



Boyup Brook CoMHAT


COMMUNITY WELLBEING PLAN


FEB 2024 - DEC 2026

Our purpose is to develop a community culture that has a proactive & supportive approach to mental health

More Information :

 secretary@comhat.com.au

 www.comhat.com.au

 Boyup Brook, WA



CELEBRATIONS & POINTS OF INTEREST FROM LAST WELLBEING PLAN

1

Youth Priority

Youth Zone building completed & looking to grow further
Regular attendance of Yr 5-12 students on a weekly basis at Youth Zone
Considerable development of activities for youth including mountain bike workshops, Youth Forums, participation in Mental Health week activities, road safety engagement



2

Mental Health Education & Awareness

CoMHAT has delivered a wide range of educational and awareness campaigns & workshops including MHFA, YMHFA & Conversations About Suicide
Increasing work is being done to network with other associations & source appropriate mental health services in our region



3

Development of CoMHAT Team

We now have 4 paid employees, a treasurer and a readily accessed grant writer.
We have an active Stakeholder Action Team and are looking to continue growing this
We have regular sponsorship support from the Boyup Brook Co-operative & are looking to source additional sponsors



4

Community Survey Information

75% of survey respondents now comfortable talking about their mental health
86% know where to seek help for their mental health
78% have someone they could talk to if they were struggling with their mental health



BACKGROUND INFORMATION

Purpose

The Boyup Brook Community Mental Health Action Team (CoMHAT) is a not-for-profit community led organisation that aims to develop a community culture that has a proactive & supportive approach to mental health. The CoMHAT Community Wellbeing Plan aims to build resilience, improve wellbeing, advocate for mental health support and education across our community and seeks to reduce the harms associated with Alcohol & Other Drug (AOD) use by:

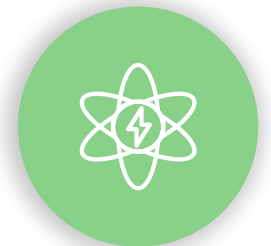
- Actively supporting partnerships between community and service providers to identify and address local issues.
- Provide a means to coordinate, implement and evaluate an evidence-based, whole of community approach in a timely & appropriate manner



Development of Wellbeing Plan

The Boyup Brook CoMHAT Community Wellbeing Plan was developed using the following processes:

- Community Wide Data Collection & Analysis to guide priority planning and identification - see CoMHAT chair for documentation & analysis
- Input and data analysis from CoMHAT Committee & Stakeholder Action Team - See Terms of Reference for Stakeholder list and more detailed information on CoMHAT Committee
- Collection of Stakeholder Data including
 - 2021 Suicide Prevention Australia Data
 - South West Health Profile 2022
 - Australian Bureau of Statistics Causes of Death: 2021 Suicide & AOD-Induced Death Data
 - Burden of Injury in WA
 - Life In Mind Australian National Suicide Data 2021
 - Australian Secondary School Students' Use of Alcohol & Other Substances 2022-2023
 - Suicide Prevention Australia Annual Report 2022-2023
- Reference and Use of the following documents to assist with strategy development:
 - Shire of Boyup Brook Local Planning Strategy 2023-2038
 - Mental Health Deep Dive: Effective & Promising Practice in Mental Health Promotion with Young People (Eomes, Aurora., Dufour, Rachael., Alekalns, Aleksandra. & Clark, Kelly. 2021)
 - Western Australian Mental Health Commission WA Mental Wellbeing Guide
 - In Their Words: How to Support Young People In Suicidal Distress: Suicide Prevention Australia (August 2022)



BACKGROUND INFORMATION

Development of Wellbeing Plan Cont...

- National Drug Strategy 2017-2026
- Alcohol & Other Drug Foundation Toolkits
- Govt of WA Introduction to Alcohol & Other Drug Prevention Guidelines
- Suicide Preventin in LGBTQA+ Young People.
- My Life My Legacy Documentation



Working Document

The Boyup Brook Community Wellbeing Plan is a three year plan. However it is very much a working document. It will be regularly updated to show progress and achievement of objectives. There may also be times when strategies or plans are slightly modified to suit the needs of the community and availability of service providers and resources. The plan will be reviewed regularly to ensure progress of assigned strategies



Working Document

ADF	Alcohol & Drug Foundation
AIHW	Australian Institute of Health & Welfare
AOD	Alcohol & Other Drugs
BBSRA	Boyup Brook Sport & Rec Association
BYA	Bridgetown Youth Association
CSR	Community Survey Respondents
CoMHAT	Community Mental Health Action Team
MHC	Mental Health Commission
RMH	Regional Men's Health
TMH	Think Mental Health
WACHS	WA Country Health Service
WAPHA	WA Primary Health Alliance



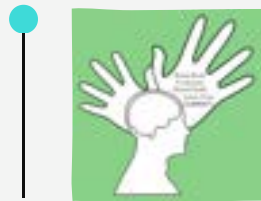

COMHAT

Admin Committee

- # Chairperson - Renee Knapp
- # Treasurer - Mary-Anne Inglis
- # Secretary - Lauren Carlin
- # Project Officer - TO BE FILLED
- # Event Coordinator - Anna Carroll
- # Youth Coordinator - Fiona Hazlewood
- # Committee Member - Colin Hales
- # Committee Member - Nicole Brown
- # Committee Member - Anna Carroll

