



**WAAMH**

**Western Australian Association  
for Mental Health**

***Strengthening our community***

**WAAMH's role in mental health**



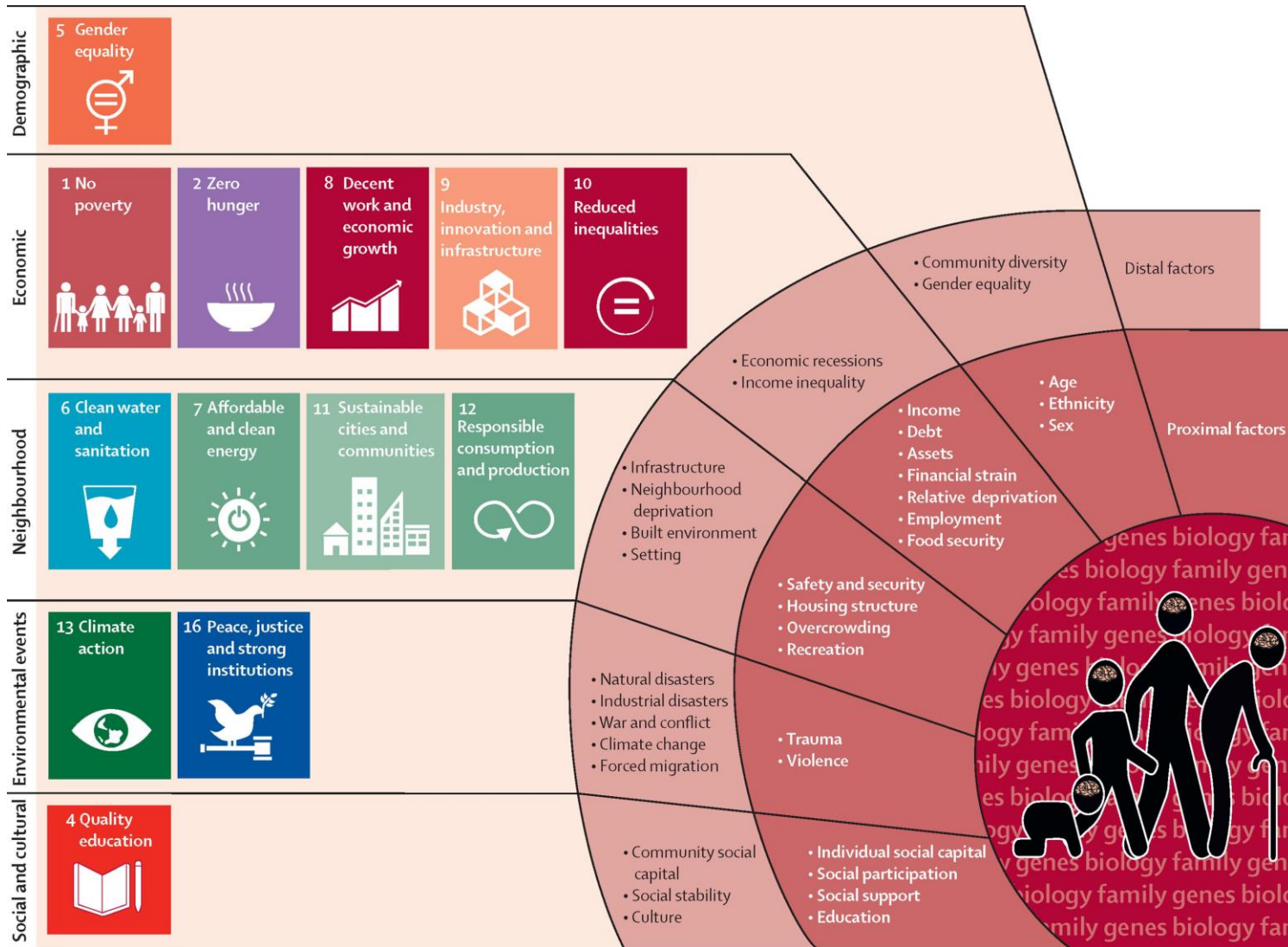
**We acknowledge the traditional  
custodians of this land.**

