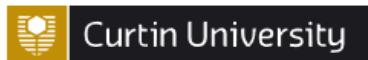


Creating Mentally Healthy Communities

Using partnerships to extend the message
and create supportive environments

Supported by



Government of Western Australia
Mental Health Commission



Australian Government
Department of Health



Mentally Healthy WA



I acknowledge the Whadjuk Nyungar people, Traditional Custodians of the land on which we gather today, and pay my respects to their ancestors and Elders past, present and emerging.

What is Act Belong Commit?



Do something.

Staying active - physically, mentally, spiritually, culturally...



Do something with someone.

Having a sense of belonging - being part of a family, community, friendship group...



Do something meaningful.

Doing things that provide meaning - taking up a new challenge, committing to a cause, doing something for others ...



Act Belong Commit applies best practice approaches for implementing strategies for promotion and prevention in mental health

Act Belong Commit is consistent with the goals of the MHC Wellbeing Guide and Prevention Plan

Mental wellbeing program checklist tool This is a snapshot of the checklist tool only. You can access A Guide to Assessing Mental Wellbeing Programs [here](#)

Assessment	Yes	No	Not sure
CRITERION 1: Program Aims and Objectives			
1 * Does the program clearly state its primary purpose, project aims and S.M.A.R.T objectives?	✓		
2 * Does the program align with the vision of Mental Wellbeing Guide?	✓		
3 * Does the program align with the principles of Mental Wellbeing?	✓		
4 * Does the program align with the guiding principles? For example, increasing...	✓		
Sub-total	4		

Mental wellbeing program checklist tool This is a snapshot of the checklist tool only. You can access A Guide to Assessing Mental Wellbeing Programs [here](#)

Assessment	Yes	No	Not sure
CRITERION 3: Credibility			
12 Was the program or presentation designed by individuals with qualifications or experience in mental wellbeing, mental health or public health? (e.g. psychologists, social workers, peer workers, health promotion)			
13 Was the program designed by a recognised university, mental health/public health research institute or mental health NGO?		✓	
14 Where appropriate, was the program designed by those with significant cultural knowledge, awareness and understanding?		✓	
15 Was the program co-designed with people who will be accessing the program?		✓	
Sub-total			

Mental wellbeing program checklist tool This is a snapshot of the checklist tool only. You can access A Guide to Assessing Mental Wellbeing Programs [here](#)

Assessment	Yes	No	Not sure
CRITERION 4: Theory-informed			
16 Has a theory or model been used to inform the program?			
17 Does the program have a clear theory of change?			
18 Does the program have a clear logic model?			
19 Does the program have a clear evaluation plan?			
Sub-total			
CRITERION 6: Evidence Base			
22 Are the program resources easy to read, understand and/or use? (e.g. do they meet Web Content Accessibility Guidelines, are they suited to a year 7-9 level reader)	✓		
23 *Has the organisation demonstrated required capacity (e.g. financial, human resources, skills, and time) to implement and monitor the program successfully?	✓		
24 Is the intention for this program to be used in an ongoing manner, and if so, are the resources available to achieve this?	✓		
Sub-total	5		
CRITERION 6: Evidence Base			
25 Has the program or presentation ever been formally evaluated? (e.g. there is a publicly available evaluation report or research article/presentation)	✓		
26 Has the program been developed based on a thorough review of the scientific literature, cultural knowledge, and/or best practice consensus?	✓		
27 *Is there an evaluation plan to monitor the implementation of the program and desired outcomes?	✓		
Sub-total	3		
TOTAL	27		

* Some questions have more weighting than others and need to be answered yes. If no or unsure, seek further information or reconsider your use of the program.

The three components of Act Belong Commit



MASS MEDIA CAMPAIGN

Run throughout the year state-wide.

Includes TV, radio, social media.



COMMUNITY PARTNERSHIPS

Includes state governments, health services, peak bodies and grass-roots community organisations.




MENTALLY HEALTHY SCHOOLS

Promote mental wellbeing and provide environments that encourage mentally healthy behaviours



HOW THE COMPONENTS WORK TOGETHER

MASS MEDIA CAMPAIGN

 **Act Belong Commit**
Sponsored · 

Find local activities & events that interest you with the Act Belong Commit Activity Finder.



<https://www.actbelongcommit...>
Top Up Your Mental Health
Act Belong Commit

[Learn more](#)

 **Act Belong Commit**
Sponsored · 

Get the kids involved in the Clarkson Library's free chess class via the Act Belong Commit Activity Finder.



**Find 100s of
Free Activities
near you**

Being mentally healthy feels good.
Act Belong Commit

[Learn more](#)

