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2023 Symposium

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My
Better
Life plan[®]



Looking after
my health and
wellbeing



Help, hope and purpose

How to use program logic and co-design for the planning and implementation of health interventions

Dr. Lauren Gibson, Dr.Carolynne White
Clara Chapman, Dr. Laura Hayes, Elise Whatley

Acknowledgement of Country



Mind acknowledges that Aboriginal and Torres Strait Islander peoples are the Traditional Custodians of the lands on which we work and we pay our respects to Elders past and present.

We recognise the intergenerational impact of the history of invasion, dispossession and colonisation and are committed to the recognition, respect, inclusion and wellbeing of Australia's First Peoples.



Inclusion statement



Mind values the experience and contribution of people from all cultures, genders, sexualities, bodies, abilities, spiritualities, ages and backgrounds.

We are committed to inclusion for all our clients, families and carers, employees and volunteers.



Lived and living experience statement



We value the expertise and leadership of people with personal lived and living experience of mental health challenges and alcohol and other drug use, and families and carers as we work together to influence and transform the services and systems in which we work.



About Mind Australia

Mind supports people experiencing mental health and wellbeing concerns to find **help, hope** and **purpose** in their lives.

We provide individualised, **evidence-based** and recovery focussed support to more than 11,000 people in Australia every year.

We are committed to **lived experience approaches** in mental ill-health services and a culture of **continuous improvement** in practice.

We strive for meaningful **participation** with clients, carers and families to **co-design** processes and challenge biases.



Co-design of My Physical Health



My Physical Health toolkit



Help, hope and purpose

Mind recovery practice guideline



Recovery practice guideline name	My Physical Health Recovery Practice Guideline
Recovery practice guideline number	GL-SD01-24
Policy group	Service Delivery
Version	3
Status	Ratified
Date issued	29 November 2021
Due for review	29 November 2024
Owner	GM Practice, Quality and Business development
Ratified by	Executive Director Research Advocacy and Policy Development

Related information

Objectives	To provide guidance for Mind Australia Limited (Mind) employees in assisting Mind clients to maintain or improve their physical health.
Scope and context	This guideline applies to all Mind Services. Employees can use <i>My Physical Health</i> to: <ul style="list-style-type: none"> guide conversations with clients about physical health explore physical health with clients when Physical Health is identified in a client's risk assessment support clients if they would like to develop physical health related goals within their My Better Plan* <p>It is not the intention of the tool that Mind employees provide health checks.</p> <p>Some services that are provided in partnership with clinical services may have guidelines for supporting physical health that outline the role of clinical services in physical health assessment and monitoring with clients. In these services, Mind's <i>My Physical Health</i> guideline may be used as an additional planning or support tool.</p>
Definitions	Health promoting settings - Health promotion is the process of enabling people to increase control over, and to improve their health. A setting is "the place or social context in which people engage in daily activities in which environmental, organisational and personal factors interact to affect health and wellbeing (p. 19)." ¹ Key principles of a settings approach include community participation, partnership, empowerment and equity ² .



My Physical Health

Step A: My Physical Health areas

Date plan started	
Your name	
Name of Mind worker	
Other people involved in developing your plan	(This might be a GP, doctor, family, friend. It could be an allied health worker like a physiotherapist, dietitian or other person.)

People with mental ill-health often have physical health issues too. Let's talk about what you are doing now to look after your physical health and other areas you could think about. Remember, you can share as much or as little as you want.

Together we can work out what actions you can take towards your goal of looking after your physical health and wellbeing.