**We recognise their continuing  
connection to land, water and  
community.**

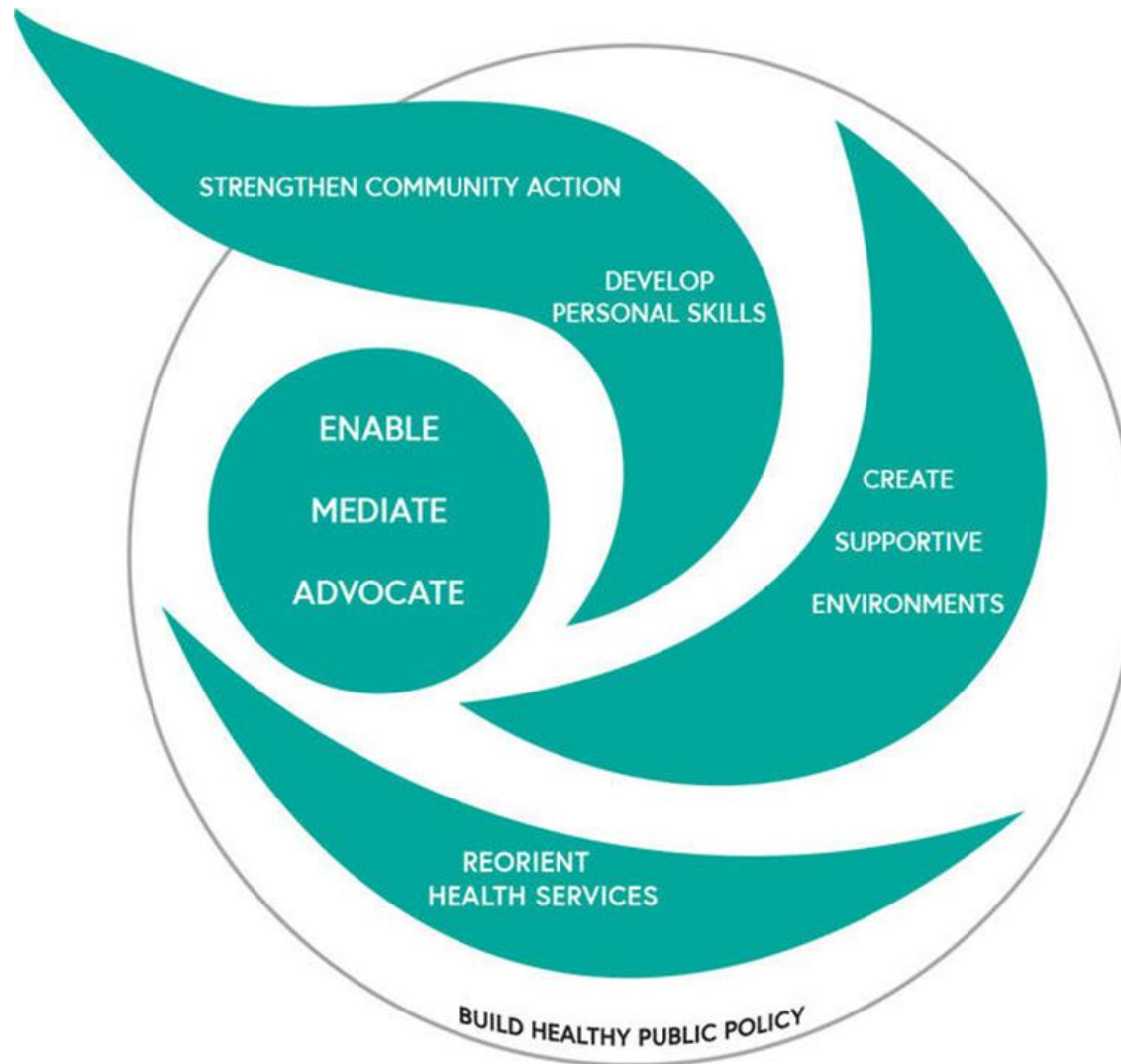
**And we pay our respects to their  
elders past, present and future.**



# It's relational – not individual



# Ottawa Charter – Health Promotion



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## Strategic Plan 2019-2024

Our vision: As a human right, every one of us will have the resources and support needed for mental wellbeing, recovery and citizenship.