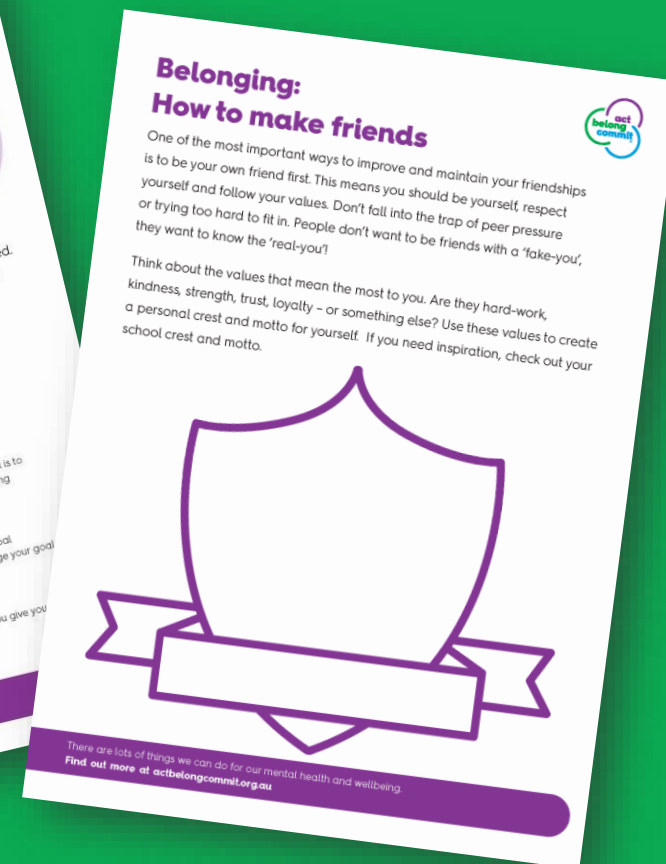
 Like  Comment  Share



HOW THE COMPONENTS WORK TOGETHER

MENTALLY HEALTHY SCHOOLS

Mentally Healthy Schools provides a framework to embed Act Belong Commit within the classroom, school environment and broader school community to protect and improve the mental health and wellbeing of students, staff and wider school community



HOW THE COMPONENTS WORK TOGETHER

PARTNERSHIP PROGRAM



AIM

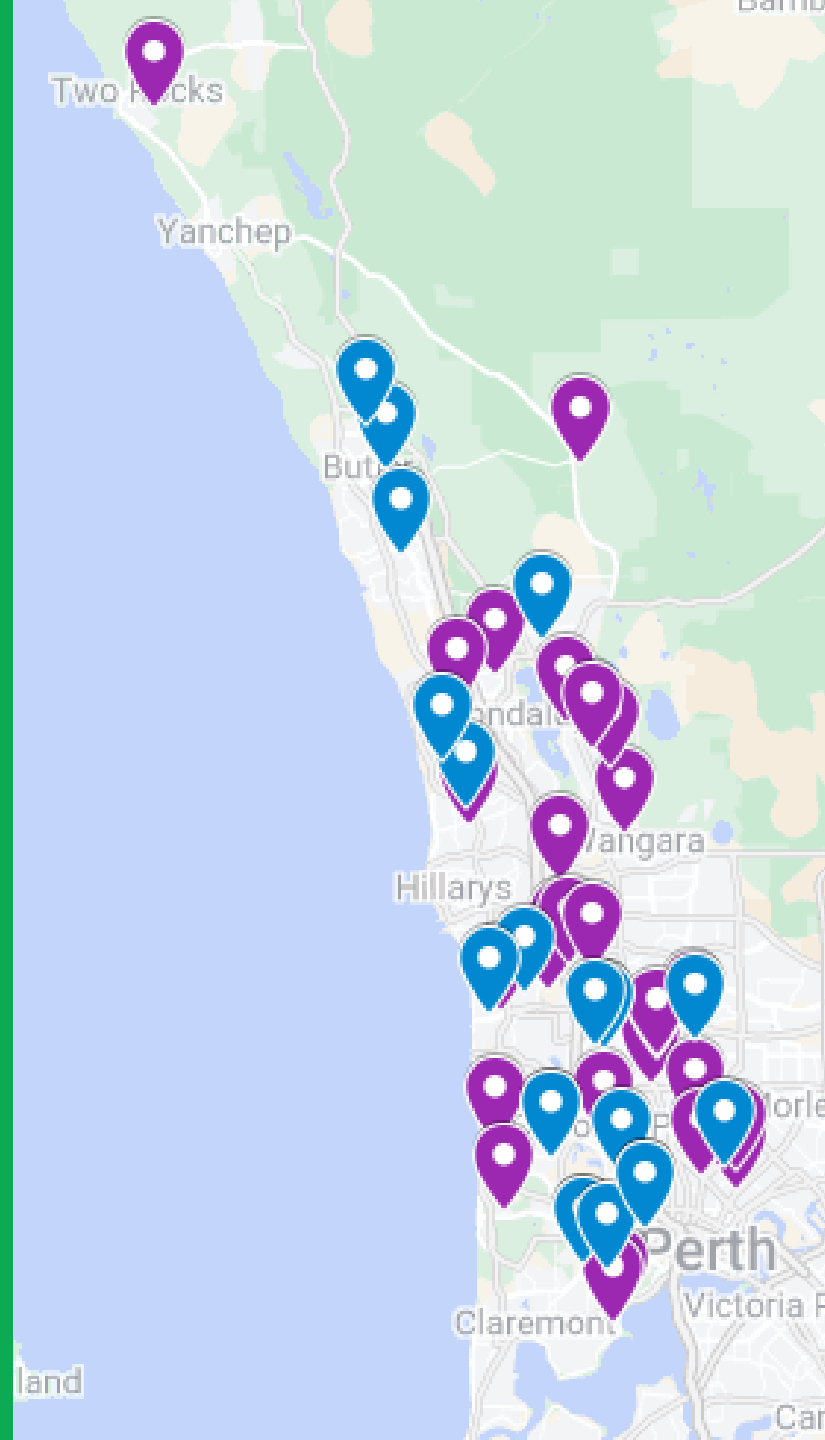
- To foster mutually beneficial relationships to enhance the capacity to deliver effective mental health promotion in the community.

WHO ARE OUR PARTNERS?

- 300+ partners; which includes local government, health services, peak bodies, and community organisations and groups.

ROLE OF PARTNERS

- Share the Act Belong Commit message with their communities.
- Provide opportunities for people to put the Act Belong Commit message into practice.



WHY THE PARTNERSHIP PROGRAM WORKS WELL WITH LOCAL GOVERNMENTS

ITALIAN

Come mantenersi mentalmente sani:

Agisci

Fai qualcosa.

Mantieniti attivo - mentalmente, fisicamente, socialmente, spiritualmente e culturalmente. Fai una passeggiata, saluta qualcuno, leggi un libro, medita o prega.

Appartieni

Fai qualcosa con qualcuno.

