

Imagining the mental health workforce of the future



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Am I a *physical health* informed mental health professional?

1. Do I know the WHO PA Guidelines?

150 mins per week moderate – vigorous (MVPA)

2. Do I know the Australian Nutrition Guidelines?

More than peas and carrots!

3. Is my PA/nutrition messaging psychologically safe?

Prioritise enjoyment

Food security

Avoid stigmatising language

Avoid focus on aesthetics

4. Do I know how to access additional physical health support?

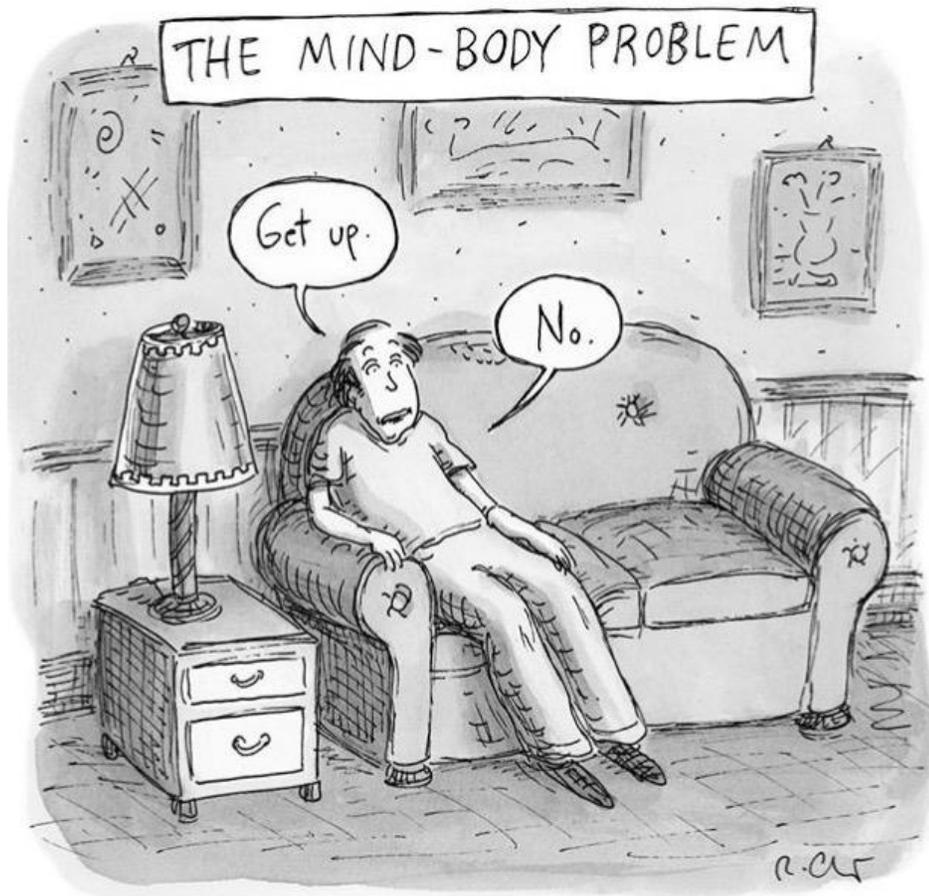
Referral pathways – dietitians, exercise physiologists, peer support

5. Do I practice what I preach?

Ideally we need to start here...



Am I a *mental health* informed physical activity/diet professional?



1. Have I completed mental health first aid training?

2. Do I actively consider the unique barriers experienced by people living with poor mental health?

Social determinants – conditions people born, live, learn, work & play
Low mood and psychiatric symptomatology
Poor physical health
Low motivation

3. Is my PA/nutrition messaging psychologically safe?

Prioritise enjoyment
Food security
Avoid stigmatising language
Avoid focus on aesthetics