Change  
priorities  
to achieve  
our vision

- 1 Progress the 10 Year Plan target for balancing the system towards prevention
- 2 Progress the 10 Year Plan target for balancing the system towards community support

- 3 Influence NDIS implementation in WA to ensure it's responsive for people with psychosocial disability
- 4 Uphold the human rights and hear views from those most disadvantaged by the mental health system

Lead the development of contemporary service responses for people experiencing mental health challenges and develop the sector's capacity for growth.

Enhance our authority and influence by maximising our membership representation.

Ensure the organisation is structured cohesively, with culture, values, best practice and systems in place that support our mission.

Set the agenda with powerful and persuasive advocacy that is authoritative and credible.

Grow capacity in the community that enables wellbeing by addressing prevention, stigma, social determinants and promote recovery.

Lead by example in co-creation, co-design and co-production processes, demonstrating the value of lived experience.

Our actions to achieve this change



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WAAMH activates its core strategic priorities through its three main areas of work:



Leadership, advocacy &  
representation



Development &  
capacity building



Mental health  
promotion



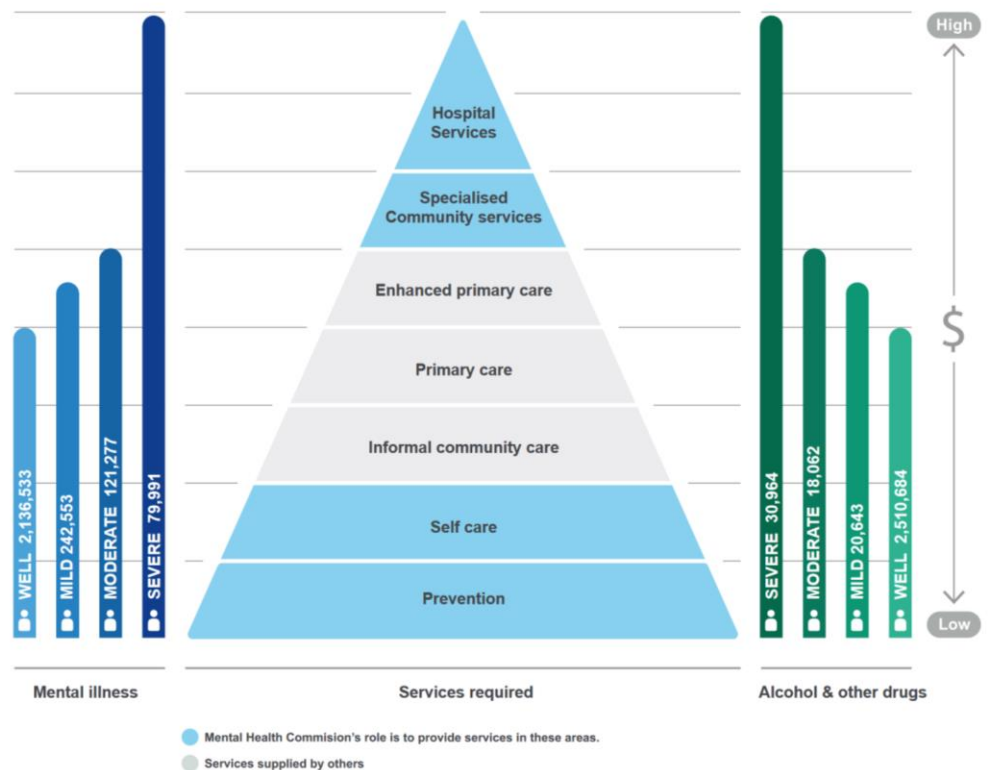
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# Leadership, advocacy and representation

WAAMH's attention is focused to those parts of the system most under-resourced & under-developed: prevention and community support.

