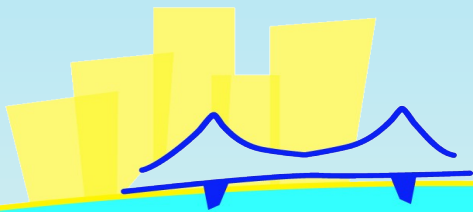


Resiliency in Bayside Schools (RIBS) Project

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FROM THE CITY TO THE SEA

The History

- Bayside area – Redlands, Bay Islands, and Wynnum/ Manly areas of Brisbane
- In 2007, a series of Bayside Chronic Disease Forums were held
- Youth Mental Health Issues were clearly identified as a key area of concern
- Invitations were sent to a wide range of organisations to form a project working group, and through this the RIBS Project Plan was developed



Problems Identified

- Poor access by youth to mental health services, resulting high levels of hospitalisation
(Queensland Health Hospital Admission Data)
- High percentage of inappropriate referrals to Bayside CYMHS e.g. behavioural not mental health issues
- Local State High Schools reported feeling that they were working in isolation with students with high support needs and needed more support
- GPs and other health providers were uncertain of referral pathways and support agencies in the area

Problems Identified continued...

- Review of previous youth mental health projects in the Bayside area revealed issues of sustainability without a key driver on an ongoing basis
- Schools identified that access to training for staff is limited by lack of funding for substitute teachers, therefore teachers cannot be released from normal duties to attend training



The RIBS Project Aims:

- To strengthen relationships and improve networks between primary health care, mental health services, community organisations, and school communities to promote best practice in mental health care
- To support implementation of an evidence based mental health resiliency framework in local state high schools, with a focus on sustainability and utilising a whole school approach
- To develop a website resource with information about organisations providing services to young people in the Bayside area

Funding

- Obtained through the Southside Partnership Council via Queensland Health's Connecting Healthcare in Communities Initiative (CHIC)
- 2.5 years from January 2008 – June 2010
- Key goal to facilitate and evaluate the partnership between key parties
- A significant proportion of the grant will pay for substitute teachers to allow school staff to be released from normal duties to attend training

Project Partners

- South East Alliance of General Practice (Brisbane) Ltd – Lead Agency
- Brisbane Southside Population Health Unit (Population Health), Queensland Health
- Department of Education and Training (DET)
- Bayside Child and Youth Mental Health Service (CYMHS), Queensland Health
- Bayside Child and Family Service, Queensland Health
- BABI Youth and Family Service
- In-SYNC



Achievements to Date

- Project Reference Group formed and provides strategic direction
- First round of 4 schools signed on to project in April 2008
- Project Management Group formed - Principal or Deputy Principal from each school, representatives from School Based Youth Health Nurse Program, SEA-GP (Brisbane), and Population Health – meets monthly (this has been key to the project's success to date)
- All schools chose to utilise the MindMatters framework for whole-school mental health and wellbeing

Achievements to date continued

- Strong relationship developed with MindMatters Qld Project Officer, Jane Taylor
- To date, 201 participants from Round 1 schools and other local organisations, have attended various MindMatters training sessions
- Round 1 schools have undergone a mapping exercise, data collection and planning process, determined key priority areas for change and begun to implement changes to policy, curriculum, school structure, and school culture



Achievements to date continued...

- All Round 1 schools identified staff mental health and wellbeing as a priority area
- Mapping exercises have identified areas of training need – providers being sourced
- Quarterly RIBS Newsletters available at the SEA-GP (Brisbane) website www.seagp.org.au
- Funding applications for further local projects developed by Reference Group members

Achievements to date continued...

- GP/ School links workgroup being formed to consider communication and referral pathway issues between schools and local GPs
- Agreement with Redland City Council to host the Bayside Youth Services Directory long-term – currently in development
- GP visits to schools to speak with students about the role of GPs, access, Medicare issues, and confidentiality



The Future

- Bayside Youth Mental Health Forum – during Mental Health Week, October 2009
- Launch of Bayside Youth Services Directory
- Further work with GP/ School links workgroup around referral pathways issues
- Further education and support provided to schools in line with identified goals
- Round 2 schools have just commenced work on the project, Round 3 schools to be invited in Semester 2, 2009

Evaluation

- Primarily focus of evaluation of the project is on partnership (using the Vic Health Partnership Evaluation Tool)
- Other aspects of the project's evaluation include:
 - changes in perceived knowledge of school staff around mental health and wellbeing issues
 - satisfaction survey of users of the youth services directory website
 - review of referral changes to CYMHS and private allied mental health providers
 - feedback from members of the Reference Group and Management Group

Evaluation continued...

- Only evidence based programs/ frameworks will be supported as part of the project, therefore the success of these measures (e.g. changes to the mental health and wellbeing of school students) will not be evaluated
- External evaluation is being conducted by Mater/UQ Centre for Primary Health Care Innovation

Feedback from our Partners:

- “There is a strong feeling within the staff and student groups of our school that our commitment to the RIBS Project has opened doors for communication and skilling that has increased our capacity to meet the needs of our community”
- Steve Wilson, Deputy Principal,
Wynnum North State High School



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For More Information

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