



Healthier Together

Partnerships for Health & Wellbeing

2006 – 2009

The Barwon PCF Community Health Plan

Preamble

'Healthier Together' - The Barwon PCF's Community Health Plan

The Barwon Primary Care Forum (Barwon PCF) has developed this Community Health Plan – 'Healthier Together' – to provide direction and encouragement to the Barwon region for the development and delivery of community health services over the next three years.

The Plan identifies the ways in which government priorities have been translated for the Barwon region. It sets out the goals to be pursued, the activities to be implemented and the ways in which the Forum will evaluate its performance against this Plan.

The Plan incorporates activities that have been identified and are being implemented within our Region, as well as those that will now be developed in partnership with Forum members and key stakeholders.

Governance Review 2007

The Barwon PCF is currently undergoing a review of its Governance arrangements, looking at ways to strengthen and improve its auspice and member relationships, and to fulfil its accountability requirements to government, members, key stakeholders and the community.

This Plan must be therefore seen in the context of the current Review of Governance arrangements, and any changes arising from that Review. The Plan will be reviewed on an annual basis, and the outcomes will be reported to the Department of Human Services, with a final report in 2009.

Member Agencies

The Barwon PCF appreciates the continuing contribution of all its member agencies, in particular the commitment of time, resources and personnel to the work of the Forum. The following agencies have signed the most recent version of the Memorandum of Understanding with the Barwon PCF:

- Active Care
- Alzheimers' Association
- Anglican Parish of Bellarine
- Arts Colac
- Australian Red Cross
- Baptist Community Care (Barwon South Western CACP)
- Barwon Centre Against Sexual Assault
- Barwon Disability Resource Council
- Barwon Health (Auspice Agency)
- Barwon Paediatric Bereavement Program Inc.
- Barwon Regional Aged Care Assessment Team
- Bellarine Community Health
- Bethany
- Borough of Queenscliffe
- City of Greater Geelong
- Cloverdale Community Centre
- Colac Adult & Community Education Inc.
- Colac Area Health
- Colac Community Development Association
- Colac Otway Shire
- Community Connections (Vic)
- Create (Geelong) Inc.
- Crossroads Lodge
- Deakin University
- Deakin University Student Association (DUSA)
- Diabetes Australia
- Diversitat
- DoCare (Geelong)
- Gateways Support Services
- Encompass Community Services Inc (Geelong Employ Ability Inc).
- Geelong Men's Counselling Service
- Glastonbury Child & Family Services
- GP Association of Geelong
- Hesse Rural Health
- Karingal
- Leisure Networks
- Lifeline Geelong
- Lorne Community Hospital
- Newcomb Secondary School
- Ocean Grove Neighbourhood Centre Inc.
- Otway Division of General Practice
- Pathways
- Salvation Army
- Scope (Shannon Park Centre)
- Southern Cross Care (Vic)
- St Laurence Community Services
- Surf Coast Shire
- Vision Australia
- Winch House
- Winchelsea Primary School

In addition to its member agencies, the Barwon PCF will also work closely with existing regional networks, and monitor and promote examples of best practice that occur outside of the PCF membership.

The Barwon PCF Executive Committee is comprised of representatives from:

- Barwon Health (Auspice Agency)
- Bellarine Community Health
- City of Greater Geelong (non-voting)
- Colac Area Health
- Colac Otway Shire
- Department for Victorian Communities (non-voting)
- Leisure Networks
- Pathways
- GP Association of Geelong
- St Laurence Community Services
- Surf Coast Shire

It must be noted that the findings of the Governance Review could potentially affect both the size and diversity of the Barwon PCF's membership. It is also anticipated that any resultant structural change may affect the composition of the Executive Committee.

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Section one: Policy and planning context

There are a number of state policy documents that determine the context within which the Barwon PCF operates, they are summarised below.

Growing Victoria Together 2001

Growing Victoria Together outlines the State Government's vision for making Victoria a stronger, more caring and innovative state. It sets out the following ten goals for the future that balance social, economic and environmental considerations.

1. More quality jobs and thriving, innovative industry across Victoria
2. Growing and linking all of Victoria
3. High quality, accessible health and community services
4. High quality education and training for lifelong learning
5. Protecting the environment for future generations
6. Efficient use of natural resources
7. Building friendly, confident and safe communities
8. A fairer society that reduces disadvantage and respects diversity
9. Greater public participation and more accountable government
10. Sound financial management

A Fairer Victoria 2005

A Fairer Victoria is the Victorian Government's social policy action plan to create opportunity and address disadvantage in all communities. The plan addresses five key objectives:

1. Access to universal services.
2. Reducing barriers to opportunity.
3. Support for disadvantaged groups.
4. Support for disadvantaged places.
5. Making it easier to work with Government.

Care in Your Community

Aligned with both *Growing Victoria Together* and *A Fairer Victoria*, Care in your Community provides a planning framework for integrated ambulatory health care services – a 'ten year vision for a modern and family centred health system'. The framework is based on area-based planning with catchments aligning with those of PCPs. The Department of Human Services will commence planning for the Care in Your Community for the Barwon Region in late 2007.

Primary Care Partnerships Strategy

The State Primary Care Partnership Strategy aims to improve the overall health and wellbeing of Victorians by:

- Improving the experience and outcomes for people who use primary care services
- Reducing the preventable use of hospital, medical and residential services through a greater emphasis on health promotion programs and by responding to the early signs of disease and/or people's need for support.

Primary Care Partnerships endeavour to achieve these aims by actively and directly supporting:

- An integrated health care system, based on partnerships, where providers see planning and working together to better meet the needs of their communities as core business.
- Widespread consumer, carer and community participation in service design, implementation and evaluation.
- People with chronic diseases being active partners in their own care, with the system structured around consumers, not agencies or programs.

- A health system geared to health promotion, prevention and early intervention to improve wellbeing for at risk individuals and groups, minimising the onset of disease and preventing hospital admissions.
- A more effective, efficient and evidence-based health promotion, planned, implemented and evaluated through integrated approaches across catchments.
- Agency/organisational health promotion plans linked to catchment priorities that are, in turn, linked to state and national health priorities.
- Consumers' needs identified early and appropriate services delivered promptly. Service coordination practice enhanced and embedded in agency practice, streamlining assessment and access to services.
- Widespread, efficient and effective referral and care coordination between general practitioners and other health care providers.
- Reliable information and communications technology infrastructure and agreed standards in place enabling electronic communication, including e-referral.
- Strategic leadership at all levels of government with expectations of health care integration built into accountability frameworks.
- Flexible funding to assist innovation and integration of services and streamlined reporting and accountability requirements.
- National primary health policy guiding Commonwealth, states and territories leading to more effective integration.

The **Department of Human Services** has identified four deliverables for PCPs as the platform to achieve the above aims:

- Partnership Development
- Integrated Health Promotion
- Service Coordination
- Integrated Chronic Disease Management.

These deliverables therefore constitute the framework of the Barwon PCF Community Health Plan - 'Healthier Together'.

The Social Model of Health

In working towards our aim, activities conducted by the Barwon PCF are guided by the Social Model of Health.

The social model of health is a framework for contemplating health and factors that affect our health. By using this framework, improvements in health and wellbeing are achieved by addressing the social and environmental determinants in tandem with the biological and medical factors (DHS, 2001). How we define 'health' underpins and supports the social model of health framework. The well accepted definition of 'health' provided by the World Health Organisation is:

...a state of complete physical, mental and social wellbeing and not merely the absence of disease (WHO, 2001).

This broad definition of health requires many stakeholders, not merely health care providers, to develop and implement a wide range of interventions and strategies to address health-related issues. A focus on both an individual's health and wellbeing and a broader 'population based' approach is required in order to address factors that negatively impact on the community's health and wellbeing. Integrated service delivery and genuine collaboration at both a planning and service provision level inclusive of public and private sectors and all tiers of government are critical to deliver real health gains.

The Social Determinants of Health

The social determinants of health are those social and economic factors that can enhance or threaten an individual's or community's health and wellbeing status.

The Social Determinants of Health have been identified as:

- The social gradient
- Stress
- Early life
- Social exclusion
- Work
- Unemployment
- Social support
- Addiction
- Food
- Transport.

Planning in the Barwon Region

G21 represents the Geelong Regional Alliance – a group of five councils supported by state and federal government, local agencies, businesses and community groups who have joined together to develop and deliver a strategic direction for the wider Geelong community. The five local governments represented within G21 are: City of Greater Geelong, Surfcoast, Colac Otway Shire, Golden Plains Shire, Borough of Queenscliff. G21 plays a key role in providing regional leadership, lateral and innovative thinking and alignment of plans and resources. The Health and Wellbeing Pillar of G21 has commissioned the production of a regional plan known as *Planning for Healthy Communities in the G21 Region*.

Planning for Healthy Communities in the G21 Region provides a reference and a guide for local agencies to work in partnership in planning for the health and wellbeing for the region. It identifies six health and wellbeing priority areas that local governments across the region are committed to addressing. The Municipal Public Health Plans of each local government area support Planning for Healthy Communities in the G21 Region by outlining local responses to target certain priority areas. The Barwon PCF while acknowledging the geographical boundaries are slightly different, support the plan through a targeted response to selected priority areas in 'Healthier Together' and support of its member agencies activities to address both regional and local priority areas. The relationship between these plans is represented diagrammatically below.



Regional Management Forum (RMF) has been established for senior officers from each State Government department and CEOs of councils, to meet to work on local priorities. The Regional Management Forum engages with regional stakeholders to develop an understanding of issues which would benefit from a joined-up response involving state and local government and community agencies working together, and also to develop proposals for addressing priority issues in each region that involve integrated planning and service delivery. The Barwon PCF will closely monitor the work of the local RMF and explore opportunities to work together to address local priority areas and issues.

Section Two: Partnerships

2.1 Introduction

Vision

A strong, effective partnership that builds the capacity of member agencies to contribute to the health and wellbeing of our communities

Key Principles

The Barwon PCF works under the following key principles:

- The social model of health
- Inclusive and collaborative networks and forums
- Mutual respect and recognition for the contributions of all member agencies
- Development of innovative and evidence-based responses to community needs

2.2 Achieving our vision

The Barwon PCF is now focused on the development of capacity in primary and community health services to respond effectively and promptly to community needs. In so doing, the Barwon PCF has sought the views of a wide range of direct service providers and other stakeholders whose work broadly contributes to the health and wellbeing of the community.

Over the next three years, the Barwon PCF will assist the development of greater integration between services in the Barwon region, promoting collaboration, cooperation and the sharing of essential information and resources between all elements of the health and community services network

The Barwon PCF has a strong and experienced membership, which has repeatedly demonstrated their capacity to respond to changing community needs, adopt new methods of service delivery, and work collaboratively and cooperatively for the benefit of their clients. The principle role for the Barwon PCF is now to link and enhance this energy and experience, to ensure that Barwon PCF and its members advocate with a strong, clear voice for its community.

Challenges for the next three years

The particular challenges faced by the Barwon PCF include:

- The review of its Governance arrangements, and the possibility of significant change in structure, auspice and mode of operation
- The relationship between the Barwon PCF and G21 – to define our separate but complementary roles and responsibilities, while continuing to work in partnership to achieve the best result for our communities
- Clearly articulating the role of the Barwon PCF to ensure that the activity of Barwon PCF is reflected in the planning of member agencies.