4. Do I know how to access additional mental health support?

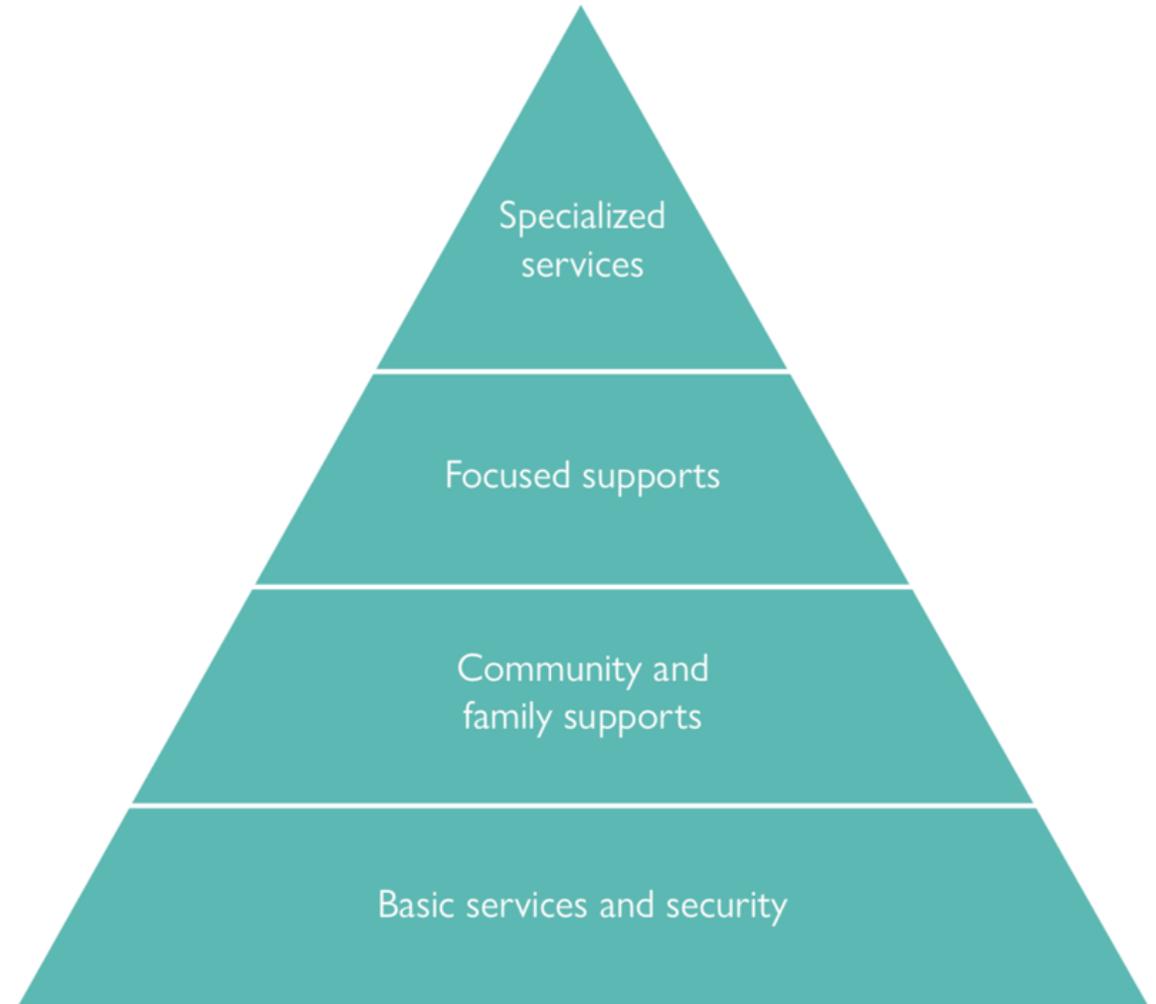
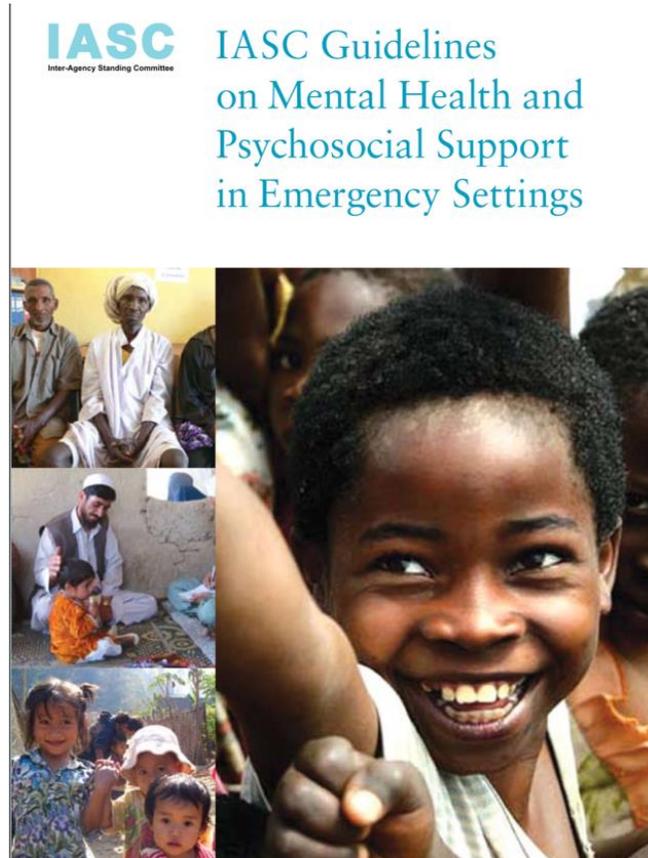
Take aways

