



Summary report

STRONGER COMMUNITY MENTAL HEALTH AND WELLBEING GRANTS PROGRAM

August 2016

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Acknowledgement

We wish to pay respect to Aboriginal and Torres Strait Islander Elders, past and present, and acknowledge the important role of Aboriginal and Torres Strait Islander people, their culture and customs across Queensland.

We also acknowledge the people living with mental health and drug and alcohol problems, their families and carers. We can all contribute to a society that is inclusive and respectful, where everyone is treated with dignity and able to focus on wellness and recovery and have fulfilling lives.

Introduction

The Queensland Mental Health Commission has contributed \$1.48 million to support 60 projects in more than 50 communities across the State as part of its *Stronger Community Mental Health and Wellbeing Grants Program* (the Grants Program) in 2014-15 and 2015-16.

The Grants Program provides support to communities across Queensland to implement collaborative and innovative solutions to improve the mental health and wellbeing of Queenslanders. It is one way that local communities can contribute to implementing the *Queensland Mental Health, Drug and Alcohol Strategic Plan 2014-2019*. It particularly focuses on the needs of vulnerable Queenslanders including those living in rural and remote communities; Aboriginal peoples and Torres Strait Islanders; and people from culturally and linguistically diverse backgrounds.

2014-15 Grants Program

In 2014-15, grant funding totalling \$10.3 million was provided to support 46 local projects. The projects were implemented in communities across Queensland – from Cape York in the north, the Gold Coast in the south and west to Longreach and Mount Isa.

The projects were funded under three initiatives:

- 16 *Community Mental Health and Wellbeing Enhancement Initiative* grants, ranging from \$2,600 to \$50,000, were awarded for projects that engaged community members in wellbeing enhancement activities, particularly those that focused on improving community inclusion and participation for individuals living with mental health difficulties and problematic substance use issues.
- 20 *Community Awareness Initiative* grants of up to \$15,000 were awarded to projects that increased community awareness and understanding of mental illness and problematic substance use through recognised training.
- Capacity Building grants totalling just over \$8,500 assisted nine community members and frontline service providers from across the State to receive training in an internationally-recognised approach to translating the concepts and actions associated with improving mental health and wellbeing.



In that first year, projects funded by the Grants Program supported many people with an estimated:

- 1,648 people attending workshops on mental health and wellbeing
- 821 people being trained in Mental Health First Aid, Suicide Intervention Skills and other recognised courses
- 47 people being trained as mentors or speakers
- 13 people being accredited as instructors or facilitators to deliver training.

This report summarises the 2014-15 Grants Program and includes 'good practice' case studies to help guide and inspire future program applicants.

Community Mental Health and Wellbeing Enhancement Initiative

Grants of up to \$50,000 were available under the *Community Mental Health and Wellbeing Enhancement Initiative*. The aim of this initiative was to increase the capacity of organisations to undertake wellbeing enhancement activities, and to engage key community members in these activities. It also aimed to increase community inclusion and foster community wellbeing partnerships.

In 2014-15, 16 projects received grants totalling \$759,699. Among the recipients were projects that included:

- Recruitment, training and support for more than 20 volunteers in the Toowoomba region to partner people living with mental illness
- A mentoring program to support people with eating disorders
- A new program co-designed and developed resulting in a Brisbane-based speakers bureau for people with lived experience of mental illness
- A local government program with activities targeted at young people and providing a focus on wellbeing, resilience and stress management
- Peer-led workshops for women within the criminal justice system who are living with mental health and substance use issues.

Good practice spotlight

Culturally and linguistically diverse communities

Access Community Services Limited is an organisation that provides settlement, employment, training and youth support services to migrants and refugees. Access Community Services received a \$50,000 grant to deliver a series of Stronger Communities Mental Health Workshops to reduce stigma associated with mental health issues and improve mental health care among culturally and linguistically diverse (CALD) communities in South East Queensland.

More than 250 community members took part in the 23 mental health workshops, with separate sessions to cater for the different needs of men, women and young people. The workshops incorporated evidence-based techniques from cognitive, behavioural and mindfulness therapies to help participants address stigma associated with mental health problems, recognise mental health issues, develop strategies to build their resilience, and learn how and where to get assistance.

