



VicHealth

Mental Health and Wellbeing Publications Order Form The Victorian Health Promotion Foundation

MENTAL HEALTH & WELLBEING UNIT

January 2005

These publications started from a series of evaluations of projects funded as part of VicHealth's Mental Health Promotion Plan 1999 – 2002. The Plan was developed in 1998 in recognition of the social and economic costs associated with the increasing incidence of mental health problems. VicHealth's focus is on the social and economic determinants of mental health and wellbeing. It has identified three factors as being especially important – social inclusion, freedom from discrimination and violence, and economic participation. This new order form extends itself to the current mental health plan ('A Plan for Action 2005-2007: Promoting Mental Health and Wellbeing') and includes both hard copy publications as well as those now only available for download from our website at www.vichealth.vic.gov.au

The following publications **can be ordered in hard copy** (as well as being available on www.vichealth.vic.gov.au)

PUBLICATIONS



A Plan for Action 2005-2007: Promoting Mental Health and Wellbeing

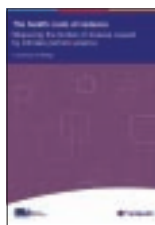
VicHealth's second mental health promotion plan presents a framework to guide practice which addresses key determinants of mental health and broad strategies for addressing them, along with settings for action and population groups for whom mental health promotion is a particular priority. Up-to-date evidence on factors influencing mental health and wellbeing and the benefits of mental health promotion are also included.



Mental Health and Wellbeing Research Summary sheets. (2005)

These fact sheets include data and summarise research relevant to:

- No.1:** Burden of Disease due to mental illness & mental health problems
- No.2:** Social Inclusion as a determinant of mental health and wellbeing
- No.3:** Discrimination and Violence as determinants of mental health and wellbeing
- No.4:** Access to Economic Resources as a determinant of mental health and wellbeing



The Health Costs of Violence: Measuring the burden of disease caused by intimate partner violence. (2004)

This publication is a summary of a study conducted to assess the health impact of intimate partner violence on women. While focusing on health, it complements a vast body of evidence demonstrating the serious social and economic consequences of intimate partner violence for individuals, families and communities.



Health in Public Spaces: Promoting Mental Health and Wellbeing through the Arts and Environment Scheme. (2004)

This report highlights the experiences of eight local government councils funded through the Arts and Environment Scheme to work with local communities and artists to design and develop public spaces that are engaging, inclusive and aesthetically arresting to promote mental health and wellbeing.



Promoting the Mental Health and Wellbeing of New Arrival Communities: Learnings and Promising Practices. (2003)

Drawing on the stories of 15 funded projects, this publication presents the rationale for and illustrates a range of strategies for promoting mental health and wellbeing in new arrival communities, from research and community strengthening through to advocacy and social marketing.



Rural Partnerships in the Promotion of Mental Health and Wellbeing. (2001)

This publication reports on the rationale and evaluation of eight projects funded as part of the Rural Partnerships in the Promotion of Mental Health and Wellbeing Scheme. Particular emphasis is placed on the ways in which partnerships between organisations can help to build capacity for mental health promotion.



Mental Health and Work: Issues and Perspectives. (2002)

Commissioned by Auseinet and developed in collaboration with VicHealth this work features chapters contributed by a variety of national experts in the field. It seeks to address the significant issue of mental health and work from a variety of perspectives including notions of identity, meaning and participation.

Available
from April
2005

The Koori Communities Leadership Program: Promoting Emotional and Spiritual Wellbeing through the Indigenous Leadership Program

This report records the experience and key learnings of five Koori community based leadership projects and the statewide leadership network. The report includes factors influencing the emotional and spiritual wellbeing of Indigenous communities and the importance of building leadership to ensure the ongoing survival and growth of Indigenous communities.

Available
from June
2005

Creating Accessible Arts Organisations: Learnings from the Major Arts Partnerships Scheme

This publication provides advice on the links between arts access and health, and reports on the strategies undertaken to increase access to the arts by 10 organisations funded under the Major Arts Partnerships Scheme.

RESOURCES



The Partnerships Analysis Tool: For Partners in Health Promotion. (2004)

Based on the evaluation of a range of initiatives funded through the Mental Health Promotion Plan, this resource provides a framework to assist organisations to develop a clearer understanding of the range of purposes of collaborations, reflect on the partnerships they have established and develop ways to strengthen new and existing partnerships.



Mapping Mental Health Promotion: A Tool for Planning and Evaluation. (Draft until June 2005)

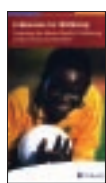
VicHealth, in conjunction with John McLeod, has developed this tool in recognition of the increasing complexity of planning, evaluation and monitoring of mental health promotion interventions. The tool uses VicHealth's Mental Health Promotion Plan and Framework 2005-2007 and applies a 'logic model' approach to planning and evaluation.

Available
from June
2005

Creating Community Celebrations: Promoting Mental Health & Wellbeing (Available from June 2005)

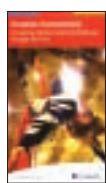
The Communities Together Scheme is designed to support the development of inclusive community driven festivals and celebrations. This resource has been developed to guide good practice and explore the ways in which participation in community celebrations can promote social inclusion, build a sense of community and contribute to mental health and wellbeing.

VIDEOS



A Welcome for Wellbeing: Promoting the Mental Health & Wellbeing of New Arrival Communities. (2003) (Video - 15 mins)

The video draws on projects supported through VicHealth's Mental Health Promotion Plan 1999-2003. It shows some practical ways to promote mental health and wellbeing through settings that newcomers make contact with each day such as schools, community groups, sporting clubs and workplaces. It is suitable for use as an education, training and awareness raising resource.