COMHAT


Action Team

Boyup Brook
Shire & Shire
Council



Boyup Brook
CWA




Boyup Brook
Co-Operative



Boyup Brook
DHS & Student
Council




Boyup Brook
Community
Resource Centre



Boyup Brook
Police



St Mary's Primary
School




SJG Social
Outreach SWCADS
Alcohol & Other
Drug & Suicide
Prevention



Boyup Brook
Lions Club




Boyup Brook
St John Ambulance




Boyup Brook
Health Group



Alcohol & Drug
Foundation



Boyup Brook
Sport Rec
Association



Boyup Brook
Visitors Centre




Rylington
Park




WAPHA (WA
Primary Health
Alliance)



WA Country
Health Services



Bridgetown
Rotary



Blackwood
Youth Action



Boyup Brook
Medical Centre



2022 MENTAL HEALTH WEEK EVENT FREE EVENT

Brought To You By Boyup Brook CoMHAT

COMHAT

AT THE TOWN HALL

BOYUP BROOK CoMHAT Presents: A Night With Stephen Michael
FREE Event with Dinner Provided
Open to the Whole Community

October 13th 2022
5.30pm START

More Info Call Shenai 0400 326 272

YOUTH ZONE IS BACK

LOTS OF GREAT FUN ACTIVITIES PLANNED

Now!

TUESDAYS YR 5 & 6 3.30-5PM

2 X YOUTH ZONE SE

FOR MORE INFO CONTACT FIONA (YOUTH)



MOUNTAIN BIKE DAY RIDE

Nannup Tank 7

Saturday, 25 November 2023
8:00am - 5:00pm

For Yr 7 - 12
Transfer & Lunch included
Limited spots available

Registration essential @
comhetbb@gmail.com

FREE ENTRY



MENTAL HEALTH WEEK

MEDITATION & MINDFULNESS

YOGA CLASS

WITH FLOWER OF LIFE THERAPIES

MONDAY 9TH OCT
10AM - 11AM

WEDNESDAY 11TH OCT
5.30PM - 6.30PM

FAMILY STOP CENTRE
ADEL STREET

THE ROCK GARDEN
BOYUP BROOK

FREE ENTRY

TEXT 0852 660 625 TO ENQUIRE YOUR PLACE



1/2 PRICE DRIVING LESSONS (FOR 16-25 YR OLDS)

THANKS TO

 Australian Government
Department of Industry, Science, Energy and Resources

BRIDGETOWN DRIVING SCHOOL

To Book 1/2 Price Lessons Contact Fiona on 0419190319 to collect voucher & Bridgetown Driving School on 0493253669 to book lessons




Lesser Hall

FREE INNER CHAMPION BOXING WORKSHOP


(PLEASE REGISTER TO FIONA ON 0419190319)

Coming along to one of these amazing sessions hosted by **Laura Pawton**, a world class professional athlete, 3-time boxing World Champion & Australia's only current WBC World Champion and former professional skateboarder and Maureen Macleod who has worked internationally, developing and delivering empowerment and employability programs to youth and women in collaborating with various Governments and world organizations. She is also an international acclaimed actress.

WOMEN WHO RUN THE WORLD

Tues 3.30-5.30PM Yr 6-8 (FOOD PROVIDED)
TUES 5.00-7.00PM Yr 9-AGE 25 (FOOD PROVIDED)
WED 9.00-12 NOON ADULT FEMALES (LUNCH INCLUDED)

Tues 28th Feb & Wed 1st Mar, 2023



THANKS TO

 & LIBBY FROM

YOUTH MENTAL HEALTH FIRST AID 2023




PRIORITY AREAS

1. MENTAL HEALTH PRIORITY

Improved Access to Support Services & Supporting Those Who Support Other

2. TARGET GROUP PRIORITY

Bring improved mental health outcomes to men & Aged Population

3. ALCOHOL & OTHER DRUG PRIORITY

Improve AOD outcomes through education & promote healthy drinking environments across the Boyup Brook COMMUNITY

4. BELONGING & CONNECTION PRIORITY

Build tolerance and inclusivity within boyup brook in order to foster a welcoming community environment

KEY OBJECTIVES

1.1 Improve access to mental health support services in Boyup Brook

1.2 Increase community member ability to support others

1.3 Continue to share information, education and resources around mental health & wellbeing support

2.1 Seek feedback from target groups about support needed

2.2 Engage & deliver Targeted Mens & Farmer initiatives to support men's mental health

2.3 Increase Aged Population engagement in community events

2.4 Implement support strategies to boost positive mental health & wellbeing in Aged population

3.1 Identify & Deliver AOD education programmes

3.2 Work with local sport clubs and associations to encourage healthy drinking environments

3.3 Identify & Promote local AOD Support Services

3.4 Develop inclusion of healthy AOD practices at all CoMHAT Events

4.1 Boost Cultural awareness & acceptance

4.2 Embed inclusivity into events by making events appealing to a wider range of demographics

4.3 Increase education and awareness around tolerance and diversity

4.4 Boost welcoming and including nature of Boyup Brook



PRIORITY 1



PRIORITY 1: MENTAL HEALTH PRIORITY
 IMPROVE ACCESS TO SUPPORT SERVICES &
 PROVIDE SUPPORT TO THOSE WHO ARE
 SUPPORTING OTHERS

