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2023 Symposium

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Physical Health Initiative

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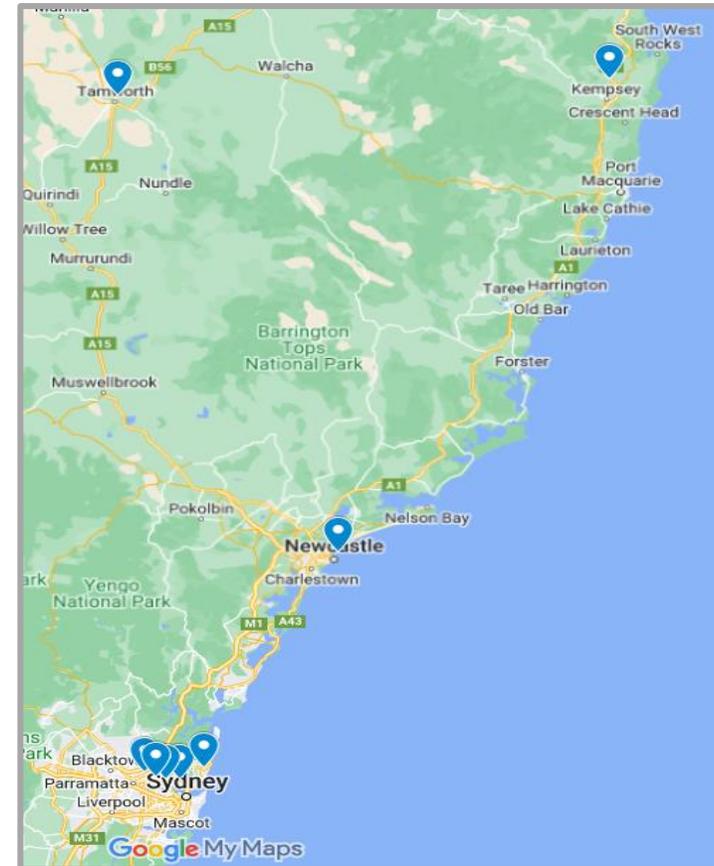
27 July 2023

Uniting

HASI Plus

(Housing and Accommodation Support Initiative Plus)

- Individualised on-site support available 16 – 24 hours a day
- Individualised accommodation across 4 LHDs
- Eligibility criteria
- Tenancy support
- Clinical support
- Priority group
- Referrals