The **Priorities for Partnerships** over the next three years will therefore include:

- Reaffirming the value of the Barwon PCF partnership model for our member agencies
- Realigning the activities and directions of the Barwon PCF in accordance with that partnership
- Amending its current consultative structure to focus more clearly and accurately on specific health and wellbeing priorities, projects and activities
- Communicating the role and purpose of the Barwon PCF clearly and consistently to our communities and our member agencies.

2.3 Capacity Building

Goal : That the Barwon PCF partnerships are robust, functioning effectively and are valued by the member agencies and our community.

Objectives	Strategies	Estimated Impact
Partnership processes are realigned in accordance with recommendations arising from the Governance Review by July 2008	<ul style="list-style-type: none"> • Barwon PCF Executive and Executive Officer provide strong leadership in change management • Renegotiation of current MoU's with Member agencies in accordance with DHS requirements • Recommendations regarding options for an 'Area Alliance' and/or 'Priority Area' structure are implemented • Consistent and planned communication approach to member agencies and key stakeholders (including community representatives) re processes involved in implementing recommendations of the Governance Review 	<ul style="list-style-type: none"> • Revised governance arrangements and structure implemented by July 2008 • Member agencies have signed MoU by July 2008 • Member agencies and other key stakeholders are knowledgeable of review processes - ongoing • Outcomes of new arrangements and structure monitored annually
The Barwon PCF members and key stakeholders are able to clearly articulate the role, purpose and strategy of the Barwon PCF by December 2008	<p>Barwon PCF implements a consistent communication strategy of the role, purpose and strategy of the Barwon PCF</p> <p>Website and electronic information (bulletin) are realigned to reflect new directions and structure</p> <p>Regular forums are held with member agencies and the community to inform of and discuss both Barwon PCF activities and those of member agencies.</p>	<p>Members are regularly informed of Barwon PCF activities – by July 2007 and ongoing</p> <p>Website and electronic information revised and updated - by December 2007</p> <p>Member agencies are able to identify and link their activities with those of the Barwon PCF – by July 2008 and ongoing</p>

Objectives	Strategies	Estimated Impact
<p>Barwon PCF goals and activities are reflected in the plans of member agencies by July 2009</p>	<ul style="list-style-type: none"> • Communicate Community Health Plan key priority areas with member agencies • Ensure current activities of Barwon PCF reflect these priorities and are communicated to members • Ensure that Barwon PCF is a key contributor to relevant forums and working parties • Annual limited review of the Community Health Plan to ensure key priorities remain consistent with emerging needs • An effective electronic clearing house of information, in concise format, is provided to member agencies • Support agencies implementing new or existing community engagement strategies 	<ul style="list-style-type: none"> • Community Health Plan key priorities accepted and reflected into members planning and activities - by December 2008 and ongoing • Barwon PCF activities are aligned with priority areas – by July 2008 • Barwon PCF is actively engaged in forums and working parties relevant to priority areas – by December 2007. • Community Health Plan remains reflective of community needs via consulting process with member agencies and community members – July 2008 & annually. • Electronic clearing house is established and operational by December 2008
<p>A monitoring and evaluation tool for Barwon PCF partnerships is in place by December 2007</p>	<ul style="list-style-type: none"> • Annually implement and analyse results (including trends) of the VicHealth Partnership Analysis Tool - commencing September 2007 • Results of annual surveys are distributed to member agencies. 	<ul style="list-style-type: none"> • Establish a clear baseline for Partnership rating – July 2008. • Annual increasing overall positive Partnership rating December 2008 – 2009.

Section Three: Integrated Health Promotion

3.1 Introduction

Vision

That the Barwon PCF is identified as a leader in health promotion, supporting member agencies as they work with the community to enhance and promote the health and wellbeing of the region.

Priority Areas

Physical Activity & Healthy Eating

Community Strengthening, Mental Health & Wellbeing

In accord with the Ottawa Charter for Health Promotion the Barwon PCF see health as

‘a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity and health is, therefore, seen as a resource for everyday life, not the objective of living.’

The activities of the Barwon PCF are guided by the Ottawa Charter and underpinned by the conceptual framework of the social model of health. They are reflective of [national](#), [state](#) and regional health promotion priorities.

The partnership platform of Barwon PCF works to reduce inequalities in health by sharing the responsibility for addressing the determinants of health across a number of agencies and sectors. Through our focus on building partnerships and supporting active collaboration across a broad range of sectors the Barwon PCF aims to demonstrate an excellence and leadership in integrated health promotion activity to reduce health inequalities and increase consumer participation.

A new three-year recurrent funding base has enabled the Barwon PCF to have an increased focus on long-term strategic health promotion planning. The Forum recognises the importance of cross-sector and community partnerships and aims to improve the health and wellbeing of the community by working with a range of sectors including: sport and recreation; health and community services; local government; arts and culture; education; and the community.

The strategies of this Plan support the regional focus outlined in *Planning for Healthy Communities in the G21 Region*. Whilst the Forum’s health promotion activities are targeted around our priority areas, our health promotion network aims to provide a flexible planning framework capable of responding to broader health issues and the priorities of our members.

3.2 Achieving our vision

The Barwon PCF works towards achieving its health promotion vision and goals by building on and supporting the capacity of its member agencies and the community. That work is structured around four key components and objectives:

Organisational Development

The Barwon PCF supports agencies in working towards a stronger integrated health promotion process across the region. Member agencies have long been building their internal capacity to deliver health promotion programs. The Barwon PCF works to align that capacity across agencies and across sectors. The early stages of this process have involved aligning planning timelines and priority areas. The next stage will call on greater collaboration and strengthened partnerships that support aligned strategies and actions.

Objective: Member activities are integrated within local government Municipal Public Health Plans and other regional health plans.

Partnerships

The Barwon PCF must play a strong leadership role in maintaining the voluntary partnerships that exist within the forum and building new partnerships outside of the forum and outside of the health and community services sector. The Forum's partnership platform concentrates on building partnerships that provide added value to member agencies, producing health and wellbeing outcomes that members could not achieve in isolation. Partnership activity needs to concentrate on developing true collaborative relationships between agencies, building interdependent systems to address issues and opportunities. The Barwon PCF will use its' health promotion networks as a mechanism to support and promote strong collaborative partnerships.

Objective: Member agencies are actively involved in partnership projects.

Leadership

The leadership role of the Barwon PCF involves recognising and supporting the work of agencies, programs and networks across the region who themselves play a leading role around a catchment priority or population. Whilst this can involve supporting a number of member agencies, much of this activity will concentrate on lead agencies identified in *Planning for Healthy Communities in the G21 Region* and the Neighbourhood Renewal and Community renewal projects that focus on disadvantaged communities within the region.

Objective: Lead agencies and networks that target priority areas or priority populations within the region are recognised by Barwon PCF members.

Workforce Development

The Barwon PCF works to support member agencies in their efforts to build broad-based internal capacity to plan, implement and evaluate health promotion activities. Working with member agencies to identify and enhance opportunities to incorporate health promotion approaches within the day-to-day business of their agencies. Providing resources to support member agencies and supporting best practice in health promotion. Essential to achieving this is the support of professional development opportunities that facilitate the development of quality health promotion practice delivering an integrated, consumer-focused health promotion process across the region.

Objective: Staff of member agencies have the capacity to plan, implement and evaluate effective health promotion interventions.

3.3 Priority Area 1: Physical Activity and Healthy Eating

Goal: To increase physical activity levels and improve dietary intake across all age groups and communities by creating an environment that supports and encourages healthy choices.

By identifying physical activity and healthy eating as a health promotion priority area, the Barwon PCF has aligned its priorities with national, state and regional priorities, capitalising on the potential to create strong collaborative partnerships amongst our member agencies.

Eating patterns and physical activity are key determinants of obesity. Obesity rates in Australia have more than doubled over the past 20 years. According to the 2003 Victorian Population Health Survey, the proportion of adults in the Barwon Region who were overweight or obese was higher than that for the state.

Obesity and weight gain have been identified as a key risk factor for preventable morbidity and mortality due to such conditions as hypertension, cardiovascular disease and non-insulin dependant diabetes mellitus. Most of these conditions are preventable with attention to lifestyle factors including appropriate nutrition and regular exercise. Physical activity is of benefit in relation to a number of health problems include 5 of the 6 National health priorities: cardiovascular disease prevention, diabetes prevention and control, the primary prevention of some cancers; injury prevention and control; and the promotion of mental health.

The Barwon PCF does not work to achieve its goal alone, but is reliant on the strong partnerships it builds with its member agencies. The Barwon PCF has a focus across the whole Barwon Region. Due to the diversity of communities across the Region we don't identify target populations, but support member agencies to identify target population within their local community. The forum does however encourage member agencies to consider disadvantaged populations within their communities, and opportunities to partner with both Neighbourhood Renewal and Community Renewal projects when planning health promotion activities.

Planning for Healthy Communities in the G21 Region outlines a region wide commitment by local government to promote physical activity and healthy eating. It identifies Leisure Networks and the Sentinel Site for Obesity Prevention as lead agencies in supporting activities to address this priority area. These agencies are supported by a number of our member agencies that list physical activity and healthy eating as priority areas in their strategic planning, including but not limited to: Colac Area Health; Bellarine Community Health; and Barwon Health. Each address this priority area through a range of partnerships, programs and strategies including: the Good Sports Program; Walking School Bus; Kids Go For Your Life, Be Active Eat Well; Community Garden and Kitchen; NoFalls Exercise Program; Mums on the Move; Balance & Beyond; cycling strategies; pathways strategies; Healthy Choices Eating Program; Active After School; It's Your Move; 10,000 STEPS Barwon; and Active Script.

There has been a dramatic increase in the number of Integrated Health Promotion projects targeting physical activity and healthy eating in recent years. This has left many member agencies feeling that they don't have a solid understanding of all the activity that is occurring in the region, and as a result many have expressed concerns regarding the potential for duplication of effort and resources. The Barwon PCF will clearly articulate its role and links to G21 and local government, and how it can support member agencies to interact with the planning activities of these and other agencies.

At a worker level many members are looking for increased opportunities for skill enhancement, knowledge sharing, collaboration and peer support for dedicated health promotion staff. Members have identified they require support to develop an organisational culture that values the role of health promotion and assistance in enhancing skills across their agencies in project planning, design, implementation and evaluation.

The Barwon PCF has identified the newly developed Regional Physical Activity Network as a forum to drive the majority of its activities to support members in this area. We see this network playing an integral role in the coordination of key regional activities, supporting a regional response to funding opportunities and providing a forum to discuss project planning and evaluation.