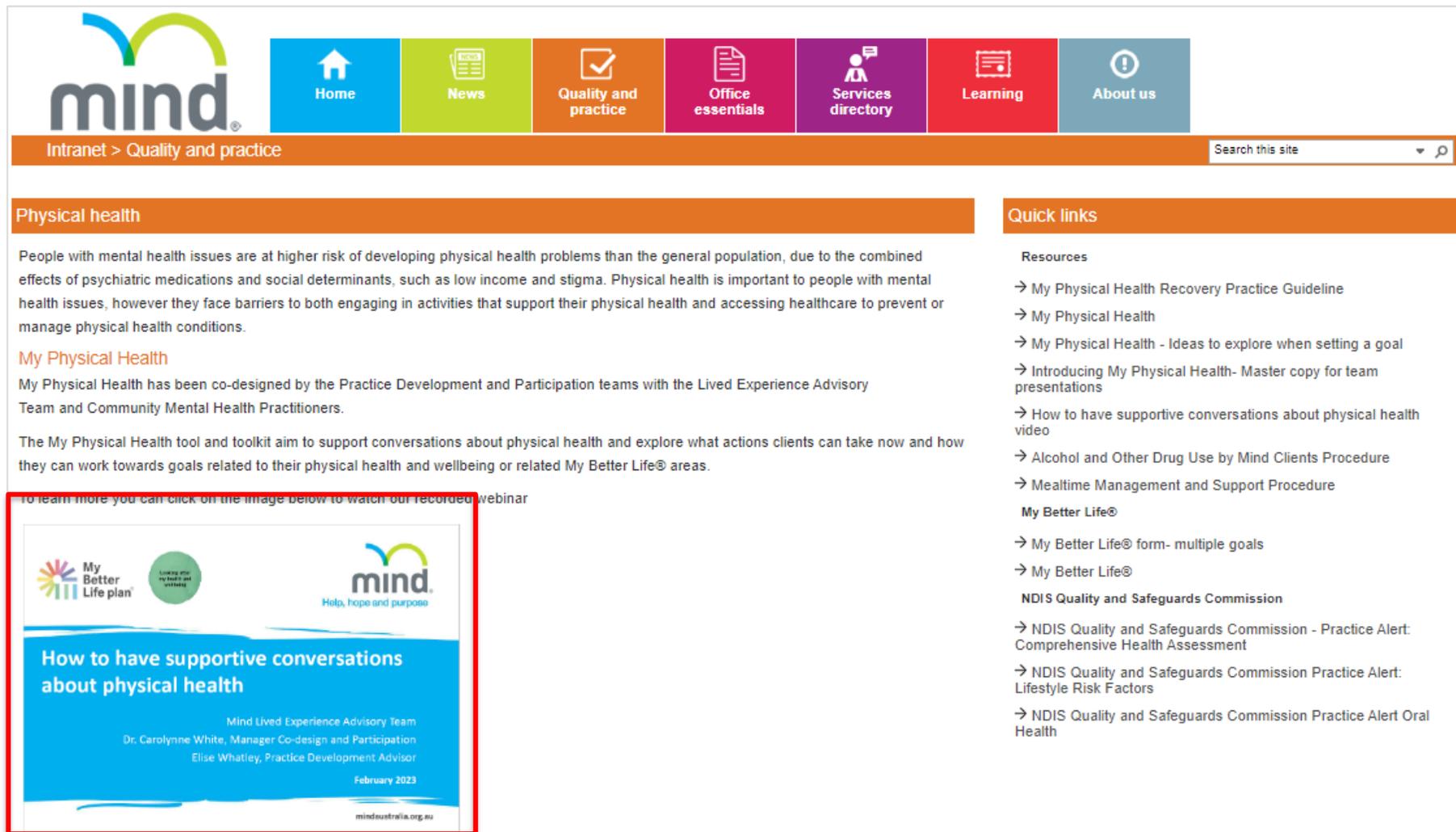
<p>My General Practitioner A General Practitioner (GP) is a medical doctor who is most likely our first point of contact for health services in the community and coordinates our care.</p>	<p>Sleeping Getting enough, good quality sleep helps us feel refreshed, able to perform at our best and cope with challenges in our life.</p>	<p>Being active Moving our bodies and being active throughout the day benefits both our physical and mental health. Doing some physical activity is better than none.</p>	<p>Smoking The single most important thing we can do for our health is to stop smoking.</p>
<p>Looking after my teeth Looking after our teeth is important to our overall health, and for eating, drinking, breathing, and speaking.</p>	<p>Eating Eating enough food and a variety of foods that we enjoy helps to nourish our bodies and minds, while improving our quality of life and wellbeing.</p>	<p>Physical health conditions Understanding any physical health conditions we have can help us manage our symptoms and reduce their impact.</p>	<p>Alcohol and other drugs A lot of people who come to our services use a variety of legal and other substances, which is true for all of us. Alcohol and other drugs can have an impact on our health.</p>
<p>Health Screening Screening tests look for changes or early signs of a disease so we can get treatment.</p>	<p>Vaccinations Vaccines help protect us from getting sick from serious infections. The vaccines we need depend on our health, age, lifestyle and occupation.</p>	<p>Sexual and reproductive health Sexual and reproductive health is something that we all need to think about, regardless of our gender or sexuality or whether we are sexually active.</p>	<p>Something else So far, we've covered general areas of health that relate to most people, but there may be other areas that are specific to you.</p>