These workshops were complemented by cross-cultural training sessions aimed at improving the ability of mainstream services to meet the needs of CALD clients. This training focused on improving services' understanding of migration, culture and identity, and how these issues can influence mental health.

Service providers were also helped to understand how different cultural backgrounds and values influence how people view and respond to mental health issues. Practical considerations around the use of interpreters and communication were also addressed, with a view to promoting equitable access to mental health care.

Good practice spotlight

Apunipima Cape York Health Council

Psychological distress is considered to be a key contributor to poor chronic disease prevention and management, which remains the most important contributor to the gap in morbidity and mortality between Aboriginal and non-Aboriginal people.

In turn, people with chronic disease have a greatly increased risk of developing depression and other psychological problems which are associated with significantly poorer clinical outcomes.

With this in mind, Apunipima Cape York Health Council Ltd (Apunipima) redefined its model of care in 2014 to include promotion and support of individual and community social and emotional wellbeing (SEWB). It recognised that if any real changes in wellness outcomes are to occur, a comprehensive approach to primary health care needs to be built on a strong social and emotional wellbeing platform.

The integrated SEWB and primary health care (PHC) model of care aims to empower Cape York Aboriginal and Torres Strait Islander people by providing culturally competent, comprehensive primary health care through a community controlled health service. The Aboriginal and Torres Strait Islander-led service considers the social, emotional, spiritual and cultural needs of individuals, communities and families.

In late 2014, Apunipima was supported with a \$50,000 grant through the Commission's *Community Mental Health and Wellbeing Enhancement Initiative* to develop a cohort of social and emotional wellbeing leaders across four Cape York communities and, in turn, inform future community health planning activities. Through consultation within the community, it was determined that Family Wellbeing and Aboriginal Mental Health First Aid were the most appropriate approaches for the communities of Napranum, Mapoon, Aurukun and Kowanyama.

The Family Wellbeing program was developed in the early 1990s by a group of Stolen Generation leaders in Adelaide. It aims to boost individuals' self-confidence and promote acceptance of responsibility for family, work and community life.

Mental Health First Aid was developed in 2001 by Orygen Research Centre, at the University of Melbourne. It has been adapted to provide culturally appropriate training for Aboriginal and Torres Strait Islander Communities. The program provides information on how to assist a person who is experiencing a mental health crisis or may be developing a mental illness.

Over a six month period in 2015, 49 Cape York community leaders participated in the programs. In addition, five Apunipima staff trained as facilitators in Family Wellbeing and a further 30 staff were trained in Aboriginal Mental Health First Aid.

The training has provided a framework to promote physical, emotional, mental and spiritual wellbeing and, in turn, provide Indigenous people with pathways to family cohesion, employment and further training.

Through its trained leaders, Apunipima is continuing to deliver Family Wellbeing as part of the SEWB and PHC model of practice in all Cape York communities.

Good practice spotlight

Towards Wellbeing

What is happiness? When can we be happy? How do we measure happiness? These were the foundation questions put to refugee communities in Townsville as part of a co-designed program to reduce stress and improve mental health and wellbeing outcomes.

A persistent issue that emerged throughout the Towards Wellbeing Project was the view put by many of the refugees that they related their happiness to that of people and close relatives they had left behind.

With support provided through a \$50,000 grant as part of the Commission's *Community Mental Health and Wellbeing Enhancement Initiative*, the Townsville Intercultural Centre Limited was able to provide appropriate activities for men, women and young refugees that centred on their perception of happiness.

At the core of this project was teaching happiness as an art that can be learned and practised. A reference group was formed to oversee the project and ensure objectives were met. A range of activities were delivered through monthly community meetings, social and sporting events.

The project reported that assisted communities became more resilient by strengthening relationships within each community and with other communities, and developing a sense of gratitude and mindfulness.

Good practice spotlight

Mentor, Meal Support, Training and Wellbeing Program

Brisbane's ISIS – the Eating Issues Centre works with people aged over 16 years with serious eating issues such as anorexia, bulimia and compulsive eating.

Through the Commission's *Community Mental Health and Wellbeing Enhancement Initiative*, ISIS received a grant of \$49,735 to develop an Australian-first mentoring and support program.

The volunteer program offers training and matches people with a lived experience of eating issues with people in early recovery. It also offers participants opportunities to build social connections that can enhance their individual resilience and wellbeing.

