



NEWTOWN

NEIGHBOURHOOD CENTRE INC.

STRESS

ADVOCACY

HOUSING

POVERTY

THE ONE IN FIVE REPORT

Summary of personal opinions regarding the community support needs of people with mental health problems, their families and carers in Newtown and the surrounding areas.

EMPLOYMENT

RECOVERY

COMMUNITY
ACCEPTANCE

RELATIONSHIPS

LIFESTYLE &
WELLBEING

HEALTH
CARE

A Just Community That Includes And Acts

HOUSING

A SAFE, SECURE AND AFFORDABLE HOME IN A CHOSEN COMMUNITY.

POSSIBLE SOLUTIONS

Focus on assisting people to find and maintain appropriate housing whilst at the same time work with planning authorities and a range of housing providers to increase access to affordable housing stock. Develop partnerships and pilot improvements to current housing options. Link community support and care to housing.

HEALTH CARE

HOSPITALS, COMMUNITY DOCTORS AND HEALTH CARE PROFESSIONALS WHO UNDERSTAND MENTAL ILLNESS AND ARE RESPONSIVE TO INDIVIDUAL NEEDS.

POSSIBLE SOLUTIONS

Support health professionals to provide equitable health care services to people most at risk. Provide timely referrals and information to assist health care providers in their care of people with mental health problems. Resource care planning processes for individuals.

LIFESTYLE AND WELLBEING

OVERALL WELLBEING INCLUDING HEALTH, NUTRITION, EXERCISE, SPIRITUALITY, MANAGING ADDICTIONS, PREVENTING ILLNESS.

POSSIBLE SOLUTIONS

Develop opportunities to improve health and wellbeing. Work with generic providers to make their services more accessible to people with mental health problems. Incorporate healthy lifestyles philosophy in all service provision.

ADVOCACY

UNBIASED SUPPORT TO NAVIGATE THROUGH MAINSTREAM AND SPECIALIST SERVICES AND SUPPORT.

POSSIBLE SOLUTIONS

Better linkages with advocacy services. Incorporate advocacy training for front line workers. Create self advocacy training programs to empower people with mental health problems. Develop advocacy campaigns to tackle local issues.

RECOVERY

INFORMATION, ACCESS TO APPROPRIATE MEDICAL AND COMMUNITY SUPPORT TO PLAN FOR AND REACH RECOVERY PHASE OF ILLNESS.

POSSIBLE SOLUTIONS

Develop and pilot joint care planning forums and assist people to develop their own recovery plans. Person centred service delivery that focuses on wholistic case management before people reach a crisis.

RELATIONSHIPS

BUILDING SKILLS AND OPPORTUNITIES TO DEVELOP NEW FRIENDSHIPS AND RELATIONSHIPS AND RECONCILE WITH FAMILY/FRIENDS.

POSSIBLE SOLUTIONS

Build up range of social, leisure and community access services for people with mental health problems in local area. Support people to reconnect with family and friends. Create opportunities for safe, supported reconciliation.

STRESS

SKILLS AND OPPORTUNITIES TO IDENTIFY AND MANAGE PERSONAL STRESS.

POSSIBLE SOLUTIONS

Understand stress triggers and levels for people presenting for support. Identify ways to lessen risk of triggers for people. Work with people to manage their stress. Support generic services to include people with mental health problems in their stress reductions services.

COMMUNITY ACCEPTANCE

NEED FOR COMMUNITY ATTITUDES TO CHANGE AND IMPROVE. PEOPLE WITH A MENTAL HEALTH PROBLEM ARE NOT A HOMOGENOUS GROUP.

POSSIBLE SOLUTIONS

Create opportunities for people with mental health problems to showcase their contributions to community. Create roles to include people with mental health problems. Work with bigger, established groups focussed on community awareness and localised campaigns (e.g., Beyond Blue).

EMPLOYMENT

NEED FOR A JOB, TRAINING, SKILLS DEVELOPMENT, MEANINGFUL DAY ACTIVITIES IS CRITICAL FOR SELF DETERMINATION.

POSSIBLE SOLUTIONS

Build opportunities for meaningful localised day activities that assist in meeting the recovery goals for individuals. This may include paid work, leisure activities, skills development and training or voluntary work.

POVERTY

PEOPLE WITH MENTAL HEALTH PROBLEMS ARE FAR MORE LIKELY TO LIVE IN, OR BE AT RISK OF POVERTY THAN OTHERS IN THE COMMUNITY.

POSSIBLE SOLUTIONS

Understand that poverty impacts on mental well being. Support the work of others whose focus is on alleviating effects of poverty in the short and long term (e.g., NCOSS).

BACKGROUND

One in five people will experience a mental illness at some time in their lives. There are people who are more at risk of experiencing a mental illness than others, and recovery is often based on a range of factors including prevention and early identification, access to appropriate health care and treatment, and individual social and financial circumstances.

Living with a mental health problem is not always easy. How well people live, how included they feel, and how they build and keep relationships is dependant upon their personal resources and timely access to care and support.

The Newtown Neighbourhood Centre (NNC) is dedicated to creating opportunities and removing barriers to include all members of the community. This community project sourced the opinions of people with a mental health problem and their significant others (families and carers, support agencies) about their diverse and sometimes discreet needs. These opinions have built the knowledge base and understanding of local needs and will be used to shape the strategies to better meet these needs into the future.

EXPERT OPINIONS

A total of 263 people informed this project. People with a mental health problem, their family members and service workers provided opinions over a five month period via online surveys, interviews, focus groups, informal discussions and a workshop. The opinions were gathered in a variety of natural settings for participants and were developed to be accessible and non invasive. The quality of the information gathered was remarkable.

“...I just want my own place. There is not enough cheap, decent houses available... One day I want my own housing commission place...”

– Ted, 32 years old

“...sometimes my heart beats so fast, I get dizzy and sweaty. I know it is like a panic attack, but I just feel stressed all the time...”

– Sally, 22 years old



NEWTOWN AREA SNAPSHOT

The Newtown area is a “hub” for diverse groups of people. It is situated on the border of Marrickville and the City of Sydney local government areas and attracts a transient and diverse population. This Project mostly focussed on identifying the needs of people living in the Marrickville local government area which has a total population of 75,500 people, 34% of which born overseas. Most people that live in the area are aged between 25 and 39 years old, 20 % of the population has a disability and 44% live in a rented dwelling.

SUMMARY OF OPINIONS AND SOLUTIONS

The opinions of people who participated in this Project identified ten (10) broad, but inter-related community support needs. The strategies required to meet these needs can be as complex as the needs themselves. There is a call to find new ways of working together. Local services must pool their knowledge, skills, expertise and resources to coordinate responsive solutions with people and their families. The Newtown Neighbourhood Centre will focus on these needs over the next few years.

For more information including a copy of the full report and the short film entitled “1 in 5” please visit www.newtowncentre.org.au or call (02) 9516 4755