Rimani connesso - agli amici, alla famiglia, alla comunità ed alla tua cultura. Iscriviti al tuo club italiano, entra in una squadra sportiva, cucina con parenti ed amici, partecipa agli eventi della comunità.

Impegnati

Fai qualcosa di significativo.

Fai qualcosa di significativo, importante e di valore per te. Fai volontariato, impara qualcosa di nuovo, accetta una sfida, combatti per un ideale, aiuti un vicino.

actbelongcommit.org.au
info@actbelongcommit.org.au
(08) 9266 1705

THE PARTNERSHIP PROGRAM IS COST EFFECTIVE FOR LOCAL GOVERNMENTS BECAUSE IT LARGELY UTILISES THE EXISTING INFRASTRUCTURE AND THE REFRAMING OF EXISTING SERVICES RATHER THAN REQUIRING NEW INFRASTRUCTURE AND SERVICES.

- Recognise that mental health and wellbeing is 'everybody's business.'
- Can be applied at a whole population level or tailored to specific sub-groups within your locality.
- Can be applied across departments and portfolios within local governments.
- The Partnership Program is appropriate and cost efficient.

act
belong
commit

Act. Do something.
Belong. Do something with someone.
Commit. Do something meaningful
Standing Strong Together

**Local governments make it easy
for people to find ways to
Act Belong Commit!**

Local governments provide supportive environments, offer programs and services, create partnerships to boost mental wellbeing across the lifespan.

Domain	Supportive environments	Programs and policy	Inclusivity	Communication and awareness
Examples	Accessible public and green space of high quality is available to residents to socialise, be active, relax and reflect.	Programs that aim to improve social connection and purpose, such as men's sheds or senior citizens' clubs.	Promote or offer support services which build connections and resilience for Aboriginal people in the community.	Use community awareness campaigns on strategies for mental wellbeing.
	Promote opportunities to be involved with nature, including those that also build social connections.	Collect data on wellbeing and consultation with the community.	Working with sports clubs and community groups to provide a welcoming and inclusive environment for all residents, including newly arrived migrants, refugees, and Aboriginal people.	Promote services, activities, that people can use and have a calendar of events on website.
Examples from North Met Local Governments	Public open space strategy 2021 to 2031 [City of Stirling]	The Mosman Park Community Group [Town of Cottesloe]	Viet, Afrikaans, Italian and other language translations on website [City of Wanneroo]	Community Information Publications [City of Joondalup]
	Jo Wheatley All Abilities Play Space [City of Nedlands]	Female Participation in Sport Grants [City of Vincent]	Disability Access and Inclusion Plan (DAIP) 2022 – 2027 [Town of Mosman Park]	Flourish magazine [Town of Claremont]
	Shine Community Services [Shire of Peppermint Grove in co-operation with the Towns of Claremont, Cottesloe and Mosman Park.]	Baby Rhyme Time, Storytime and school holiday activities at library [Shire of Peppermint Grove]	Reflect Reconciliation Action Plan [Town of Cambridge]	Subiaco Snapshot e-newsletter [City of Subiaco]

How LGAs can use the Act Belong Commit message to encourage participation

LEVERAGE OFF OUR HIGH BRAND AWARENESS RATE AND DEVELOP A LOCALISED CAMPAIGN

Local governments can develop their own Act Belong Commit campaign:

- Customise the message to fit local needs.
- Leverage existing facilities and services
- Collaborate with local organisations/local partners.

We are open to explore collaboration possibilities!



Where campaigns materials could run

Unpaid media

- Social media posts
- Newsletters and community update booklets
- Website content

LGA owned assets:

- Digital screens inside recreation centres
- Poster spaces inside toilet doors
- Purpose built signage

Examples of what this could look like...

USING
EXISTING ACT
BELONG
COMMIT
RESOURCES
DESIGNED
ESPECIALLY
FOR LOCAL
GOVERNMENTS

For good mental health: **Act** - do something! **Belong** - do something with someone. **Commit** - do something meaningful.

Prefer to exercise outdoors?

Visit our website to find locations of outdoor exercise areas.



A Mentally Healthy Local Government

act belong commit
Mentally Healthy WA

For good mental health: **Act** - do something! **Belong** - do something with someone. **Commit** - do something meaningful.

Favourite way to read a book?

Digital	Paper
Researchers have found reading as little as half an hour a day can bring about long-term benefits, and they found it didn't differ between a paper or digital version of a book.	



A Mentally Healthy Local Government

act belong commit
Mentally Healthy WA

USING ACT BELONG COMMIT TO ENDORSE THE ACTIVITY AS MENTALLY HEALTHY



This is a footer image Act Belong Commit which can be easily placed at the bottom of your existing resources such as posters.



These are an example of how it could be applied to some City of Subiaco promotional materials. All branding remains as City of Subiaco.



USING THE FOOTER TO ENDORSE AN ACTIVITY AS SUPPORTING MENTAL WELLBEING



2023
COMMUNITY
ART EXHIBITION

City of
Joondalup

A **Mentally Healthy** event

 **act belong commit**
Mentally Healthy WA

INCLUDING A MESSAGE ABOUT WELLBEING AND ADDING THE ACT BELONG COMMIT LOGO

Art positively impacts mental wellbeing, including happiness, joy, confidence, self-esteem, relaxation, and connection to others

2023 COMMUNITY ART EXHIBITION



GIVING NAMING RIGHTS TO AN EVENT AND INCLUDING A MESSAGE ABOUT WELLBEING

Art positively impacts mental wellbeing, including happiness, joy, confidence, self-esteem, relaxation, and connection to others

The Act Belong Commit

2023

COMMUNITY ART EXHIBITION



City of
Joondalup



HISTORY OF COMMUNITY ty & spirit



THE PRESENTATION SISTERS HAVE BEEN LIVING IN MOSMAN PARK FOR OVER A CENTURY AND THEIR SERVICE TO THE COMMUNITY HAS BEEN UNWAVERING.