Program evaluation identified benefits to both mentors and mentees.

"Simply having someone to reach out when I needed; someone who understood without too much explaining; someone who listened without judgement and without necessarily needing to give advice to 'fix' my problems, but would simply listen and be willing to 'be there' has been incredibly helpful and healing." – Participant comment.

At the half-way mark, six out of seven mentees in the program had retained contact with their mentors and were maintaining supportive contact with each other. Two of the program mentors have moved towards training as senior mentors. Progress towards extending the program into regional areas has begun.

Good practice spotlight

What will the neighbours think?

An estimated 3,500 people under the age of 60 currently live in nursing homes around the country due to a lack of appropriate and accessible care and support options.

Wesley Mission Brisbane runs three supported accommodation communities which support 30 young adults living with complex disabilities. Among these is the Clear Breeze Apartments, at Mitchelton, in Brisbane.



(L to R): Clear Breeze resident Tony Doherty, Queensland Mental Health Commissioner Dr Lesley van Schoubroeck, artists Matthew Taylor and Dee Martin.

Through a person-centred care model, the Apartments cater for residents living with mental illness and complex needs. People

living with mental illness are at greater risk of homelessness, with their main housing options either the family home (often with ageing parents) or social housing. Working with Mantle Housing Ltd, an advocacy group of families and adults living with mental illness, Wesley Mission Brisbane sought to provide a responsive community approach to an otherwise unmet need.

Clear Breeze Apartments are a purpose-built residential community designed to provide a supported living environment for adults living with mental illness who have previously been supported by their families. Formerly known as the Mantle Apartments, the incoming residents renamed their new home Clear Breeze, signifying both the wonderful breeze the apartments catch and the positive opportunities their new home offers.

The first of its kind in Queensland, the building design and service model have been developed with input from the incoming residents. *But what do the neighbours think?*

To prepare for their move and to foster community engagement, residents and members of the local community took part in an arts project called 'What will the neighbours think?'

The project, supported with a grant of \$45,127 through the Commission's *Community Mental Health and Wellbeing Enhancement Initiative*, presented the voices and stories of the three groups most closely involved in the development of Clear Breeze: the residents who live with mental illness; their parents/carers who have been their primary support; and residents in the local area, who were to become their neighbours in the community.

The resulting outdoor gallery was displayed at the Mitchelton train station during Mental Health Week. Not only did it provide a strong connection between Clear Breeze residents and the community, it has provided a launching pad for other social inclusion activities that break down barriers.

Community Awareness Initiative

Grants of up to \$15,000 were available under the *Community Awareness Initiative* which aimed to increase community awareness and improve understanding of mental illness and substance use problems.

This included support for organisations to deliver recognised mental health or drug and alcohol awareness training, such as Mental Health First Aid.

Grants totalling \$266,610 were provided to 20 organisations for initiatives including:

- Drug and alcohol awareness training for young people
- Mental Health First Aid courses for Indigenous and Torres Strait Islander students, parents and guardians
- Suicide intervention skills training in rural communities
- Workshops for business owners and managers on mental health and workplace stress.

Good practice spotlight

Suicide Intervention Skills Training

In 2014, an estimated 627 Queenslanders suicided. Rates of suicide and suicide attempts are higher in rural and remote communities, with men in these communities found to be particularly at risk.

Lifeline Darling Downs and South West Queensland Ltd (DDSWQL) was supported through a grant of \$14,764 to deliver a two-day interactive workshop on suicide first aid training.

Participants learned to recognise when someone may be at risk of suicide and to respond in ways that help increase their immediate safety before linking them to further help.

The Applied Suicide Intervention Skills Training (ASIST) was delivered by LivingWorks Australia, the organising and accrediting body for ASIST. The program was relevant to the Darling Downs and responded to community concern about rising levels of suicide in rural and remote areas of Western Queensland. Lifeline DDSQWL partnered with Rural and Remote Mental Health Ltd and the Murilla Community Centre, in Miles, to deliver training where it was most needed.

The training formed part of a broader strategy developed by the Partners in Recovery Consortium in the Darling Downs Region which recognised that access to mental health and support is difficult even in relatively large rural communities.

