



EQUALLYWELL

Quality of Life - Equality in Life

Intent is not Impact: reclaiming trust through collective communication for change.

Victoria Erskine
Charles Sturt University

www.equallywell.org.au





EQUALLYWELL



Had an experience where you didn't feel seen or heard in a conversation?

Worked for a leader who was great at telling people what they need to do but not so great and showing by example?

Been involved in a work team that seemed to go around in circles when they hit a hurdle and never really got to the end goal?

Had to collaborate outside your usual organisation and felt there was a communication breakdown but didn't know where to begin to help move through the space so felt it was easier to walk away?

Collective Impact Model

“Collective impact is a network of community members, organizations, and institutions that advance equity by learning together, aligning, and integrating their actions to achieve population and systems-level change.”

(Kania & Kramer, 2013 p 14)





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Quality of Life - Equality in Life

Improving the physical health
and wellbeing of people living
with mental illness in Australia

Effective Communication

Clear and open exchange of ideas aligns team goals and minimizes misunderstandings for successful outcomes.

Building Trust

Trust fosters confidence among members, encouraging risk-taking and mutual support without fear of judgment.

Adaptability to Change

Flexible teams respond well to changing conditions, maintaining productivity in dynamic environments.

Collaborative Efforts

Pooling resources and diverse perspectives enables teams to coordinate and achieve shared objectives effectively.

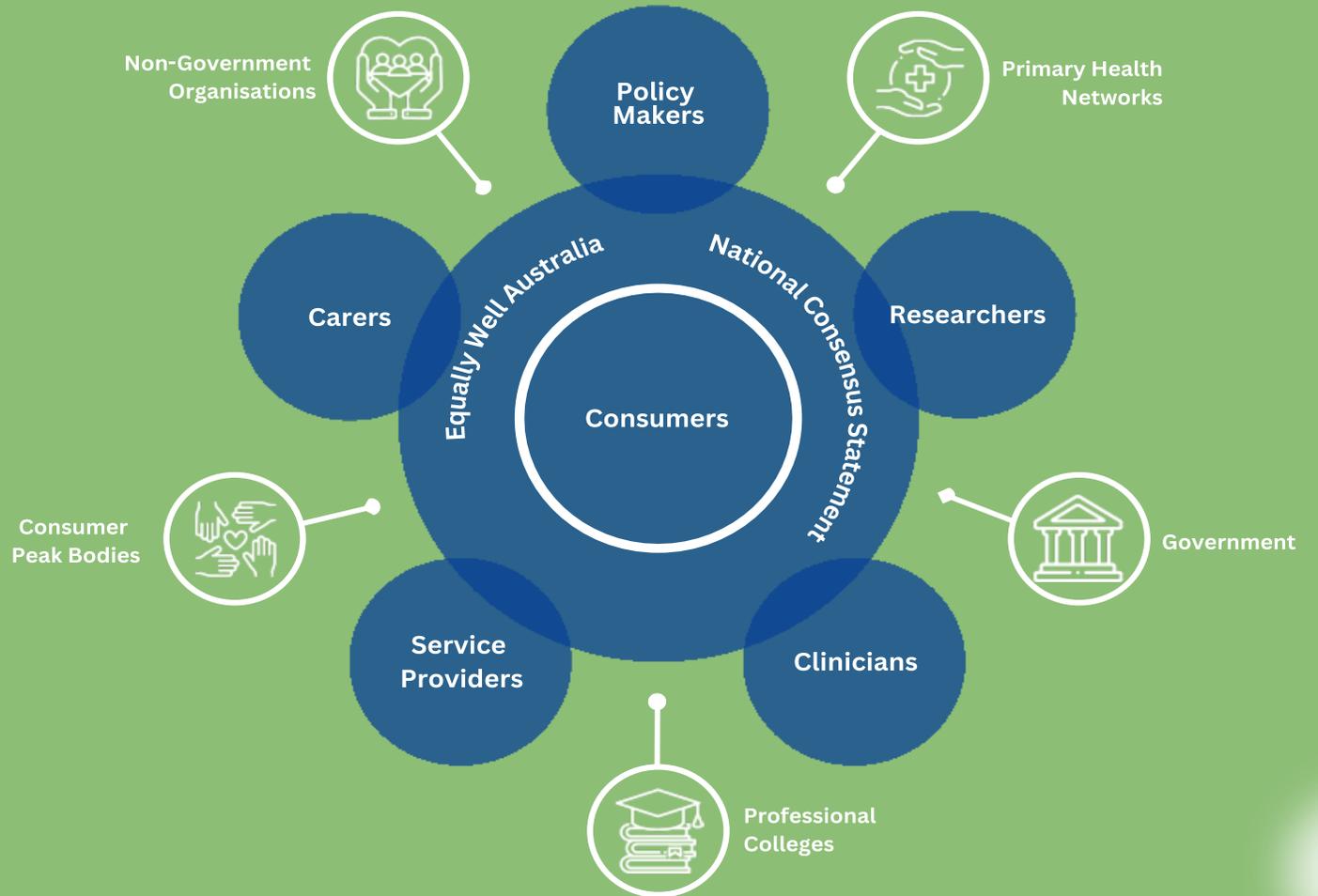
Who is **EQUALLYWELL** ?