From visiting aged-care homes and taking care of many of our lonely and vulnerable residents, to providing meals and transporting them to medical appointments, their acts of kindness unite our community in more ways than one.

To honour the rich heritage and contribution of the Presentation Sisters in Western Australia, Iona College unveiled the Presentation Reflection Walk on the Iona Senior School Campus in 2022.

The Presentation Reflection Walk is a testament to the enduring legacy of the Presentation Sisters and their commitment to serving the community. Moreover, their efforts have inspired the pupils of the College to contribute to the community by volunteering many hours of unseen work.

The Walk provides an opportunity to reflect on the values and principles that the Presentation Sisters uphold, including compassion, kindness, and service.

For more information and to access the Walk virtually, visit www.ionaschool.edu.au/presentation-reflection-walk.

Their acts of kindness and service unite our community in more ways than one.

FROM A MUCH-LOVED COMMUNITY POSTMASTER TO A LOCAL ENVIRONMENTAL HERO - MOSMAN PARK, MEET YOUR 2023 CITIZENS OF THE YEAR

2023 Community Citizen of the Year - Hengky Pratama

Hengky, the Postmaster at 50 Harvey Street, has been an important member of the Mosman Park community since 2008. His tireless efforts and unwavering commitment to the community have not gone unnoticed.

Beyond the duties required of an Australia Post agent, Hengky has gone above and beyond to provide essential services to many of the older and vulnerable residents in Mosman Park. He has enabled them to access online applications and digital media, without which many would be unable to access pivotal online services. His efforts have made a significant impact on the community, demonstrating how connected and inspiring it can be.



2023 Senior Community Citizen of the Year - Ruth Lilly

Ruth, aged 76, is a committed community volunteer. She is an active member of the Friends of Mosman Park Bushland, a River Guardian, tends the gardens at Mosman Park Bowling Club, and is a valued member of the Mosman Park Choir.

Since joining the Friends of Mosman Park Bushland in 2008, Ruth has volunteered almost 2000 hours, helping with everything from caring for the bush to providing morning tea. She is also dedicated to conservation efforts in Mosman Park, emptying River It bins on the Mosman Park and Garingup jetties for the past five years, which help reduce plastic and fishing waste in the Swan River.

WOULD YOU LIKE TO FIND WAYS TO VOLUNTEER IN MOSMAN PARK?

Mosman Park, and surrounding areas, have lots of activities at local clubs and venues where you can volunteer - including at The Grove library and the Friends of Mosman Park Bushland.

Ethanistatist. As ut dolum et hic sit, asperis delipitusto beatus tate ma volent d'voluptat. Aliae conporum ex doluptatus ab inelut?

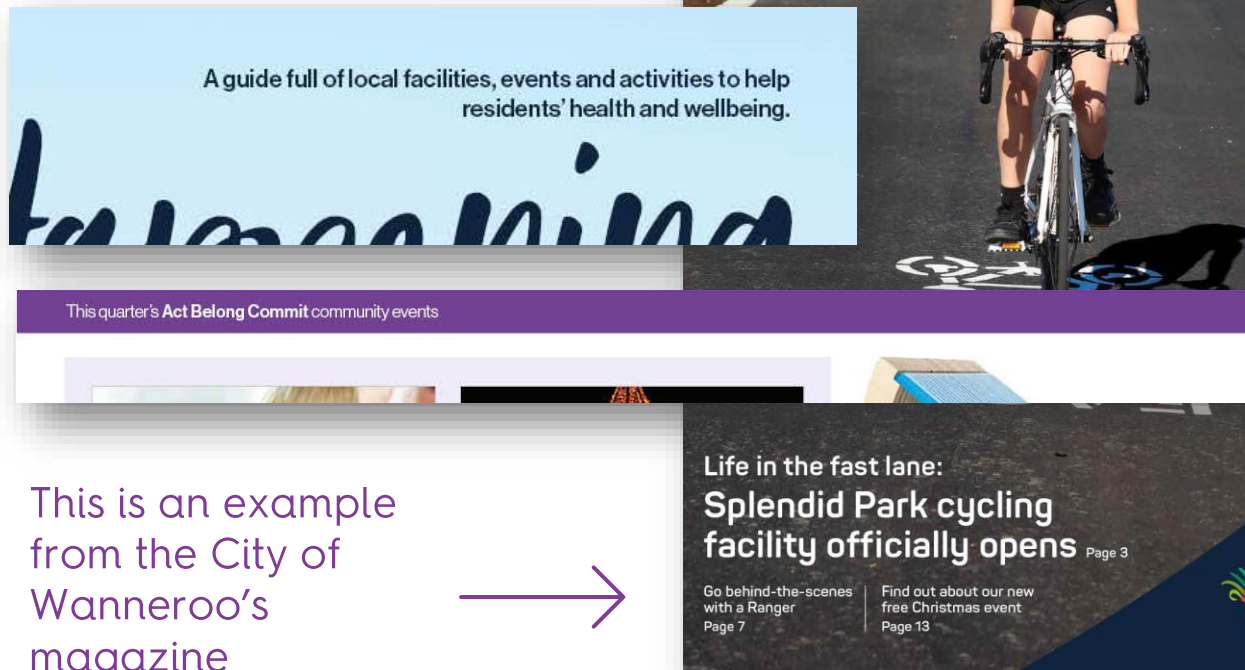
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Search the 'Volunteering Mosman Park' in the Act/Belong/Commit Activity Finder to find volunteer activities.