Physical Activity & Healthy Eating			
	Objective	Strategies	Estimated Impact
Organisational Development	Member activities are integrated within local government Municipal Public Health Plans and other regional health plans.	<ul style="list-style-type: none"> • Develop systems that allow member agencies to make submissions to the Municipal Public Health Planning process • Develop systems that allow member agencies to make submissions to the Barwon PCF Community Health Plan • Supporting organisational planning through the provision of demographic data 	<ul style="list-style-type: none"> • A minimum of one new partnership project/activity will have been established between a Barwon PCF member agency and each local government authorities.
Partnerships	Member agencies are actively involved in partnership projects.	<ul style="list-style-type: none"> • Establishing a Regional Physical Activity Network • Establish regional health promotion networks that unite agencies across a number of sectors • Support stronger links between local government and health and community services 	<ul style="list-style-type: none"> • Half of the Barwon PCF member agencies targeting this priority area will be involved in at least one partnership project. • Each health promotion network will have ongoing involvement from at least two local government authorities.
Leadership	Lead agencies and networks that target priority areas or priority populations within the region are recognised by Barwon PCF members.	<ul style="list-style-type: none"> • Establish links with Neighborhood and Community Renewal. • Establish stronger links between members and Leisure Networks & Obesity Sentinel activities 	<ul style="list-style-type: none"> • A minimum of one new partnership project will be established within each Neighbourhood Renewal and Community Renewal site, responding to community identified needs. • A minimum of three new partnership project will be established with Leisure Networks • A minimum of one new partnership project will be established with the Sentinel Site for Obesity.
Workforce Development	Staff of member agencies have the capacity to plan, implement and evaluate effective health promotion interventions.	<ul style="list-style-type: none"> • Support targeted staff education to assist in program delivery • Support the continued delivery and expansion of the Health Promotion Short Course across the region • Expand the Physical Activity Directory and provide a resource to support effective self-management approaches • Support and promote the activities of our member agencies through funding proposals, 	<ul style="list-style-type: none"> • A minimum of 4 half day health promotion training days will be held across the region annually • A minimum of 3 new health promotion projects are initiated by the membership targeting physical activity and healthy eating.

Physical Activity & Healthy Eating			
	Objective	Strategies	Estimated Impact
		data provision, project support and communication.	

3.4 Priority Area 2: Community Strengthening, Mental Health & Wellbeing

Goal: To improve the mental health and wellbeing of the region by strengthening communities.

The demonstrated link between community participation and wellbeing suggests that by strengthening social connections we can both empower and enhance the health of our community. Therefore a broad, comprehensive, approach to mental health and wellbeing throughout the region needs to include strengthening the community as a whole.

Previously much of the Barwon PCF focus on mental health and wellbeing has been through its involvement in the Barwon Community Mental Health Plan, which had a strong focus on re-orientating health services. Accordingly, with many of the determinants of mental health sitting outside the health sector as noted above, there is a need for the Barwon PCF to widen its focus.

Barwon PCF activities in this area will be guided, not only by member agencies, but also by the key determinants of mental wellbeing, as identified by VicHealth. These include:

- **Social inclusion** - measured in terms of social ties, supportive relationships and involvement in the community; the relationships that make individuals feel valued and respected.
- **Freedom from discrimination & violence** – that can separate individuals from the community in which they live and limit self-determination and control over one's life.
- **Access to economic resources** - living conditions, housing, the food we eat, the type of transport we use are all impacted upon by income.

Planning for Healthy Communities in the G21 Region outlines a region wide commitment by local governments to create strong inclusive communities. This is consistent with the focus of Neighbourhood and Community Renewal projects - an approach built around engagement, consultation and partnership with the community. By identifying community strengthening, mental health and wellbeing as a health promotion priority area, the Barwon PCF aims to support these agencies and projects, and align its priorities with other member agencies, including: Barwon Health, Bellarine Community Health and Hesse Rural Health.

Activities promoting mental health and wellbeing are occurring across a number of levels in the community, and include programs and events such as Reclaim the Night, Feel Blue Touch Green and the Barwon Mental Health Services Directory. Whilst a great number of activities are occurring many members feel they do not have a clear understanding of all the programs and opportunities throughout the region. Members are looking for support to develop organisational cultures that recognise and value health promotion activity, and to build an understanding of health promotion practices across their workforce.

Member activity to strengthen communities and promote mental wellbeing target a number of population groups including, culturally and linguistically diverse communities, women, families, children and youth. In the Barwon and Otway region it is people with lower incomes, younger people, and people with poorer physical health that tend to experience the greatest social isolation. Whilst recognising that social isolation and disadvantage is not experienced equally across the community the Barwon PCF supports member agencies in setting their own target population, and anticipate that they will be guided by resources such as the VicHealth Mental Health Promotion Framework and plan for action, Victorian Community Indicator data and opportunities to work in partnership with other agencies in the region.

A population group facing challenges in recent times and potentially requiring the support of our members is the rural and farming communities of the region. With much of the Barwon region home to rural communities the Barwon PCF anticipates playing an increasing role in an integrated mental health drought response across the region. Other PCP regions across the state that have been drought affected for some time have had an ongoing focus on rural communities. The Barwon PCF can draw on the knowledge and successes of these regions and prepare to respond to future opportunities to assist in addressing this issue.

The link between health and connectedness supports the notion of working to increase participation within the community in general as a means of enhancing health. Promoting strong inclusive communities can produce benefits not only in health, but also in areas such as education, employment and community safety. We believe this approach will create increased opportunities for the broader membership of the Barwon PCF to work in partnership with each other and address issues affecting the populations that they service.

Community Strengthening, Mental Health & Wellbeing			
	Objective	Strategies	Estimated Impact
Organisational Development	Member activities are integrated within local government Municipal Public Health Plans and other regional health plans.	<ul style="list-style-type: none"> • Develop systems that allow member agencies to make submissions to the Municipal Public Health Planning process • Develop systems that allow member agencies to make submissions to the Barwon PCF Community Health Plan • Supporting organisational planning through the provision of demographic data 	<ul style="list-style-type: none"> • A minimum of one new partnership project/activity will have been established between a Barwon PCF member agency and each local government authorities.
Partnerships	Member agencies are actively involved in partnership projects.	<ul style="list-style-type: none"> • Establish regional Health Promotion Networks that unite agencies including local government and health and community services • Support stronger links between local government and health and community services 	<ul style="list-style-type: none"> • Half of the Barwon PCF member agencies targeting this priority area will be involved in at least one partnership project. • The health promotion network will have ongoing involvement from at least two local government authorities
Leadership	Lead agencies and networks that target priority areas or priority populations within the region are recognised by Barwon PCF members.	<ul style="list-style-type: none"> • Develop agreed Coordinated Care Guidelines for Specialist Mental Health Services • Establish links with Neighborhood and Community Renewal. • Support agencies implementing new or existing community engagement strategies. 	<ul style="list-style-type: none"> • A minimum of one new partnership project will be established within each Neighbourhood Renewal and Community Renewal site, responding to community identified needs. • A minimum of one new partnership project will be established with a major provider of mental health services
Workforce Development	Staff of member agencies have the capacity to plan, implement and evaluate effective health promotion interventions.	<ul style="list-style-type: none"> • Support the implementation of Mental Health First Aid across a number of settings and sectors • Support the delivery of the Mental Health Promotion short course in the region • Develop a resource/directory of mental health services • Support and promote the activities of our member agencies through funding proposals, data provision, project support and communication. 	<ul style="list-style-type: none"> • One mental health promotion short course will be held in the region annually • A minimum of 3 new health promotion projects are initiated by the membership targeting mental health.

3.5 Integrated Disease Management

Chronic diseases are responsible for a large portion of the social and economic burden within our society and accordingly the Barwon PCF considers the role of integrated disease management in all planning. An integrated disease management approach must comprehensively address the contributing factors to chronic disease. This includes addressing the determinants of health through health promotion and primary prevention strategies and a focus on interventions that increase consumer self-management and empowers consumers and carers to manage their health.

The priority area of Physical Activity and Healthy Eating clearly aims to address key determinants and predictors of chronic disease. Physical activity is a major modifiable risk factor in the reduction of mortality and morbidity associated with chronic disease. In particular, physical activity can reduce the risk of coronary heart disease, stroke, hypertension, type II diabetes and osteoporosis. Barwon PCF has identified diabetes as a focus for its Integrated Chronic Disease Management work (refer Section Five).

Some examples of project work being undertaken and supported by the Barwon PCF using a comprehensive integrated disease management approach include:

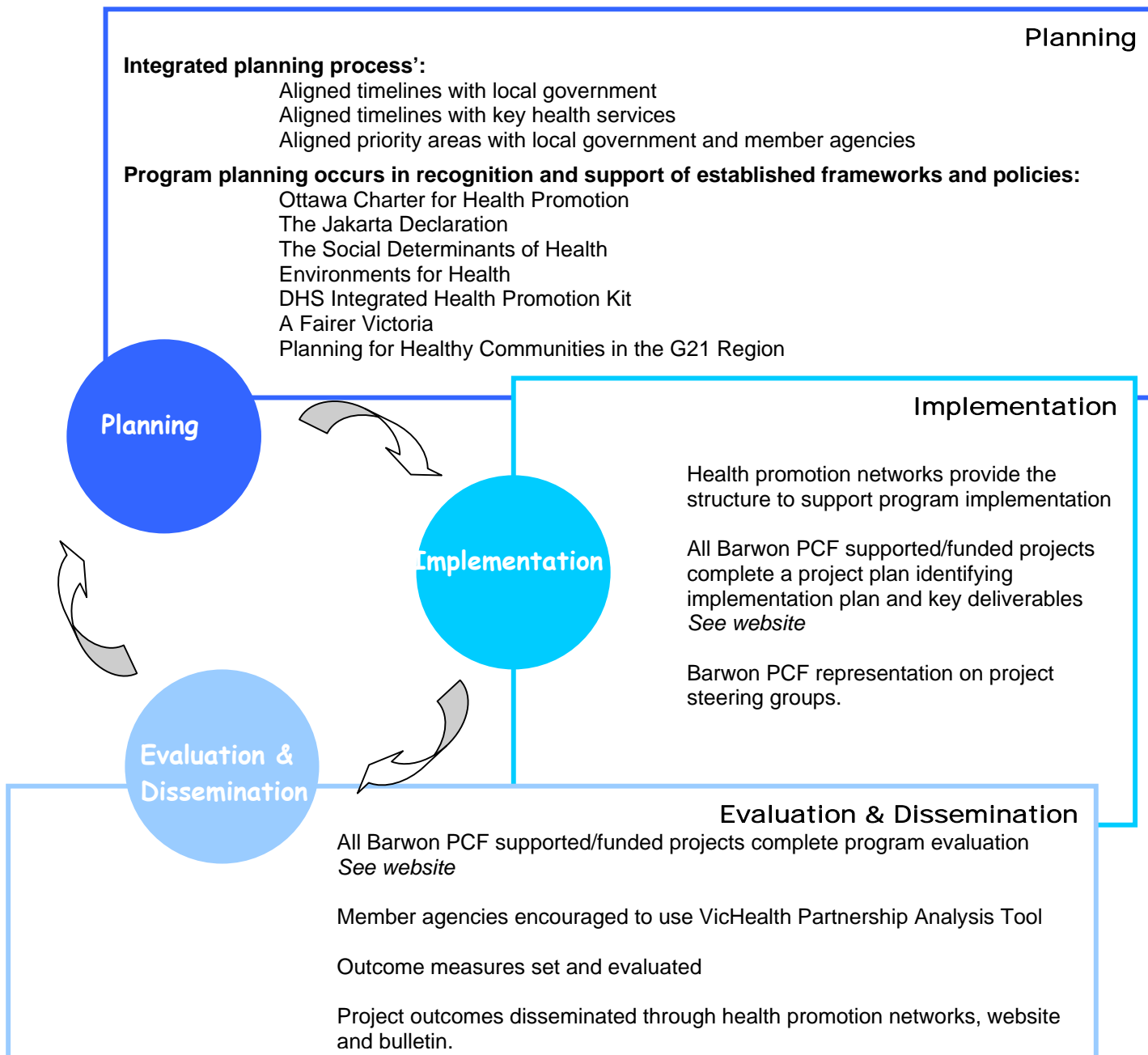
- The SAIL project - includes risk identification; clinical and non-clinical interventions care pathways and outcome measures. Increased participation in physical activity is one of the key successes to arise from the SAIL project.
- The physical activity directory, developed as part of the aforementioned project, will be expanded to target a number of age groups and health issues, thus providing a valuable resource for programs addressing chronic disease
- 10,000 STEPS BARWON will have an increased focus on disadvantaged groups in order to address the increased rates of chronic disease and overall higher morbidity seen in this group in comparison to the rest of the population.