SUPPORTING DATA & RESEARCH:

50% of CSR identify as struggling with their own mental health
 78% of CSR support someone who struggles with their mental health but only 58% feel confident about how to support them
 CSR want more education on adolescent mental health issues and coping, supporting others when they don't appear to want support, coping in society, how to recognise if you are struggling with your mental health, managing and understanding anxiety and depression, substance, eating disorders
 Local police have anecdotally reported spending a large amount of their time dealing with mental health based issues

KEY OBJECTIVES	SPECIFIC TARGET	HOW WILL YOU MEASURE?	COMMENTS
1.1 Improve access to mental health support services in Boyup Brook	Increase opportunity for support services <ul style="list-style-type: none"> • Have a list of counselling services which are available for Boyup Brook residents with at least 1 available to access within the townsite • Have a list of specified support services as alternatives to counselling available to access by Boyup Brook residents 	Baseline data in 2024 and again in 2026 to determine services available	
1.2 Increase community member ability to support others who are struggling	Focus on taking community members from being able to ask "Are You OK?" to being able to support or chat to a mate or family member or point them in the direction of support resources	Community Survey 2026 Exit Survey tickets when leaving events	
1.3 Continue to share information, education and resources around mental health & wellbeing support	Aim to have a minimum of 15 people at all sessions offered. Aim to also reach a variety of demographics with sessions offered.	Attendance registers Social media engagement statistics	

KEY OBJECTIVE 1.1 IMPROVE ACCESS TO MENTAL HEALTH SUPPORT SERVICES IN BOYUP BROOK



STRATEGIES	LEAD & SUPPORT	RESOURCES /FUNDING	TIMELINE	PROGRESS REPORT	STATUS
1.1.1 Attend Health Advisory Network Meetings to share concerns and advocate for services	CoMHAT Chair & interested team members	Admin hours Key contact. - Kathryn Westphal	3-6 monthly	Renee attended initial meeting in Manjimup @ end of 2023	
1.1.2 Liaise with BYA regarding an outreach support service	CoMHAT Chair & Youth Zone coordinator	Bring up potential for this at Network meetings	Look at developing in early 2025		
1.1.3 Complete an audit of current support services in the local region	Project Officer & CoMHAT Chair	Rae - GP Down South (get current list of local services) Key contacts <ul style="list-style-type: none"> • Local doctor • CRC directory • Shire website 	Begin 2nd Half of 2024 Then use to create localised support resource		
1.1.4 Make snapshot of trying to get support in Boyup Brook (with & without transport)	Project Officer & CoMHAT Chair	Create flowchart for getting support to utilise when getting funding & accessing more support services	End of 2024		

KEY OBJECTIVE 1.1 IMPROVE ACCESS TO MENTAL HEALTH SUPPORT SERVICES IN BOYUP BROOK



STRATEGIES	LEAD & SUPPORT	RESOURCES/ FUNDING	TIMELINE	PROGRESS REPORT	STATUS
1.1.5 Identify blockers to accessing support	CoMHAT Admin & Action Team Communication Officer to share	Discussion/Brainstorming time Share with community Get Feedback from community Options for services that don't require a referral	After completion of 1.13 & 1.14		
1.1.6 Support local small MH organisations through promotion & partnership	Communication Officer	Utilise Support Service Audit and promote local mh services through communication campaign Add info to CoMHAT website	Ongoing		
1.1.7 Investigate MH support options and resources in the wider environment	Project Officer	BYA Manjimup & Bridgetown Shires GP Down South eg Henry Neuwen House CAMHS - new name from Mel WACHS - Jenny Payet	After 1.15		

KEY OBJECTIVE 1.1 IMPROVE ACCESS TO MENTAL HEALTH SUPPORT SERVICES IN BOYUP BROOK



STRATEGIES	LEAD & SUPPORT	RESOURCES/ FUNDING	TIMELINE	PROGRESS REPORT	STATUS
1.1.8 Investigate alternatives to therapy support options also considering options for all demographics within community	Project Officer	NDIS Partners in Recovery GP Down South Support Groups	End of 2024		

