

Central Victorian Health Alliance

The logo consists of the letters 'C', 'V', 'H', and 'A' stacked vertically. Each letter is filled with a light green horizontal line pattern and has a dark green outline. The letters are set against a white background within a vertical rectangular frame that also has a light green horizontal line pattern and a dark green border.

CVHA

**COMMUNITY
HEALTH PLAN
2004 -2006**

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FOREWORD

The Central Victorian Health Alliance has been working together to obtain quality outcomes for both individual consumers and population groups through collaborative planning and service delivery since 1998. In that time its achievements have been considerable. It intends to build on these achievements in 2004- 2006.

The Community Health Plan 2004-2006 is the 4th such plan developed by the Central Victorian Health Alliance. In accordance with the maturation of the partnership and the evolutionary requirements of the Department of Human Services the 2004-2006 plan contains some significant differences from those that have gone before. The 3 Shire Council members of the Central Victorian Health Alliance have in 2003-2004 completed Municipal Public Health Plans. The considerable and comprehensive analysis of health issues for the communities within the CVHA catchment undertaken for the development of those plans, along with specific analyses undertaken by member agencies, provides the basis for activities outlined in the 2004-2006 Community Health Plan.

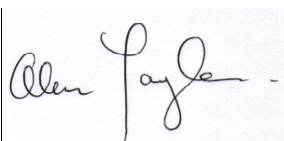
The 2004-2006 Community Health Plan is an operational plan that establishes Service Coordination and Integrated Health Promotion goals and objectives, service system change strategies and the contribution of the member agencies within. Many of the strategies detailed are part of an ongoing developmental process and therefore contain highly developed interagency integration of service delivery. Other strategies whilst undertaken by single agencies are the result of integrated planning processes. All are grounded in evidence based needs assessment and solution generation.

Working parties of service providers and managers of member agencies determined the work still required to improve inter-organisational collaboration with existing and new partners. The strategies described in this Community Health Plan are their strategies. They demonstrate a clear ownership of the responsibility for making the changes that will support member agencies in working together to achieve good consumer outcomes.

The Integrated Health Promotion strategies summarised in this plan contain a clear emphasis on bringing together many different stakeholders, organisations and service providers. They contain the mix of evidence-based interventions that are most likely to result in the most effective health promotion interventions possible within available resources. The emphasis in these strategies is on population health interventions.

CVHA staff will continue to facilitate much of the strategies identified within this plan however the majority of the strategies will be undertaken by, and systems changes integrated into the core business of member agencies.

I commend this 2004-2006 Community Health Plan to you and look forward to feedback on the strategies described within.



Alan Taylor
Chairperson
Central Victorian Health Alliance

Central Victorian Health Alliance Vision

The Alliance is committed to the reform of the primary care sector and best practice in service planning and delivery to ensure efficient, coordinated and consumer focused services. Through local and sub regional planning mechanisms and protocols, residents of the Macedon Ranges, Mount Alexander and Goldfields Shires will have access to high quality, responsive and integrated primary care services.

Our aim is to improve and sustain the quality of life of residents and the overall health and well being of the community.

Key Principles

The Alliance has adopted the following set of principles which underpin the development of its operational model, strategic objectives and decisions in general. These principles are:

- Appropriate integration;
- Collaboration;
- Consumer Focus.

Levels of Integration

The Central Victorian Health Alliance has obtained various levels of integration from networking, coordination, and cooperation to collaboration in its service planning, service coordination and health promotion. These levels of integration are appropriate and are dependant on the requirements of the tasks and the best opportunities for consumer outcomes.

Service coordination requires collaboration. The development of the CVHA Service Coordination Multi-disciplinary Care Protocols has commenced this collaboration through the development of integrated systems. The work outlined in this plan, particularly in the area of care coordination will further embed this collaboration.

Within the Integrated Health Promotion plan strategies range from the sharing of information encompassed in networking and evidenced in the Health Promotion Best Practice Forum and newsletter to full collaboration. The majority of dedicated health promotion funding in the Central Victorian Health Alliance catchment is included in the 2004-2006 Integrated Health Promotion Plan. The Progressive Resistance Strength Training is a fully collaborative program as are the pedometer challenges and some other components of the Walking Strategies. The Heart Health screenings being implemented by member agencies both as part of the Walking Strategies and as individual programs utilise common agreed tools and processes and are cooperative. Coordination alone is limited given the inability of member agencies to provide a comprehensive coverage of interventions across a particular health issue. Limited resources result in limited opportunities for coordination.

Service coordination goals and priority setting

The Department of Human Services has identified the following three major areas of Service Coordination activity for Primary Care Partnerships in 2004-2006:

1. To support priority human services agencies, which are new to service coordination, implement the Better Access to Services operational framework
2. To support priority General Practice(s) improve the quality of referral and care planning and in particular implement the General Practice Statewide Referral form
3. To continue to support agencies that have already successfully implemented the Better Access to Services operational framework for initial contact and initial needs identification, and to support those agencies to move on to implement the Better Access to Services operational framework for assessment and care planning.

The goals and strategies outlined in this plan are based within those areas of Service Coordination activity and are strategically focused to provide meaningful outcomes for both consumers and service providers in the Central Victorian Health Alliance catchment.

Many of the strategies outlined in this plan are part of ongoing developmental processes enabling Partnership effort to be directed to areas that have been identified as problematic or as potentially providing the most advantages for consumer outcomes. In 2003-2004 the Central Victorian Health Alliance undertook a considerable body of work on referral, feedback and care planning particularly in the areas of mental health, disability, physical activity and diabetes. The strategies within this plan build on or complete those bodies of work.

There is significant interface between Service Coordination and Integrated Health Promotion processes. Consequently there are strategies that are listed in both the Service Coordination and Integrated Health Promotion Operational Plans. This dual listing highlights the interface and articulates the need for both processes to be developed.

SERVICE COORDINATION PLANNING TEMPLATE

Name of PCP: Central Victorian Health Alliance

MAJOR AREA OF SERVICE COORDINATION ACTIVITY	GOAL (What is the projected outcome over 2 years?)	STRATEGIES (How will the projected outcomes be achieved and by whom?)	TIMELINES (When will each of the key tasks be completed?)	MEASURES (How will the PCP decide whether it has achieved it's goal?)
<p>Support priority human services agencies, which are new to service coordination, implement the Better Access to Services operational framework</p>	<p>Implementation of Regional (Bendigo Loddon) Service Coordination Systems & Protocols across Specialist Mental Health Service</p>	<ul style="list-style-type: none"> • Regional: Bendigo Health Care Group Mental Health Services: Psych triage <ul style="list-style-type: none"> o Implementation of Regional Service Coordination Protocols and Suicide Follow-up Specific (SFP) Protocols o Quality Service Information - transparent eligibility criteria and information required for a referral; orientation to service directory websites; develop systems to update own local service information – consistency o Service Access – charts and pathways • Bendigo Health Care Group Mental Health Services Mapping supporting development of Quality Service Information • Bendigo Health Care Group Mental Health Services: Local CAMHS; Aged; Community Mental Health (in conjunction with Bendigo Loddon PCP) <ul style="list-style-type: none"> o Orientation to Service Coordination and CVHA Protocols and Implementation of Regional Service Coordination Protocols and SFP specific protocols o Quality Service Information - transparent eligibility criteria and information required for a referral; orientation to service directory websites; develop systems to update own local service information – consistency o Explore quality referral, feedback and care coordination 	<ul style="list-style-type: none"> • June 2005 	<p>Regional:</p> <ul style="list-style-type: none"> • Protocols embedded into Policy & Procedures/ day to day practice. Reviewed annually. • BHCG Service information: <ul style="list-style-type: none"> o Available in websites/ directories o Appropriate referrals from service providers • Service access charts & pathways embedded into operations/ day to day practice • Systems mapping used for planning etc <p>Local: as above</p> <ul style="list-style-type: none"> • Local workforce development delivered by CVHA staff • CMHS involved in protocol review process

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	Implementation of Service Coordination Systems & Protocols across Maternal and Child Health Services in Macedon Ranges and Mount Alexander Shires	<ul style="list-style-type: none"> • Maternal and Child Health Services in Macedon Ranges and Mount Alexander Shires <ul style="list-style-type: none"> o Orientation to Service Coordination and CVHA Protocols o Quality Service Information – transparent eligibility criteria and information required for a referral; orientation to service directory websites; develop systems to update own local service information – consistency o Explore quality referral (initially), feedback and care coordination (later). 	<ul style="list-style-type: none"> • June 2005 	<ul style="list-style-type: none"> o Local workforce development sessions delivered by CVHA staff o As above o As above
	Implementation of Service Coordination Systems & Protocols across Disability Support Services	<ul style="list-style-type: none"> • Windarring and Asteria (Wattle Human Services): <ul style="list-style-type: none"> o Orientation to Service Coordination and CVHA Protocols • Further details TBA 	<ul style="list-style-type: none"> • June 2005 	<ul style="list-style-type: none"> • As above
	Implementation of Service Coordination Systems & Protocols across Youth Services	<ul style="list-style-type: none"> • Shire Youth services – service information/ service access; Orientation to SC and protocols – details to be announced 	<ul style="list-style-type: none"> • June 2006 	<ul style="list-style-type: none"> • Details to be announced
	Implementation of Service Coordination Systems & Protocols across Housing Services	<ul style="list-style-type: none"> • Local housing– service information/ service access; Orientation to SC and protocols – details to be announced 	<ul style="list-style-type: none"> • June 2006 	<ul style="list-style-type: none"> • Details to be announced
	Implementation of Service Coordination Systems & Protocols across Family Support Services	<ul style="list-style-type: none"> • Family Support Services & early childhood intervention services - service information/ service access; Orientation to SC and protocols – details to be announced 	<ul style="list-style-type: none"> • June 2006 	<ul style="list-style-type: none"> • Details to be announced
Support priority General Practices improve the quality of referral and care planning and in particular implement the General Practice Statewide Referral form	<ul style="list-style-type: none"> • Quality Referral and feedback between GPs and other Primary Providers 	<ul style="list-style-type: none"> • Development of Information and Practice Standards via network nights: 2/3 foci across the Shires of Central Goldfields; Macedon Ranges and Mount Alexander in conjunction with Bendigo & District; Central Highlands and West Vic Divisions of General Practice <ul style="list-style-type: none"> o Psycho-social services: <ul style="list-style-type: none"> ▪ Service Access – maps (e.g. psychosocial and accommodation access charts) and directories (e.g. Connecting care) ▪ Referral pathways and processes explored e.g. Suicide Follow-up Project, Macedon Ranges PND etc ▪ Service eligibility criteria and quality referral information explored 	<ul style="list-style-type: none"> • June 2005 	As per DHS small grants workplan <ul style="list-style-type: none"> • Evaluation report