Within the priority area of *Community Strengthening, Mental Health and Wellbeing* the Barwon PCF is developing an integrated disease management approach. Mental health is the largest single contributor to disability burden among youth and the prime working age population, and has a detrimental impact on the social and economic wellbeing of the whole community. Through a coordinated care approach the Barwon PCF is bringing together specialist mental health services, and rehabilitation and support services, and supporting the implementation of consistent practices across a number of services. Effective information systems will be crucial to supporting an integrated disease management approach in this area. But greater connectedness between services is only part of the solution, and will be supported by an increasing focus on community-based alternatives to promote mental health and wellbeing, targeting the determinants of mental health and wellbeing.

3.6 Planning, Implementation & Evaluation

The Barwon PCF planning frameworks aim to recognise the diversity of the population and place an emphasis on those most in need.

The Barwon PCF planning frameworks are informed by DHS integrated health promotion frameworks and support best practice in health promotion through the integration of quality management practices into health promotion.



3.7 Priority Activities

These activities represent many of the major projects that the Barwon PCF will be involved in over the next 3 years.

The activity of the Barwon PCF is not limited to these projects.

The progress of these projects and the development of future projects are reliant on the support of our members and funding opportunities.

Many of these projects link not only to the two priority areas of the Barwon PCF but also to the broader priorities of our member agencies.

For further information, including:

Barwon PCF
Supported Projects
Member Projects
and Plans
Local Government
Municipal Public
Health Plans
Integrated Health
Promotion
Implementation
Plan

Visit our website at
www.barwonpcp.org.au

(See appendices for now)

3.7.1 Planning For Healthy Communities in the G21 Region

Planning for Healthy Communities in the G21 Region aims to align and support key planning efforts such as the G21 Health & Wellbeing Pillar Implementation Plan, the Municipal Public Health Plan of each local government area in the region and the Community Health Plan of the Barwon PCF.

Planning for Healthy Communities in the G21 Region is a three-year plan, providing an over-arching framework and reference for G21, local governments and the Barwon PCF to work in partnership in planning for the health and well being of the region. The plan will be further enhanced by ongoing and future planning by: G21 and its pillar groups; all sectors of local government; the Barwon PCF; and individual health and community services agencies.

Development of this plan has brought together planning timelines for a number of agencies and led to the development of a set of shared regional priority areas. The next step is to develop process/frameworks for links to be made at a strategy and action level. This next step will be a key activity of the Barwon PCF through its health promotion networks.

Regional Priority Areas

Preparing for Population Change
Community Strengthening & Social Inclusion
Healthy Active Transport
Physical Activity and Healthy Eating
Better Access to Services
Local Government and Environmental Health

To view the plan go to:

<http://www.g21.com.au/library/pdf/5258/94.pdf>



Project Partners

City of Greater Geelong
Colac Area Health
Surf Coast Shire
Golden Plains Shire
Borough of Queenscliffe

3.7.2 Healthy Regions Program

The Healthy Regions Program is a key initiative of G21 designed to fundamentally alter the wellbeing of the region. The Barwon PCF through its partnerships with G21 is supporting the development of a Healthy Regions program.

The 'Healthy Cities' movement began through the World Health Organisation (WHO) in the mid-1980s, and has spread to more than 7,500 cities and communities worldwide. The Australian experience of healthy cities first began with three pilot projects – Healthy Cities Illawara, Healthy Cities Nourlunga and Healthy Cities Canberra - shortly after the first healthy cities projects were developed in Europe.

Healthy Cities is not just about being healthy, or levels of health, but continually working to achieve/improve human potential. The Healthy Cities approach is characterised by a broad-based, inter-sectoral political commitment to health and wellbeing in its broadest ecological sense. The benefit of the Healthy Cities approach to the G21 region is in embracing a recognised framework to "create a better place", providing the potential to market our competitive strength locally, nationally and internationally. A Healthy Regions program would provide a formal structure and process, integrating health as a part of all G21 activities. This would potentially involve the development of a set of tools to assist in applying healthy cities principles, such as planning resources and checklists, health impact assessment tools, and health indicators, providing information that may guide future planning priorities.

In partnership with local government and the Barwon PCF G21 has set regional directions for health planning through the development of the *Planning for Healthy Communities in the G21 Region*. A Healthy Region Program would provide the structure to implement the recommendations of this plan and start to build the health intelligence to inform future health planning.

Early steps towards a Healthy Region are now underway with a business plan under development. This plan will determine the suitability of the Healthy Cities approach for the region and identify a preferred model.



3.7.3 Go For Your Life Physical Activity Network

The 'Go For Your Life' Physical Activity Network will provide the structure and framework for the Barwon PCF to support integrated collaborative partnerships. It will encourage engagement across a range of service sectors, building on the internal strength of agencies and strengthening external partnerships. It will create opportunities for member agencies to lead the agenda and capitalise on potential synergies.

In early 2006 a forum was held to identify the potential target, structure and role of the network. There was strong support for a region-wide network that would meet quarterly, bringing together 'on the ground' project workers developing local level strategies. Many of these workers coordinate projects targeting like population groups and implementing like strategies. Members could see the network leading to a more coordinated approach to physical activity promotion, providing efficiencies in time management and project delivery.

The role of the network will grow and evolve over time to meet the needs of the members. Initially it is anticipated that role is likely to include:

- Reporting on physical activity initiatives of the Barwon PCF and member agencies
- Providing a forum to discuss project planning and evaluation
- Facilitating a regional response to funding opportunities

Leisure Networks have been identified as the lead agency for the Physical Activity Network due to its broad reach across the Barwon Region. By broadening the range of partners that contribute to the development of physical activity and health promotion in the region, Leisure Networks has strategically created partnerships across sectors that will serve to strengthen and support key stakeholders of the network in their health promoting activities.



Associated Projects
10,000 Steps Barwon
Physical Activity Directory

Project Partners

Adult Education in the Community
Australian Red Cross
Barwon Health
Barwon PCF
Barwon Road Safe
Barwon Youth
Best Start
Bethany Community Support
The Big Issue
Brotherhood of St Laurence
City Aerosol Network
City of Greater Geelong
Cloverdale Community Centre
CFA
Colac Otway Shire
Colac Area Health
Colac ACE Inc
Corio Medical Clinic
Corio Primary School
Corio South Primary School
Corio West Primary School
Colac Community Development Association
CREATE Geelong
Dept of Human Services
Dept of Education
Dept of Sustainability and Environment
Dept of Infrastructure
Dept for Victorian Communities
Dept of Justice
Dental Health Services Victoria
Diversitat
Greening Australia
Glastonbury Child and Family Services
Jigsaw
Leisure Networks
Neighbourhood Watch
Norlane Neighbourhood House
Norlane West Primary School
North Shore Primary School
North Shore Sports and Community Club Inc
Rosewall Community Centre
Shell
Smart Geelong LLEN
St Francis Xavier Primary School
St Thomas Aquinas Primary School
SWLLEN
The Smith Family
Youth can
VicHealth
Victoria Police

3.7.4 Neighbourhood Renewal

The principles of Neighbourhood Renewal are based on a whole-of-community approach to tackling disadvantage. These principles include addressing the multiple interconnected causes of disadvantage; focusing on people and places, not just programs; ensuring that responses are whole-of-government and inter-sectoral and most importantly empowering communities to be part of the solution. The strategy is successful because it combines community strengthening with a social justice orientation and a simple and practical framework for action.

Neighbourhood Renewal programs focus on building local action around six objectives:

- Increasing community pride and participation
- Enhancing housing and the physical environment
- Lifting employment and learning opportunities and expanding local economies
- Improving personal safety and reducing crime
- Promoting health and wellbeing
- Improving government responsiveness

The Barwon Region has two Neighbourhood Renewal projects located in Colac and Corio - Norlane that work to narrow the gap between disadvantaged communities and the rest of the region. The local priority is to improve the lives of residents by enhancing the health and economic and social wellbeing of all residents, improving access to services and upgrading the physical environment of the area. All this will reinvigorate a sense of community and place.

The key focus of Neighbourhood Renewal is to identify local issues that impact on the level of disadvantage experienced by the community in consultation with residents, service organisations, schools, businesses and all levels of government, and using the combined understanding of these issues to develop relevant and sustainable responses. The Community Action Plans articulate the range of strategies and partnerships that are in place to reduce disadvantage within each project site.

As a key support of Neighbourhood Renewal the Barwon PCF will be encouraging its members to focus on opportunities to become involved in Neighbourhood Renewal projects, supporting the local actions being taken. A key challenge for all Barwon PCF members will be continuing to build their capacity to engage and work collaboratively with the community and service recipients to improve the design and delivery of services targeting disadvantaged or vulnerable communities.

For more information go to: www.neighbourhoodrenewal.vic.gov.au

Project partners

DVC
City of Greater Geelong
Barwon Health
Alcoa
CFA
Bethany Community Support
Department of Education
Whittington Primary School
Newcomb Primary School
St Albans Park Primary
School
Newcomb Secondary College
DHS – Office of Housing
Glastonbury
Leisure Networks
United Way
Victoria Police
Mentor
BAC Links
Bellarine Living and Learning
Centre
Member for Bellarine, Hon
Lisa Neville

3.7.5 Whittington Community Renewal

Community Renewal is a place-based initiative which seeks to create opportunities for people to participate in the social and economic life of their communities. Community Renewal recognises that the best actions are those developed by the community. Residents will join governments and local organisations to make decisions and take action to respond to local priorities.

This approach is about making it possible for communities to:
Take part and have a say about their future
Influence and shape positive change that will benefit their community
Have community members, government, local services, business, non-government organisations and others work together to respond to local priorities in a coordinated way.

Community Renewal combines both bottom up and top down approaches. Residents set directions, work with government and other organisations to impact on the long term aspirations as set out below. Government and other partners are relied upon to provide resources and be responsive to taking a coordinated response to community identified priorities.