KEY OBJECTIVE 1.2 INCREASE COMMUNITY MEMBER ABILITY TO SUPPORT OTHERS



STRATEGIES	LEAD & SUPPORT	RESOURCES/ FUNDING	TIMELINE	PROGRESS REPORT	STATUS
1.2.1 Organise Training for Community Members <ul style="list-style-type: none"> • MHFA & YMHFA • NSSI • Conversations About Suicide • Parent/Child sessions 	Event Coordinator	Liberty Arts approx \$2600 per session (16) 2 x sessions per year Mental Health Commission courses	2 x sessions per calendar year		
1.2.2 Investigate the options regarding a Community LED Safe Space & Suicide Support options & training(Roses in the Garden) RITO have \$5000 Grass Roots Grants	CoMHAT Admin Team dependent on funding	Jon Eddy- Roses in the Ocean Comm Led Safe Space - Bridgetown Peer Care Companion Warm Line/Face to Face Reliant on grant funding - SARC? FRRR? NFT? WACHS	Investigate funding opportunities 2024. Look to implement 2025/2026	Renee attended local Community Led Safe Space session May 2024	
1.2.3 Utilise Standby Suicide resources in Postvention	CoMHAT Chair & Action Team Boyup Brook Police	Introduce resources to community stakeholders at Action Team meetings Currently Mandated WAPOL Chaplain available for trauma incidents	Nov/Dec Action Team meeting		

KEY OBJECTIVE 1.2 INCREASE COMMUNITY MEMBER ABILITY TO SUPPORT OTHERS



STRATEGIES	LEAD & SUPPORT	RESOURCES/ FUNDING	TIMELINE	PROGRESS REPORT	STATUS
1.2.5 Support local schools in getting Allied Health professionals in to Pre School/Kindy/Day care/Better Beginnings sessions sessions to educate parents	CoMHAT Action Team/BBDHS Child Health Nurse St Marys	Audit of current connections & what is available Work with school to increase access to services	End of 2024 for commencement in 2025		
1.2.6 Maintain ongoing mental health & wellbeing educational focus at local schools	CoMHAT Action Team Events Coordinator BBDHS Principal or Health Teacher St Marys	Audit of current programmes FRRR Resilient Men's Program funding for teenage boys	CoMHAT to deliver at least one programme per year based on funding accessed	SDERA & Zones of Regulation currently being used at BBDHS	
1.2.7 Improve access to support resources for those supporting others.	Communication Officer	Think Mental Health Beyond Blue Black Dog Institute Reach Out MHC Carers WA	Ongoing calendar		

KEY OBJECTIVE 1.3 CONTINUE TO SHARE INFORMATION, EDUCATION AND RESOURCES AROUND MENTAL HEALTH & WELLBEING SUPPORT



STRATEGIES	LEAD & SUPPORT	RESOURCES/ FUNDING	TIMELINE	PROGRESS REPORT	STATUS
1.3.1 Share support services via Communication Campaign throughout the year and for different demographics & issues including financial struggles	Communication Officer	Think Mental Health Beyond Blue Black Dog Institute Reach Out MHC SJOG campaign information	Ongoing calendar - MH focus at least 50% of campaigns		
1.3.2 Collect support resources & strategies and add to website (SUPPORT RESOURCES TAB)	Communication Officer	Use resources above and add to website Access grant to support the development of this	Ongoing calendar		
1.3.3 Create a localised mental health support document Share on website, socials & around town	Communication Officer	Use info from 1.13 & 1.14 to create a local MH support document Share with Shire/CRC	2025		
1.3.4 Utilise additional means of sharing information other than social media including mail drops, notice boards	Communication Officer & Events Coordinator	Mail Drop Signs at Footy/IGA Use People to spread the word Shire			

PRIORITY 2



PRIORITY 2: TARGET GROUP
PRIORITY
 MEN &
 AGED POPULATION

SUPPORTING DATA & RESEARCH:

55% CSR identified men and the aged population as being priority focus areas for our new Community Wellbeing Plan
 Recent West Arthur 6Bs presenter specifically identified Boyup Brook Farmers as expressing concerns for the mental health and being in a state of crisis.
 Current farming situation - sheep and drought issues.
 Suicide was the 10th leading cause of death in males, 2021, ABS
 3/4 of people dying by death are males, 2022 AIHW
 Median age of death in 2021 for male suicide was 45.8
 For those aged 85 years and over, limitation of activities due to illness and disability was the most common risk factor for suicide.
 A history of suicide ideation or self harm was present as a risk factors for all males who died by suicide, 2021 ABS

KEY OBJECTIVES	SPECIFIC TARGET	HOW WILL YOU MEASURE?	COMMENTS
2.1 Seek anecdotal feedback from target groups about support needed	Develop an intentional Voice for both groups to be utilised by CoMHAT to gain feedback on initiatives and action plans	Formation and use of 2 active Advisory Groups to guide future planning	
2.2 Engage & deliver Targeted Mens Mental Health initiatives to improve mental health outcomes	Deliver a minimum of 4 events per year targeting men's mental health per year including education, support sessions and varied demographics. Deliver events to varied demographics including Farmers, Shearer's, Young Dads, Young Men etc. Improve awareness of mental health support services	Event attendance records Community Survey Responses (males responses only) targeting knowledge of support services Social Media engagement (males)	
2.4 Increase Aged Population engagement in community events	Make CoMHAT events more inclusive for Seniors Improve access to events through a transportation options	Event attendance register Transportation record	
2.5 Implement support strategies to boost positive mental health & wellbeing in Aged population	Implement 5000 Days Project Deliver minimum of 2 Upskilling session with Youth Zone each year involving local Seniors	Baseline data start of 2025 & end of 2026 to determine impact of programme Feedback from Youth Zone Participants	