ASIST workshops were held in Dalby and Miles, with promotion and advertising helping to attract 42 participants. Feedback following the workshops indicated that all of the participants highly rated their confidence and ability to assist someone who was at risk of suicide.

“Not only have you helped me handle and prepare for situations with suicide, but you have opened up a new dimension for me that whole communities can be educated in a very simple and ‘user friendly’ way.” – Participant comment

Good practice spotlight

Save-a-Mate

Save-a-Mate (SAM) is an alcohol and other drugs education program for 12 to 25-year-olds. The program is based on a harm reduction framework outlined in *the National Drug Strategy 2010-2015*.

Australian Red Cross delivers SAM training to more than 10,000 young people each year and received a \$14,350 grant through the Commission's *Community Awareness Initiative* to deliver SAM to 180 young people in Central Queensland.

SAM equips young people with knowledge and practical strategies so they can prevent, recognise and respond to alcohol and other drug emergencies – either for themselves or for a mate.

The SAM workshop format is unique in that it combines elements of drug and alcohol education with basic first aid and overdose response training.

Red Cross delivered 16 training sessions to 281 young people, mostly aged 15 to 19 years, in Rockhampton, Gladstone, Mount Morgan and Baralaba.

Participants were evaluated on their ability to name a harm reduction strategy and perform the recovery position. Of the 281 participants, all were able to name a harm reduction strategy and 73 per cent were able to perform the potentially life-saving actions taught during their training session.

Good practice spotlight

Indigenous mental health

Mental Health First Aid is a nationally-recognised program that helps people to recognise signs and symptoms and respond appropriately to various mental health crisis situations, engage with and support the person and direct them to appropriate professional help.

Under the 2014-15 Grants Program, the Commission provided more than \$88,000 to organisations that delivered Indigenous mental health programs. One of those organisations was SOLAS, which stands for Supported Options and Lifestyle Access Services Ltd, a community-managed organisation that delivers quality wellbeing and mental health services.

SOLAS received a \$14,950 grant for Mental Health First Aid training delivered to around 35 Aboriginal and Torres Strait Islander community members and mental health workers from Townsville and Palm Island, equipping them to better support people with mental illness and substance use disorders.

SOLAS also received a grant of \$14,850 to deliver Youth Mental Health First Aid training to service providers. In addition to training 35 young people, SOLAS was also able to support two additional qualified instructors to deliver training into the future.

Capacity Building for Community Wellbeing

In November 2014, the Commission hosted a Wheel of Wellbeing (WoW) workshop in Brisbane to build knowledge, awareness and understanding of how to apply the concepts of positive mental health and wellbeing. The workshop involved 27 participants from a range of organisations across the State. Of these, nine individuals were supported to attend under the Commission's *Capacity Building for Community Wellbeing* program.

Participants came from organisations providing services to a diverse range of groups including young parents, people living with mental illness and people from culturally and linguistically diverse backgrounds.

Qualitative responses from the workshop participants revealed a high level of satisfaction and perceived value of the WoW framework, resources and workshop. Not only was there universal agreement among the participants about value of the content provided, the vast majority (82 per cent) identified opportunities to collaborate with other organisations as a result of their attendance.

Good practice spotlight

The WoW factor

The Wheel of Wellbeing (WoW) program is an international initiative that provides a framework for improving the mental health of individuals and communities. Developed by the South London and Maudsley (SLAM) National Health Service Foundation Trust, WoW is widely used across the United Kingdom and is generating increasing interest in a number of Australian states, including Queensland.

WoW uses a series of simple, colour coded icons that represent six universal aspects of wellbeing: body (activity), spirit (giving), mind (learning), people (connect), place (take notice), and planet (care). It provides practical tips that people can use in their daily lives to increase their overall sense of wellness.

The Commission hosted a WoW workshop in Brisbane in November 2014. Conducted by SLAM's Tony Coggins, the full-day workshop involved 27 participants from organisations based in Brisbane, Mount Isa, Innisfail, Toowoomba, Bundaberg, Townsville and the Somerset Region to explore and develop new ways to support mental health and wellbeing in their respective communities.

The WoW framework and resources provide an evidence-based, practical and engaging way to improve individual and community understanding about the benefit of mental health and wellbeing. It aligns with an identified need to shift the focus from mental illness to greater awareness and engagement with positive concepts of mental health and wellbeing.