Community renewal asks residents to make decisions about how best to achieve:
Greater community participation and decision-making
New job and learning opportunities
Increased volunteering and support for each other
Better community facilities and safer, more attractive open spaces
More involvement in cultural, recreational and sporting activities
Improved feelings of safety and wellbeing

As a partner and supporter of this project the Barwon Primary Care Forum will be encouraging its members to focus on opportunities to become involved in Community Renewal. Early stages of the project will lead to the development of an action plan for the community, where residents are given the authority to decide priorities, directions and solutions for their community. Agencies will then be encouraged to respond to the action plan in a flexible and coordinated way, and asked to consider implementing actions through their agency that support achievement of the community identified aspirations. Barwon Primary Care Forum members will be encouraged to build on and support the local actions being undertaken by members of the Whittington Community Renewal alliance.

For more information go to:
<http://www.communitybuilding.vic.gov.au/>

3.7.6 10,000 Steps Barwon Program

The 10,000 Steps program is based on the simple premise that walking 10,000 steps per day (around 7 to 8 kilometres depending on stride length) will facilitate physical and mental health. Walking has been identified as the most popular physical activity in Australia, particularly for women (Booth, Bauman, Owen, & Gore, 2002; Jones & Owen, 1998), and local government surveys in the target area confirm this popularity (City of Greater Geelong, 2003).

"10,000 Steps Barwon" has been operating in the Barwon region since 2003. The program is a key health promotion initiative aiming to encourage people to walk 10,000 steps per day for good mental and physical health. Modelled from its namesake in Rockhampton, the project represents the coming together of Victorian local government, community agencies, and commercial enterprise.

The program has been well supported by many local health and community service providers and enjoys high levels of community participation. Results showed that participants walked significantly further after participating in the program.

In the next three years the Program will be expanded across the G21 region. A focus of this expansion will be engaging hard to reach, high risk, and disadvantaged groups. In expanding the 10,000 Steps Program, Leisure Networks will work in partnership with Barwon PCF members and other key stakeholders, in enhancing the health and wellbeing of the region.

You can visit the 10,000 STEPS BARWON website at:

www.10000steps.com.au

Project Partners
Leisure Networks
Barwon PCF
PACE advertising



Project Partners

Barwon Health
Colac Area Health
Hesse Rural Health
Otway Health & Community
Services
Lorne Community Hospital
Bellarine Community Health

3.7.7 SAIL Project (Safe, Active & Independent Living)

SAIL is a health promotion project focusing on falls prevention for older people living at home or in residential care settings. SAIL aims to improve the health, wellbeing and mobility of older people so that they can continue to participate in Safe, Active and Independent Living.

The Safe, Active and Independent Living project (SAIL) began in 2003. In the first two years of the project, funding was used to employ project officers to develop linkages with service providers and older adults and create an infrastructure for SAIL across the Region.

The proven success of the SAIL project led to the Barwon PCF seeking further funding to expand both the focus and reach of the program. Healthy Active Living funding grants were used to plan and evaluate the implementation of an exercise program designed to reduce falls in dwelling older adults living in the community. SAIL linked with the No Falls Exercise program to deliver leadership training to fitness, health and aged care service sectors across the region.

Community Based Falls Prevention Project funding was obtained in 2004. This new funding provided a new focus on developing links between residential, acute and community services, that sat alongside the existing strategies of the SAIL Project. This funding took the project to new parts of the region, giving it a truly regional focus.

Funding for the program will cease at the end of 2007. The last twelve months of the Project will focus on building on the success of the SAIL program and related programs, pursuing strategies and developing structures and resources to ensure that there is an ongoing focus on falls prevention both within the associated agencies and across the region once specific project funding ceases, and identifying opportunities beyond the life of the project.

The final evaluation of the program will lead to recommendations for regional directions in regard to areas such as: linking with local government, promoting safe environments, and creating further referral pathways and links.



Section Four: Service Coordination

4.1 Aim

The Service Coordination Model aims to place consumers at the centre of service delivery through the provision of an efficient service system that identifies and delivers the services consumers require. Pivotal to its success is open communication both with the client and between service providers, particularly in the transmission of client information (underpinned by client consent).

4.2 The “e- Health” environment

Many of the current service coordination resources are directed at finding electronic solutions to existing issues - Electronic Health (e-Health). The development and implementation of an Electronic Referral (e-Referral) System is the single biggest initiative under this initiative. The PCF continues to monitor and assess many initiatives in the e-Health environment, with a view to supporting our members' uptake of appropriate electronic solutions to what are fundamentally service coordination issues.

4.3 The Way Forward

The table on the following pages details the planned work of the Barwon PCF in service coordination. The work is divided up into five distinct work areas. They are as follows:

1. Implementing the Better Access to Services (BATS) framework.

This involves the continued implementation of the Service Coordination Model and Tools for:

- agencies/sectors with a longstanding commitment to the Service Coordination Model (SCM) and Tools (SCoTT)
- agencies/sectors relatively new to the principles of the SCM and with limited use of the SCoTT, and
- agencies/sectors not currently using the SCM or Tools.

For well-established agencies/sectors the emphasis will be on more complex processes such as care planning. This will be particularly focussed on programs and/or agencies servicing clients at risk of, or currently experiencing, chronic disease. For those agencies/sectors new to service coordination, the support will predominantly consist of training and provision of resources. This work will also involve highlighting cases of best practice in Service Coordination, either within or outside of the Barwon PCF catchment.

2. Improve interagency client-based communication with general practice, leading to more active GP participation with other service providers involved in the client's care.

This work involves:

- electronic systems (e.g. software development) that will enhance client-based communication with GPs
- training in the use of these systems, and
- the establishment of a Chronic Disease Collaborative that can support workers from all across the Barwon subregion, particularly those that work with people experiencing chronic disease.

3. Support to member agencies for the successful implementation of the Victorian Service Coordination Practice Manual and subsequent versions of the Service Coordination Tool Templates.

This work will involve the holding of forums/workshops to inform Barwon PCF member agencies of any relevant resources that are available to support the progress of Service Coordination and any changes to the Service Coordination Tool Templates. Project support will also be offered to member agencies.

4. Change management support for implementation of e-Referral for both existing and new users of the Barwon S2S e-Referral System.

This work involves the provision of:

- introductory training
- refresher training, and
- ongoing project support

to ensure the sustainability of the Barwon S2S e-Referral System.

5. Support to member agencies to ensure improved amount and accuracy of information to support referral through the Human Services Directory.

This work involves:

- workshops/forums promoting the use of the Human Services Directory
- development of a strategy to assist agencies to maintain their service data on the Human Services Directory.

Goal 1: To implement the BATS framework by progressing common practices, processes, protocols and systems for initial contact, initial needs identification, referral, assessment and care planning by member agencies

<i>Objective</i>	<i>Strategy</i>	<i>Planned Impact</i>	<i>Estimated Timeline</i>	<i>Impact Measurement</i>
<p>To establish the current usage patterns for agencies currently implementing the various elements of the BATS framework</p> <p>To determine the support requirements for agencies currently implementing the various elements of the BATS framework</p>	<p>Conduct a Barwon-wide survey of agencies currently implementing the Service Coordination Model and Tool Templates</p> <p>Analyse the results of the Barwon-wide survey to determine the current strengths and weaknesses of Service Coordination implementation</p> <p>Provide project support to prioritised agencies identified via the Barwon-wide survey as requiring further assistance with Service Coordination implementation</p>	<p>Agencies identifying need for further support to receive that support and to achieve an increased understanding of the BATS framework</p>	<p>By June 2008</p>	<p>Follow-up survey of agencies receiving further support demonstrates an increased understanding of the BATS framework</p>

Objective	Strategy	Planned Impact	Estimated Timeline	Impact Measurement
To implement the BATS framework in sectors new to the elements of the Service Coordination Model	<p>To develop Service Coordination implementation plans with new sectors including:</p> <ul style="list-style-type: none"> • Family Services • Disability Services • Indigenous Services • Refugee Support Services <p>To provide training, project support and other required resources to sectors new to the Service Coordination Model and Tool Templates</p>	<p>Agencies in new sectors develop agreed Service Coordination implementation plans</p> <p>Service Coordination training occurs, resources provided to the agencies</p>	<p>By June 2008</p> <p>By June 2009</p>	<p>Implementation Plan developed and agreement reached</p> <p>Evaluation of training demonstrates increased understanding of BATS framework</p> <p>Agencies actively applying Service Coordination Model and Tool Templates</p>
To highlight cases of Best Practice in Service Coordination (either within or outside of the PCF catchment area) through education/forum seminar series	To conduct a series of Best Practice Forums, highlighting elements of the BATS framework	Raised awareness of Best Practice and/or innovative approaches to Service Coordination	From September 2007 (ongoing)	<p>Evaluation of Seminar Series demonstrating increased understanding</p> <p>Change of practice occurring (where appropriate)</p>
To support agency participation in DHS' "Snapshot Surveys"	Provide agency support to participate in DHS' "Snapshot Surveys"	"Snapshot Surveys" completed by PCF Member agencies	As per DHS schedule	90% completion rate by Barwon PCF member agencies

Goal 2: Improve communication about clients (especially those with chronic disease and complex needs) with general practice, leading to more active GP participation with other service providers involved in the client's care.

Objective	Strategy	Planned Impact	Estimated Timeline	Impact Measurement
To improve communication between GPs and other health professionals with regard to client information, particularly for clients with chronic disease and complex needs	To financially support the enhancement of a Client Management System (i.e. The Care Manager) to develop an interface between client management systems used by community health services and GPs	Software enhancements allow communication between disparate client management systems	By December 2007	Software enhancements completed as per contract arrangements Project team satisfied with software developments Positive evaluation of TCM uptake
To support GPs in communicating with other health professionals with regard to client information, particularly for clients with chronic disease and complex needs	To provide project support and/or training to GPs to assist in the uptake of the enhanced client management system (incorporating the interface)	A number of GPs actively using the enhanced software interface	By December 2008	GPs actively using the software

Goal 3: Successful implementation of Victorian Service Coordination Practice manual and subsequent versions of the Service Coordination Tool Templates.