1. “Oh, I get by with a little help from my friends”
 - Some of us need a little more support --> Resources must match needs
2. “I can see clearly now the rain is gone”
 - New beginnings for emerging mental health workforces
3. “If you fall, I will catch you, I'll be waiting”
 - Lifestyle programs can be a safety net
4. “Now I'm free, Free fallin”
 - ...and a funnel into traditional mental health services
5. “We are family”
 - Co-production & co-delivery alongside colleagues with lived experience is critical

Olympic Refugee Foundation Think Tank



MHPSS Pyramid



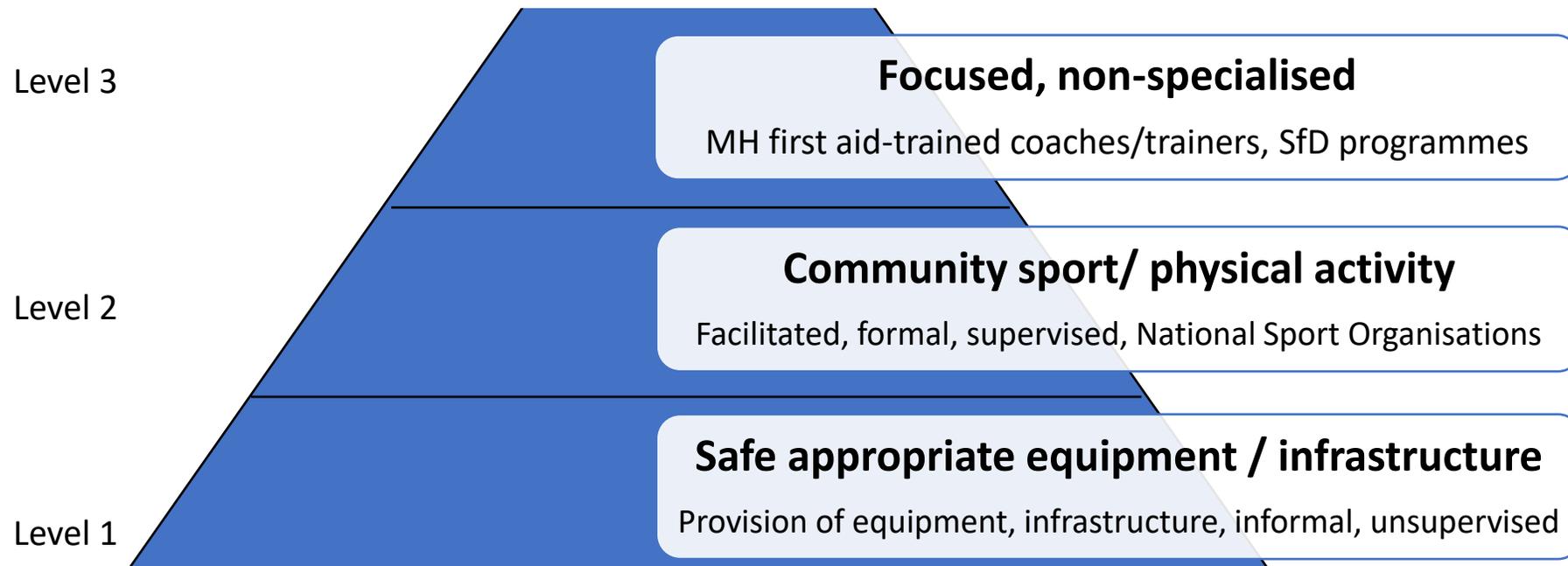
Physical activity intervention pyramid