IMPACT Community Services has used the WoW platform to drive a new approach to mental health promotion in Bundaberg and Kingaroy.

IMPACT is a community-owned not-for-profit organisation that supports people living in Bundaberg and the North Burnett region who may be experiencing disadvantage, poverty or exclusion from social and employment networks.

With support provided through the Grants Program, IMPACT conducted 14 WoW workshops involving 57 frontline workers, representatives from 29 businesses and 171 community members.

The success of this initial workshop series in building the capacity of the community, businesses and service providers to support those at risk of experiencing poor mental health and wellbeing has led to the workshop program being rolled-out across the region.

2015-16 Grants Program

A total of \$451,385 was allocated to community organisations under the 2015-16 Grants Program.

Grants of up to \$50,000 were awarded for projects that support social inclusion and community participation for those experiencing mental illness, mental health problems and problems related to alcohol and other drug use.

Evaluation reports will be provided at the completion of the project period.

A list of the 2015-16 grant recipients is provided in Appendix B.

Appendix A: 2014-15 grant recipients

Community Wellbeing Enhancement Initiative

Applicant	Title	Community	Description	Funding
World Wellness Group	Multicultural Wisdom for Wellbeing Project	Greater Brisbane Region	Facilitate access to cultural wellbeing practices and traditional therapies.	\$50,000
Toowoomba Clubhouse	Supported socialisation program	Toowoomba region	Recruit, train and support more than 20 volunteers to partner with people living with mental illness.	\$48,400
ISIS – The Eating Issues Centre	Mentor and meal support training and wellbeing program	Brisbane	Support volunteers to become mentors to support those with eating disorders.	\$49,735
Access Community Services	De-stigmatising mental health in the CALD community	Brisbane, Logan	Mental health and wellbeing awareness to the CALD community.	\$50,000
Apunipima Cape York Health Council	Leadership in social and emotional wellbeing in four Cape York communities	Mapoon, Napranum, Kowanyama and Aurukun	Family wellbeing training.	\$50,000
Open Minds	iConnect Program	Ipswich, Caboolture, Brisbane, Sunshine Coast, Redcliffe, Logan	Providing people living with mental illness facilitated access to community information, new skill acquisition, recreational and social activity initiatives.	\$50,000
The Brook RED Centre	Voices for Change	Brisbane	New program to co-design, develop and implement a Brisbane-based speakers bureau for people with lived experience.	\$50,000
Ravenshoe Community Centre	Wheel of Wellbeing	Ravenshoe	Roll out of the Wheel of Wellbeing model in Ravenshoe and surrounds.	\$35,782
Lifeline Darling Downs and South West Qld Ltd	Big Idea for a Big Night Out	Toowoomba	To support an event in Mental Health Week to highlight the value and contribution to the community of people living with mental illness.	\$32,150
Richmond Fellowship	Recovery in Focus	Greater Brisbane Area	Documenting the stories of people living with mental illness, their families and carers by documenting their stories through photographs and holding an exhibition.	\$50,000
Mantel House Ltd	What will the Neighbours Think?	Brisbane	Providing social inclusion opportunities through an arts project to enable those living in Mantel House to integrate with those in the community.	\$45,127
Brisbane City Council	Healthy Body-Healthy Mind	Brisbane	Activities for those aged 12 to 25 years focused on overall	\$50,000

Applicant	Title	Community	Description	Funding
			wellbeing, including emotional resilience and coping with stress.	
Townsville Intercultural Centre	Towards Wellbeing	Townsville	Co-design with refugee communities in Townsville a series of culturally appropriate activities to improve mental health outcomes.	\$50,000
WWILD-SVP Association	Community Mental Health and Wellbeing Project for People with Intellectual Disability	Brisbane, Caboolture and Logan	Provide support to those living with complex needs, with a focus on those who have been a victim of crime, been in abusive relationships and/or experience alcohol and substance issues.	\$50,000
Sisters Inside	PeerZone Support Program	Brisbane	Peer-led workshops in mental health and addiction for women with a focus on those in the criminal justice system.	\$50,000
Queensland Aids Council	Better Health with Transformational Self-Management	Brisbane	Develop and complete a six week Better Health with Self-Management Program for the Trans community which focuses on physical and mental wellbeing.	\$48,505