Equally Well is a movement around the shared goal of improving the physical health and wellbeing of people with a lived experience of mental health issues and promoting equity of access to physical health care as a basic human right.



Equally Well is anyone who works together to improve physical health for people living with mental illness.



What am I looking at and why?

HOW DOES
COMMUNICATION SUPPORT
TRUST AND GENUINE
ENGAGEMENT IN CI WORK?

3 PERSPECTIVES
INTERPERSONAL
ORGANISATIONAL
STRATEGIC

TESTING NEW THEORETICAL
APPROACHES
BUILDING EVIDENCE BASE
ON THE EFFECTIVENESS OF
CROSS-SECTOR
COLLABORATION.

Discrimination is causing a life-ending gap in the quality of health care for people living with mental health conditions. Every day in Australia, 46 people receiving mental healthcare **die prematurely from preventable physical illnesses**, an average 11 years less compared with the general population. This ongoing crisis violates Australia's commitments under the UN Convention on the Rights of People with Disabilities (UNCRPD) to provide equal access to health services without discrimination.

Call to action

Actions for government

Ensure legal compliance and enhances research for health equity.



Actions for individuals

Encourage personal advocacy through signing the Equally Well "Call to Action" ministerial letters.



Actions for

Actions for

What does my data collection look like?



Podcast Episode

A Conversation About ... Building Engagement and Trust through Communication

MHPN Presents

5 min 20 sec



SAVE THE DATE!

2024 EQUALLYWELL FORUM

Embedding Lived Experience



RMIT MELBOURNE | 27-28 MAY



Out of my echo chamber

- 32 participants representing Equally Well collective
- Lived experience
- Clinicians
- Policy makers
- Researchers
- Backbone teams

I don't think we ever acknowledge it (communication) as a thing, but it's just kind of there. P10

“Just because you say it if I don't feel it I won't believe it” P 23

“So many times in my work, like I've been involved in all these little different initiatives and they just kind of fizzle out and then it's off to the next thing.” P15

What does continuous communication actually mean?



Communication in CI needs to be a shared role and responsibility



Communication is ad-hoc misunderstood and lacks intention



Not enough attention to impact of divergent communication cultures coming into the collective