KEY OBJECTIVE: 2.1 SEEK ANECDOTAL FEEDBACK FROM TARGET GROUPS ABOUT SUPPORT NEEDED



STRATEGIES	LEAD & SUPPORT	RESOURCES/ FUNDING	TIMELINE	PROGRESS REPORT	STATUS
2.1.1 Develop a Mens Advisory Board	CoMHAT Events Coordinator	CoMHAT Admin Funding Board to include a range of demographics including farmers, shearers, young men/dads	1st half of 2024 develop for farming group then build on		
2.1.2 Have opportunities to collect feedback at events - slip with question, ipad in corner	CoMHAT Event Coordinator	Individual Grants Funding relating to events	Ongoing		
2.1.3 Develop an Aged Care Advisory Board	CoMHAT Event Coordinator or Project Officer	CoMHAT Admin Funding	Feb 2025		
2.1.4 Liaise with other organisations to collect feedback and information	CoMHAT Action Team	Collect information from representatives from organisations	Ongoing		

KEY OBJECTIVE: 2.2 ENGAGE & DELIVER TARGETED MENS MENTAL HEALTH INITIATIVES TO IMPROVE MENTAL HEALTH OUTCOMES



STRATEGIES	LEAD & SUPPORT	RESOURCES/ FUNDING	TIMELINE	PROGRESS REPORT	STATUS
<p>2.2.1 Make a timeline & coordinate Men's Mental Health Events - take events to where blokes will be. Cater events to suit a variety of "men" eg. farmers, shearers etc</p>	<p>CoMHAT Chair to add info to Click Up for planning</p> <p>CoMHAT Event Coordinator</p> <p>Project Officer - grants</p>	<p>Regional Men's Health</p> <ul style="list-style-type: none"> Warrior Ed Fast Track Pit Stop Footy events <p>Gotcha 4 Life BBQ events - Hot Things Joe Williams - The Enemy Within (sport) FRRR Grant 2024 \$10 000 POTENTIAL SARC Grant Rural Aid - Roger</p>	<p>2024</p> <p>3 x Men Gathering/ Support events</p> <p>4 x events/year dependent on Grant funding</p> <p>Learn a skill at events</p>		
<p>2.2.2 Plan & deliver mens mental health events targeted to different male demographics</p> <ul style="list-style-type: none"> mental health financial struggles coming together <p>(relatable/not a lecture)</p>	<p>CoMHAT Event Coordinator</p>	<p>FRRR Grant</p> <p>3 x events</p> <p>Write in grants and events as received</p> <p>Source locals interested in sharing own mental health story (supported by Rhett)</p>	<p>May-Dec 2024</p>		
<p>2.2.3 Work with Organisations such as Rylington Park, Sports Clubs, Shearing Contractors to source potential speakers for their events (create a4 resource sheet to send out)</p>	<p>CoMHAT Chair to make resource and share</p>	<p>CoMHAT Admin Funding</p> <p>Pickstar website</p> <p>Beyond Blue</p> <p>Kai Fella Found.</p>	<p>Beginning 2025</p>		

KEY OBJECTIVE: 2.2 ENGAGE & DELIVER TARGETED MENS MENTAL HEALTH INITIATIVES TO IMPROVE MENTAL HEALTH OUTCOMES CONT...



STRATEGIES	LEAD & SUPPORT	RESOURCES/ FUNDING	TIMELINE	PROGRESS REPORT	STATUS
2.2.4 Continue to deliver targeted workshops to youth to address toxic masculinity/consent/respect	CoMHAT Event Coordinator BBDHS	Man Up Motov8 Tomorrow Man Kai Fella Foundation	Aim for 2 x Events per year		
2.2.5 Create an opportunity to collect feedback or have support services/resources at events	CoMHAT Event Coordinator	Rhett - Kai Fella Foundation & Regional Men's Health contact for ideas	Ongoing		
2.2.6 Plan an event to support partners/Female Farmers/wives <ul style="list-style-type: none">• own mental health• how to support others	CoMHAT Event Coordinator Action Team	Regional Mens Health <ul style="list-style-type: none">• Pre Harvest;Seedi ng Breakfast Unbreakable Farmer WIFE resources Storm in a Teacup Libby Liberty Arts	1 x Planned Event per year		
2.2.7 Investigate a range of local MH support options	CoMHAT to source grants Grant Go Getter	Jon Eddy - Roses in The Ocean models of support	Ongoing & dependent on funding		



STRATEGIES	LEAD & SUPPORT	RESOURCES/ FUNDING	TIMELINE	PROGRESS REPORT	STATUS
2.3.1 Plan a variety of intergenerational events	CoMHAT Event Coordinator BB CRC	FRRR Boyup Brook Shire BB Co-op	Oct yearly MHW Community Event		
2.3.2 Seek feedback & brainstorm strategies to boost Senior attendance at events <ul style="list-style-type: none"> • Contact BB Citizen’s Lodge • Advisory Group 	CoMHAT Event Coordinator Action Team Home For The Aged CRC	CoMHAT Admin Possible ideas <ul style="list-style-type: none"> • pick up • day time events • not too early in day • close to toilets • easy access • access to food & water 	2024 onwards		
2.3.3 Identify & utilise strategies to support Seniors to attend events	CoMHAT Events Coordinator	Lions Club Bus Old Dog Diesel	Ongoing		