<i>Objective</i>	<i>Strategy</i>	<i>Planned Impact</i>	<i>Estimated Timeline</i>	<i>Impact Measurement</i>
To raise awareness of the Victorian Service Coordination Practice manual across all Barwon PCF agencies participating in Service Coordination	Conduct workshops/forums on the Victorian Service Coordination Practice manual	Raised awareness of the Victorian Service Coordination Practice manual	By June 2008	Good attendance and positive evaluation of learnings from the Workshop/Forum
	Evaluate the workshops/forums and follow-up with all agencies within 3 months of workshops/forums to determine if extra support is required	Further required support provided to identified agencies	By December 2008	Support provided to agencies
To support the implementation of elements of the Victorian Service Coordination Practice manual (e.g. practices, processes, protocols and systems) into member agency Policy and Procedures, particularly for key strategies, such as Chronic Disease Management programs	Provide project support to agencies to include relevant elements of the Victorian Service Coordination Practice manual into their Policy and Procedure Manuals	Practices, processes, protocols and systems identified in the Victorian Service Coordination Practice manual adopted by PCF member agencies	From December 2007 (ongoing)	Practices, processes, protocols and systems identified in the Victorian Service Coordination Practice manual included and/or cross referenced in PCF member agencies' Policy and Procedure Manual, or simply adopted as agency policy

Objective	Strategy	Planned Impact	Estimated Timeline	Impact Measurement
To support the implementation of SCoTT Version 2 and any subsequent versions released by the Department of Human Services	Conduct workshops and/or forums on SCoTT Version 2 and any subsequent versions released by the Department of Human Services	Raised awareness of SCoTT Version 2 and subsequent versions of the Service Coordination Tool Templates	By August 2007 (and ongoing for subsequent releases)	Good attendance and positive evaluation of learnings from the Workshop/Forum
	Evaluate the workshops/forums and follow-up with all agencies to determine if extra support is required	Further required support provided to identified agencies	By December 2007	Support provided to agencies

Goal 4: Change management support for implementation of e-referral

Please also refer to Barwon E-Referral Implementation Plan for list of current activities

Objective	Strategy	Planned Impact	Estimated Timeline	Impact Measurement
Support new and existing agencies to implement the InfoXchange S2S E-Referral System	<p>Provide training/refresher training to agencies identified in the Barwon E-Referral Implementation Plan</p> <p>Provide ongoing project support to agencies identified in the Barwon E-Referral Implementation Plan</p> <p>Provide project support and resources to agency “champions” to ensure sustainability</p>	Greater uptake of the InfoXchange S2S E-Referral System across PCF member agencies	As per E-Referral Implementation Plan (hyperlink here)	More agencies using E-referral System and more referrals being sent electronically
Evaluate the success of the Barwon E-Referral System’s implementation	<p>Complete DHS reporting requirements for the 2007 funding received for E-Referral expansion</p> <p>Gather and analyse further data describing current usage patterns among E-Referral users</p>	<p>Usage data obtained through reporting process</p> <p>Provide a snapshot of the opportunities for, and barriers to, E-Referral expansion</p>	<p>As per DHS schedule</p> <p>By December 2007</p>	<p>Reporting completed according to DHS schedule showing increased usage of E-Referral System</p> <p>Data analysed and report prepared for Barwon PCF Executive</p>

Objective	Strategy	Planned Impact	Estimated Timeline	Impact Measurement
Develop a Barwon-wide perspective and planning strategy re: electronic health transmission systems	Explore stronger and more formal relationships with SWARH; particularly in regard to promotion and adoption of client management software products	Raised understanding of key stakeholders in matters pertaining to “e-health” issues	By July 2008	Relationship between PCF and SWARH formally defined Commitment to Barwon-wide framework and/or plan
Investigate potential of further enhancements to current E-Referral System that will increase potential for greater uptake	Survey current users of E-Referral System to ascertain potential useful enhancements Actively lobby E-Referral System provider (i.e. InfoXchange) to adopt enhancements	A user-friendly, dynamic E-Referral System that is clinically useful as well as efficient in sending confidential client information from one service provider to another	Survey completed by December 2007 Enhancements to be occurring on an ongoing basis	E-Referral users satisfied with enhancements

Goal 5: Improved amount and accuracy of information available to support referral through the Human Services Directory.

Objective	Strategy	Planned Impact	Estimated Timeline	Impact Measurement
To raise awareness of the Human Services Directory among Barwon PCF member agencies	<p>Conduct workshops and/or forums on the Human Services Directory</p> <p>Evaluate the workshops/forums and follow-up with all agencies within 3 months of workshops/forums to determine if extra support is required</p>	<p>Raised awareness and use of the Human Services Directory</p> <p>Further required support provided to identified agencies</p>	Ongoing	<p>Good attendance and positive evaluation of the Workshop/Forum</p> <p>Support provided to agencies</p> <p>Analysis of HSD website statistics showing improved use in the region</p>
To develop an agreed process to maintain the local service data that appears on the Human Services Directory	Develop a process and communication strategy (e.g. via the Barwon PCF revamped website) to assist agencies to maintain their own service information on the Human Services Directory	Communication strategy assists agencies in maintaining their service information on the Human Services Directory	By December 2007	<p>Communication strategy developed</p> <p>PCF member agencies adopt process for maintaining their service information on the Human Services Directory</p>

Section Five: Integrated Chronic Disease Management

The Integrated Chronic Disease Management work of the Barwon PCF will be directly based on supporting, and then disseminating the learning's from, the current chronic disease programs operating within the Barwon region, particularly the Early Intervention in Chronic Disease (EliCD) program run by Barwon Health.

The Barwon PCF is looking to expand its role within the EliCD Program, primarily through the formation of a Barwon Chronic Disease Management Collaborative. This group will initially involve the key stakeholders involved in the current EliCD Program (e.g. Barwon Health Community Health, GPs) but will gradually expand to include other service providers in the region working with people with chronic disease. In this way, the Barwon PCF hopes to:

- develop a regional perspective of chronic disease and chronic disease programs
- provide a forum to promote best practice approaches in dealing with chronic disease
- build capacity within Barwon PCF member agencies, particularly in regard to chronic disease programs
- incorporate the principles of Service Coordination into all chronic disease programs in the region, particularly in regard to collaborative care planning
- strengthen engagement with GPs
- explore electronic (e.g. software) solutions to interagency client-based communication
- develop and implement agreed local processes and systems in providing services to people with chronic disease and in the delivery of self-management interventions
- link the integrated chronic disease management work of the Barwon PCF with the integrated health promotion work in the region.

The following tables provide more detail of the work the Barwon PCF will be undertaking over the next three years. The goals listed are DHS-directed goals, which, in many cases, will be addressed by common strategies (as listed).

Goal 1: Completion of a mapping of self-management interventions (provided by agencies within the catchment). Facilitate planning processes to develop self-management interventions within member agencies that respond to gaps identified in the mapping process.

<i>Objective</i>	<i>Strategy</i>	<i>Planned Impact</i>	<i>Estimated Timeline</i>	<i>Impact Measurement</i>
To map all current self-management interventions in the Barwon subregion	Conduct a Barwon-wide survey of agencies via the newly-formed Barwon Chronic Disease Management Collaborative	Service gaps identified	By December 2007	Barwon Chronic Disease Management Collaborative provides expertise and resources to assist planning and developing self-management interventions that will address identified gaps
To identify gaps in self-management interventions in the Barwon subregion	Analyse the results of the Barwon-wide survey to determine the current gaps in self-management interventions	Planning for further interventions	By June 2008	

Goal 2: Facilitation of a process for agencies to define their roles and responsibilities, especially acute and community health services, in relation to providing self-management interventions for people with chronic disease.

<i>Objective</i>	<i>Strategy</i>	<i>Planned Impact</i>	<i>Estimated Timeline</i>	<i>Impact Measurement</i>
To provide the forum for all key stakeholders to define their roles and responsibilities in relation to providing self-management interventions for people with chronic disease	To utilise the Barwon Chronic Disease Management Collaborative to define roles and responsibilities	Roles and responsibilities defined	By December 2007	Agreement reached on established roles and responsibilities from all key stakeholders

Goal 3: Successful implementation of the Better Access to Services (BATS) framework by progressing common practices, processes, protocols and systems for initial contact, initial needs identification, referral, assessment and care planning by member agencies, particularly as it relates to people with chronic disease.

Objective	Strategy	Planned Impact	Estimated Timeline	Impact Measurement
To implement the BATS framework into chronic disease management programs, particularly the Early Intervention in Chronic Disease (EliCD) Program (Barwon Health)	Support the development of a Client Management System (i.e. The Care Manager) that utilises the Service Coordination Tool Templates.	Software enhancements allow communication between disparate client management systems	By December 2007	Software enhancements completed as per contract arrangements
	To coordinate and lead a Barwon Chronic Disease Management Collaborative	Barwon Chronic Disease Management Collaborative formed and Terms of Reference created	By December 2007	Key stakeholders involved and agreed Terms of Reference created
	To provide training, project support and other required resources to the EliCD Program (Barwon Health)	Barwon Chronic Disease Management Collaborative monitors the BATS framework development within the EliCD Program	From December 2007 (ongoing)	Barwon Chronic Disease Management Collaborative satisfied with level of support being offered

Goal 4: Developed and defined local agreements and systems to identify clients with chronic disease who require comprehensive assessment, by working with PCP member agencies, particularly GPs.

Goal 5: Developed and defined local agreements and systems to identify clients with chronic disease who require cross-disciplinary/multi-agency (including GP) care planning, by working with PCP member agencies, particularly GPs.

Goal 6: Developed and defined local agreements and systems around initiating and coordinating care planning for people with chronic disease by working with PCP member agencies, particularly GPs.

Objective	Strategy	Planned Impact	Estimated Timeline	Impact Measurement
Defined local agreements & systems to: <ul style="list-style-type: none"> • identify clients with chronic disease who require: <ul style="list-style-type: none"> • comprehensive assessment and/or • cross-disciplinary/multi-agency care planning • initiate and coordinate care planning for people with chronic disease 	To utilise the Barwon Chronic Disease Management Collaborative to achieve local agreements	Systems developed and defined GP Association of Geelong involved with Barwon Chronic Disease Management Collaborative and actively contributing to systems development Engagement of Otway Division of General Practice	By December 2008	Agreement reached on established systems

Goal 7: Strengthened approaches to address disadvantage and health equality in Integrated Health Promotion initiatives, including barriers to participation such as chronic disease.

See IHP Plan

Goal 8: Successful implementation of workforce development strategies for self-management, particularly for community health services and GPs.

Goal 9: Successful implementation of communication and marketing strategies (developed in conjunction with the Divisions of General Practice) that promote the benefits and availability of local self-management interventions to GPs.

<i>Objective</i>	<i>Strategy</i>	<i>Planned Impact</i>	<i>Estimated Timeline</i>	<i>Impact Measurement</i>
Develop and implement workforce development, communication and marketing strategies for self-management interventions in the Barwon region	To utilise the Barwon Chronic Disease Management Collaborative to develop and implement strategies	Strategies developed and implemented GP Association of Geelong involved with Barwon Chronic Disease Management Collaborative and actively contributing to strategy development Engagement of Otway Division of General Practice	By December 2008	Agreement reached on strategies Implementation of strategies leading to greater awareness and use of self-management interventions

Goal 10: Improved communication and collaborative care planning (by working closely with the Divisions of General Practice) between GPs and community health services.

<i>Objective</i>	<i>Strategy</i>	<i>Planned Impact</i>	<i>Estimated Timeline</i>	<i>Impact Measurement</i>
To increase awareness of the principles underpinning best practice care planning, particularly as it pertains to chronic disease management	Utilise the Barwon Chronic Disease Management Collaborative to disseminate learning's from the EliCD Program to other health professionals involved in chronic disease management, in particular the strategies to communicate relevant client information with a number of practitioners (e.g. care planning protocols)	Raised awareness of the processes used in the EliCD Program across other health professionals involved in chronic disease management	From December 2007 (ongoing)	Regular communication with other interested health professionals via: <ul style="list-style-type: none"> • Minutes of Barwon Chronic Disease Management Collaborative • Barwon PCF website • Other electronic communications
	Conduct a Barwon-wide Chronic Disease Management Forum	Provide a forum to discuss common issues pertaining to chronic disease management	By December 2008	Positive evaluation of learnings from Chronic Disease Management Forum and post-forum follow-up undertaken

Goal 11: Development and adoption of disease-specific care pathways to ensure that clients get the right care in the right place, regardless of where they enter the service system.