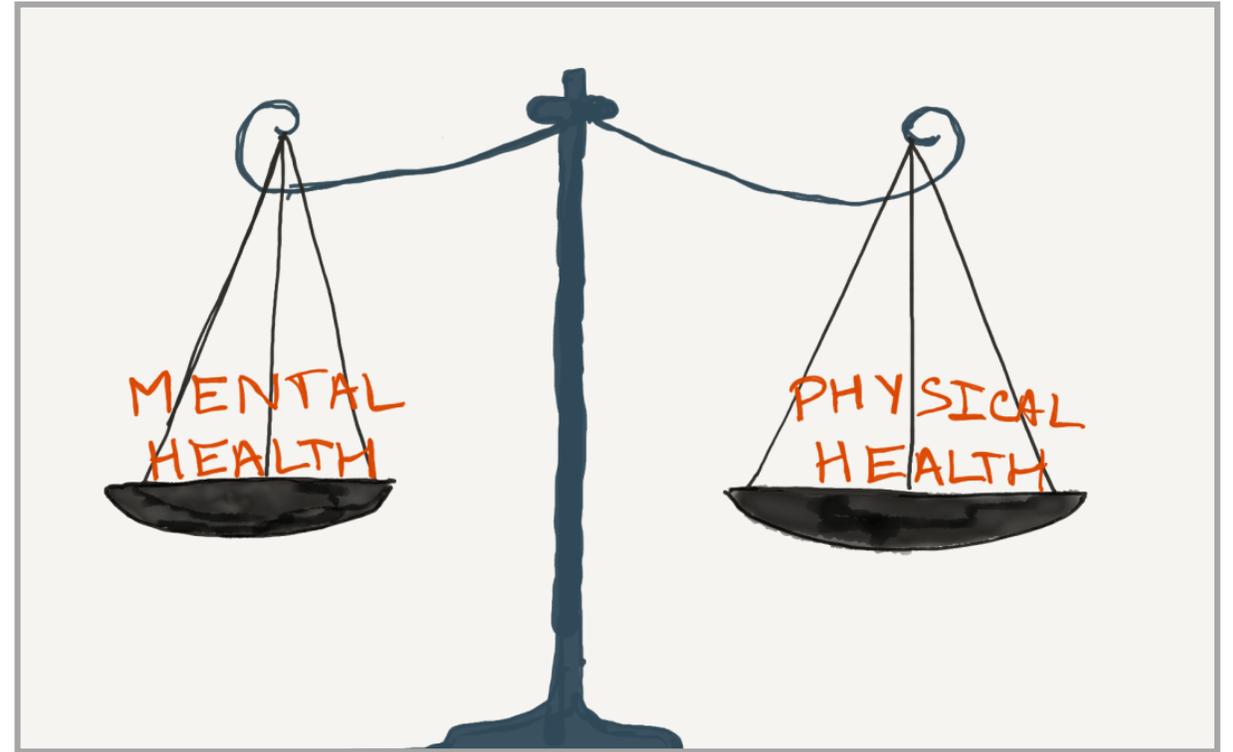


Introduction

In 2018, mental and substance use disorders contributed to 13% of Australia's burden of disease.

As recommended in the Mental Health Productivity Commission Report, handed down in November 2020, the mental health system needs to be refocused towards prevention and early intervention.

(Australian Government Productivity Commission, 2020)



National Preventative Health Strategy 2021 - 2030

“Boosting protective factors can help people cope with the normal stresses of life and increase resilience in the face of adversity, enabling them to work productively and make a contribution to their community”

“In 2010, 96% of people with psychosis were classified as either sedentary or undertaking low levels of exercise compared with 72% for the general population”



“There is a bidirectional relationship between mental illness and physical health; people with mental illness have an increased risk of physical illness, and vice-versa”

“There is compelling evidence that being more physically active is an effective measure as well as an adjunctive treatment for improving symptoms across a broad range of mental health conditions”

(Australian Government Department of Health and Aged Care, 2022)

Uniting

Stages of Change Model

PRECONTEMPLATION

PRECONTEMPLATION

Build awareness for my need to change

(Karl, 2023)

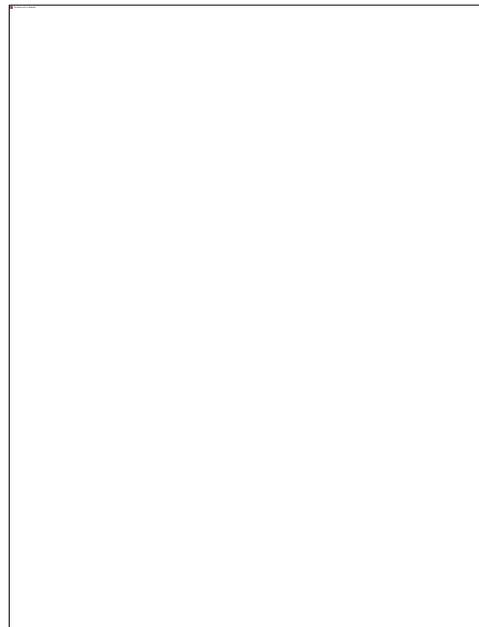
Healthy Me Program Outline

SMART Goal	How will I achieve this?
Physical: In 3 months, I want to lose 3kg and 2cm around my waist.	Participate in regular physical activity at least 2x/week with EP.
Nutritional: Increase my vegetable intake from 1 day/wk to 3 days/wk by December.	Participate in weekly healthy cooking activities and purchase more vegetables during my weekly shop with staff support.