KEY OBJECTIVE: 2.4 IMPLEMENT SUPPORT STRATEGIES TO BOOST POSITIVE MENTAL HEALTH & WELLBEING IN AGED POPULATION



STRATEGIES	LEAD & SUPPORT	RESOURCES/ FUNDING	TIMELINE	PROGRESS REPORT	STATUS
2.4.1 Promote local resources to support Seniors Mental Health & Wellbeing	CoMHAT Communication Officer CRC Pharmacy	Julie - Carers WA (able to come to any events) Mable Aged Care Providers Consider losing driving & independence	Ongoing		
2.4.2 Implement the 5000 Days Project with Lodge & High School students	CoMHAT Project Officer Home For The Aged BBDHS	Source Grant Funding	2025/2026		
2.4.3 Target Seniors for some events & invite younger people to join	CoMHAT Events Coordinator Local schools	Regional Mens Health Bowls WA	2025		
2.4.4 Invite Seniors to run upskilling sessions with Youth Zone	CoMHAT Youth Coordinator Project Officer - grants	Cooking Woodworking Skills Engines Sewing/Craft Admin budget or grants	At least 1 x session/year		

KEY OBJECTIVE: 2.5 IMPLEMENT SUPPORT STRATEGIES TO BOOST POSITIVE MENTAL HEALTH & WELLBEING IN AGED POPULATION



STRATEGIES	LEAD & SUPPORT	RESOURCES/ FUNDING	TIMELINE	PROGRESS REPORT	STATUS
2.5.5 Source funding and set up gardens around Youth Zone - develop a roster for interested Seniors to attend and work with youth to look after garden	CoMHAT Project Officer	Grant dependent	Ongoing		
2.5.6 Explore volunteering for Youth Zone - jobs for Aged population, encourage to join Emergency Services	CoMHAT Youth Coordinator BBDHS CRC	Salary	Ongoing		

PRIORITY 3



<p>PRIORITY 3: ALCOHOL & OTHER DRUG PRIORITY</p> <p>IMPROVE AOD OUTCOMES THROUGH EDUCATION & PROMOTE HEALTHY DRINKING ENVIRONMENTS ACROSS THE BOYUP BROOK COMMUNITY</p>	<p>SUPPORTING DATA & RESEARCH:</p> <p>50% of CSR requested education on AOD topics 58% of CSR believed that there is an issue with illicit drugs in BB 56% of CSR believe there is an issue with drunk/drug driving in BB 82% of CSR believe their children under the age of 18 are not drinking 42% of CSR have felt unsafe as a result of AOD use Rate for alcohol induced death highest in 10 years (2021 ABS Statistics) Feedback from Action Team Stakeholders - concerns about drinking culture AOD were the leading modifiable risk factors contributing to WA's Injury Burden CC Vic 2022-2023 study found - 65% of Aust Sec. students had tried alcohol - parents were the most common source of alcohol for young drinkers</p>
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KEY OBJECTIVES	SPECIFIC TARGET	HOW WILL YOU MEASURE?	COMMENTS
3.1 Identify & Deliver AOD education programmes & campaigns	Increase local knowledge of AOD harms and strategies for managing alcohol consumption	Attendance records and register Record of events held Social media eng. stats Exit tickets/video surveys	
3.2 Work with local sport clubs and associations to encourage healthy drinking environment	70% of local sport clubs and associations to have adopted some level of healthy drinking environment strategies	Visible representation of AOD messaging at local clubs Record of & level of adoption by clubs	
3.3 Identify & Promote local AOD Support Services	Increased awareness and availability of local AOD support services	CSR demonstrated greater awareness of available support services in 2026 community survey Inclusion of all available AOD services on CRC Community Directory	
3.4 Develop inclusion of healthy AOD practices at all CoMHAT Events	To have a developed AOD policy, available on website and utilised for all CoMHAT events	Policy document including reference to RSA training requirement	

KEY OBJECTIVE: 3.1 IDENTIFY & DELIVER AOD EDUCATION PROGRAMMES



STRATEGIES	LEAD & SUPPORT	RESOURCES/ FUNDING	TIMELINE	PROGRESS REPORT	STATUS
3.1.1 Identify & deliver appropriate Education and Awareness sessions to bring to Boyup Brook	CoMHAT Event Coordinator	Presenters eg. Doors Wide Open Catering for events Event Coordinator time Venue hire Consider delivery to different age groups	1 or 2 sessions per year		
3.1.2 Identify and use AOD campaigns to add to CoMHAT communication campaign <ul style="list-style-type: none"> • trend & statistic posts • Mindfulness appts to promote self-regulation • promote protective beh. • promote smartphone apps 	CoMHAT Communication Officer	Include - NHMRC, AMA, ADF Alcohol Think Again <ul style="list-style-type: none"> • Risks including disease, effect on body, mixing with other drugs • Tips for managing alcohol consumption AOD & Older & Young Adults & Parenting Toolkit Canva for social media scheduling Communication Officer time	2-3 months each year as part of overall communication campaign		
3.1.2 Piggy back AOD education & awareness sessions with other events to make more appealing	CoMHAT Event Coordinator	Local events Community Resource Centre Local schools/police	Ongoing		
3.1.3 Continue to prioritise Vaping & AOD education in local schools including parental education	Local Schools Action Team	ADF resources SMS/Reach out resources Ray's Night Out App Behaviour Change Collaborative info & advice Healthways Alcohol Education in Schools Toolkit - suggested programs	To be included as part of Health Programme in 1 term of each school year		