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		<ul style="list-style-type: none"> o Health promoting activities for Chronic illnesses esp. for Diabetes project <ul style="list-style-type: none"> ▪ Service Access – maps (e.g. HP access chart to be developed) and directories (e.g. connecting care) ▪ Referral pathways and processes explored e.g. strength training, walking activities etc ▪ Service eligibility criteria and quality referral information explored o Aged and Disability services <ul style="list-style-type: none"> ▪ Service Access – maps (e.g. respite access chart) and directories (e.g. connecting care) ▪ Referral pathways and processes explored e.g. Macedon Ranges GP referral pad replaced with a fax cover sheet ▪ Service eligibility criteria and quality referral information explored • CHUMS Project (see below in e-referral) • CVHA Service Entry Point / Access Maps and software project - Bendigo Division of General Practice (see below – in referral and care coordination support systems) • Diabetes Project – across 3 shires; working with 3 Division of General Practice: <ul style="list-style-type: none"> o Developing systems for GPs to implement local care coordination processes for complex diabetic patients; Implementation of the CVHA care coordination protocols and pathways for agencies communicating with GPs o Pathways for referrals to GPs from early detection etc o Implementation of the CVHA referral and feedback protocols and pathways for agencies communicating with GPs 	<ul style="list-style-type: none"> • June 2005 • To be announced • June 2006 	<ul style="list-style-type: none"> • As above • To be announced As per Diabetes Project evaluation report <ul style="list-style-type: none"> • Care coordination systems developed in each shire • Referral pathway for early detection developed • CVHA protocols embedded in all 4 Community Health Services' policies &

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		<ul style="list-style-type: none"> • Suicide Follow-up Project– across 3 shires; working with 3 Division of General Practice: <ul style="list-style-type: none"> o Implementing local systems for GPs to be key follow-up service for low-risk patients discharged from A&E o Improving feedback from A&E / ED to GPs o Implementation of the CVHA referral and feedback protocols and pathways for agencies communicating with GPs Effective Follow-up of Deliberate Self-harming Clients of Hospital Emergency Departments systems & protocols (also see above) • Progressive Resistance Strength Training (Strength Training Working Groups and Divisions of GP) <ul style="list-style-type: none"> o Review of Pathways for referrals from GPs o Review of the referral and assessment feedback protocols and pathways for agencies communicating with GPs 	<ul style="list-style-type: none"> • June 2005 • June 2005 	<p style="text-align: center;">procedures</p> <ul style="list-style-type: none"> • As per DoHA evaluation report <ul style="list-style-type: none"> o System embedded in 3 local hospital policies & procedures o Increased number of (feedbacks) discharge plans from A & E to GPs (100% of low risk patients) o Protocols embedded in 3 local hospital policies & procedures o Workshop with Strength training working groups re/ assessment o Consistency with CVHA inter-agency protocols
Continued support for agencies that have already successfully implemented the Better Access to Services operational framework for initial contact and initial needs identification, and to support those agencies to move on to implement the Better Access to	<ul style="list-style-type: none"> • Review & circulation of Service Coordination protocols • Development & maintenance of referral and care coordination support systems 	<ul style="list-style-type: none"> • Printing & circulation of protocols - CVHA Service Coordination Worker • Improving service information (service access / initial contact element): <ul style="list-style-type: none"> o All member agencies – as per their capacity to undertake this task / ongoing: <ul style="list-style-type: none"> ▪ Exploring "quality service information" - transparent eligibility criteria for each program / group; referral requirements for each program / group; consistency of service information on a range of information sources (directories, web-site, brochures etc) ▪ Orientation to service directory websites; 	<ul style="list-style-type: none"> • Dec 2004 • June 2005 	<ul style="list-style-type: none"> • Final draft printed in folder • All agencies QA/ Policy & procedure staff contacted 1:1 • Service information: <ul style="list-style-type: none"> o Available in websites/ directories o Appropriate referrals from service providers

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Services operational framework for assessment and care planning		<ul style="list-style-type: none"> ▪ Training re Connecting care service directory ▪ Develop systems to update own local service information – consistency; e.g. service information officer / administrator(s) to update service information on-line ▪ Exploring workforce development needs of staff (administration and direct care staff) in this area o Access charts disseminated to service entry sites (psychosocial services; respite services; accommodation services). Other charts e.g. aged and disability services disseminated as developed. • Implementation of CVHA Protocols relating to service information / service access: <ul style="list-style-type: none"> o Embedding Initial Contact Processes in agency Policy and Procedures. o Most Agencies are writing this activity into their business plan or as part of QA/ accreditation • Exploring quality referrals (direct care staff): <ul style="list-style-type: none"> o Most agencies have identified this as an area of need / support. Specifically Cobaw Community Health Service; Macedon Ranges Shire; Macedon Ranges Health Service; Mt Alexander Hospital; Mount Alexander Shire, Maldon Hospital; Maryborough District Health Service (including Community Health and RITCH). o Most Agencies are writing this activity into their business plan or as part of QA/ accreditation activities 	<ul style="list-style-type: none"> • June 2005 • June 2005 • To be announced (as per agency capacity) 	<ul style="list-style-type: none"> • Service access charts & pathways embedded into operations/ day to day practice • Protocols embedded in all agencies' policies & procedures • Service information administrators nominated in each agency • In agency business plans/ QA activities • In agency business plans/ QA activities

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		<ul style="list-style-type: none"> • Exploring quality feedback and links to the Care Coordination element of the service coordination model with all direct care staff: Continuing work with the care coordination pilots: <ul style="list-style-type: none"> o Cobaw CHS - staff from both teams; includes Counselling; A&D; SAAP; CH; Planned Activity Groups: <ul style="list-style-type: none"> ▪ Exploring feedback systems (workflow practices) within Jade software to avoid duplication from assessment to feedback to multi-service care planning ▪ Developing a consistent system across the agency o Macedon Ranges Shire HACC – Care Coordination meetings: <ul style="list-style-type: none"> ▪ Developing terms of reference for Care Coordination meetings ▪ Adopting and implementing CVHA protocols and pathways o Community Care Options: <ul style="list-style-type: none"> ▪ Exploring feedback systems ▪ Adopting and implementing LM regional protocols and pathways ▪ Exploring IT systems issues to address feedback and care coordination workflow practices. o Mount Alexander Shire: <ul style="list-style-type: none"> ▪ Exploring opportunities to undertake care planning with Mt Alexander Hospital and Maldon Hospital e.g. Shared Care meetings ▪ Exploring alignment between regional CAPS project and care planning protocols o Castlemaine Community Health: <ul style="list-style-type: none"> ▪ Adopting and implementing CVHA protocols and pathways ▪ Reviewing existing Diabetes Mt Alexander hospital and Castlemaine Community Health to ensure consistent with CVHA protocols. o Maryborough District Health Service – Community Health: 	<ul style="list-style-type: none"> • June 2006 (As per agency capacity) 	<ul style="list-style-type: none"> • Pilot agencies have written into business plans or QA activity <ul style="list-style-type: none"> o Local working groups continue o CVHA Protocols embedded in policy and procedures o Number of care coordination plans developed as per local agency proposal/reach o Local agency specific strategies implemented

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		<ul style="list-style-type: none"> ▪ Continuing Multi-disciplinary care planning case conferences and implementing CVHA Protocols ▪ Embedding CVHA protocols in MDHS Policy and procedures so whole of agency approach to Service Coordination – consistency across services / agency. ▪ Review use of SC tools as part of new care coordination process. o Most Agencies are writing this activity into their business plan or as part of QA/ accreditation • Embedding the CVHA Protocols in the agency work practices / Policy and Procedures: <ul style="list-style-type: none"> o Exploring workforce development needs etc e.g. Privacy legislation – details TBA • Inclusion of Service Coordination processes (quality service information, referral, feedback, care coordination) as a regular item on agendas / projects e.g.: <ul style="list-style-type: none"> o Service Network meetings e.g. <ul style="list-style-type: none"> ▪ Local aged and disability forums – all 3 shires ▪ Welfare forums: Mount Alexander Shire • Projects: <ul style="list-style-type: none"> o Falls project – Kyneton District Health Service (lead), Macedon Ranges Shire Council; Central Highlands Division of General Practice; Cobaw Community Health, Macedon Ranges Health Service • CVHA Entry Points maps and software (work to be made available to region) To be circulated to member agencies, police, psych triage (CVHA staff & Bendigo Div GPs (contracted) & DHS Regional Office) • Effective Follow-up of Deliberate Self-harming Clients of Hospital Emergency Departments <ul style="list-style-type: none"> o Implementation of Regional Service Coordination Protocols and Suicide Follow-up 	<ul style="list-style-type: none"> • June 2005 o TBA • June 2005 (ongoing) • Dec 2004 	<ul style="list-style-type: none"> • Policy & procedures reflect CVHA protocols <ul style="list-style-type: none"> o To be announced • Number of meetings/ projects where Service coordination embedded as an agenda item increased <ul style="list-style-type: none"> o Agency team/department meetings o Network • All agency initial contact points have a copy • See general practitioners – referral & care coordination

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Rectification of system gaps and issues	<p>A clear understanding of Service Systems are available as an aid to planning</p> <ul style="list-style-type: none"> • Development of Pathways 	<ul style="list-style-type: none"> • Completion of: <ul style="list-style-type: none"> o Mental health system map (CVHA EO and Centre for Rural Mental Health) o Macedon Ranges Post Natal Depression map (EO and Macedon Ranges PND Working Group) o Eating Disorders map (EO and Centre for Rural Mental Health) • Development of Macedon Ranges Post Natal Depression pathways (CVHA & Macedon Ranges PND working group) • Development of Progressive Resistance Strength Training Pathways (see above) • Development of Diabetes Pathways (see above) 	<ul style="list-style-type: none"> • June 2005 • Dec 2004 • June 2005 • March 2005 • March 2005 • March 2005 	<ul style="list-style-type: none"> o Maps completed o Maps utilised in planning • Pathways developed

Central Victorian Health Alliance - Health Promotion Vision

Our vision of healthy communities is one in which Health Promotion Practices are embedded into everyday life.