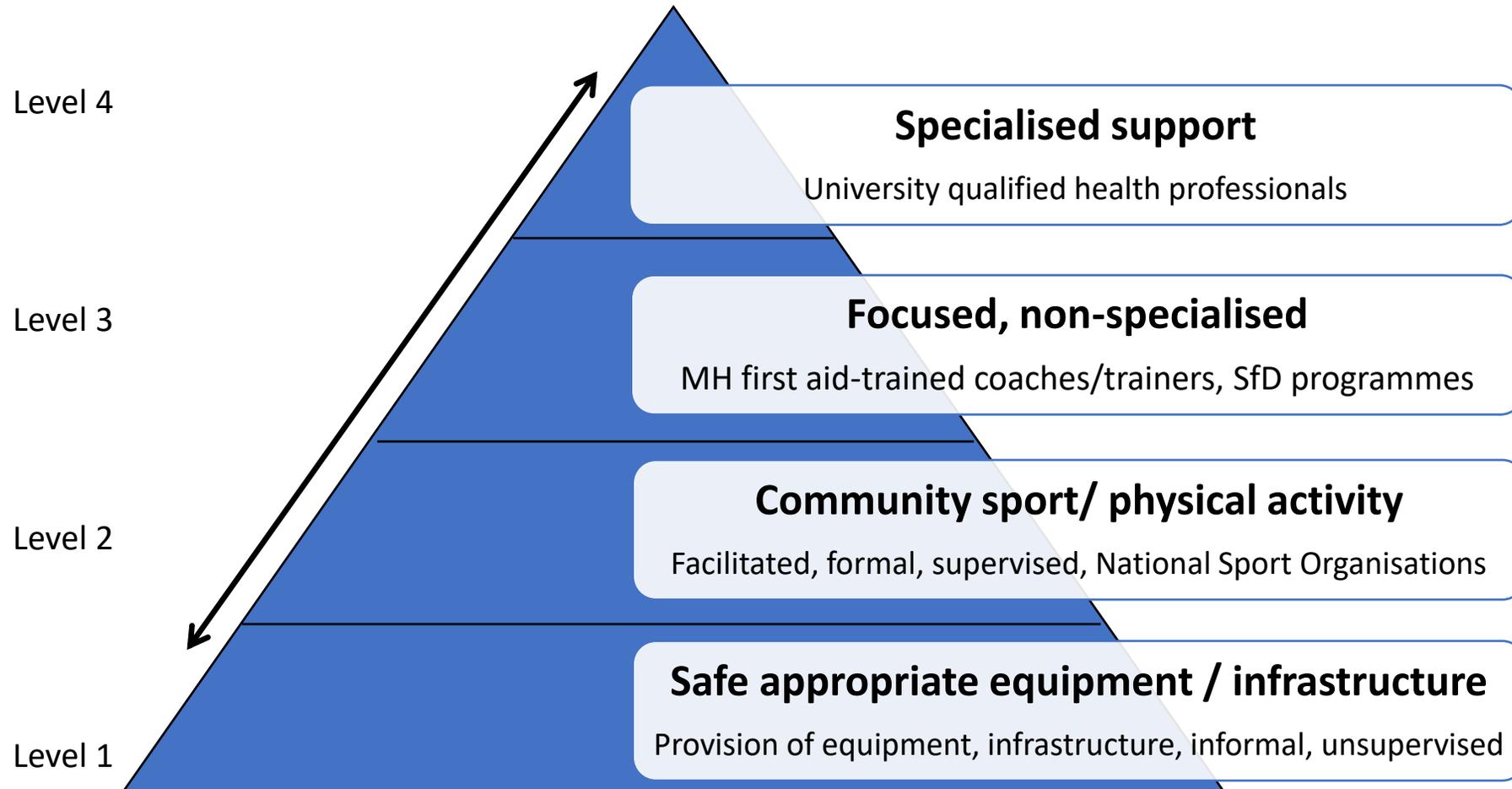
Physical activity intervention pyramid



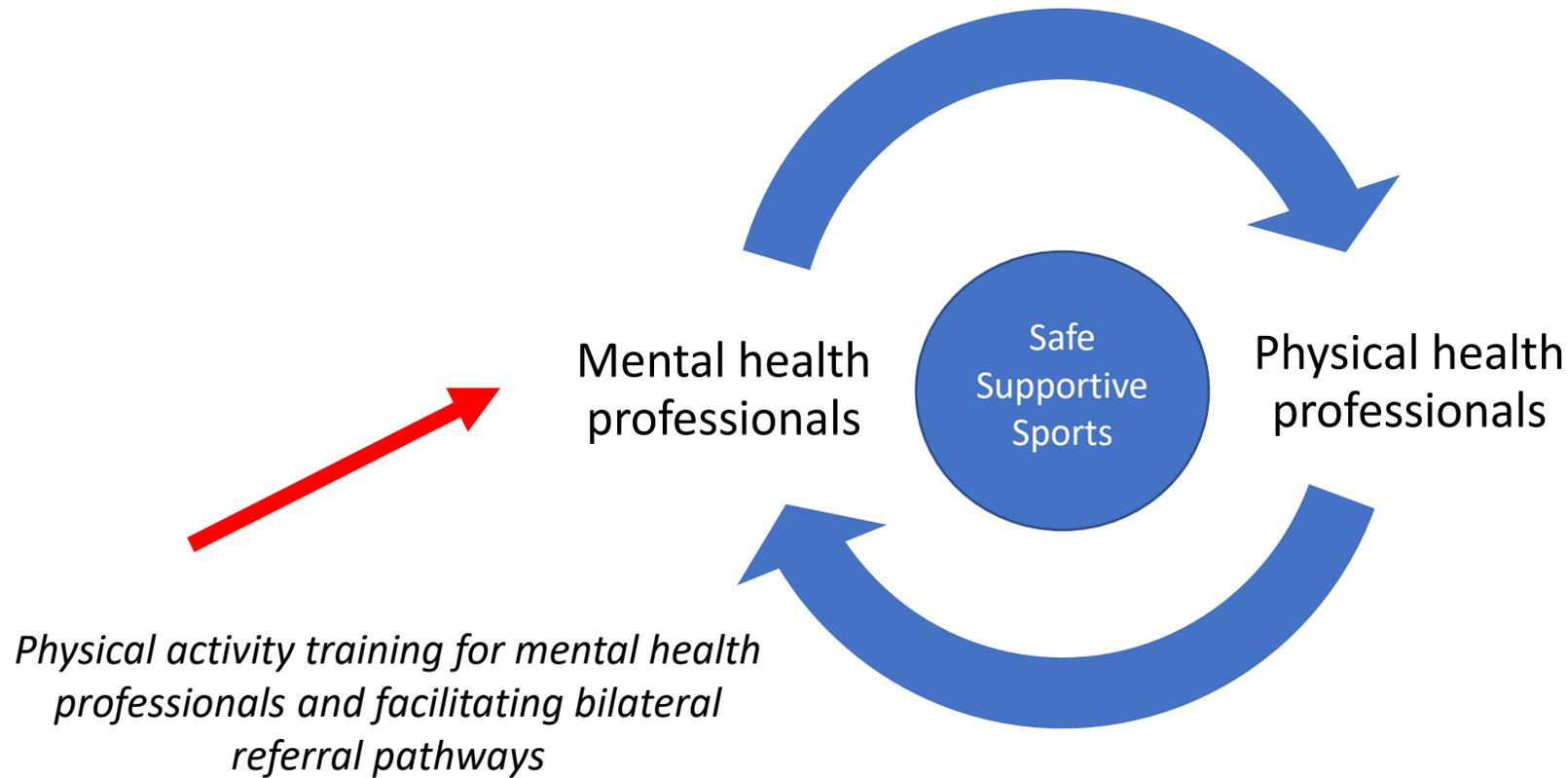
Physical activity intervention pyramid



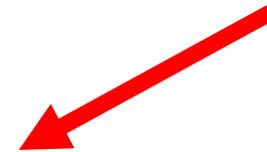
Physical activity intervention pyramid



Creating future workforces



e.g. Psychological First Aid training for sports coaches 'PFAsport'