KEY OBJECTIVE: 3.2 WORK WITH LOCAL CLUBS AND ASSOCIATIONS TO ENCOURAGE HEALTHY DRINKING ENVIRONMENTS



STRATEGIES	LEAD & SUPPORT	RESOURCES/ FUNDING	TIMELINE	PROGRESS REPORT	STATUS
3.2.1 Create local “Keys For Life” end of year programme delivery (like Bridgetown)	Local Police & Emergency Services with Project Officer	Local Emergency Services Local Police & Medical Staff BBDHS & students	Dinninup Show each year (November)		
3.2.2 Discuss optinons with local police to boost safe use of alcohol at events	ADF rep & Local Police	ADF	Research 2025 Staggered implementation from 2026		
3.2.3 Develop a4 tips page to share with clubs and organisations to develop health drinking environment <ul style="list-style-type: none"> • non-alcoholic alternatives • transport options etc. • provision of water 	CoMHAT Communication Officer & Project Officer	ADF resources Only use evidence based resources	Development 2024 Inclusion from 2025		
3.2.4Promote the use of local Driving options & have available & advertised for our events <ul style="list-style-type: none"> • BBUBER (Elaine) • Lions Bus • Old Dog Dirt n Diesel 	CoMHAT Events Coordinator	Old Dog Dirt & Diesel Van Lions Club Bus BBUBER Advertising on Social Media and Community Noticeboard	Ongoing		

KEY OBJECTIVE: 3.3 IDENTIFY & PROMOTE LOCAL AOD SUPPORT SERVICES



STRATEGIES	LEAD & SUPPORT	RESOURCES/ FUNDING	TIMELINE	PROGRESS REPORT	STATUS
3.3.1 Audit current local AOD support services	CoMHAT Admin Committee	BYA Boyup Medical Service ADF	2nd half of 2024		
3.3.2 Promote local AOD support services	CoMHAT Communication Officer CRC	Doctor surgery Print materials Canva - social media campaign	Ongoing		
3.3.2 Investigate and promote peer support and group support programmes for AOD	CoMHAT Project Officer	Bridgetown programmes eg. Henry Neuman Hse	Early 2025		
3.3.4 Encourage participation in volunteering programs and recreational activities to build belonging & purpose	CoMHAT Events Coordinator	Act-Belong-Commit resources Creating Social Connection Toolkit Engage with Men in Sheds Senior Companions Program Community Garden Youth Zone activities	Hold at least 1-2 community events to encourage belonging & connection		

KEY OBJECTIVE: 3.4 DEVELOP INCLUSION OF HEALTHY AOD PRACTICES AT ALL COMHAT EVENTS



STRATEGIES	LEAD & SUPPORT	RESOURCES/ FUNDING	TIMELINE	PROGRESS REPORT	STATUS
3.4.1 Develop a policy for events including inclusion of healthy AOD practices	CoMHAT Admin Committee	ADF	2nd half of 2024 in line with Healthy Tips document		
3.4.2 Encourage a youth representative on CoMHAT committee (20-25) to ensure needs are meeting this age group	CoMHAT Chair & Communication Officer	Boyup Brook Gazette & Social Media	Ongoing in advertising for new committee members		
3.4.3 Promote alternatives to alcohol	CoMHAT Communication Officer & Events Coordinator	ADF Campaigns Social Media Print messaging & posters	Ongoing		
3.4.4 Offer RSA training for team members and community organisations	CoMHAT Events Coordinator	RSA Training Resources & Events	Offer every 2nd year		

PRIORITY 4



PRIORITY 4: BELONGING & CONNECTION

BUILD TOLERANCE AND INCLUSIVITY WITHIN BOYUP BROOK IN ORDER TO FOSTER A WELCOMING COMMUNITY ENVIRONMENT

SUPPORTING DATA & RESEARCH:

Only 39% of CSR respondents think they BB is an inclusive community
 CSR identified local issues of racism & prejudice against women, division between farming & town families, a lack of facilities to accommodate disabilities and a tendency of judgemental
 69% of CSR respondents feel BB is welcoming with considerations that it is easy to fit in if sporty or within school community. Race and LGBTQIA+