The Health and Wellbeing of local communities will be improved through Health Promotion Approaches, which embrace the principles of:

1. Community Consultation and Engagement
2. Access to and Equity of Services
3. Social Determinants of Health
4. Empowerment and Support
5. Collaborative Practices which are Flexible and Creative
6. Educational Strategies

Health Promotion Goals

- Engagement and collaboration with local communities to develop Health Promotion activities
- Advocate for and develop Health Promotion approaches which embody the social model of health
- Member agencies of CVHA continue to work together on Health Promotion Initiatives (2002)

Priority Health and Wellbeing Issues - Priority Setting

The 3 local governments in the CVHA catchment each completed the development of Health and Wellbeing (Municipal Public Health) Plans in 2004. The research and collation of evidence to support the goals and interventions outlined in those plans was comprehensive and CVHA has utilised those bodies of work to guide its priority setting.

The evidence utilised in these plans identified significant physical issues of diabetes, cardiovascular respiratory disease and dental health. It also identified the leading mental health issues as being depression and anxiety, significant areas of social and economic disadvantage, inability to access services and isolation.

In accordance with the CVHA Health Promotion vision and core goals and given that each of the above issues is responsive to several common protective factors; the CVHA has agreed to target those protective factors. CVHA has therefore agreed the following Priority Goals for Integrated Health Promotion for 2004-2006:

1. To promote **physical activity** in the CVHA catchment as a means of preventing obesity and chronic illnesses such as diabetes, cardio vascular disease, osteoporosis and chronic obstructive lung disease
2. To promote **healthy lifestyle nutrition choices** in the CVHA catchment as a means of preventing obesity and chronic illnesses such as diabetes, cardio vascular disease, osteoporosis, chronic obstructive lung disease and dental conditions
3. To promote **mental well-being and social connectedness** in the CVHA catchment

CVHA recognises and actively works to promote the positive impact on mental well being on the other 2 goals, particularly physical activity. All objectives and associated interventions therefore contain elements designed to promote mental well-being and particularly social connectedness.

Rationale for Objective Selection

The emphasis on the **Physical Activity** objectives of **Strength Training** and **Walking** draws on research undertaken by, amongst others, the Diabetes Association of Victoria, National Heart Foundation and VicHealth. The range of interventions acknowledges and works with the awareness of supportive infrastructure identified by the Planning Healthy Communities research (Deakin University & National Heart Foundation).

The **Healthy Lifestyle Nutrition Choices** objectives draw on the same research as that utilised for physical activity. They also recognise the many of the social and economic reasons for poor nutritional choices and aim to work with those reasons in the interventions.

The objectives selected to impact on the **Mental Well-Being And Social Connectedness** goal have been selected for the following reasons:

The positive impact of social connectedness on well-being has been identified by extensive research and promoted by VicHealth. The identification in the Municipal Health and Wellbeing Plans of social and economic disadvantage, inability to access services and isolation led to a determination by members of the CVHA to work towards increasing the amount of social connectedness experienced by members of the community. The interventions selected for this objective recognise that individuals have varied reasons for their lack of social connectedness and a range of **forums for increasing social connectedness** need to be developed that are cognisant of, and responsive to, those reasons.

The objective of **supporting family functioning** was selected in response to identified local high levels of stress on families and on the abilities of parents to undertake that role. Measures of the social and economic disadvantage in the catchment, which included the number of child protection notifications and sole parent benefits and locally identified issues such as the high rate of adolescent alcohol and drug use, family violence and post natal depression were noted. The interventions selected are both upstream, such as parent education and/or responsive to current situations.

The need for an **increase in the access young people have to Mental Wellbeing** health information and skills development is evident from local consultations, youth depression and alcohol and drug use and the low current levels of young people accessing health services. The interventions selected respond to this need for appropriate means of access.

Central Victorian Health Alliance recognises that in order for mental health promotion to have optimum success and a population health reach it requires integration. The Alliance also recognises that more work is needed within the catchment to achieve this success. Consequently it has agreed to work in **developing and implementing collaborative responses to mental health and social connectedness**.

The interventions outlined in this plan are predominantly due for completion in 2005. This reflects the 12-month plans developed by some member agencies. Interventions further to those outlined in this plan, particularly those to be undertaken in 2005-2006 will be determined as part of a planned review process.

The timeframe imposed on the completion of this plan, and its developmental status has resulted in target groups, timelines, reach, resources and budgets being incomplete. The capacity of this planning process to assemble that information will be further developed in its review in 2005.

Priority Goal:		To increase participation in physical activity in the CVHA catchment as a means of preventing obesity and chronic illnesses and promoting social connectedness			
Objective 1:		To provide access to and increase availability of accredited Progressive Resistance Strength Training programs			
Est. Impacts (Qual/ Quant) for Objective 1		A range of interventions across the catchment provide opportunities for consumers to increase sustainable participation in Progressive Resistance Strength Training			
PCP key stakeholders	Summary of mix of Interventions & CB strategies	Population Target Group/s:	Estimated timelines	Estimated Reach	Resources per key stakeholder for Obj1
Community Health	<p>Cobaw</p> <ul style="list-style-type: none"> Participate in the CVHA Progressive Resistance Strength Training collaborative network Implement 5 new programs per year in collaboration with Kyneton Sports Centre Implement 2 maintenance programs per week Increase access and availability of programs in small rural locations Strength Training Leader supervision (prescribing) and support provision Appropriate workforce development to increase the number of programs 	<ul style="list-style-type: none"> Organisations providing strength training 50yrs + people 50yrs + people 50yrs + people in small rural locations Strength Training Leaders Strength Training Leaders & prescribers 	<ul style="list-style-type: none"> June 05 June 05 June 05 June 05 June 05 June 05 	<ul style="list-style-type: none"> 1 network 5 programs 2 programs 	Cobaw: 411 hours
	<p>Castlemaine –</p> <ul style="list-style-type: none"> Implement Strong People Stay Young (Physio led) Implement Strong People Stay Young (Trained volunteer led) CVHA - Strength Training initiative (Newstead) leader supervision & support Participate in the CVHA Progressive Resistance Strength Training collaborative network 	<ul style="list-style-type: none"> 50yrs + people 50yrs + people Strength Training Leaders Organisations providing strength training 	<ul style="list-style-type: none"> June 05 June 05 June 05 June 05 	<ul style="list-style-type: none"> 1 program 1 program 1 Training Leader Implementation of protocols, strategy & process developed in 2003-04 	Castlemaine: 500 hrs
	<p>Maryborough</p> <ul style="list-style-type: none"> Implement 4 programs in conjunction with YMCA Participate in the CVHA Progressive Resistance Strength Training collaborative network 	<ul style="list-style-type: none"> 50yrs + people Organisations providing strength training 	<ul style="list-style-type: none"> June 05 June 05 	<ul style="list-style-type: none"> 4 programs 1 network 	

	<p>Macedon Ranges –</p> <ul style="list-style-type: none"> • Stronger Bones – Longer Living • Strength Training for Clients with Chronic Illnesses • Strength training for Clients with Chronic Illness – Maintenance Program 	<ul style="list-style-type: none"> • Adults (40 – 80 yrs) • Adults (30 – 80 yrs) • Adults 	<ul style="list-style-type: none"> • July 04 – June 05 • July 04 – June 05 • July 04 – June 05 	<ul style="list-style-type: none"> • 4 terms 	
Women's Health	<p>Women's Health Loddon Mallee –</p> <ul style="list-style-type: none"> • Will work with member organisations to ensure that a gender focus is incorporated into relevant policy and practice objectives of PCPs in the Loddon Mallee Region • Whealth magazine with a focus on Physical Activity 	<ul style="list-style-type: none"> • PCP member agencies and service users • Women who are members of LMWH 	<ul style="list-style-type: none"> • Ongoing • September 2005 	<ul style="list-style-type: none"> • PCP member agencies and service users who express interest • All women in CVHA catchment that are members of LMWH 	
Local Government	<p>Macedon Ranges</p> <ul style="list-style-type: none"> • Kyneton Sports Centre -Implement 5 new programs in collaboration with Cobaw • Romsey Leisure Centre – Implement 2 new programs • Strength Training Leader workforce development (supervision and support) 	<ul style="list-style-type: none"> • 50 + yrs people • 50 + yrs people • Strength Training Leaders 	<ul style="list-style-type: none"> • June 05 • June 05 • June 05 	<ul style="list-style-type: none"> • 5 programs • 2 programs • 2 leaders 	
GPs and Divisions	<p>Central Highlands, West Vic, Bendigo & District Divisions</p> <ul style="list-style-type: none"> • Participate in the CVHA Progressive Resistance Strength Training collaborative network <p>Central Highlands -</p> <ul style="list-style-type: none"> • Promotion of GP Information Kit to General Practitioners & Practice staff within their Practices <p>West Vic</p> <ul style="list-style-type: none"> • Promotion of program through Active Script and Division's Enabler 	<ul style="list-style-type: none"> • GPs & Practice staff • GPs & Practice staff • GPs & Practice staff 	<ul style="list-style-type: none"> • June 05 • June 05 • June 05 	<ul style="list-style-type: none"> • 1 network • 1 Active Script system 	