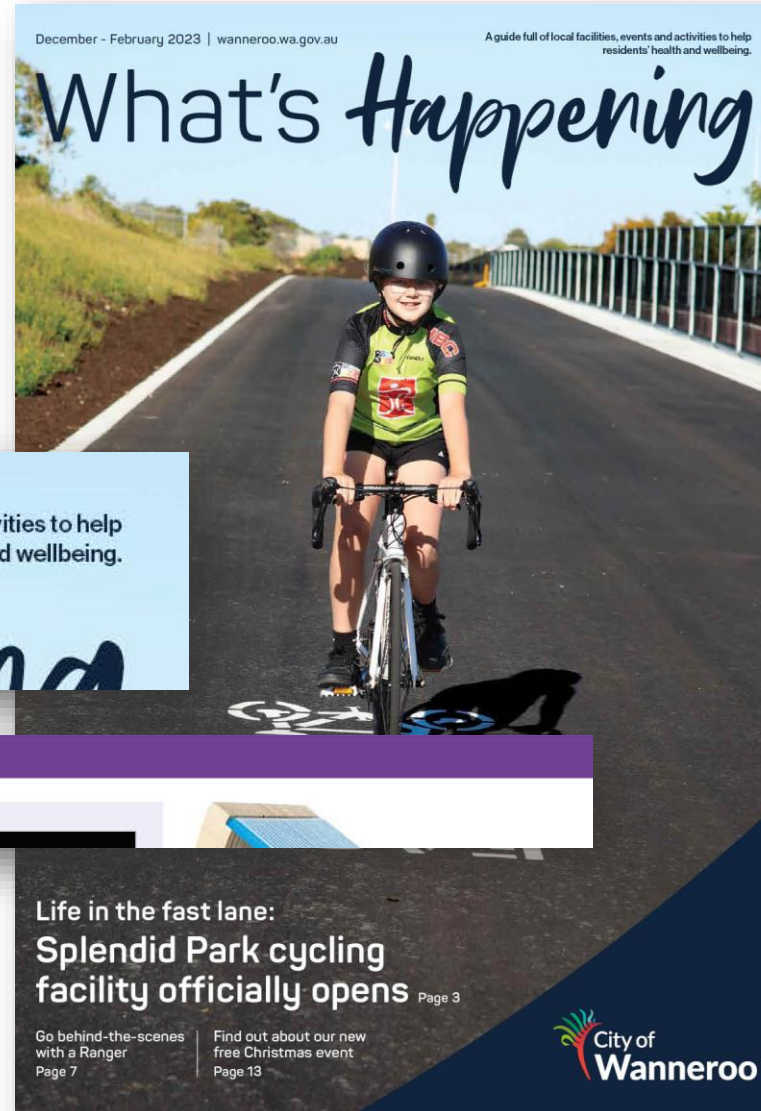
CREATING CONTENT IN NEWSLETTERS OR MAGAZINES

This is an example of an article supporting content in the Town of Mosman Park magazine

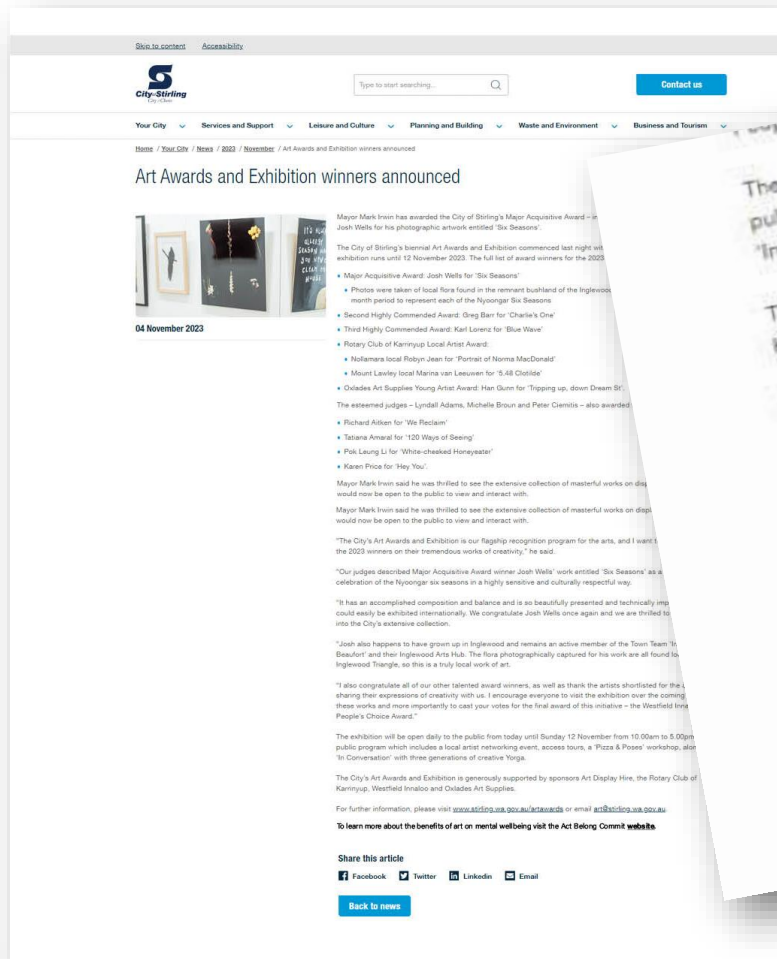
USING NAMING RIGHTS TO SECTIONS OF MAGAZINES OR INTRODUCING MESSAGES ONTO FRONT COVER



This is an example from the City of Wanneroo's magazine



INCLUDING LINKS WITHIN MEDIA STATEMENTS



The exhibition will be open daily to the public from today until Sunday 12 November from 10.00am to 5.00pm, with a public program which includes a local artist networking event, access tours, a 'Pizza & Poses' workshop, along with an 'In Conversation' with three generations of creative Yorga.

The City's Art Awards and Exhibition is generously supported by sponsors Art Display Hire, the Rotary Club of Karrinyup, Westfield Innaloo and Oxlades Art Supplies.