Starter Kit



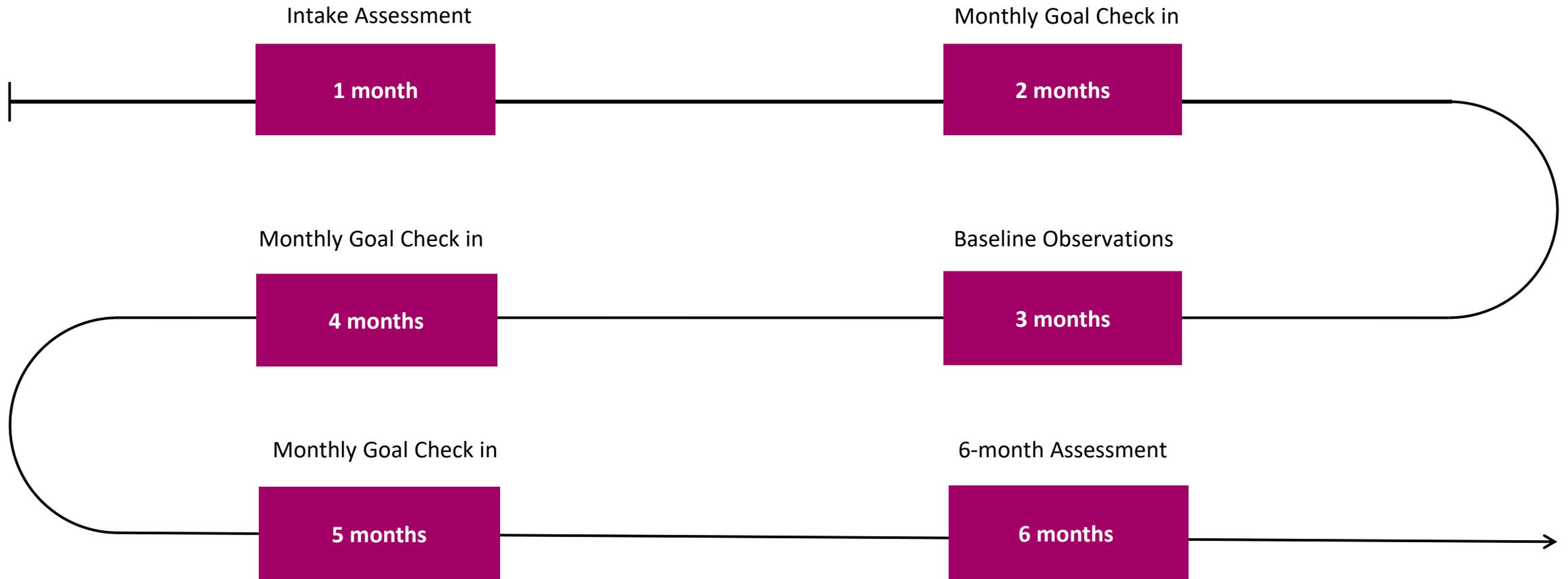
Intake Assessment



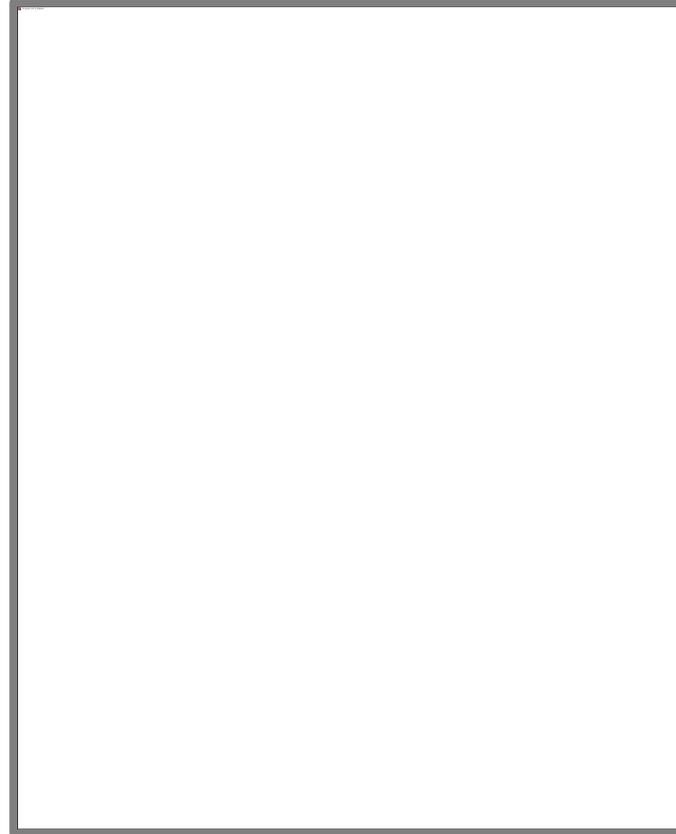
Example SMART Goal



Data Collection



Consumer Interaction



Typical Healthy Me Consumers

Graeme

- 3yrs at HASI Plus
- Come from long-term institutional care
- Severe mental illness
- High levels of psychosocial impairment
- Requiring high levels of coordinated support
- Fixed mindset
- Gained 11kg