Hospitals	<p>Mt Alexander Hospital -</p> <ul style="list-style-type: none"> • Implement 4 programs in conjunction with Everyone Fitness Centre and Continuing Education • Implement Falls Project introduction of Strength Training Exercises • Participate in the CVHA Progressive Resistance Strength Training collaborative network - Mt Alexander Hospital • Strength Training Leader supervision (prescribing) and/or support provision 	<ul style="list-style-type: none"> • 50 yrs+ people • Hostel Clients and Inpatients • Organisations providing strength training • Strength Training Leaders 	<ul style="list-style-type: none"> • June 05 • June 05 • June 05 • June 05 	<ul style="list-style-type: none"> • 4 programs • Exercises as required by project • 1 network • 1 leader 	
	<p>Maryborough District Health Service - Hospital –</p> <ul style="list-style-type: none"> • Strength Training Leader consultation to Community Health and Leader 	<ul style="list-style-type: none"> • Strength Training Leaders 	<ul style="list-style-type: none"> • June 05 	<ul style="list-style-type: none"> • 1 leader 	
Other or Private Providers	<p>Everyone Health and Fitness Centre -</p> <ul style="list-style-type: none"> • Implement 4 programs in conjunction with Mt Alexander Hospital and Continuing Education • Implement 1 maintenance program in conjunction with Continuing Education • Implement 1 program in conjunction with Castlemaine Community Health and Newstead Community Centre • Participate in the CVHA Progressive Resistance Strength Training collaborative network 	<ul style="list-style-type: none"> • 50 yrs+ people • 50 yrs+ people • 50 yrs+ people • Organisations participating in promotion of Strength Training 	<ul style="list-style-type: none"> • June 05 • June 05 • June 05 • June 05 	<ul style="list-style-type: none"> • 4 programs • 1 program • 1 program • 1 network 	
	<p>YMCA – Maryborough</p> <ul style="list-style-type: none"> • Implement 4 programs in conjunction with Maryborough District Health Service – Community Health and Hospital • Implement 4 programs in conjunction with Maryborough District Health Service – Rural Involvement Towards Community Health (RITCH) • Participate in the CVHA Progressive Resistance Strength Training collaborative network 	<ul style="list-style-type: none"> • 50 yrs+ people • 50 yrs+ people • Organisations participating in promotion of Strength Training 	<ul style="list-style-type: none"> • June 05 • June 05 • June 05 	<ul style="list-style-type: none"> • 4 programs • 4 programs • 1 network 	

	<p>Maryborough District Health Service Hospital – Rural Involvement Towards Community Health (RITCH)</p> <ul style="list-style-type: none"> • Implement 4 programs in conjunction with YMCA • Strength Training Leader supervision (prescribing) and/or support provision • Strength Training Leader workforce development (supervision and support) • Participate in the CVHA Progressive Resistance Strength Training collaborative network 	<ul style="list-style-type: none"> • 50 yrs+ people • Strength Training Leaders • Strength Training Leaders • Organisations participating in promotion of Strength Training 	<ul style="list-style-type: none"> • June 05 • June 05 • June 05 • June 05 	<ul style="list-style-type: none"> • 4 programs • 1 leader • 1 leader • 1 network 	
PCP HP Capacity Building	<ul style="list-style-type: none"> • CVHA Progressive Resistance Strength Training collaborative network facilitation • Resource provision • Development and production of CVHA Health Promotion Newsletter • Provision of Submission Writing Training • Implementation of CVHA Health Promotion Best Practice Conference 	<ul style="list-style-type: none"> • Organisations participating in promotion of Strength Training • Organisations participating in Strength Training provision • Health promotion providers • Member organisations • Health promotion providers 	<ul style="list-style-type: none"> • All June 05 – 05-06 for review 	<ul style="list-style-type: none"> • 1 network • Resource provision as required • 3 newsletters • 1 training session • 1 forum 	

Estimated Total Budget per Objective: Complete listing unavailable
This information has not been repeated throughout the Integrated Health Promotion Template

PCP HP Capacity Building funding is to be expended in the following manner:

Integrated Health Promotion Funding 2004-2005 + carryover: \$55, 037

.4 EFT Project worker

- CVHA Progressive Resistance Strength Training collaborative network facilitation
- Resource provision (as identified as required by working parties)
- Development and production of CVHA Health Promotion Newsletter
- Provision of Submission Writing Training
- Implementation of CVHA Health Promotion Best Practice Conference
- Catchment wide integrated health promotion facilitation

Rural Health Promotion Funding 2004 – 2005 + carryover: \$66,999

.4 EFT Project worker

- CVHA Walking network facilitation
- Facilitation & resourcing of Pedometer Challenge 6 month random sample maintenance evaluation
- Resource provision (as identified as required by working parties)
- Catchment wide integrated health promotion facilitation

Estimated Total Budget per Goal; Complete listing unavailable

This information has not been repeated throughout the Integrated Health Promotion Template

Priority Goal:		To increase participation in physical activity in the CVHA catchment as a means of preventing obesity and chronic illnesses and promoting social connectedness			
Objective 2:		Develop and implement plans to increase participation in walking across the 3 Shires in the CVHA catchment			
Est. Impacts (Qual/ Quant) for Objective 2		A range of interventions across the catchment provide opportunities for consumers to increase sustainable participation in walking			
PCP key stakeholders	Summary of mix of Interventions & CB strategies	Population Target Group/s:	Estimated timelines	Estimated Reach	Resources per key stakeholder for Obj2
Community Health	Cobaw - <ul style="list-style-type: none"> Participate in the CVHA Walking network Develop and implement a plan to promote walking across the Macedon Ranges Shire <ul style="list-style-type: none"> Launch Pedometer Challenge across Shire Plan and implement a Big Walk Day Plan and implement a Heart Week Walk Appropriate workforce development (in social marketing) 	<ul style="list-style-type: none"> Whole of population-school aged youth, adults and especially population groups at risk of chronic illnesses. 	<ul style="list-style-type: none"> June 05 Feb-Apr 05 Autumn 05 May 2005 	<ul style="list-style-type: none"> 1 network 1 challenge 1 walk 1 walk As developed 	Cobaw: 765 hrs
	Castlemaine – <ul style="list-style-type: none"> Participate in the CVHA Walking network Implement Great Pedometer Challenge Continue implementation of Wednesday Walking Group Walking Groups Heart Week Walk Event 	<ul style="list-style-type: none"> Organisations Workers in their workplaces 50yrs + women All people All people 	<ul style="list-style-type: none"> June 05 June 05 June 05 June 05 May 05 	<ul style="list-style-type: none"> 1 network 1 challenge 40 walks 48 walks 1 event 	Castlemaine: 930 hrs
	Maryborough – <ul style="list-style-type: none"> Collaborative Partnership in the Walking network (with CVHA, Shire; local clubs and organisations; YMCA fitness centre; local supermarkets) Heart Week Walk Implement “Corporate Cup” Pedometer Challenge “Step Out To Shop” Program “Spring into Summer Stroll” event Year round walking group Lobby Business awards to include a Healthy Workplace 	<ul style="list-style-type: none"> Organisations Community members Organisations Community members Community members Community members Community Awards 			
Women’s Health	Women’s Health Loddon Mallee – <ul style="list-style-type: none"> Will work with member organisations to ensure that a gender focus is incorporated into relevant policy and practice objectives of PCPs in the Loddon Mallee Region Whealth magazine with a focus on Physical Activity 	<ul style="list-style-type: none"> PCP member agencies and service users Women who are members of LMWH 	<ul style="list-style-type: none"> Ongoing September 2005 	<ul style="list-style-type: none"> PCP member agencies and service users who express interest All women in CVHA catchment 	

				that are members of LMWH	
Local Government	<p>Central Goldfields –</p> <ul style="list-style-type: none"> • Undertake Maryborough Walking Trail Family Fun event • Implement Workplace Pedometer Challenge • Implement School Pedometer Challenge • Undertake Parks Walks Promotion • Circulation of safe bike and walking route maps to workplaces and schools via Visitors Information Centre and Shire Web page • Implementation of Healthy Workplace Award Scheme • Planning for implementation of bike strategy and walking strategy linked • Participate in the CVHA Walking network • Implement Walking School Bus project 	<ul style="list-style-type: none"> • Families • Workplaces • School aged children • Information centre & web page • Workplaces • Strategy implementers • Organisations & community groups • Schools 	<ul style="list-style-type: none"> • June 2005 • June 2005 • June 2006 • June 2006 • June 2005 • Dec 2005 • June 2004 • June 05 • 	<ul style="list-style-type: none"> • 1 event • 1 challenge • 1 challenge • 1 promotion • Information centre & web page • • 1 integrated plan • 1 network • 4 schools 	
	<p>Macedon Ranges –</p> <ul style="list-style-type: none"> • Continue Kyneton Sporting Complex Walking Group • Implement Walking School Bus Program • Promotion of walking activities through Shire's Publicity and Promotion agents & Recreation and Leisure Centres • Through involvement in the Road Safety Strategy, Leisure Strategy, Disability Action Plan, Guidelines for New Developers etc – Community development Unit will advocate the benefits of walking and encourage other units to incorporate walking into their planning • Participate in the CVHA Walking network 	<ul style="list-style-type: none"> • School aged children • Community • Shire • Organisations & community groups 	<ul style="list-style-type: none"> • June 05 		
	<p>Mount Alexander -</p> <ul style="list-style-type: none"> • Implement Pedometer Challenges • Promote safe road crossing strategies & behaviours • Review maps, signage & promotion of walks, trails and Great Dividing Trail • Publicity campaign to encourage property owners to trim overhanging branches from trees on their properties • Walking groups – Maternal & Child Health (with Castlemaine CH) • Participate in the CVHA Walking network 	<ul style="list-style-type: none"> • Workplace staff • All members of the community with emphasis on school aged pedestrians • General community • Home owners • Parents with young children • Organisations& community groups 	<ul style="list-style-type: none"> • June 2005 • June 05 		