My Physical Health: Ideas to explore when setting a goal

I'd like to explore	Here are some ideas of what you can do	Here are some ideas of what Mind staff can do to support you
<p>My General Practitioner</p>	<ul style="list-style-type: none"> Find a bulk-billing or low-cost GP in your local area. Ask a trusted person to recommend a GP. Make a list of what you want to talk about with your GP. Book a long appointment to give you more time to talk about your health. Keep a book or folder to store medical and health information. 	<ul style="list-style-type: none"> Help you find a bulk-billing or low-cost GP in your local area. Give you information about the role of a GP and how they could help you. Help you think about the pros and cons of having a regular GP. Help you find ways to overcome barriers to receiving medical care or work out coping strategies if going to the GP is stressful. Offer to support you to attend appointments, if you feel comfortable.
<p>Sleeping</p>	<ul style="list-style-type: none"> Learn about good sleep habits. Spend time winding down before bedtime e.g. use meditation. Fill out a sleep diary to get to know your sleeping patterns. Get feedback about your sleep from support workers or family members. Think about your GP, psychologist or other allied health professional. 	<ul style="list-style-type: none"> Help create an environment to promote sleep (e.g. light, temperature, noise). Share information about good sleep habits. Facilitate a wind down group. Support you to set a routine for the day, including wind down. Create a sleep checklist focused on what helps you. Help you find relaxing music or suitable meditations online. Support you to see a GP for a sleep assessment or to access other supports.
<p>Being active</p>	<ul style="list-style-type: none"> Go for a walk. Look for ways to be active that you enjoy e.g. dancing, throwing a Frisbee, gardening, etc. Notice the different ways that you move your body during the day - all movement counts. Make small changes to get more movement into your everyday routine. Look to join a sporting club in the community. 	<ul style="list-style-type: none"> Find out what kind of movement or exercise you enjoy. Offer walking groups or help you to find a group or sporting club in your local area. Share their enthusiasm for participating in sport or other physical activities they enjoy. Develop partnerships with local movement professionals, e.g. yoga instructors, personal trainers, etc. Run groups online or in-person that encourage physical activity. Support you to see a GP to talk about a referral to an exercise physiologist or an occupational therapist if you have had falls. Share information about physical activity from International and Australian Guidelines.
<p>Smoking</p>	<ul style="list-style-type: none"> Call Quitline on 13 QUIT to talk to a counsellor or request a call back. Try the 4 D's - delay, deep breathe, do something else, drink water. Think about what has helped you to quit in the past. Talk to peers or connect with other people who have managed to quit smoking. Get support from your GP or psychiatrist. 	<ul style="list-style-type: none"> Offer encouragement and support with the strategies you use to quit. Provide Quit resources and tools, available from Quitline. Offer to arrange a referral to Quitline. Help you write a list of the pros and cons of smoking vs quitting. Arrange for a peer who has quit to speak to you, individually or in a group. Use harm minimisation tools to support you to cut back or quit.

Intranet page and Webinar



The screenshot shows an intranet page with a navigation bar at the top containing icons for Home, News, Quality and practice, Office essentials, Services directory, Learning, and About us. Below the navigation bar is a breadcrumb trail 'Intranet > Quality and practice' and a search box. The main content area is divided into two columns. The left column is titled 'Physical health' and contains text about the risks of physical health problems for people with mental health issues, a link to 'My Physical Health', and a description of the tool and toolkit. The right column is titled 'Quick links' and lists various resources and procedures. A red box highlights a video thumbnail for 'How to have supportive conversations about physical health'.

mind
Home News Quality and practice Office essentials Services directory Learning About us

Intranet > Quality and practice

Physical health

People with mental health issues are at higher risk of developing physical health problems than the general population, due to the combined effects of psychiatric medications and social determinants, such as low income and stigma. Physical health is important to people with mental health issues, however they face barriers to both engaging in activities that support their physical health and accessing healthcare to prevent or manage physical health conditions.

[My Physical Health](#)

My Physical Health has been co-designed by the Practice Development and Participation teams with the Lived Experience Advisory Team and Community Mental Health Practitioners.

The My Physical Health tool and toolkit aim to support conversations about physical health and explore what actions clients can take now and how they can work towards goals related to their physical health and wellbeing or related My Better Life[®] areas.

To learn more you can click on the image below to watch our recorded webinar



My Better Life plan
Looking after your health and wellbeing
mind
Help, hope and purpose

How to have supportive conversations about physical health

Mind Lived Experience Advisory Team
Dr. Carolynne White, Manager Co-design and Participation
Ellise Whatley, Practice Development Advisor
February 2023
mindaustralia.org.au

Quick links

Resources

- My Physical Health Recovery Practice Guideline
- My Physical Health
- My Physical Health - Ideas to explore when setting a goal
- Introducing My Physical Health- Master copy for team presentations
- How to have supportive conversations about physical health video
- Alcohol and Other Drug Use by Mind Clients Procedure
- Mealtime Management and Support Procedure

My Better Life[®]

- My Better Life[®] form- multiple goals
- My Better Life[®]