Outcomes & Evaluation

Graeme's baseline observation comparison from September 2022 vs March 2023

	September 2022	March 2023
Body Mass Index: kg/m ²	37.6	34
Weight (kg)	119	108
Waist Circumference (cm)	130	122
Resting Blood Pressure (mmHg)	106/87	112/82
Resting Heart Rate (bpm)	70	65

Graeme's functional assessment comparison from September 2022 vs March 2023

	September 2022	March 2023
Aerobic Endurance: 2min step test	50	95
Upper body strength: Push up (30 sec)	6	10
Lower body strength: Sit to stand (30 sec)	19	21
Core: Plank (incline)	5 sec	45 sec
Flexibility: Sit and reach	3cm from toes	0cm from toes
Balance: Single leg stance	3 sec (R), 15 sec (L)	15 sec (R), 15 sec (L)

Uniting

HASI PLUS ACTIVITIES - July 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>FOR OUR ELDERNS 2-9 JULY 2023</p>			 <p>Burrumutta NAIDOC Day Festival @ The Crescent, Parramatta Park Saturday 8th of July 2023 10am – 4pm Explore the rich diversity of First Nations music, food, dance, and tradition</p>	<p>July Health Focus: Podiatry <i>Carlingford Foot Clinic</i> Info Session with (NDIS registered) Podiatrist – Akka : Tues 18/7 at 2pm</p>	<p>1 9:30am Whale watching from Crack neck Lookout (Bateau Bay) 5:00pm Table Games/ Card Games</p>	<p>2 NAIDOC Week July 2-9 10am Bush walk at Parramatta Lake 5pm Popcorn & Movie Night @177</p>
<p>3 10am Walking Club: @ Fagan Park 4pm Walking with Diggs</p>	<p>4 10am Strength Circuit @177 4pm Easy Meals Dinner w/ Sherry: Homemade Chicken & Leek / & Vegan pies</p>	<p>5 10am Garden Club @165 11am Super Smoothies 3pm Seated Zumba @ 165 4pm Local Walk</p>	<p>6 9am Coffee Club w/ Guiseppe 10:30am Beach Day w/ Therapy Dogs 5pm Whiteboard games</p>	<p>7 10am Local Walk Music Therapy with Michael 6pm Fire Pit Night & Hot Milo & Marshmallows @</p>	<p>8 Burrumutta NAIDOC Day Festival @ Parramatta Park Open 10am-4pm 5pm Popcorn & Movie Night @177</p>	<p>9 PAID ACTIVITY: Featherdale Wildlife Park 4:30pm Peer Group with Lozza</p>
<p>10 10am: Walking Club @ Bal-moral Beach 4pm Walking with Diggs</p>	<p>11 10am Dr. Basson Clinic & Consumer Meeting 10:30am Strength Circuit 11:30am Super Soup: Pho Beef & Rice noodles 4:00pm Local Walk</p>	<p>12 9:30am Bunnings Garden Club presentation & morning tea 3pm Seated Zumba @ 165 4pm Local walk</p>	<p>13 9am Coffee Club w/ Guiseppe 11am Vegan Fritters w/ Ellen 2pm Tennis Club @ Parramatta 5pm Whiteboard games</p>	<p>14 10am Easy Yoga & Stretching Music Therapy with Michael 6pm Fire Pit Night & Marshmallows @ 177</p>	<p>15 Bastille Day Festival @ Circular Quay (Celebrate all things French!) 4:30pm Cooking Group with Lozza</p>	<p>16  Birthday BBQ Lunch 5pm Popcorn & Movie Night @177</p>
<p>17 Time TBA: Men Shed BBQ with Prince 4pm Walking with Diggs</p>	<p>18 10:30am Fabric Connections-Textile Play for Adults @PHIVE Level 3 2pm Podiatrist information session with Podiatrist Akka 4:00pm Local Walk</p>	<p>19 10am Garden Club @177 11am Super Smoothies 3pm Seated Zumba @ 165 4pm Local Walk</p>	<p>20 9am Coffee Club with Guiseppe 10:30am Bike Riding @ Bicentennial Park 5pm Whiteboard games</p>	<p>21 10am Local Walk Music Therapy with Michael 6pm Fire Pit Night & Marshmallows @ 165</p>	<p>22 PAID ACTIVITY: 10am Featherdale Wildlife Park 5pm Popcorn & Movie Night @177</p>	<p>23 10am Local walk: Parramatta Park 4:30pm Peer Group and Dinner with Lozza</p>
<p>24 10:30am Tennis Club @ Parramatta 4pm Walking with Diggs</p>	<p>25 10:30am Strength Circuit @177 11:30am Christmas In July Luncheon : Glazed Smoked Ham & Roast vegies 4pm Local Walk</p>	<p>26 10am Garden Club @165 11am Super Smoothies 3pm Seated Zumba @ 165 4pm Local Walk</p>	<p>27 9am Coffee Club w/ Guiseppe 10:30am HASI Plus Bunnings -DIY Workshop: String art décor 5pm Whiteboard games</p>	<p>28 10am Easy Yoga & Stretching Music Therapy with Michael 4pm 177 Easy Meals & Fire Pit Night w/ Sherry</p>	<p>29 10am: The Rocks Markets Ferry Trip in from Parramatta 5pm Table Games/ Card Games</p>	<p>30 10am Local Walk: Cumberland State Forrest 5pm Popcorn & Movie Night @177</p>
 <p>Smoking cessation support is available. Please speak with Myra</p>	<p>Fem Den 18th—10:30am Fabric Connections-Textile Play for Adults.</p>	<p>Men's Shed Please see Prince to discuss Men's Shed Activities</p>	<p>For Peer Support, Please have a chat with Lozza</p> 	<p>Healthy Me Health & Wellbeing Club Speak with Antoinette for more info & membership</p>	<p>Uniting Please Note: All activities are subject to change Calendar last updated: 6.7.23</p>	