Objective	Strategy	Planned Impact	Estimated Timeline	Impact Measurement
Develop and implement disease-specific care pathways particularly as it pertains to chronic disease management	To utilise the Barwon Chronic Disease Management Collaborative to develop and implement pathways	Pathways developed and implemented GP Association of Geelong involved with Barwon Chronic Disease Management Collaborative and actively contributing to pathways development Engagement of Otway Division of General Practice	By December 2008	Agreement reached on pathways Implementation of pathways within EliCD Program Dissemination of agreed pathways to other interested stakeholders in Barwon subregion via Barwon Chronic Disease Management Collaborative and Chronic Disease Management Forum

Goal 12: Support for change management provided to agencies, particularly community health services, which are implementing new systems or strengthening existing systems to provide proactive care rather than reactive care for clients with chronic disease.

Objective	Strategy	Planned Impact	Estimated Timeline	Impact Measurement
Support change management practices for chronic disease management within Barwon Health's EliCD Program	To utilise the Barwon Chronic Disease Management Collaborative to plan and implement change management support, as required	Agency (Barwon Health) is supported enough to implement effective change management practices that enhance the EliCD Program	From December 2007 (ongoing)	Positive evaluation of change management practices

Goal 13: Facilitation of a process for agencies to develop and implement consistent approaches to the use of decision support tools to support ICDM.

Objective	Strategy	Planned Impact	Estimated Timeline	Impact Measurement
To provide the forum for all key stakeholders to develop and implement consistent approaches to the use of decision support tools for people with chronic disease	To utilise the Barwon Chronic Disease Management Collaborative to develop and implement consistent approaches to the use of decision support tools	Consistent approach developed and tools implemented	By December 2008	Tools implemented within the ELiCD Program (Barwon Health) Dissemination of information pertaining to agreed tools to other interested stakeholders in Barwon subregion via Barwon Chronic Disease Management Collaborative and Chronic Disease Management Forum

Goal 14: Dissemination of transferable change management lessons in relation to ICDM.

Objective	Strategy	Planned Impact	Estimated Timeline	Impact Measurement
Inform all interested stakeholders across Barwon of learning's gained through the implementation of the EliCD Program (Barwon Health)	To utilise the Barwon Chronic Disease Management Collaborative to create a comprehensive communication strategy that keeps all key stakeholders informed of lessons learned in relation to ICDM	All interested parties kept informed of all relevant learning's pertaining to the EliCD Program and/or chronic disease management	From December 2007 (ongoing)	Timely and effective communication strategy developed and implemented
	Conduct a Barwon-wide Chronic Disease Management Forum	Provide a forum to discuss common issues pertaining to chronic disease management	By December 2008	Positive evaluation of learnings from Chronic Disease Management Forum and post-forum follow-up undertaken

Goal 15: Completion of the statewide evaluation tools for EliCD.

Objective	Strategy	Planned Impact	Estimated Timeline	Impact Measurement
To contribute to the state-wide evaluation of the EliCD Program	100% compliance with the state-wide evaluation process and completion of evaluation tools	Barwon experience reflected in state-wide evaluation	As per DHS schedule	100% compliance with all state-wide evaluation requirements

Section Six: References

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Section Seven: Appendices

The following are examples of items that will appear on the website to inform members of projects being undertaken in the region.

7.1 Barwon PCF supported projects

PROJECT	LEAD AGENCY	PARTNER AGENCIES	PLAN	COMPLETION DATE	EVALUATION
SAIL	Colac Area Health	Lorne Community Hospital, Hesse Rural Health, and Otway Health & Community Services.	Attachment		Attachment
Well for Life – Phase 2					
Well for Life – Phase 4					
Healthy Regions	G21				
Headspace	GP association	Pathways, MIF, others			
Balance & Beyond	Leisure Networks				
It's your move – Fad diets don't work	Sentinel Site for Obesity				

EXAMPLE

7.2 Member projects and plans

PHYSICAL ACTIVITY & HEALTHY EATING

PROJECT	LEAD AGENCY	PARTNER AGENCIES	PLAN	COMPLETION DATE	EVALUATION
Romp & Chomp	Sentinel Site for Obesity				
Good Sports	Leisure Networks				
Grey Power for GP's	GP Association				
Smiles for Miles	Barwon Health				
Kids Go for Your Life	City of Greater Geelong				
Colac Community Garden / Community Hub	Colac Area Health				
Walking School Bus					
Mums on the Move	Colac Area Health				
Pathways Strategy	Surf Coast Shire				
CoGG Cycle Strategy	City of Greater Geelong				
Walk ability Project	City of Greater Geelong	Deakin-DHS Partnership			

COMMUNITY STRENGTHENING, MENTAL HEALTH & WELLBEING

PROJECT	LEAD AGENCY	PARTNER AGENCIES	PLAN	COMPLETION DATE	EVALUATION
Feel Blue Touch Green	? City of Greater Geelong			Attachment	Attachment
Reclaim the Night	Barwon Health			Attachment	Attachment
CAOS				Attachment	Attachment
Better Health Self-management					
Mental Health Week	Barwon Health				

MEMBER PLANS

AGENCY	PLAN	PRIORITY AREAS	
Barwon Health	Health Promotion Plan		Attachment
Colac Area Health	Health Promotion Plan		Attachment
Otway Health & Community Services	Health Promotion Plan		Attachment
Bellarine Community Health	Health Promotion Plan		
Leisure Networks			
	Community Mental Health Plan		
	Regional Womens Health Plan		
Neighbourhood Renewal			
Others			

7.3 Local Government plans

LOCAL GOVERNMENT PLANS				
LGA	PLAN	PRIORITY AREAS		
G21	Planning for Healthy Communities in the G21 Region		Attachment	
Surf Coast Shire	MPHP	EXAMPLE	Attachment	
Surf Coast Shire	Early Years		Attachment	
Surf Coast Shire	Youth			
City of Greater Geelong	Ageing			
City of Greater Geelong	Pathways Strategy			
City of Greater Geelong	MPHP			
City of Greater Geelong	Early Years			
City of Greater Geelong	Youth			
Colac Otway Shire	MPHP			
Colac Otway Shire	Early Years			
Colac Otway Shire	Youth			
Borough of Queenscliffe	MPHP			
Borough of Queenscliffe	Early Years			
Borough of Queenscliffe	Youth			

7.4 Integrated Health Promotion Catchment Implementation Plan Template – Physical Activity & Healthy Eating

The following tables will form the basis of reporting to DHS.

Please note that this is a **working document**. Outcomes and achievements in relation to the strategies outline below are recorded annually as part of the **CHPIA Report**.

Last updated: 29/05/2007

Physical Activity & Healthy Eating – Organisational Development					
Goal	To increase physical activity levels and improve dietary intake across all age groups and communities by creating an environment that supports and encourages healthy choices.				
Objective	Member activities are integrated within local government Municipal Public Health Plans and other regional health plans.				
Est. Impact	A minimum of one new partnership project/activity will have been established between a BPCF member agency and each local government authorities				
Summary of capacity building strategies	Key Implementation Partners	Population target group/s	Estimated Timelines	Estimated reach	Evaluation/Impact
Develop systems that allow member agencies to make submissions to the Municipal Public Health Planning process	Health Promotion Network	Whole of Population	June 2008	G21 Region	Resource produced # submissions # partnership projects
Develop systems that allow member agencies to make submissions to the Barwon Primary Care Forum Community Health Plan	Health Promotion Network	Whole of Population	June 2008	G21 Region	Resource produced # submissions # partnership projects
Supporting organisational planning through the provision of demographic data	G21, City of Greater Geelong, Surf Coast Shire, Borough of Queenscliffe, Colac-Otway Shire, Golden Plains Shire	Whole of population	July 2008	Barwon Region	Re-development of BPCF data website Number of funding submissions supported by BPCF data

Physical Activity & Healthy Eating – Partnerships					
Goal	To increase physical activity levels and improve dietary intake across all age groups and communities by creating an environment that supports and encourages healthy choices.				
Objective	Member agencies are actively involved in partnership projects.				
Est. Impact	<ul style="list-style-type: none"> • Half of the Barwon PCF member agencies targeting this priority area will be involved in at least one partnership project. • Each health promotion network will have ongoing involvement from at least two local government authorities 				
Summary of capacity building strategies	Key Implementation Partners	Population target group/s	Estimated Timelines	Estimated reach	Evaluation/Impact
Establishing a Regional Physical Activity Network					
Physical Activity Network <ul style="list-style-type: none"> • Drive regional projects (10,000 STEPS, Physical Activity Directory) • Respond to funding opportunities • Discuss project planning and evaluation 	Leisure Networks	Whole of Population	Ongoing	Barwon region	Meets quarterly Partnership Analysis Tool
Link with Regional Nutrition Network	Sentinel Site for Obesity – Deakin University	Whole of Population	Ongoing	Barwon –South West Region	Joint forum once a year
Establish regional health promotion networks that unite agencies across a number of sectors	Barwon Health, Bellarine Community Health, Colac Area Health, Hesse Rural Health, Otway Health & Community Services, City of Greater Geelong, Surf Coast Shire, Borough of Queenscliffe, Colac-Otway Shire, Golden Plains Shire, DHS, DVC	Whole of Population Response to Planning for Healthy Communities in the G21 Region priority areas Flexible response to implementation partners priority areas	Established by mid 2007 Ongoing	Whole of Population	Meets quarterly Partnership Analysis Tool
Support stronger links between local government and health and community services					
Healthy Regions Program <ul style="list-style-type: none"> • Develop a business plan 	G21, City of Greater Geelong, Surf Coast Shire, Borough of Queenscliffe, Colac-Otway Shire, Golden Plains Shire, DHS, Deakin University	Whole of Population	June 2007	G21 Region	
Planning for Healthy Communities in the G21 Region	G21, City of Greater Geelong, Surf Coast Shire, Borough of Queenscliffe, Colac-Otway Shire, Golden Plains Shire.	Whole of Population	Launch April 2007	G21 Region	Adopted by local government

Physical Activity & Healthy Eating – Leadership					
Goal	To increase physical activity levels and improve dietary intake across all age groups and communities by creating an environment that supports and encourages healthy choices.				
Objective	Lead agencies and networks that target priority areas or priority populations within the region are recognised by BPCF members.				
Est. Impact	<ul style="list-style-type: none"> • A minimum of one new partnership project will be established within each Neighbourhood Renewal and Community Renewal site, responding to community identified needs. • A minimum of three new partnership project will be established with Leisure Networks • A minimum of one new partnership project will be established with the Sentinel Site for Obesity 				
Summary of capacity building strategies	Key Implementation Partners	Population target group/s	Estimated Timelines	Estimated reach	Evaluation/Impact
Establish links with Neighborhood and Community Renewal.	Health Promotion Network	Neighbourhood Renewal and Community Renewal sites	Established by mid 2007 Ongoing	Neighbourhood Renewal and Community Renewal sites	Meets quarterly Partnership Analysis Tool # partnership projects
Establish stronger links between members and Leisure Networks & Obesity Sentinel activities	Physical Activity Network	Whole of community	Ongoing	Barwon Region	Meets quarterly Partnership Analysis Tool # partnership projects