Community Awareness Initiative

Applicant	Title	Community	Description	Funding
Centacare Queensland	Mental Health First Aid Training	Wide Bay, Longreach / Barcardine and Emerald / Capella / Springsure	Training for those likely to have contact with members of the community who have been adversely affected by drought or flood.	\$13,430
Australian Red Cross	Save a Mate – Alcohol and Drug training	Rockhampton, Gladstone, Mount Morgan	Drug and alcohol workshops for 12 to 25 year olds.	\$14,350
Mental Illness Fellowship Queensland	Tobacco Free	Brisbane	Tobacco Free workshops for consumers.	\$15,000
IMPACT Community Services Bundaberg Skills Centre Inc	Wheel of Wellbeing	Bundaberg and one outreach site	Delivery of Wheel of Wellbeing training to community, staff and businesses.	\$14,095
SOLAS (Supported Options in Lifestyle & Access Services Ltd)	Youth Mental Health First Aid Training	Townsville, Ayr and Charters Towers	Deliver training for service providers and people working with young people.	\$14,850
SOLAS (Supported Options in Lifestyle & Access Services Ltd)	Aboriginal and Torres Strait Islander Mental Health First Aid	Townsville and Palm Island	Provide training to service providers and people working with young people.	\$14,950
The Healing Centre, Aboriginal and Torres Strait	Aboriginal and Torres Strait Islander Mental Health First Aid, Youth and	Logan, Inala and Wacol Correctional Centre	Delivery of Mental Health First Aid courses to Year 10-12 students, parents and guardians.	\$8,500

Applicant	Title	Community	Description	Funding
Islander Community Health Service	Mental Health First Aid			
Accoras	Mental Health First Aid, Youth Mental Health First Aid, Aboriginal and Torres Strait Islander Mental Health First Aid	Mount Gravatt, Lutwyche, Gold Coast and Inala	Training for members of the community and service providers.	\$15,000
Gay and Lesbian Welfare Society	Mental Health First Aid	Mackay, Hervey Bay and Toowoomba	To provide training for the Society's volunteers and members of the local LGBTI community.	\$14,765
Peachtree	Circle of Security Training	Brisbane	Train a staff member/volunteer to deliver this training.	\$2,600
Lifeline Darling Downs and South West Qld Ltd	Applied Suicide Intervention Skills	Chinchilla and Miles	Deliver applied suicide intervention skills training.	\$14,764
The Nexxt Foundation	StepOUT to Wellbeing Mental Health Coaching Series	Brisbane, Logan, Redlands and Ipswich	Workshops for those living with mental illness and their families, focusing on six topics including recovery and negotiating supports.	\$15,000
Aftercare	Queensland Hearing Voices Community Workshops and Training	Brisbane	Delivery of a two-day workshop for family and friends of voice hearers as supporters. Training on how to facilitate recovery-based, peer-led Hearing Voices support groups. Training for support workers and professionals to enable them to work with voice hearers.	\$15,000
Canefields Club House Beenleigh Inc	Mental Health First Aid Training	Logan	Deliver training to families and carers of those who are living with mental illness.	\$15,000
Community Queensland	Mental Health First Aid Training	Brisbane	Train two staff to undertake Mental Health First Aid facilitator training and deliver training to volunteers.	\$15,000
Toowoomba Clubhouse	Living Proof – Darling Downs High School Education	Toowoomba	Deliver an education program presented by people with lived experience in high schools, with a focus on early warning signs and reducing stigma and discrimination.	\$15,000
Australian Red Cross	Mental Health First Aid Training	Hervey Bay	Delivery of Mental Health First Aid Training and alcohol and drug awareness.	\$13,265
Australian Red Cross Jeays Street Community Centre	Is your Neighbour Ok? Mental Health First Aid Training	Brisbane	Delivery of Mental Health First Aid training for community members through the Jeays Street Community Centre and Community Garden.	\$6,900
Worklink	Managing Diversity –	Far North	Workshops aimed at business	\$14,141

Applicant	Title	Community	Description	Funding
Employment Support Group Inc	Mental Health in the Workplace	Queensland	owners and managers about managing mental health in the workplace and reducing workplace stress.	
Community Living Association Inc	I need to sort my head out	South East Queensland	Training for support workers, unpaid carers and volunteers who support people with intellectual disability, who are also experiencing mental illness. The focus is on supporting recovery and management of mental illness as well as self-care.	\$15,000

