

8 December 2017

## CQ's well-spring of wellbeing

**Central Queensland is fast becoming a centre of wellbeing best practice, Queensland Mental Health Commissioner Ivan Frkovic said in Emerald today, as five more CQ locals received Wheel of Wellbeing (WoW) accreditation.**

Wheel of Wellbeing is a positive psychology program that aims to build mental health and wellbeing knowledge and capacity, and boost community wellbeing. It was developed in the UK by Maudsley International.

Victoria Homer and Lyndal Spackman are now WoW advanced practitioners — a world first — while Kim Tompson, David Kerrigan and Kath Hema have completed intensive training in the program.

As accredited WoW practitioners the five are able to support others to develop WoW knowledge and skills, incorporate WoW into their work and community programs, and deliver wellbeing workshops to communities across the region.

The WoW program is delivered by the Central Highlands Mental Health and Wellbeing Hub, both funded by the Queensland Mental Health Commission.

Mr Frkovic said this was the third year Wheel of Wellbeing training had been held in Central Queensland, adding to the store of expertise available to boost the region's wellbeing into the future.

"Positive mental health and wellbeing is the key to health and happiness, with benefits well-established by evidence," he said.

"When we consciously foster our wellbeing, we build resilience, enhance performance, fight stress, strengthen relationships, reduce the risk of depression and anxiety, and increase our general health.

"One of the strengths of the hub model is that it reaches a wide range of people and grassroots community groups to promote daily wellbeing practice in a way that is engaging and fun.

"Feedback on the WoW program has been overwhelmingly positive and is a credit to the partner organisations leading and implementing it."

The Central Highlands hub is led by CentacareCQ in partnership with Central Highlands Regional Council and CQ Rural Health.

The hub also operates through satellites sites in Capella, Blackwater, Sapphire Gemfields and Springsure.

While in Emerald Mr Frkovic will meet government and non-government agencies, local employers and community organisations to discuss regional mental health issues, including the impending implementation of the NDIS in the region from 1 January 2018.