KEY OBJECTIVES	SPECIFIC TARGET	HOW WILL YOU MEASURE?	COMMENTS
4.1 Build Cultural Awareness & Acceptance	Hold 2 x minimum events/year to boost cultural awareness and acceptance	Specific survey questions relating to cultural inclusivity & tolerance Internal Audit of events held	
4.2 Embed inclusivity into events by making events appealing to a range of demographics	Aim to make all community events inclusive and inviting to Seniors & other minority groups by providing suitable modifications and inclusions to the events.	Event feedback forms Community Feedback	
4.3 Increase education and awareness around tolerance and diversity	Boost awareness and education through communication campaigns targeting tolerance and diversity	Social Media Engagement School Survey	
4.4 Boost welcoming and including nature of Boyup Brook	Community Members feel areas of concern are being addressed or targeted.	Follow up community survey question	



STRATEGIES	LEAD & SUPPORT	RESOURCES/ FUNDING	TIMELINE	PROGRESS REPORT	STATUS
4.1.1 Implement targeted strategies at local events to improve inclusivity	CoMHAT Event Coordinator	Grant based FRRR Grant MHW Shire Grant	Ongoing		
4.1.2 Build understanding and presence of Aboriginal History in Boyup Brook	CoMHAT Project Officer CRC	Collaborative Project with CRC?	2025/2026		
4.1.3 Hold a Personal History <ul style="list-style-type: none"> • Find Your Bloodline • DNA Testing • Who do you think you are? 	CoMHAT Event Coordinator Project Officer - grant	Dependent on grant funding	2025 Or 2026		
4.1.4 Hold Cultural Evenings or Event <ul style="list-style-type: none"> • Ruth Gorman (Indian food) • Rehza (Dutch cooking) • start slow and it will build 	Event Coordinator	Grant dependent or User Pays Harmony Day	2 x Events per year 2025 onwards		

KEY OBJECTIVE: 4.2 EMBED INCLUSIVITY INTO EVENTS BY MAKING EVENTS APPEALING TO A RANGE OF DEMOGRAPHICS



STRATEGIES	LEAD & SUPPORT	RESOURCES/ FUNDING	TIMELINE	PROGRESS REPORT	STATUS
4.2.1 Liaise with community associations to gain feedback regarding attendance at local events from members	Action Team	None needed	Ongoing		
4.2.2 Encourage & ask local groups to share and promote upcoming events	Communication Officer Action Team	CoMHAT Admin Funding	Ongoing		
4.2.3 Access grants to improve disability access to CoMHAT facilities and events	CoMHAT - Grant for building Shire - town	Accessibility/Disability grants			
4.2.4 Record events or incorporate online attendance to enable more community members to attend	CoMHAT Event Coordinator & Chair	Admin Funding	Ongoing		
4.2.5 Offer variety in community events to improve diverse offerings	CoMHAT Event Coordinator	MHW event - colour run Drag Show in Boyup Work with Shire - Food Truck Nights	Ongoing		

KEY OBJECTIVE: 4.3 INCREASE EDUCATION AND AWARENESS AROUND TOLERANCE AND DIVERSITY



STRATEGIES	LEAD & SUPPORT	RESOURCES/ FUNDING	TIMELINE	PROGRESS REPORT	STATUS
4.3.1 Work with local schools to develop inclusive practice and educational programmes to improve cultural understanding and inclusivity	BBDHS St Marys Action Team	School Funding	To be decided at Action Team Meeting		
4.3..2 Celebrate & recognise days to celebrate diversity eg. LGBTQIA etc.	CoMHAT Communicatio n Officer	CoMHAT Admin Funding Think Mental Health LGBTQIA+ resources	Ongoing		

KEY OBJECTIVE: 4.4 BOOST WELCOMING AND INCLUDING NATURE OF BOYUP BROOK



STRATEGIES	LEAD & SUPPORT	RESOURCES/ FUNDING	TIMELINE	PROGRESS REPORT	STATUS
4.4.1 Promote community directory & varied opportunities to join clubs etc Be Mindful to Promote more than just sports	CoMHAT Communication Officer	CoMHAT Admin Funding	Ongoing		
4.4.2 Share local events that are on SM via CoMHAT website & offline means to encourage community participation	CoMHAT Communication Officer	CoMHAT Admin Funding	Ongoing		
4.4.3 Develop relationships with local groups such as Lions, CWA, Mens Shed to assist in promotion to boost numbers	Action Team Communication Officer	Social Media CoMHAT Website	Ongoing		
4.4.4 Plan community events each year to encourage “coming together”. <ul style="list-style-type: none"> • MHW Colour Run - food stalls • Band Night/Town Bonfire • Talent Show 	CoMHAT Event Coordinator supported by	Invite others in if needed (use Action Team)	Aim for 2 x community events per year		

KEY OBJECTIVE: 4.4 BOOST WELCOMING AND INCLUDING NATURE OF BOYUP BROOK



STRATEGIES	LEAD & SUPPORT	RESOURCES/ FUNDING	TIMELINE	PROGRESS REPORT	STATUS
4.4.7 Hold a Family Photo Shoot during Town Christmas (Xmas Gifts)	CoMHAT Event Coordinator or Action Team Lead	Dependent on lead	December every year		
4.4.6 Investigate grants to purchase community event equipment	Action Team to discuss	Dependent on discussion	TBA		
4.4.7 Liaise with CRC & Shire regarding intended grants and plans					