Capacity Building for Community Wellbeing

Organisation	Number of people	Community	Funding
Young People Ahead Youth and Community Services Inc	2	Mount Isa	\$2,623
Ravenshoe Community Centre	1	Tablelands Region	\$990
United Synergies	1	Toowoomba	\$430
Northern Australia Primary Health Limited	1	Whitsundays	\$1,140
IMPACT Community Services Bundaberg Skills Centre Inc	1	Bundaberg	\$500
Headspace Townsville	1	Townsville	\$667
Connections Inc	1	Moreton Bay	\$231
Mental Illness Fellowship Queensland	1	Brisbane City, Toowoomba, Sunshine Coast, Gold Coast, Gladstone	\$993
SOLAS (Supported Options in Lifestyle & Access Services Ltd)	1	Townsville, Palm Island, Mount Isa	\$993

Appendix B: 2015-16 grant recipients

Applicant	Title	Community	Description	Funding
Toowoomba Clubhouse	Oakey Wellbeing Enhancement Initiative	Oakey	The THRIVE supported socialisation initiative developed by the Toowoomba Clubhouse will be expanded to the Oakey community.	\$45,100
Grow Qld	e-Grow Rural Queensland Pilot	Roma, Emerald	The e-Grow Rural Queensland Pilot will trial the use of online technologies to deliver a peer-led support network in the rural communities of Roma and Emerald.	\$50,000
Whitsunday Community Service	Whitsunday Community of Practice in Youth Mental Health	Cannonvale, Proserpine, Bowen	The Whitsundays Community of Practice in Youth Mental Health will foster collaboration between human services agencies to improve youth mental health and wellbeing in the Cannonvale, Proserpine and Bowen communities.	\$7,079
Multicultural Development Association Ltd	By Youth for Youth	Brisbane	The By Youth for Youth project will help strengthen identity, community and cultural connections for 'at risk' youth among Brisbane's culturally and linguistically diverse communities.	\$50,000
Aftercare	Creative Foundations Workshops	Brisbane	A series of Creative Foundations Workshops will use creative activities to support the wellbeing of family and carers of people with mental illness.	\$8,000
Richmond Shire Council	Drought Relief Support Officer	Richmond, Hughenden, Julia Creek	A rural drought support worker will be engaged to support drought affected communities manage the impacts of drought on their health and wellbeing.	\$50,000
Tai Chi for Health North Queensland	Tai Chi for Health Program – Turn stress into a source of strength.	Townsville	The Tai Chi for Health Program will bring the benefits of Tai Chi to members of Townsville's Mates 4 Mates Centre.	\$10,730
Rights in Action	Self-advocacy group for people living with mental health issues	Cairns	The Rights in Action Self-Advocacy Group will help people with mental illness develop new ways to advocate for themselves in areas that affect their daily lives.	\$2,528
Mulungu Aboriginal Corp	Hand Up (not Hand Out) for Mareeba Men	Mareeba	The Hand Up Project will be delivered to support indigenous men in the Mareeba community develop and maintain supportive relationships and sense of community connection.	\$50,000
ConNetica	Yarnings for Life	Hervey Bay, Maryborough, Bundaberg	The Yarnings for Life project will help build skills for discussing suicide and its prevention among Aboriginal and Torres Strait Islander community members.	\$49,910
Sandgate State School P&C	Art from the Heart	Brisbane	The Art from the Heart program will help promote school connectedness with a focus on culturally and linguistically diverse students, parents and carers.	\$10,920
Logan Women's Health and wellbeing	Hands Across Logan	Logan	The Hands Across Logan project will empower women who are isolated build self-esteem and confidence through social interaction.	\$48,748

Peer Support Australia	The Beyond the School Gate Project	Brisbane and regional locations to be identified	The Beyond the School Gate Project will bring a peer-led approach to supporting the mental health and wellbeing of young people in Brisbane and regional areas.	\$50,000
Anglicare Southern Queensland	Wellbeing Day	Brisbane	A Wellbeing Day event will provide education, support and inspiration to people with mental health challenges and their carers.	\$18,370