GPs and Divisions	West Vic - <ul style="list-style-type: none"> Implementation of Active Script program 	<ul style="list-style-type: none"> People in need of physical activity 	<ul style="list-style-type: none"> June 05 	<ul style="list-style-type: none"> 1 program implemented 	
Other	Connecting Confident Communities Project - Maryborough <ul style="list-style-type: none"> Production, updating and distribution of physical activity programs timetable 	<ul style="list-style-type: none"> Community members 	<ul style="list-style-type: none"> ½ yearly June 2005 	<ul style="list-style-type: none"> 2 timetables 	
	Maryborough District Health Service –Rural Involvement Towards Community Health (RITCH) <ul style="list-style-type: none"> Weekly walking programs in Talbot and Carisbrook Implementation of Active Script Program 		<ul style="list-style-type: none"> Ongoing Sept 04 		
PCP HP Capacity Building	<ul style="list-style-type: none"> CVHA Walking network facilitation Facilitation & resourcing of Pedometer Challenge 6 month random sample maintenance evaluation Resource provision Development and production of CVHA Health Promotion Newsletter Provision of Submission Writing Training Implementation of CVHA Health Promotion Best Practice Conference 	<ul style="list-style-type: none"> Organisations participating in promotion of walking Organisations participating in pedometer challenge Organisations participating in promotion of walking Health promotion providers Member organisations Health promotion providers 	<ul style="list-style-type: none"> All June 05 – 05-06 for review 	<ul style="list-style-type: none"> 1 network 1 evaluation Resource provision as required 3 newsletters 1 training session 1 forum 	

Priority Goal:		To increase participation in physical activity in the CVHA catchment as a means of preventing obesity and chronic illnesses and promoting social connectedness			
Objective 3:		To provide knowledge of, access to and increase availability of a range of physical activities			
Est. Impacts (Qual/ Quant) for Objective 3		A range of interventions across the catchment provide opportunities for consumers to access to physical activities			
PCP key stakeholders	Summary of mix of Interventions & CB strategies	Population Target Group/s:	Estimated timelines	Estimated Reach	Resources per key stakeholder for Obj3
Community Health	Cobaw – <ul style="list-style-type: none"> Plan for and implement the physical activity component of the Macedon Ranges Community Falls Prevention Project (MR Falls Project) 	<ul style="list-style-type: none"> Consumers with, or at risk of, falls 	<ul style="list-style-type: none"> June 2006 	<ul style="list-style-type: none"> 1 plan 	Cobaw: 30 hrs
	Castlemaine – <ul style="list-style-type: none"> Tai Chi for arthritis 	<ul style="list-style-type: none"> Consumers with arthritis 	<ul style="list-style-type: none"> June 05 	<ul style="list-style-type: none"> 48 sessions 	Castlemaine: 290 hrs
	Maryborough – <ul style="list-style-type: none"> Implement light exercise for older adults (Tai Chi for Arthritis) Workforce development for light exercise program 	<ul style="list-style-type: none"> Consumers with arthritis 	<ul style="list-style-type: none"> June 05 		
	Macedon Ranges – <ul style="list-style-type: none"> 12 Movements for Tai Chi for Arthritis 12 Movements for Tai Chi for Arthritis (Outreach) Reverse 12 Movements for Tai Chi for Arthritis Advanced Movements for Tai Chi for Arthritis Warm Water Exercise Gentle Exercise Program Keeping Your Balance Program Energy Plus Program Walk in Workout Falls & Mobility Assessment, Intervention & Evaluation Program (pilot) 	<ul style="list-style-type: none"> Adults Adults Adults Adults Adults Adults At risk adults Adults Adults Adults 	<ul style="list-style-type: none"> July 04 – Jun05 July 04 – Jun05 July 04 – Jun05 July 04 – Jun05 July 04 – Jun05 July 04 – Jun05 July 04 – Jun05 July 04 – Jun05 July 04 – Jun05 July 05 	<ul style="list-style-type: none"> 4 programs 4 programs 4 programs 2 programs 1 program 4 terms 	
Women's Health	Women's Health Loddon Mallee – <ul style="list-style-type: none"> Will work with member organisations to ensure that a gender focus is incorporated into relevant policy and practice objectives of PCPs in the Loddon Mallee Region Whealth magazine with a focus on Physical Activity 	<ul style="list-style-type: none"> PCP member agencies and service users Women who are members of LMWH 	<ul style="list-style-type: none"> Ongoing September 2005 	<ul style="list-style-type: none"> PCP member agencies and service users who express interest Women in catchment that are members of LMWH 	

Local Government	Central Goldfields –	<ul style="list-style-type: none"> Facilitate Good Sports Clubs Accreditation Provision of fitness education to mothers at fitness centre via maternal & child health groups 	<ul style="list-style-type: none"> Sporting clubs New mothers 	<ul style="list-style-type: none"> June 2005 Ongoing 		
	Macedon Ranges -	<ul style="list-style-type: none"> Staff health and wellbeing program promotes and organises activities to promote physical activity and healthy eating Numerous physical activity programs through council run leisure and fitness centres e.g. walking groups, sports, fitness classes, fitness assessments Maternal & Child Health walking groups Plan for and implement the physical activity component of the MR Falls Project 	<ul style="list-style-type: none"> Staff Community members Parents of young children Falls prevention service providers 	<ul style="list-style-type: none"> June 2006 	<ul style="list-style-type: none"> 1 plan 	
	Mount Alexander –	<ul style="list-style-type: none"> Implement Physical Activity Promotion day with Sports Focus Implement Young Lifesavers Program 	<ul style="list-style-type: none"> Community Young People 	<ul style="list-style-type: none"> May 2005 Summer 04/05 	<ul style="list-style-type: none"> 1 day 1 program 	
GPs and Divisions	Central Highlands -	<ul style="list-style-type: none"> Plan for and implement the physical activity component of the MR Falls Project 	<ul style="list-style-type: none"> Falls prevention service providers 	<ul style="list-style-type: none"> June 2006 	<ul style="list-style-type: none"> 1 plan 	
Hospitals	Mt Alexander –	<ul style="list-style-type: none"> Tai Chi Eat and Exercise Program 	<ul style="list-style-type: none"> Community Women in the community 			
	Kyneton District Health Service -	<ul style="list-style-type: none"> Plan for and implement the physical activity component of the MR Falls Project 	<ul style="list-style-type: none"> Falls prevention service providers 	<ul style="list-style-type: none"> June 2006 	<ul style="list-style-type: none"> 1 plan 	
Other	St Lukes Anglicare –	<ul style="list-style-type: none"> Implement “Dance for Life” 	<ul style="list-style-type: none"> Adults with mental health & general disability 	<ul style="list-style-type: none"> Sept – Nov 05 	<ul style="list-style-type: none"> 1 program (10 weeks) 	
	Maryborough District Health Service –Rural Involvement Towards Community Health (RITCH)	<ul style="list-style-type: none"> Tai Chi for arthritis 	<ul style="list-style-type: none"> Consumers with Arthritis in Dunolly, Talbot and Carisbrook - 	<ul style="list-style-type: none"> June 2005 		
	Sports Focus–	<ul style="list-style-type: none"> Implement Physical Activity Promotion day with Mount Alexander Shire Council 	<ul style="list-style-type: none"> Community 	<ul style="list-style-type: none"> May 2005 	<ul style="list-style-type: none"> 1 day 	
PCP HP Capacity Building		<ul style="list-style-type: none"> Development and production of CVHA Health Promotion Newsletter Provision of Submission Writing Training Implementation of CVHA Health Promotion Best Practice Conference 	<ul style="list-style-type: none"> Health promotion providers Member organisations Health promotion providers 	<ul style="list-style-type: none"> All June 05 – 05-06 for review 	<ul style="list-style-type: none"> 3 newsletters 1 session 1 forum 	

Priority Goal:	To increase participation in physical activity in the CVHA catchment as a means of preventing obesity and chronic illnesses and promoting social connectedness				
Objective 3:	To provide access to and increase knowledge of the value of physical activity				
Est. Impacts (Qual/ Quant) for Objective 3	A range of interventions across the catchment enable a change in opportunities for consumers to gain knowledge of, and be encouraged to undertake physical activity				
PCP key stakeholders	Summary of mix of Interventions & CB strategies	Population Target Group/s:	Estimated timelines	Estimated Reach	Resources per key stakeholder for Obj3
Community Health	Cobaw – <ul style="list-style-type: none"> Multi-disciplinary self-management Healthy Hearts program Multi-disciplinary education program on diabetes prevention Participate in Diabetes Prevention and Management Initiative 	<ul style="list-style-type: none"> Consumers at risk Consumers at risk Consumers at risk 	<ul style="list-style-type: none"> June 2005 June 2005 June 2005 		Cobaw: 550 hrs
	Castlemaine – <ul style="list-style-type: none"> Implement Heartsmart “Plus” Diabetes mini expo event Lead CVHA Diabetes project 	<ul style="list-style-type: none"> Consumers at further risk of heart disease People with, or at risk of diabetes Member organisations 	<ul style="list-style-type: none"> June 05 Sept 04 ??? 	<ul style="list-style-type: none"> 48 sessions 1 expo Project members 	Castlemaine: 120 hrs
	Macedon Ranges – <ul style="list-style-type: none"> Heart Smart Program Healthy Lifestyle Program Living Well Program 	<ul style="list-style-type: none"> Adults Adults Adults 	<ul style="list-style-type: none"> March 05 July 04 – Jun05 July 04 - Jun05 	<ul style="list-style-type: none"> 4 per year 	
Women’s Health	Women’s Health Loddon Mallee – <ul style="list-style-type: none"> Will work with member organisations to ensure that a gender focus is incorporated into relevant policy and practice objectives of PCPs in the Loddon Mallee Region Whealth magazine with a focus on Physical Activity 	<ul style="list-style-type: none"> PCP member agencies and service users Women who are members of LMWH 	<ul style="list-style-type: none"> Ongoing September 2005 	<ul style="list-style-type: none"> PCP member agencies and service users who express interest All women in CVHA catchment that are members of LMWH 	
GPs and Divisions	Central Highlands – <ul style="list-style-type: none"> Promote SNAP (smoking, nutrition, alcohol & physical activity) framework within the context of chronic diseases, especially diabetes; and provide skills training re. motivational interviewing for risk factor modification 	<ul style="list-style-type: none"> GPs & GP Practice staff 	<ul style="list-style-type: none"> Ongoing 		