For further information, please visit www.stirling.wa.gov.au/artawards or email art@stirling.wa.gov.au

To learn more about the benefits of art on mental wellbeing visit the [Act Belong Commit website](#).



This is an example of adding in a link within a City of Stirling media statement.

**Other ways local governments benefit
from the Partnership Program**

Local Governments often benefit from the following resources, initiatives and support.

UTILISING OUR EXISTING RESOURCES AND WEBSITE TOOLS

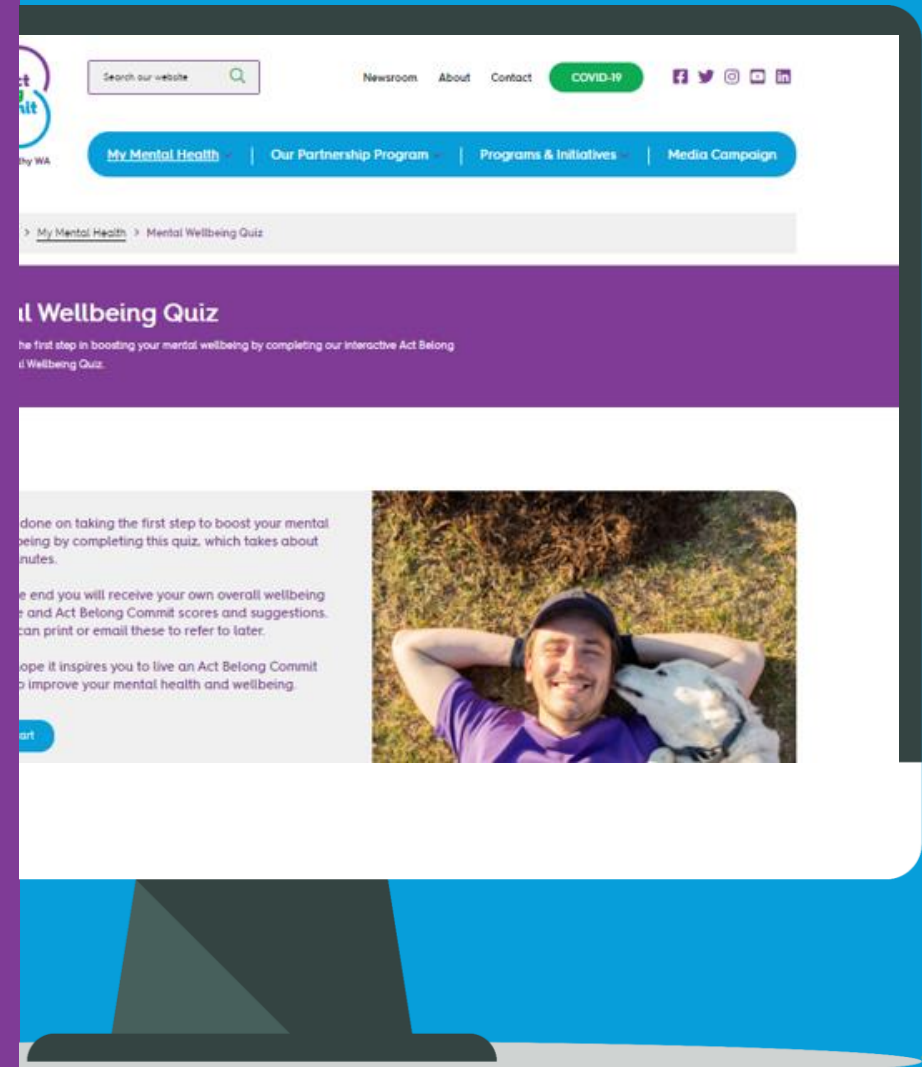
- Wellbeing quiz [website tool]
- Activity finder [website tool]
- Annual health promotion initiatives
- Grant application support
- Access to research staff at Curtin University
- Regular webinars and workshops
- Partner network in your local government area