Figure 11: Optimal service mix and severity continuum



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# Leadership, advocacy and representation

- A voice for members
- Lived experience voice and partnerships
- Research and policy analysis
- Partnerships - unified views
- Consultation
- Submissions, policy advice, committees
- Mainstream and social media



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# Leadership, advocacy and representation

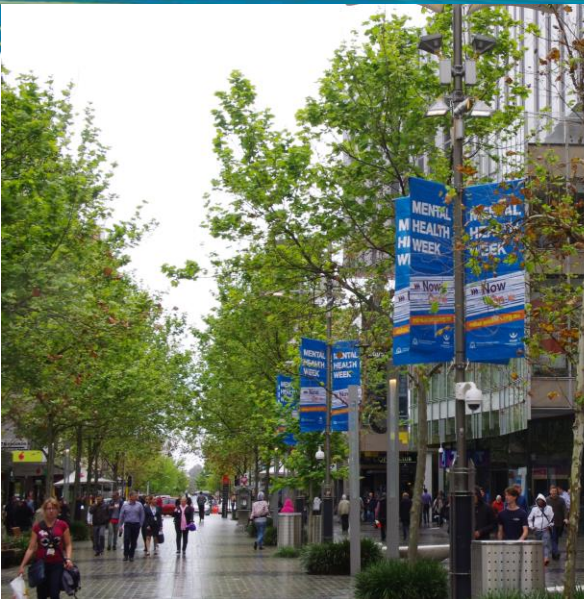
Assist local governments to

- Understand the policy environment
- Connect with community managed mental health organisations to support your Public Health Planning
- Provide an avenue for you to influence policy and system change



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<https://waamh.org.au/wa-mental-health-conference-2019/>

# Development and capacity building

- Work with organisations to improve their workforce skills and organisational capacity
- Local governments – a key client of our training
- Upskilling staff supports LGA activities
- *“The role plays and interaction helped to cement ideas, techniques and created ‘pictures’ in my mind for future reference. Safe environment, open, no judgement. Positive framing was great too. Techniques were brilliant” – LGA staff member*



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# Training - De-escalation

## Learning Outcomes:

- Common triggers and how to de-escalate a situation
- The escalation curve, stages of escalated behavior and the escalated brain
- Practice using de-escalation techniques
- Increased confidence in your ability to de-escalate a situation

***“would like this to be made available to more staff” – LGA staff member***



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# Understanding mental health

## Learning Outcomes:

- What we mean by 'mental health' – everyone has 'mental health'
- Common mental health challenges
- Confidence in challenging myths
- Increased confidence in how to 'support a mate'
- Knowledge of resources available - where to go for more information and support.



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# Manager Awareness – mental health in the workplace

## Learning Outcomes:

- Signs and symptoms of mental health challenges
- Improved confidence to start a conversation about workplace MH
- Knowledge of supports and resources available
- How to promote employee mental wellness

***“excellent presenter”* – LGA staff member**



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# Trauma Informed Practice

## Learning Outcomes:

- What we mean by 'trauma' and 'trauma informed practice'
- How trauma impacts mental health
- The 6 principles of Trauma Informed Care
- Using practical strategies in a trauma informed way



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# Everyday Counselling Skills

## Learning Outcomes:

- The difference between profession and 'everyday counselling'
- The role of relationships in supporting others
- Practice using and develop confidence in using everyday counselling skills and techniques
  - Active and reflective listening
  - Mirroring
  - Appropriate body language



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# Connect with us

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Facebook:

[https://www.facebook.com/  
WAMentalHealth/](https://www.facebook.com/WAMentalHealth/)

- Membership – training discounts, policy advice, influence change
- Social media – news and information
- Training and development – upskill staff
- Promotion – help shift stigma

<https://waamh.org.au/membership/become-a-member/>



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