PCP HP Capacity Building	<ul style="list-style-type: none"> • Development and production of CVHA Health Promotion Newsletter • Provision of Submission Writing Training • Implementation of CVHA Health Promotion Best Practice Conference 	<ul style="list-style-type: none"> • Health promotion providers • Member organisations • Health promotion providers 	<ul style="list-style-type: none"> • All June 05 – 05-06 for review 	<ul style="list-style-type: none"> • 3 newsletters • 1 training session • 1 forum 	
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Priority Goal:	To promote healthy lifestyle nutrition choices in the CVHA catchment as a means of preventing obesity and chronic illnesses and dental conditions.				
Objective 1:	To improve community knowledge and encourage healthy eating				
Est. Impacts (Qual/ Quant) for Objective 1	A range of interventions across the catchment enable a change in opportunities for consumers to gain knowledge of, and be encouraged to undertake, healthy eating.				
PCP key stakeholders	Summary of mix of Interventions & CB strategies	Population Target Group/s:	Estimated timelines	Estimated Reach	Resources per key stakeholder for Obj1
Community Health	<p>Cobaw -</p> <ul style="list-style-type: none"> Collaborate with 2 Kyneton Secondary Schools to develop cheap nutritious menus for at risk youth Develop a community garden in Kyneton Present health information and education sessions in programs such as parenting, and new mums groups Present health information and education sessions in programs such as strength training Nutritional workforce development to key providers. Conduct supermarket tours 	<ul style="list-style-type: none"> Kyneton VCAL students from 3 programs and staff, SAAP workers at Cobaw and homeless youth. Community VCAL (TAFE) and 2 secondary colleges Community members-Kyneton Parents Consumers at risk of osteoporosis Early Intervention staff, Maternal & Child Health Nurses, Family Day Care staff Adults with risk factors 			Cobaw: 309 hrs
	<p>Castlemaine –</p> <ul style="list-style-type: none"> Nutrition for Menopause Resource Production Nutrition for Mental Health Resource Production Diabetes Mini Expo (see also physical activity) Women’s Health Expo (see also opportunities for participation) Type 2 Diabetes Education Group Supermarket crawl Healthy Eating School Program CVHA Diabetes Project (see also physical activity) 	<ul style="list-style-type: none"> 40 + yrs women All people People with diabetes & interested others People with, or at risk of heart disease & diabetes Primary & secondary school children Diabetes service system 	<ul style="list-style-type: none"> June 05 June 05 June 05 2004 – 2006 June 05 June 05 	<ul style="list-style-type: none"> 1 resource produced & distributed 1 resource produced & distributed 2 programs 4 crawls 20 groups of children 	Castlemaine: 245 hrs

	<p>Maryborough –</p> <ul style="list-style-type: none"> • Social Marketing & health Info in school newsletters, local newspapers and information at workplaces and organisations etc • Nutritional education to schools & support groups • Supermarket tours • Beat the Borough Bulge Program • Discussion with school canteens regarding food choices on offer • Healthy lunch available at Maryborough District Health Service • Workforce development in “Obesity Prevention” • Workforce development in “Shape Up” 	<ul style="list-style-type: none"> • Community members • Students, school staff & support group members • All of the Shire’s communities • School canteens • Staff of MDHS • Staff of MDHS – CH • Staff of MDHS - CH 	<ul style="list-style-type: none"> • 2004 – 2006 • Oct 04 & June 06 • 2005-2006 • 2004 – 2006 • 2004 – 2006 • Oct 05 • 2005 	<ul style="list-style-type: none"> • 2 articles per year • 6 schools • Fortnightly lunches • 1 staff member • 1 staff member 	Maryborough: 192 hrs +
	<p>Macedon Ranges –</p> <ul style="list-style-type: none"> • Fantastic Food Program • Nutritional Advice for Students/Schools • Supermarket Tours • Nutrition Information to Community Groups 	<ul style="list-style-type: none"> • Adolescents • Schools • Adults • Adults – not specific to a chronic condition 	<ul style="list-style-type: none"> • June 05 • July 04 – June 05 • July 04 – June 05 	<ul style="list-style-type: none"> • 3 programs • 5 schools • 4 per year 	
Women’s Health	<p>Women’s Health Loddon Mallee -</p> <ul style="list-style-type: none"> • Will work with member organisations to ensure that a gender focus is incorporated into relevant policy and practice objectives of PCPs in the Loddon Mallee Region • Resource library of information on nutrition and lifestyle choices 	<ul style="list-style-type: none"> • PCP member agencies and service users • Women in catchment 	<ul style="list-style-type: none"> • Ongoing • Ongoing 	<ul style="list-style-type: none"> • PCP member agencies and service users who express interest • 50 women 	

Local Government	Central Goldfields –	<ul style="list-style-type: none"> • Provision of dental health information at immunization & Maternal & Child Health Consultations • Provision of Dental Health Association information on fluoride in new resident packs & in Council newsletters • Undertake community education to discourage the frequent drinking of cordial/soft drink & encourage its replacement with water • EHO advocates stocking of fresh food to shopkeepers during annual pre-registration audits • Provision of nutrition and cooking training <ul style="list-style-type: none"> o Maternal & Child health nurse o HACC – Positive Living Program • Research and submit to Council a healthy food at Council functions policy 	<ul style="list-style-type: none"> • Parents of young children • All residents, particularly new residents • All residents • Shopkeepers <ul style="list-style-type: none"> o Parents of young children o Aged HACC eligible consumers • Council & council staff 	<ul style="list-style-type: none"> • Dec 2004 • Dec 2004 • June 2005 • Ongoing • Dec 2004 & ongoing • Nov 2004 		
	Mount Alexander –	<ul style="list-style-type: none"> • Provision of information on Shire’s fluoridation status and oral health placed in new resident packs and in Council newsletters 	<ul style="list-style-type: none"> • Residents 			
	Macedon Ranges	<ul style="list-style-type: none"> • All senior citizens clubs trained in food handling • Ongoing program of nutritional information through MCH & EHV & preschool services • Shire staff health and Wellbeing program educates staff on healthy lifestyle and eating 	<ul style="list-style-type: none"> • Senior citizens clubs • Parents of young children • Staff 			
GPs and Divisions	Central Highlands –	<ul style="list-style-type: none"> • Promote SNAP (smoking, nutrition, alcohol & physical activity) framework within the context of chronic diseases, especially diabetes; and provide skills training re. motivational interviewing for risk factor modification 	<ul style="list-style-type: none"> • GPs & GP Practice staff 	<ul style="list-style-type: none"> • Ongoing 		
Hospitals	Mt Alexander –	<ul style="list-style-type: none"> • Eat and Exercise Program 	<ul style="list-style-type: none"> • Women 			
PCP HP Capacity Building		<ul style="list-style-type: none"> • Development and production of CVHA Health Promotion Newsletter • Provision of Submission Writing Training • Implementation of CVHA Health Promotion Best Practice Conference 	<ul style="list-style-type: none"> • Health promotion providers • Member organisations • Health promotion providers 	<ul style="list-style-type: none"> • All June 05 – 05-06 for review 	<ul style="list-style-type: none"> • 3 newsletters • 1 training session • 1 forum 	

Priority Goal:		To promote mental well-being and social connectedness in the CVHA catchment			
Objective 1:		Facilitate a range of appropriate interventions whereby the amount of mental well being and social connectedness experienced by people can be increased			
Est. Impacts (Qual/ Quant) for Objective 1		A range of interventions across the catchment have enabled opportunities for participation and social connectedness			
PCP key stakeholders	Summary of mix of Interventions & CB strategies	Population Target Group/s:	Estimated timelines	Estimated Reach	Resources per key stakeholder for Obj1
Community Health	Cobaw - Resource 'Kyneton Connection' community initiative and implement interventions to increase social connectedness in the Kyneton community	<ul style="list-style-type: none"> Kyneton residents, interest groups, businesses, artists, youth, council and service providers 	<ul style="list-style-type: none"> June 2005 		Cobaw: 113 hrs
	Castlemaine - <ul style="list-style-type: none"> Grief & Loss for Separated, Widowed & Divorced women International Women's Day Committee – support, plan & implement a range of activities Women's Health Expo Mental Health Presentations to groups 	<ul style="list-style-type: none"> Women experiencing grief & loss LLEN, employment agencies, schools Women 	<ul style="list-style-type: none"> June 05 March 04 July 05 June 05 	<ul style="list-style-type: none"> 6 sessions 1 days events 1 expo 10 sessions 	Castlemaine: 366 hrs
	Maryborough District Health Service – Community Health – <ul style="list-style-type: none"> Education to 'Asteria' staff on Mental Health First Aid PSP/CRS monthly discussion group "Harnessing Your Health" – Mental Health Week 	<ul style="list-style-type: none"> Asteria (Disability) staff 	<ul style="list-style-type: none"> 2004 – 2006 2004 – 2006 2005 		Maryborough: 260 hrs +
Women's Health	Women's Health Loddon Mallee – <ul style="list-style-type: none"> Will work with member organisations to ensure that a gender focus is incorporated into relevant policy and practice objectives of PCPs in the Loddon Mallee Region Resource library of information appropriate to mental wellbeing 	<ul style="list-style-type: none"> PCP member agencies and service users Women in catchment 	<ul style="list-style-type: none"> Ongoing Ongoing 	<ul style="list-style-type: none"> PCP member agencies and service users who express interest 50 women 	
Local Government	Central Goldfields - <ul style="list-style-type: none"> Encourage & support volunteerism in Council & community programs Make the Gallery the hub for arts groups and arts activities Establish a voluntary Arts & Culture Advisory Group Organisation and expansion of Energy Breakthrough Organisation and expansion of Central Goldfields Triathlon 		<ul style="list-style-type: none"> Ongoing June 05 June 05 June 05 – ongoing Feb 05 – 07 		