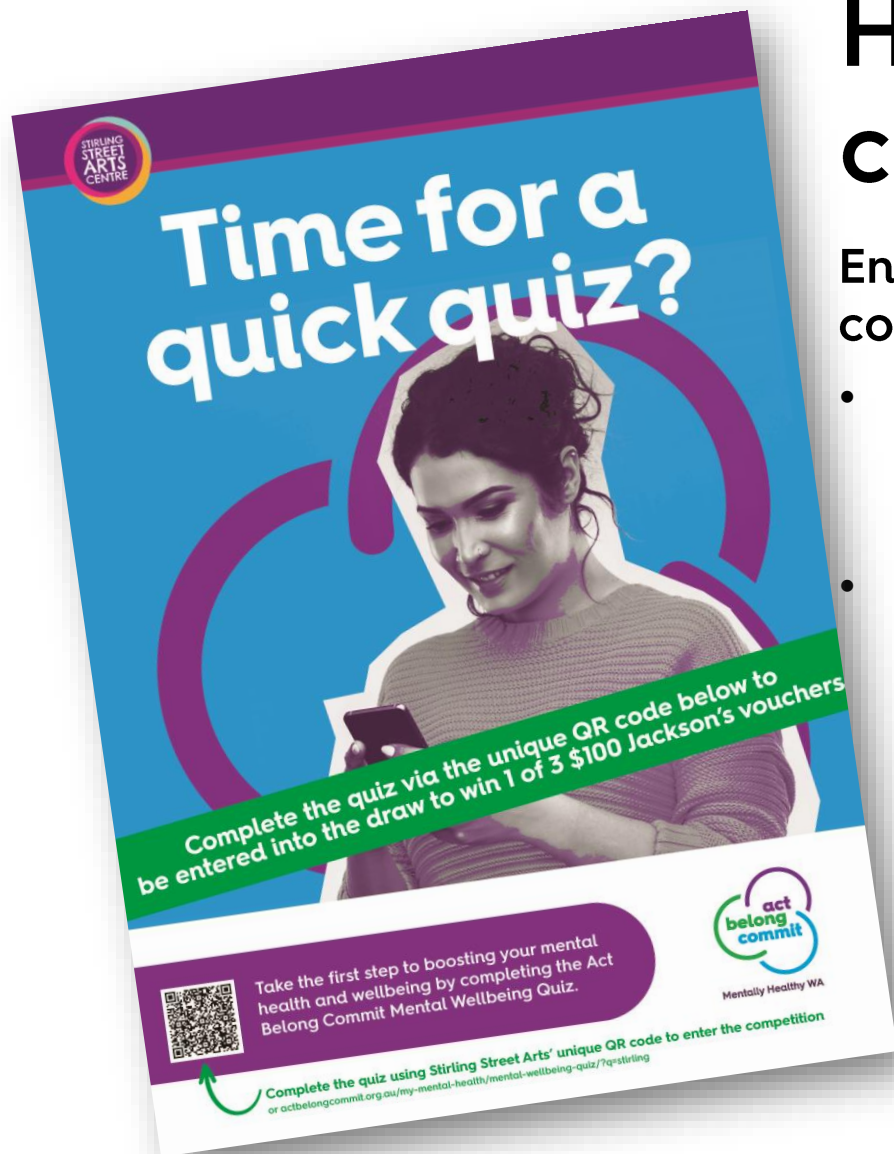


Wellbeing quiz

- A digital version of the Warwick Edinburgh Wellbeing scale as well as including domains from Act Belong Commit
- Reliable – Warwick Edinburgh has been tested and retested with reliability
- Valid – scales are used at a population level.

Encourage people to complete the Wellbeing Quiz

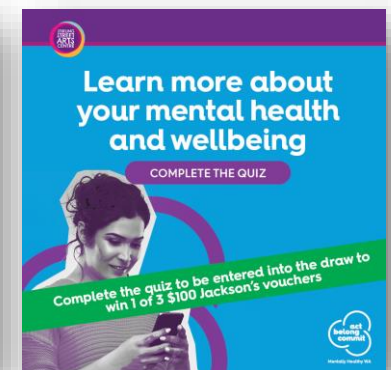




Host a Wellbeing Quiz competition

Encouraging people to complete the Wellbeing Quiz by using a competition

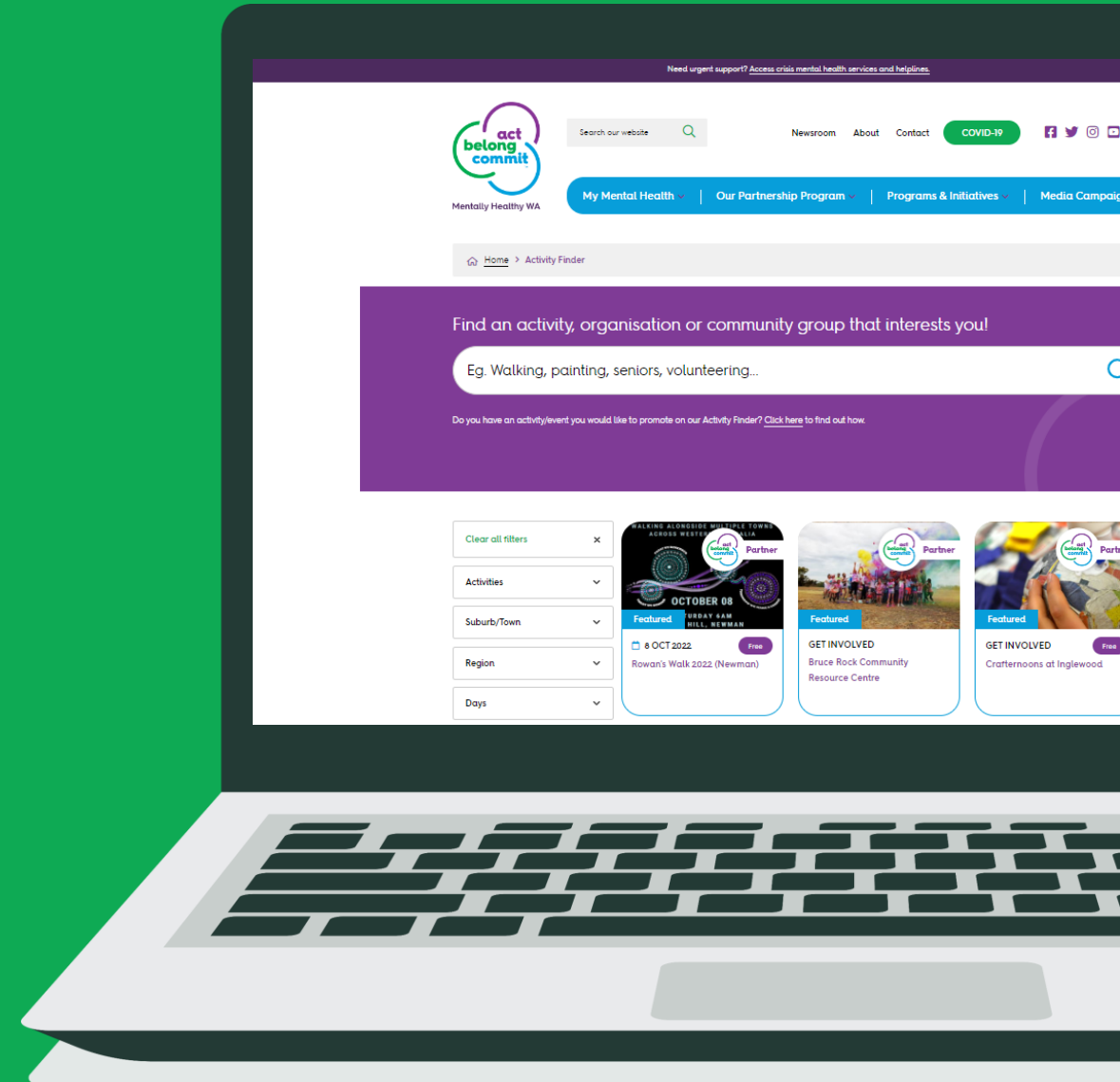
- Partners can encourage people to complete the wellbeing quiz through a QR code unique to your organisation and a dedicated landing page.
- It gives individual Partners the opportunity to run promotions and competitions for their particular audience.