NDIS Quality and Safeguards Commission

- NDIS Quality and Safeguards Commission - Practice Alert: Comprehensive Health Assessment
- NDIS Quality and Safeguards Commission Practice Alert: Lifestyle Risk Factors
- NDIS Quality and Safeguards Commission Practice Alert Oral Health

Implementing the toolkit in practice

- 
- Resources for Service Managers and Team Leaders to introduce My Physical Health to staff
 - Tailored presentations at Mind's Communities of Practice e.g. Peer Practitioners, Youth, Complex Disability,
 - Online webinars to support the launch
 - Encourage Quality Improvement Activities to share examples of good practice
 - Measure progress using data from Client Records and My Better Life plans[®]

Evaluation questions



Do the resources:

1. Support staff to have conversations with clients about their physical health?
 2. Enable clients to set goals and receive support for their physical health needs?
- 

Program logic

Activities

- **The 'what':**
 - Co-designed Physical Health tool
 - Physical Health Intranet page
 - Practice guideline
 - Tip sheet
 - Online pre-recorded webinar
 - PowerPoint for Service managers
- **The 'how':**
 - Communities of Practice
 - Internal staff newsletter
 - Intranet announcement

Immediate outcomes

- Increased **knowledge** about physical health among staff
- Increased **skills** and **confidence** among staff to have conversations about physical health with clients
- Increased **intention** to use the My Physical Health tool with clients

Intermediate outcomes

- **Increased offer** of 'My Physical Health' to clients
- **Increased uptake** of 'My Physical Health' among clients

Intended outcomes

- **Staff feel comfortable to offer and use** My Physical Health as part of their routine/ongoing practice
- **Clients are able to set goals and receive support** around their physical health

Data collection plan

Immediate outcomes

- Increased **knowledge** about physical health among staff
- Increased **skills** and **confidence** to have conversations about physical health among staff
- Increased **intention** to use the My Physical Health tool with clients

Method for obtaining: 6 question Online survey

Indicator/measures:

“I am comfortable having conversations with clients about their physical health”

“I intend to use the ‘My Physical Health’ tool with clients.”

Sample: Mind Operations Staff

Timing: Survey link provided at end of online webinar and distributed via email lists

Data collection plan

Method for obtaining: Audit of client records

Indicator/measures:

Proportion of physical health tools completed pre vs post- implementation of new co-designed tool

Sample: All client records available for the specified date periods; sub-analysis of residential services.

Timing: Pre-implementation: 2019 vs Post-implementation: 2023

Intermediate outcomes

- **Increased offer** of 'My Physical Health' to clients
- **Increased uptake** of 'My Physical Health' among clients

Data collection plan

Data source #1:

Method for obtaining: Qualitative focus groups/interviews

Indicator/measures: Do you feel comfortable offering and using the tool? (staff)

Has the tool helped you with setting goals around your physical health? (clients)

Sample: Staff and clients who have used My Physical Health

Timing: 2023-2024

Data source #2:

Method for obtaining: Audit of 'My Better Life' plans

Indicator/measures: Proportion of 'My Better Life' plans with 'Physical Health' as goal area

Sample: All client records available for the specified date periods; sub-analysis of residential services.

Timing: Pre-implementation: 2019 vs Post-implementation: 2023

Intended outcomes

- **Staff feel comfortable to offer and use** My Physical Health as part of their routine/ongoing practice
- **Clients are able to set goals and receive support** around their physical health

Preliminary Results

Intermediate outcomes:

Among clients in Adult Long-Term Residential Services:

2021

38% clients

had at least one Physical
Health Checklist completed
(n=94)

Introduction of
co-designed 'My
Physical Health'
toolkit

2022

45% clients

had at least one 'My Physical
Health' tool completed
(n=150)

Preliminary Results

Intended outcomes:

2022	Adult long term residential services (n=35)
Total number of <u>Physical Health</u> goals	28
Total number of goals across life areas	114
Proportion of goals that are focused on Physical Health	25.6%

Preliminary Results

Intended outcomes:

2022	Adult long term residential services (n=35)	Adult short term residential services (n=90)	Youth long term residential services (n=11)	Youth short term residential services (n=16)
Total number of <u>Physical Health</u> goals	28	8	5	3
Total number of goals across life areas	114	179	81	38
Proportion of goals that are focused on Physical Health	25.6%	4.5%	6.2%	7.9%

Discussion

Preliminary results:

- Use of My Physical Health tool may be increasing after re-development.
- Using the tool may not always lead to setting a specific goal around Physical Health.
- Goal setting around Physical Health may differ by service type.

Discussion

Learnings so far:

- Lived experience involvement supported the development of relevant questions to guide evaluation.
- The importance of collaboration among teams within the organisation to share expertise and problem solve.
- Existing data can be used to evaluate knowledge translation.



Help, hope and purpose

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