	<p>Mount Alexander –</p> <ul style="list-style-type: none"> Enhance the ability of the Botanical and Maldon Gardens and Victory Park to be a focal point for celebration by reviewing master plans to consider disability access, lighting and safety New resident/ community information brochures made available through real estate agents and information centre Development & maintenance of an Arts register of resources available within the shire Sustain MAINTAIN: a regular community information service focused on Arts and Cultural development 	<ul style="list-style-type: none"> Whole communities New residents People with an interest in the Arts People with an interest in the Arts 	<ul style="list-style-type: none"> June 2005 Dec 2005 June 2005 Ongoing 		
	<p>Macedon Ranges</p> <ul style="list-style-type: none"> Strengthen Volunteerism by finalisation of volunteers manual for community groups Develop or support a range of community events including: ongoing program of arts events and theatre programs, senior citizens week, Youth Fest, youth programs Seed funding & ongoing support to establish a neighbourhood house in Riddells Creek Development of a volunteers manual for preschools Funding support to 90+ local groups through council's Community Funding Scheme 				
Other	<p>Maryborough District Health Service –Rural Involvement Towards Community Health (RITCH) -</p> <ul style="list-style-type: none"> "Getabout Program" Fun and Games Group Dunolly Carers Group 	<ul style="list-style-type: none"> Socially isolated people Socially isolated people Carers 	<ul style="list-style-type: none"> Ongoing Ongoing 	<ul style="list-style-type: none"> Monthly outings Monthly sessions Monthly sessions 	
PCP HP Capacity Building	<ul style="list-style-type: none"> Development and production of CVHA Health Promotion Newsletter Provision of Submission Writing Training Implementation of CVHA Health Promotion Best Practice Conference 	<ul style="list-style-type: none"> Health promotion providers Member organisations Health promotion providers 	<ul style="list-style-type: none"> All June 05 – 05-06 for review 	<ul style="list-style-type: none"> 3 newsletters 1 session 1 forum 	

Priority Goal:		To promote mental well-being and social connectedness in the CVHA catchment			
Objective 2:		To provide a range of interventions that educated and support families			
Est. Impacts (Qual/ Quant) for Objective 2		A range of interventions has been implemented across the catchment enabling a change in opportunities for families to access education and support.			
PCP key stakeholders	Summary of mix of Interventions & CB strategies	Population Target Group/s:	Estimated timelines	Estimated Reach	Resources per key stakeholder for Obj2
Community Health	<p>Cobaw</p> <ul style="list-style-type: none"> Develop a more effective collaborative community response to family violence in the Macedon Ranges Provide a range of interventions to educate and empower families <ul style="list-style-type: none"> Provide parenting skills education and access to resources for parents in the Macedon Ranges Develop an integrated, community based response to the issues of families experiencing post natal stress and at risk of post natal depression Co facilitate a 10 week Strength Building program with St Lukes for women with depression 	<ul style="list-style-type: none"> Families moving on from the effects of family violence Families, especially those experiencing stress 			Cobaw: 202 hrs
	<p>Castlemaine –</p> <ul style="list-style-type: none"> Parenting Program – ‘Hey Dad’ Maternal & Child Health Women’s Health Sessions Co facilitate Strength Building program with St Lukes for women with depression Domestic Violence Action Participation 	<ul style="list-style-type: none"> Young people, parents Women with children Women with anxiety or depression Mt Alexander & regional service systems 	<ul style="list-style-type: none"> June 05 June 05 June 05 June 05 	<ul style="list-style-type: none"> 6 sessions 6 sessions 1 program Mt Alexander & regional group participation 	Castlemaine: 236 hrs

	<p>Maryborough District Health Service – Community Health –</p> <ul style="list-style-type: none"> • Parenting Program – ‘Hey Dad’ • Young Mum’s program • Positive Parenting Program • Domestic Violence Survivors Group • Post natal depression education • Ante natal education sessions • Domestic Violence Information Forum • Staff training in Positive Parenting training • Development of collaborative partnerships for domestic violence in Central Goldfields Shire 	<ul style="list-style-type: none"> • School students • Fathers • Young mothers • Parents • Domestic Violence Survivors • Prospective parents <ul style="list-style-type: none"> • MDHS - CH staff • Central Goldfields domestic violence service systems 	<ul style="list-style-type: none"> • 2004-2006 • 2004-2006 • 2004-2006 • 2004-2006 • 2004-2006 • 2004-2006 • Nov 2004 • 2005 • 2004-2006 	<ul style="list-style-type: none"> • 2 groups per year 	Maryborough: 484 + hrs
	<p>Macedon Ranges –</p> <ul style="list-style-type: none"> • Post natal depression support group • Strengthening Women’s Support group • Strength Building Recovery skills for depression & anxiety • Parenting Primary School Aged Children effectively Program • New Mothers Support Group/ Pram Parade 	<ul style="list-style-type: none"> • Post natal women • Women • Women <ul style="list-style-type: none"> • Parents <ul style="list-style-type: none"> • Mothers 	<ul style="list-style-type: none"> • July 05 • Oct 04 – Jun05 • Sept 04 <ul style="list-style-type: none"> • April 05 <ul style="list-style-type: none"> • July 04 – Jun05 	8 sessions	
Women’s Health	<p>Women’s Health Loddon Mallee –</p> <ul style="list-style-type: none"> • Will work with member organisations to ensure that a gender focus is incorporated into relevant policy and practice objectives of PCPs in the Loddon Mallee Region • Participate in development of an integrated, community based response to the issues of families experiencing post natal stress and at risk of post natal depression • CALD women’s health day to support wellbeing and inform about rights and services for women affected by violence • Facilitator Training for the Strength Building Program for women with depression and anxiety 	<ul style="list-style-type: none"> • PCP member agencies and service users <ul style="list-style-type: none"> • PCP member agencies and service users in Macedon Ranges <ul style="list-style-type: none"> • Women from CALD backgrounds living in catchment <ul style="list-style-type: none"> • Service Providers 	<ul style="list-style-type: none"> • Ongoing <ul style="list-style-type: none"> • 2004 – 2006 <ul style="list-style-type: none"> • To be advised 	<ul style="list-style-type: none"> • PCP member agencies and service users who express interest • PCP member agencies and service users as required by action plan • 1 day <ul style="list-style-type: none"> • 10 health workers. 	
Local Government	<p>Central Goldfields:</p> <ul style="list-style-type: none"> • Development of collaborative partnerships for domestic violence In Central Goldfields Shire 		<ul style="list-style-type: none"> • 2004-06 		
	<p>Macedon Ranges:</p> <ul style="list-style-type: none"> • Ongoing implementation of PND action plan • PND groups held in partnership with community health • Ongoing programs for new mothers 		<ul style="list-style-type: none"> • 2004-06 • 2004-06 • 2004-06 		

GPs and Divisions	Central Highlands – • Ongoing implementation of PND action plan				
Hospitals	Maryborough District Health Service: • Development of collaborative partnerships for domestic violence in Central Goldfields Shire	• Central Goldfields domestic violence service systems	• 2004-06		
Other	St Lukes – • Provide education and self-help management strategies to women affected by depression anxiety and panic in the Macedon Ranges & Mount Alexander - facilitate a 10 week Strength Building program				
	Victoria Police, Maryborough Station & Maryborough District Accommodation Service: - • Development of collaborative partnerships for domestic violence in Central Goldfields Shire	• Central Goldfields domestic violence service systems	• 2004-06		
	Maryborough District Health Service –Rural Involvement Towards Community Health (RITCH) - • Positive parenting programs	• Parents in Dunolly, Talbot and Carisbrook	• June 2005		
PCP HP Capacity Building	• Macedon Ranges PND - Develop pathway maps – link to service coordination work • Development and production of CVHA Health Promotion Newsletter • Provision of Submission Writing Training • Implementation of CVHA Health Promotion Best Practice Conference	• Health and welfare organisations & service providers • Health promotion providers • Member organisations • Health promotion providers	• All June 05 – 05-06 for review	• 1 Required pathway map • 3 newsletters • 1 training session • 1 forum	

Priority Goal:		To promote mental well-being and social connectedness in the CVHA catchment			
Objective 3:		To provide access for young people to mental health information and increase the opportunities for skill development			
Est. Impacts (Qual/ Quant) for Objective 3		A range of interventions has been implemented across the catchment enabling a change in opportunities for young people to access mental health information and to increase the opportunities for skill development.			
PCP key stakeholders	Summary of mix of Interventions & CB strategies	Population Target Group/s:	Estimated timelines	Estimated Reach	Resources per key stakeholder for Obj3
Community Health	<p>Cobaw –</p> <ul style="list-style-type: none"> Develop linkages with school communities and provide integrated services to improve awareness of health issues affecting young people and interventions to address them Work collaboratively to develop a range of alternative educational opportunities for young people no longer engaged in mainstream education Establishment of a Youth Clinic 	<ul style="list-style-type: none"> Young people in MR Shire 			Cobaw: 552 hrs
	<p>Castlemaine –</p> <ul style="list-style-type: none"> Youth Health Program (School Tours) Youth Health Program Static displays Better Access to Health Services for Youth Project Preparation for Puberty school program 	<ul style="list-style-type: none"> Secondary School Young People Secondary School Young People Young People Young People Primary School Students 	<ul style="list-style-type: none"> June 05 June 05 July 05 June 05 June 05 	<ul style="list-style-type: none"> 8 tours 20 groups 5 sessions 	Castlemaine: 704 hrs
	<p>Maryborough District Health Service – Community Health –</p> <ul style="list-style-type: none"> Social Marketing & health information in school newsletters etc Young Mums program Education at Energy Breakthrough event After school youth activity program Personal development sessions within schools Road trauma sessions in secondary schools Youth conference Explore development of a “Youth Council “ with existing networks Collaborative Youth Partnership with Central Goldfields Shire, YMCA, all schools, job network agencies, Lead On, MDHS staff and police 	<ul style="list-style-type: none"> Young people in CG Shire Young people in CG Shire Young people in CG Shire Young people in CG Shire Young people in CG Shire Young people in CG Shire Young people in CG Shire Young people in CG Shire Providers of services to young people 	<ul style="list-style-type: none"> 2004 – 2006 2004 – 2006 Oct/Nov 04 and 05 2005 2004 - 2006 2006 Feb. 2005 2004 - 2006 		Maryborough: 1111 hrs +