Needs a shared language and common understanding - too many assumptions

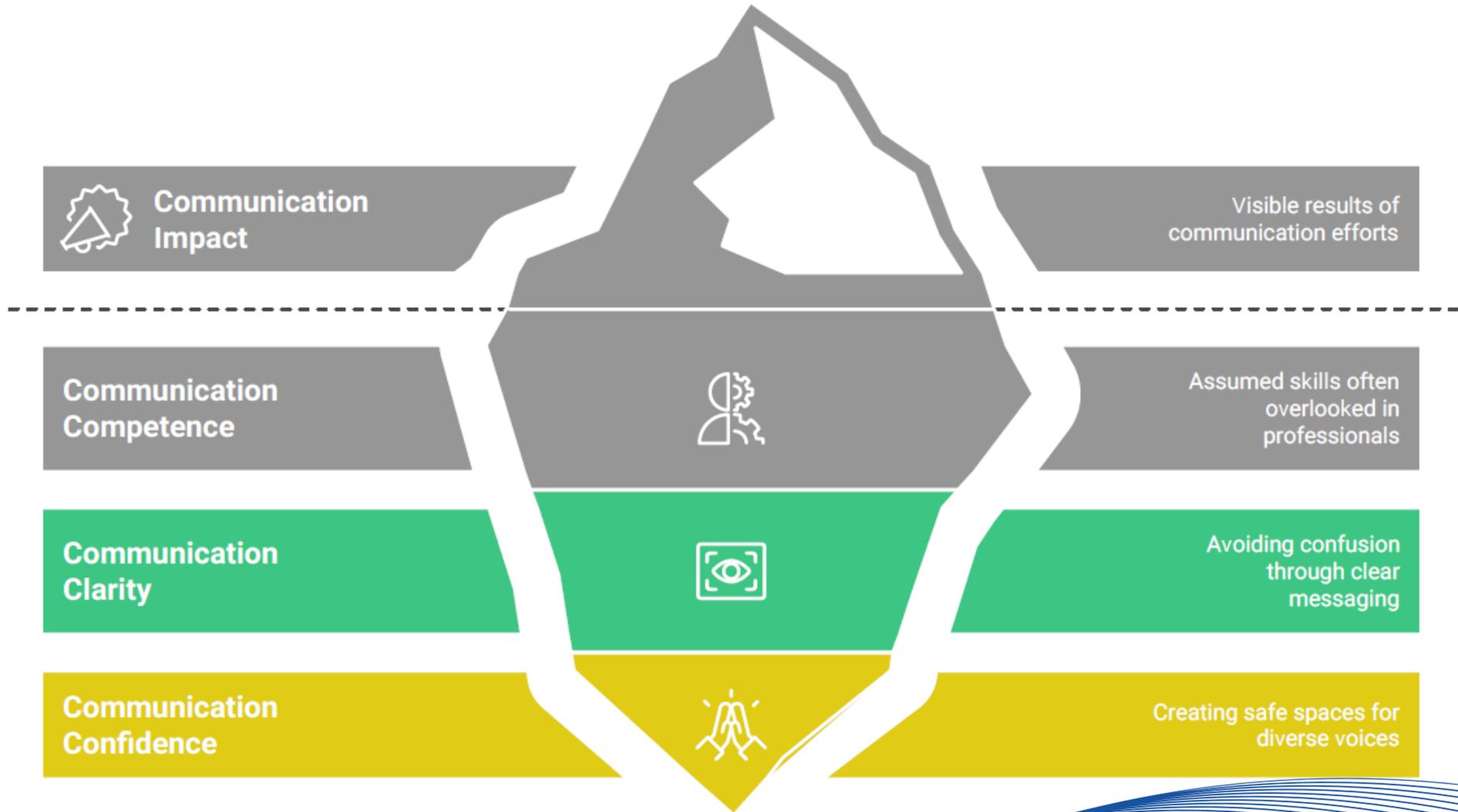


Investment in personality over process



Intention and purpose needs to be clear at every stage to ensure alignment

Effective Communication Requires More Than Expertise.



Where
to
from
here?



IT'S TIME FOR ACTION

Support the Equally Well
Call to Action to reduce the life
expectancy gap for people with
mental health issues.



Pledged Support

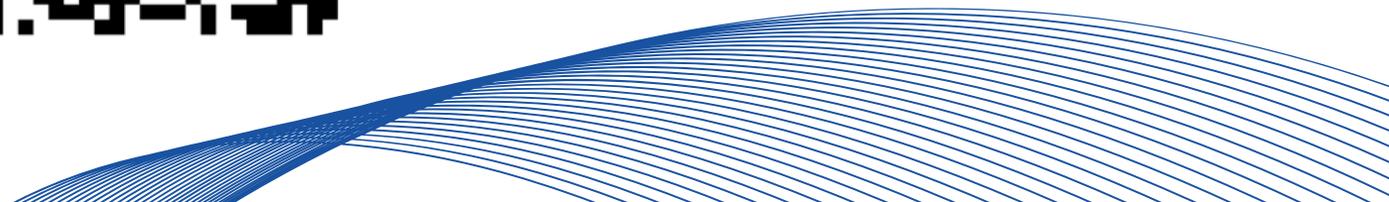


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On behalf of our organisation I, as a senior manager, am writing to formally pledge our support and commitment to the [Equally Well Consensus Statement](#). In doing so we pledge to take action in our area of interest, and within our own organisation, to make changes towards improving the physical health of people living with mental illness. We look forward to working with Equally Well in sharing our endeavours and collaborating with the Equally Well network.

We give permission for Equally Well to promote our partnership with the use of our logo and link to our website. Where possible we will follow, support and share information with Equally Well via our social media platform(s).



Thank you!

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 - Charmaz, K. (2025). *Constructing grounded theory*, (3rd ed), SAGE Publications
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