedules, reporting pathways, etc. 	May 2018	Complete
2. Identify local needs	<ul style="list-style-type: none"> Review existing information and research in relation to AOD/MH&SP related issues in the area. Conduct community/key stakeholder consultation around issues (if no existing information or research found). 	August 2018 to April 2019	Complete
	<ul style="list-style-type: none"> Confirm research/consultation findings with key stakeholders and the management group. 	August 2018 to April 2019	Complete
3. Prioritise issues for action	<ul style="list-style-type: none"> With management group, prioritise the top two or three issues for action. 	April 2019	Complete
	<ul style="list-style-type: none"> Work through each priority using the MHC <i>'mapping tool'</i> refine priorities by identifying target groups, community impact, contributing factors, etc. 	August 2018 to April 2019	Complete
4. Develop actions and implement plan	<ul style="list-style-type: none"> With management group agree on a broad range of actions to address each priority. 	April 2019	Complete
	<ul style="list-style-type: none"> Complete a MP template for each priority issue which includes – actions, timeline, resources and evaluation. 	April 2019	Complete
	<ul style="list-style-type: none"> Implement strategies and regularly report on progress to the CWP management group. 		Ongoing
5. Review	<ul style="list-style-type: none"> With management group, identify a suitable date to review the CWP and appropriate communication pathways to enable regular feedback to community and key stakeholder groups. 	May 2021	

APPENDIX 1

PLANNING FOR AN EFFECTIVE PLAN

Creating a sustainable reduction in alcohol and other drug related harm is a complex and long-term process. Issues can be overwhelming and seen as too difficult to address at a local level. However, with some effective planning, it's at the local level where partnerships between communities and services can have the greatest impact.

Prior to establishing and implementing a Community Wellbeing Plan (CWP) , a number of steps need to happen to ensure the resulting plan has been developed in partnership to reflect the communities needs and has the best chance at creating sustainable change.

It is important that the community have a strong understanding of the issues and have ownership of the strategies developed to address them. To ensure this, processes should be put in place that allow community input into all stages of the development and implementation of the CWP, including progress made against addressing the issues.