Physical Activity & Healthy Eating – Workforce Development						
Goal	To increase physical activity levels and improve dietary intake across all age groups and communities by creating an environment that supports and encourages healthy choices.					
Objective	Staff of member agencies have the capacity to plan, implement and evaluate effective health promotion interventions.					
Est. Impact	<ul style="list-style-type: none"> A minimum of 4 half day health promotion training days will be held across the region annually A minimum of 3 new health promotion projects are initiated by the membership targeting physical activity and healthy eating. 					
Summary of capacity building strategies	Key Implementation Partners	Population target group/s	Estimated Timelines	Estimated reach	Evaluation	
Support targeted staff education to assist in program delivery						
NoFalls Leader Training	Barwon Health	+ 65years	Ongoing	Barwon Region	# sessions % trained leaders delivering programs	
EMMA training	Barwon Health, Colac Area Health, Lorne Community Hospital, Hesse Rural Health. HACC training services	Residential Aged Care Planned Activity Groups	June 2007	Well for Life Project partners Barwon South West Region	# Sessions # participants # programs implemented	
Well for Life Workshops	Residential Aged Care – Barwon Health, Colac Area Health, Hesse, Lorne Community Hospital Planned Activity Groups – Barwon Health, Diversitat, Bellarine Community Health	Residential Aged Care Planned Activity Groups		4 Residential Aged Care Facilities 10 Planned Activity Groups	# Workshops	
Support the continued delivery and expansion of the Health Promotion Short Course across the region						
Implement a locally delivered Health Promotion Course (1/2 day program)	DHS, Barwon Health, Bellarine Community Health, Colac Area Health, Hesse Rural Health Services, Otway Health & Community Services ?LG	Cross sector - Health & community services, local government, sport and recreation, schools	Commence 07/08 Ongoing	4 training days per year ** participants per session	Program developed Leaders trained	
Expand the Physical Activity Directory and provide a resource to support effective self-management approaches	Leisure Networks, SAIL Project	Whole of Community	?	Whole of Community	# programs listed	
Support and promote the activities of our member agencies through funding proposals, data provision, project support and communication.						

Physical Activity & Healthy Eating – Workforce Development

Goal	To increase physical activity levels and improve dietary intake across all age groups and communities by creating an environment that supports and encourages healthy choices.				
Objective	Staff of member agencies have the capacity to plan, implement and evaluate effective health promotion interventions.				
Est. Impact	<ul style="list-style-type: none"> A minimum of 4 half day health promotion training days will be held across the region annually A minimum of 3 new health promotion projects are initiated by the membership targeting physical activity and healthy eating. 				
Summary of capacity building strategies	Key Implementation Partners	Population target group/s	Estimated Timelines	Estimated reach	Evaluation
It's Your Move – Fad Diets Won't Work <ul style="list-style-type: none"> Community Catalyst Forum Develop educational curriculum resource 	Deakin University Sentinel Site for Obesity, Bellarine Secondary College, Newcomb Secondary College, Geelong High School, Catholic Regional College and Christian College.	Adolescents (aged 13 – 17 years) attending	July 2006	Bellarine Secondary College, Newcomb Secondary College, Geelong High School, Catholic Regional College and Christian College.	Resource developed Forum Held
Well for Life (phase 2) <ul style="list-style-type: none"> WFL workshops No falls leader training EMMA training 	Barwon Health, Colac Area Health, Hesse Rural Health Services, Lorne Community Hospital	Residential Aged Care	June 2007	Key implementation partners	# workshops # training sessions # NoFalls prog.
Well for Life (phase 4) <ul style="list-style-type: none"> WFL workshops EMMA training No falls leader training Microwave cooking classes 	Barwon Health, Bellarine Community Health, Diversitat	Planned Activity Groups	Completion September 2007	Key implementation partners	# Workshops # Training sessions # Cooking classes
SAIL <ul style="list-style-type: none"> Workforce development Integrated referral pathways Assessment & screening No falls 	Barwon Health, Colac Area Health, Hesse Rural Health Services, Lorne Community Hospital, Otway Health & Community Services	+65 years	December 2007	Barwon Region	# Staff Ed sessions # Com. Ed sessions # Ax / Screenings # No Falls leader training

7.5 Integrated Health Promotion Catchment Implementation Plan Template – Community Strengthening, Mental Health & Wellbeing

Please note that this is a **working document**. Outcomes and achievements in relation to the strategies outline below are recorded annually as part of the **CHPIA Report**.

Last updated: 29/05/2007

COMMUNITY STRENGTHENING, MENTAL HEALTH & WELLBEING – Organisational Development					
Goal	To improve the mental health and wellbeing of the region by strengthening communities.				
Objective	Member activities are integrated within local government Municipal Public Health Plans and other regional health plans.				
Est. Impact	A minimum of one new partnership project/activity will have been established between a Barwon PCF member agency and each local government				
Summary of capacity building strategies	Key Implementation Partners	Population target group/s	Estimated Timelines	Estimated reach	Evaluation/Impact
Develop systems that allow member agencies to make submissions to the Municipal Public Health Planning process	Health Promotion Network	Whole of Population	July 2008	G21 Region	Resource produced # submissions # partnership projects
Develop systems that allow member agencies to make submissions to the Barwon Primary Care Forum Community Health Plan	Health Promotion Network	Whole of Population	July 2008	G21 Region	Resource produced # submissions # partnership projects
Supporting organisational planning through the provision of demographic data	G21, City of Greater Geelong, Surf Coast Shire, Borough of Queenscliffe, Colac-Otway Shire, Golden Plains Shire	Whole of population	December 2008	Barwon Region	Re-development of BPCF data website Number of funding submissions supported by BPCF data

COMMUNITY STRENGTHENING, MENTAL HEALTH & WELLBEING – Partnerships					
Goal	To improve the mental health and wellbeing of the region by strengthening communities.				
Objective	Member agencies are actively involved in partnership projects.				
Est. Impact	<ul style="list-style-type: none"> • Half of the Barwon PCF member agencies targeting this priority area will be involved in at least one partnership project. • The health promotion network will have ongoing involvement from at least two local government authorities 				
Summary of capacity building strategies	Key Implementation Partners	Population target group/s	Estimated Timelines	Estimated reach	Evaluation/impact
Establish regional Health Promotion Networks that unite agencies including local government and health and community services.	Health promotion staff from - Barwon Health, Bellarine Community Health, Colac Area Health, Hesse Rural Health, Otway Health & Community Services, City of Greater Geelong, Surf Coast Shire, Borough of Queenscliffe, Colac-Otway Shire, Golden Plains Shire, DHS, DVC	Whole of Population Response to Planning for Healthy Communities in the G21 Region priority areas Flexible response to implementation partners priority areas	Established by mid 2007 Ongoing	G21 Region	Meets quarterly Partnership Analysis Tool # partnership projects
Support stronger links between local government and health and community services					
Healthy Regions Program <ul style="list-style-type: none"> • Develop a business plan 	G21, City of Greater Geelong, Surf Coast Shire, Borough of Queenscliffe, Colac-Otway Shire, Golden Plains Shire, DHS, Deakin University	Whole of Population	June 2007	G21 Region	
Planning for Healthy Communities in the G21 Region	G21, City of Greater Geelong, Surf Coast Shire, Borough of Queenscliffe, Colac-Otway Shire, Golden Plains Shire.	Whole of Population	Launch April 2007	G21 Region	Adopted by local government

COMMUNITY STRENGTHENING, MENTAL HEALTH & WELLBEING – Leadership

Goal	To improve the mental health and wellbeing of the region by strengthening communities.				
Objective	Lead agencies and networks that target priority areas or priority populations within the region are recognised by Barwon PCF members.				
Est. Impact	<ul style="list-style-type: none"> • A minimum of one new partnership project will be established within each Neighbourhood Renewal and Community Renewal site, responding to community identified needs • A minimum of one new partnership project will be established with a major provider of mental health services 				
Summary of capacity building strategies	Key Implementation Partners	Population target group/s	Estimated Timelines	Estimated reach	Evaluation
Develop agreed Coordinated Care Guidelines for Specialist Mental Health Services	Barwon Health, Pathways Rehabilitation & Support Services Inc, Karingal Inc, Kardinia Mental Health Services – Kardinia Network (The Salvation Army), Mental Illness Fellowship Victoria	People aged 16-65 with low prevalence mental health conditions	Resource -June 07 Implementation – June 09	Key partners	Resource produced. Indicators for implementation of guidelines
Establish links with Neighborhood and Community Renewal.	Neighbourhood renewal, Community Renewal, DHS, DVC, City of Greater Geelong, Colac Otway Shire	Neighbourhood Renewal and Community Renewal sites	Ongoing		
Support increasing consumer/community participation in the development and delivery of health promotion activities					

COMMUNITY STRENGTHENING, MENTAL HEALTH & WELLBEING – Workforce Development					
Goal	To improve the mental health and wellbeing of the region by strengthening communities.				
Objective	Staff of member agencies have the capacity to plan, implement and evaluate effective health promotion interventions				
Est. Impact	<ul style="list-style-type: none"> •One mental health promotion short course will be held in the region annually •A minimum of 3 new health promotion projects are initiated by the membership targeting mental health. 				
Summary of capacity building strategies	Key Implementation Partners	Population target group/s	Estimated Timelines	Estimated reach	Evaluation
Support the implementation of Mental Health First Aid across a number of settings and sectors	Mindlinx (Barwon Health)	General community - Neighbourhood houses Health & Community Services Volunteer Services Youth sector Corporate sector -large private employers Local Government		Barwon Region	# sessions #sectors
Support the delivery of the Mental Health Promotion short course in the region	DHS	Local government and health & community service	Ongoing	Barwon Region	
Develop a resource/directory of mental health services	Community Mental Health Plan Reference Group members	1 st version to target consumers with low prevalence disorders. Subsequent versions to cover all mental health services	1 st Version June 2007 Updated annually	Barwon Region	Resource Produced. Number of services listed.
Support and promote the activities of our member agencies through funding proposals, data provision, project support and communication.					
Mental Health First Aid	Mindlinx (Barwon Health)	Health & Community Service, General community, Volunteer Services, Youth sector, Corporate sector -large private employers	Ongoing	Barwon Region	# sessions # sectors

	Mental Health Week	Geelong moods Support Group, Mental illness fellowship, Pathways Psychiatric Disability Rehabilitation Services, Salvation Army, consumers Union, Grow, Glastonbury child and family services, City of Geelong, Highton-Kardinia Rotary, Department of Human Services, Barwon Adolescent Task force(BatForce)	Consumers, Carers, employers/employees, community organisations	Annual event	Barwon Region	Events held annually
	Community Mental Health Plan	Barwon Health, Geelong G.P. Association, Bellarine Community Health, Colac Area Health, DIVERSITAT, DHS (Barwon South-West), Pathways, Colac Adult & Community Education Inc., Neighbourhood Centres, Kardinia Mental Health Services (The Salvation Army)	Whole of Population	Ongoing	Barwon Region	New Plan developed in line with CHP cycle <i>Reference group meets quarterly</i>