Creative Connections: Promoting Mental Health & Wellbeing through the Arts (Video - 14 mins)

'Creative Connections' explores the links between community based arts practice and the promotion of mental health. The video profiles four projects supported through VicHealth's Community Arts Participation Scheme and outlines the benefits for mental health and wellbeing. The projects highlighted are The Torch Project 'The Bridge'; Westside Circus; Club Wild and Visionary Dreams.

The following publications are no longer available in hard copy, but are available for downloading from www.vichealth.vic.gov.au

PUBLICATIONS AND REPORTS

Creative Connections: Promoting Mental Health & Wellbeing through Community Arts Participation. (2003)

This publication outlines the findings from the evaluation of projects supported through the Community Arts Participation Scheme. It explores the ways in which participation in community arts can contribute to mental health and wellbeing, reports on wider issues in the sector and includes six case studies.

Promoting Young People's Mental Health and Wellbeing through Participation in Economic Activities: Key Learnings and Promising Practices. (2003)

The evaluation of these projects explored whether supporting economic participation is an effective tool for promoting mental health among young people. Among the first of their kind to explicitly link economic activity with mental health promotion, these projects provide some valuable information on good practices in this area, and explore issues of sustainability.

Our Town: Working with Same Sex Attracted Young People in Rural Communities. (2001)

Drawing on an evaluation of 12 projects, this report explores issues involved in working with rural communities to address factors affecting the mental health and wellbeing of same sex attracted young people. A range of issues are covered from community readiness and young people's participation through to worker wellbeing and liaising with the media.

Scoping Report: Public Health, Mental Health and Violence against Women.

This monograph canvasses the most recent global, national and Victorian research which examines the nature and incidence of violence against women. It also enumerates the costs of this violence, in terms of mental and physical health and the social and economic costs borne by the whole of the community. This document also takes up the challenges made by the WHO Report on Violence and Health and makes recommendations about potential areas of activity that VicHealth may wish to consider for development through the mental health promotion strategy.

VicHealth Mental Health Promotion Evidence Review

In 2003 the Sydney Health Projects Group, was commissioned to undertake a review of the literature pertaining to the VicHealth Mental Health Promotion Framework. The report provides a summary of the evidence reviewed and a discussion of the implications of the research for consideration by VicHealth.

A Review of Literature focusing on Community Festivals & Celebrations Promoting Mental Health & Wellbeing through Community & Cultural Development.

This report focuses on the impact of community celebrations on community development, health and wellbeing. The broad aim is to determine what further evidence or research is required to build present knowledge in these fields and to provide assistance in developing policy or programs related to community celebrations.

Literature Review: Community Arts Practice

This report reviews the evidence base of the VicHealth Arts for Health Program in the light of existing Australian and international studies on similar programs. Such studies have indicated that the arts, and community arts in particular, play a role in enhancing social connection, social capital, community building, personal skills and social development, all of which are important determinants of mental health and wellbeing.

Alcohol and Violence Evidence Review (Available from June 2005)

This review of national and international research and literature looks at:

- the evidence of links between alcohol misuse and inter-personal violence, and
- effective evidence based interventions which address inter-personal violence related to alcohol misuse.

Scoping Report: Youth Economic Participation (Available from June 2005)

This Scoping Report documents current initiatives in economic participation and mental health and wellbeing for young people at risk. Includes an update of the Dusseldorp Skills Forum publication *Negotiating the Maze* and the documentation of recent changes in federal and state policy that guide the employment, education and training opportunities available for this group.

**To order available hard copies, please fax this form to
Mental Health & Wellbeing Unit - 03 9667 1375
or email: mentalhealth@vichealth.vic.gov.au**

Name: _____

Position: _____

Organisation: _____

Full Postal Address of Organisation: _____

Telephone: () _____

Email: _____

PUBLICATIONS

- A Plan for Action 2005-2007:** Promoting Mental Health and Wellbeing
- Research Summary: No.1:** Burden of Disease due to mental illness & mental health problems
- Research Summary: No.2:** Social Inclusion as a determinant of mental health and wellbeing
- Research Summary: No.3:** Discrimination and Violence as determinants of mental health and wellbeing
- Research Summary: No.4:** Access to Economic Resources as a determinant of mental health and wellbeing
- The Health Costs of Violence:** Measuring the burden of disease caused by intimate partner violence
- Health in Public Spaces:** Promoting Mental Health and Wellbeing through the Arts and Environment Scheme
- Promoting the Mental Health and Wellbeing of New Arrival Communities:** Learnings and Promising Practices
- Rural Partnerships** in the Promotion of Mental Health and Wellbeing
- Mental Health and Work:** Issues and Perspectives
- The Koori Communities Leadership Program:** Promoting Emotional and Spiritual Wellbeing through the Indigenous Leadership Program (Available from April 2005)
- Creating Accessible Arts Organisations:** Learnings from the Major Arts Partnerships Scheme (Available from June 2005)

RESOURCES

- The Partnerships Analysis Tool:** For Partners in Health Promotion
- Mapping Mental Health Promotion:** A Tool for Planning and Evaluation
- Creating Community Celebrations:** Promoting Mental Health & Wellbeing (Available from June 2005)

VIDEOS

- A Welcome for Wellbeing:** Promoting the Mental Health & Wellbeing of New Arrival Communities (Video)
- Creative Connections:** Promoting Mental Health & Wellbeing through the Arts (Video)

VicHealth

15-31 Pelham Street, Carlton Vic, Australia 3053

PO Box 154, Carlton South Vic, Australia 3053

www.vichealth.vic.gov.au