	<p>Macedon Ranges –</p> <ul style="list-style-type: none"> • Formation of a Youth Link to website & resource development • Continue implementation of EYES Youth Health Clinic • EYES Youth Health Clinic – Schools Outreach • Youth Health Services Promotional Information Material “Little Blue Book • Youth Health Expo (School tours of MRHS) • Youth Video Project • Youth Health Education re/ popular choices • Shine Program (issues for young females) • Young Men’s Program • Seasons – Loss & Grief program • Communication Skills/Confidence building to YAKA (Youth Group) • Human Development Program (sex education) • Risk Taking Behaviour Modification (Drugs/ Alcohol/Sexual Behaviours) • Gisborne Festival/ Skate event • Youth Fest • Skate Park Event • Gisborne/Sunbury/Kyneton Youth employment & Training Group 	<ul style="list-style-type: none"> • Adolescents & their families • Youth (10-21 yrs) • Adolescents • 12 – 21 yrs youth • 14-16 adolescents • Adolescents • Adolescents • Female adolescents (13 –18 yrs) • Male adolescents (Yr 8) • Primary school aged children • Adolescents • Primary school aged children • Female adolescents • Adolescents • Adolescents • Adolescents • Adolescents – not presently employed 	<ul style="list-style-type: none"> • Feb 05 • Jun 05 • June 05 • Oct 04 • Nov 04 • Dec 04 • July 04 – Jun05 • Oct 04 • Sept 04 • June 05 • Nov 04 • Nov 04 • Dec 04 • Dec 04 • March 05 • April 05 • July 04–Jun 05 	<ul style="list-style-type: none"> • 1 website link • 46 weekly sessions • 2 schools • 1 expo • 4 sessions • 3 programs 	
Women’s Health	<p>Women’s Health Loddon Mallee –</p> <ul style="list-style-type: none"> • Will work with member organisations to ensure that a gender focus is incorporated into relevant policy and practice objectives of PCPs in the Loddon Mallee Region • Facilitator training for the Girls in a Whirl program for girls and their mothers around puberty and wellbeing • Whealth magazine on Young Women’s Health 	<ul style="list-style-type: none"> • PCP member agencies and service users • Service providers • Young women targeting members, 	<ul style="list-style-type: none"> • Ongoing • To be advised • March 2005 	<ul style="list-style-type: none"> • PCP member agencies and service users who express interest • 10 health workers. • WHLM members living in CVHA catchment 	
Local Government	<p>Central Goldfields</p> <ul style="list-style-type: none"> • Provision of fully supervised drug & alcohol free events • Promotion of leadership skills amongst young people (Youth Leaders Camp) • Local Youth Network (identification of local issues affecting young people and the implementation of initiatives) 		<ul style="list-style-type: none"> • Ongoing • Ongoing • Ongoing 		

	<p>Mount Alexander –</p> <ul style="list-style-type: none"> Actively promote the Party Safe Initiative 		<ul style="list-style-type: none"> Ongoing 		
	<p>Macedon Ranges</p> <ul style="list-style-type: none"> Ongoing youth Advisory Committee Young people actively involved in organising Youth Fest Bi - monthly drug and Alcohol free events Implementation in partnership with community health and schools of drug and alcohol harm minimisation strategies Establishment of a community based VCAL for disengaged young people Young Achievement Australia program 	<ul style="list-style-type: none"> All - Young people aged 12-25 years in MR shire 	<ul style="list-style-type: none"> Ongoing June – March each financial year Bi monthly Till Dec 04 Ongoing Till Nov 04 	<ul style="list-style-type: none"> 1 committee 1 committee, volunteers & attendees Young people organising & attending Up to 200 YP VCAL established Program implemented 	Macedon Ranges: 1,350 hrs
GPs and Divisions	<p>Brooke St Medical Centre</p> <ul style="list-style-type: none"> Establishment of a Youth Clinic 	<ul style="list-style-type: none"> Young people aged 13-21 	<ul style="list-style-type: none"> Dec 2004 (pilot) 	<ul style="list-style-type: none"> 1 clinic 	
Other	<p>In Central Goldfields Shire:</p> <ul style="list-style-type: none"> Collaborative Youth Partnership with Central Goldfields Shire, YMCA, all schools, job network agencies, Lead On, MDHS staff and police 				
	<p>St Lukes Anglicare –</p> <ul style="list-style-type: none"> Implement “Song for a Day” (activity based around music) 	<ul style="list-style-type: none"> Young people (16-24 yrs) 	<ul style="list-style-type: none"> Oct 05 	<ul style="list-style-type: none"> 1 activity 	
	<p>Maryborough District Health Service –Rural Involvement Towards Community Health (RITCH) -</p> <ul style="list-style-type: none"> Talbot Teen Access Project Range of School Health Programs 	<ul style="list-style-type: none"> Teenagers in Talbot School students in Carisbrook, Talbot, Dunolly, Timor and Bealiba - 	<ul style="list-style-type: none"> Ongoing Ongoing 	<ul style="list-style-type: none"> Weekly programs 	
PCP HP Capacity Building	<ul style="list-style-type: none"> Development and production of CVHA Health Promotion Newsletter Provision of Submission Writing Training Implementation of CVHA Health Promotion Best Practice Conference 	<ul style="list-style-type: none"> Health promotion providers Member organisations Health promotion providers 	<ul style="list-style-type: none"> All June 05 – 05-06 for review 	<ul style="list-style-type: none"> 3 newsletters 1 training session 1 forum 	

Priority Goal:	To promote mental well-being and social connectedness in the CVHA catchment				
Objective 4:	To develop and implement collaborative systemic responses to mental health and social c nectedness issues				
Est. Impacts (Qual/ Quant) for Objective 4	A range of collaborative systemic responses are developed that target identified to m nental health and social connectedness issues.				
PCP key stakeholders	Summary of mix of Interventions & CB strategies	Population Target Group/s:	Estimated timelines	Estimated Reach	Resources per key stakeholder for Obj4
Community Health	Cobaw – <ul style="list-style-type: none"> To consolidate the Mental Health Promotion Network in Macedon Ranges Participation in development of collaborative responses to presentations by Suicidal and Deliberately Self- harming people at hospital emergency departments 	<ul style="list-style-type: none"> Member agencies in mental health field, consumers & NGOs 		<ul style="list-style-type: none"> 1 network 1 system developed & implemented in Macedon Ranges 	Cobaw: 20 hrs +
	Castlemaine – <ul style="list-style-type: none"> Convene Mental Health Promotion Networks Participation in development of collaborative responses to presentations by Suicidal and Deliberately Self- harming people at hospital emergency departments 	<ul style="list-style-type: none"> Mental health workforce & consumers Mental health workforce, agencies & systems 	<ul style="list-style-type: none"> June 05 June 05 	<ul style="list-style-type: none"> 6 meetings p a 1 system developed & implemented in Mount Alexander 	Castlemaine: 96 hrs
	Maryborough District Health Service – Community Health – <ul style="list-style-type: none"> Participation in development of collaborative responses to presentations by Suicidal and Deliberately Self- harming people at hospital emergency departments 	<ul style="list-style-type: none"> Mental health workforce, agencies & systems 	<ul style="list-style-type: none"> June 05 	<ul style="list-style-type: none"> 1 system developed & implemented in Central Goldfields 	Maryborough: 24 hrs
Women's Health	Women's Health Loddon Mallee – <ul style="list-style-type: none"> Will work with member organisations to ensure that a gender focus is incorporated into relevant policy and practice objectives of PCPs in the Loddon Mallee Region 	<ul style="list-style-type: none"> PCP member agencies and service users 	<ul style="list-style-type: none"> Ongoing 	<ul style="list-style-type: none"> PCP member agencies and service users who express interest 	
Local Government	Mount Alexander – <ul style="list-style-type: none"> Participate in Mental Health Promotion Network Resurrect Community Safety Committee 		<ul style="list-style-type: none"> Ongoing Dec 2004 		
	Macedon Ranges <ul style="list-style-type: none"> Ongoing support for the Mental Health Working group Completion of the Lancefield Together project 				
GPs and	Central Highlands Division of GP, 2 general practitioner representatives -				

Divisions	<ul style="list-style-type: none"> • Development of collaborative responses to presentations by Suicidal and Deliberately Self-harming people at hospital emergency departments 	<ul style="list-style-type: none"> • Mental Health Service system in each LGA 	<ul style="list-style-type: none"> • June 05 	<ul style="list-style-type: none"> • 1 system developed & implemented 	
Hospitals	<p>Kyneton & Maryborough District Health Services, Mt Alexander Hospital, Bendigo Health Care Group – Psychiatric Services</p> <ul style="list-style-type: none"> • Development of collaborative responses to presentations by Suicidal and Deliberately Self-harming people at hospital emergency departments 	<ul style="list-style-type: none"> • Mental Health Service system in each LGA 	<ul style="list-style-type: none"> • June 05 	<ul style="list-style-type: none"> • 1 system developed & implemented 	
PCP HP Capacity Building	<ul style="list-style-type: none"> • Development and production of CVHA Health Promotion Newsletter • Provision of Submission Writing Training • Implementation of CVHA Health Promotion Best Practice Conference 	<ul style="list-style-type: none"> • Health promotion providers • Member organisations • Health promotion providers 	<ul style="list-style-type: none"> • All June 05 – 05-06 for review 	<ul style="list-style-type: none"> • 3 newsletters • 1 session • 1 forum 	