Activity finder

- Allows people to find activities near them
- They can search by location or by postcode.
- Local Governments are encouraged to add their activities.

Act Belong Commit often links to Activity Finder listings on social media



Promote initiatives

- Selection of initiatives promoted each year which support the Act Belong Commit message.
- Dedicated resources are developed for Partners and 2024 will see a focus developing resources specifically for Local Governments.
- 2024 initiative schedule will be provided in early December to assist with Local Government's communications planning.



Quarterly webinars

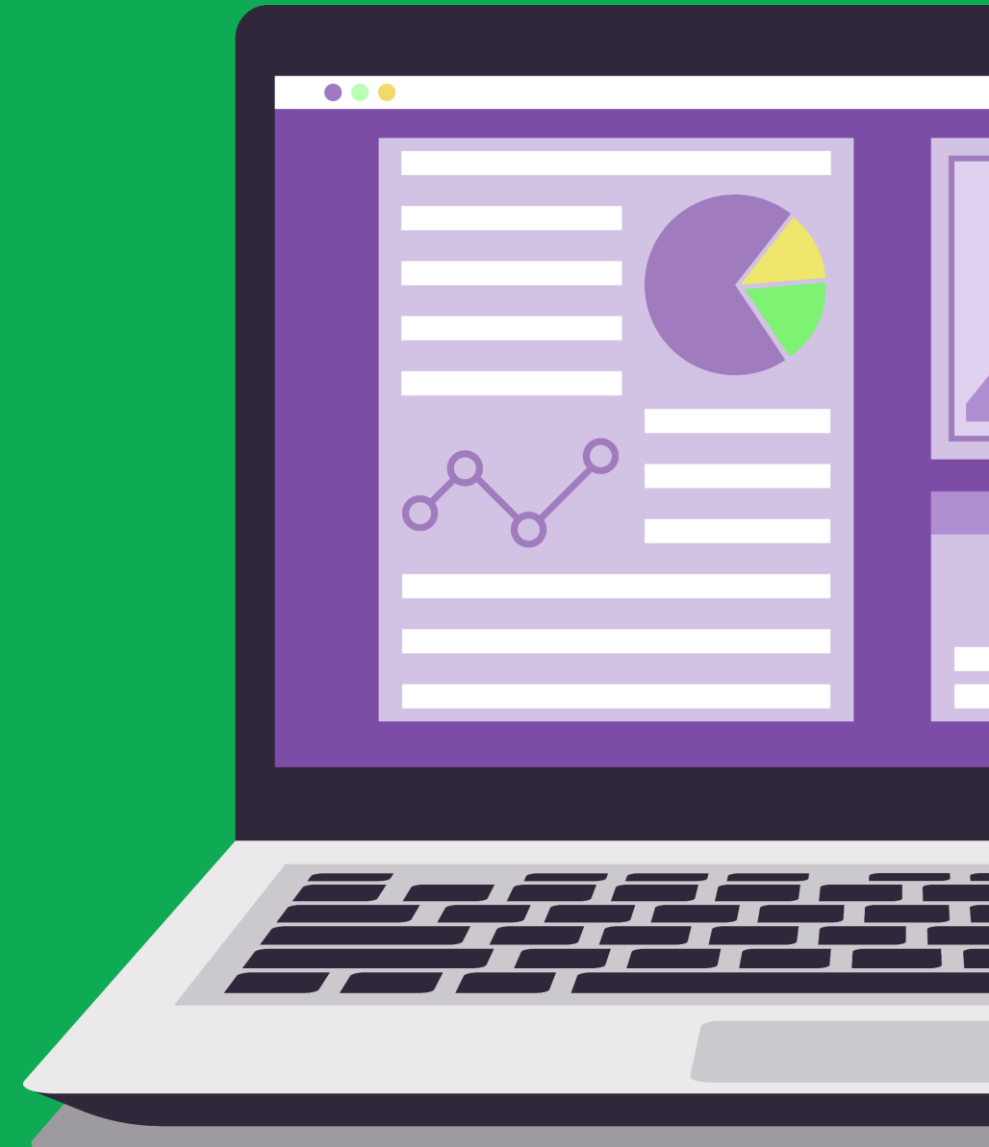
- Webinars are held quarterly.
- Themes are designed to support the needs of Partners such as the grants webinar in 2023 which saw Healthway present on best practice to apply for their grant.
- Peak bodies such as Neighbour Day present.
- Opportunities for Local Government grants to be promoted to attendees.
- Help build relationships with other Act Belong Commit partners.



Access to Curtin University health promotion experts

USE RESEARCH STAFF TO ASSIST WITH EVALUATION PLANS TO SUPPORT GRANT PROPOSALS

- Contribute to the evidence-base about what does and what does not work with regard to specific issues and experiences.
- Allow funders to understand outcomes are a priority for a project.



To close

- We know local governments already provide many opportunities for their residents to put the Act Belong Commit message into practice.
- There is opportunity for local governments to leverage from our high awareness rate to promote mental wellbeing to your community.
- Local governments can benefit from our resources, initiatives and support.



Thank You

Phone: 9266 1705

Email: actbelongcommit@curtin.edu.au

Website: actbelongcommit.org.au



Mentally Healthy WA