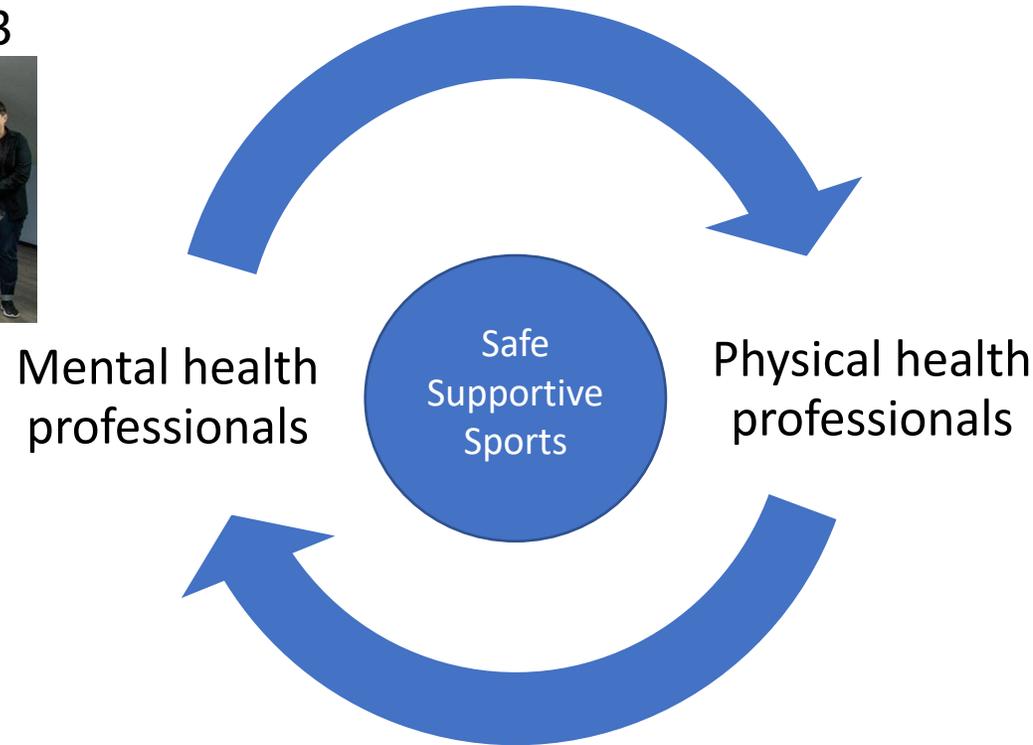
Dr Leslie Snider

Creating future workforces

Pilot 2: MHPSS professionals
MD Moldova, February 2023



Pilot 1: Sports coaches
FR Paris, September 2022



Pilot 3: Sports coaches & MHPSS professionals
PL Poland, March 2023



'Addi Moves'

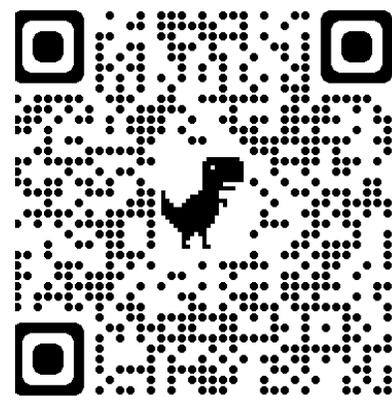


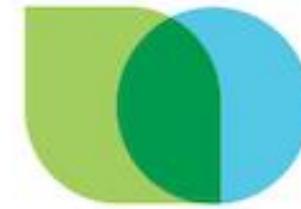
McKeon et al under review

Co-designing a physical activity service for refugees and asylum seekers using an experience-based co-design framework

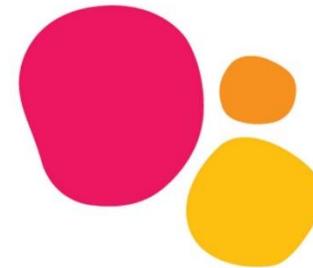
'Addi Moves'

1. Ensuring cultural and psychological safety
2. Promoting accessibility
3. Facilitating support to access basic needs
4. Enhancing physical activity literacy
5. Fostering social connection.





mindgardens
Neuroscience Network



ADDISON ROAD
COMMUNITY ORGANISATION



Olympic Refuge
Foundation



THINK TANK

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