Co-design Learnings and future growth

- Social participation
- Ongoing co-design
- Implementing a Consumers survey
- Incorporate focus on nutrition
- Healthy Me for CLS and HASI
- Technology



Co-design learnings and future growth



Healthy Me



References

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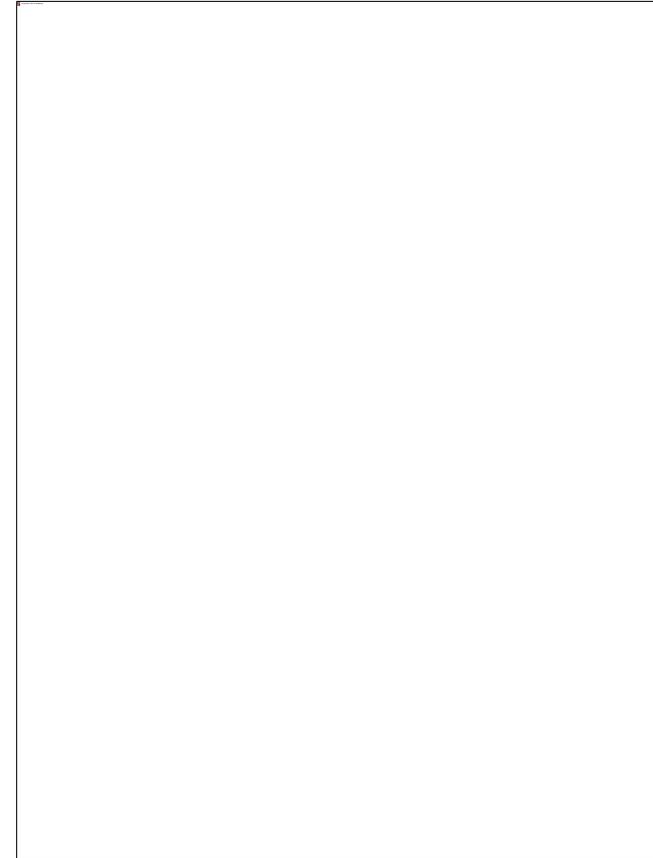
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Questions?

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