



Government of Western Australia  
North Metropolitan Health Service  
Mental Health, Public Health and Dental Services

## NMHS Local Government Network

# Promoting mental wellbeing in your community



## Evaluation report summary

## November 2023

[nmhs.health.wa.gov.au](http://nmhs.health.wa.gov.au)



# Acknowledgement of Country

NMHS acknowledge the Aboriginal people of the many traditional lands and language groups of Western Australia and pay respect to their elders past and present. North Metropolitan Health Service recognises, respects and values Aboriginal cultures as we walk a new path together

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*Image (left to right):* Haylee Bullock, Health Promotion Officer (Project Lead), Assunta Di Francesco, Health Promotion Coordinator and Krista Coward, Manager Health Promotion from North Metropolitan Health Service.

# Introduction

The North Metropolitan Health Service (NMHS) Healthy Population Program (HPop) Team hosts quarterly Local Government Network Meetings (Network) for local government authorities (LGA) in the NMHS catchment area. The Network focuses on priority areas outlined in the [State Public Health Plan for WA](#) and [WA Health Promotion Strategic Framework 2022-2026](#) and identified from [surveys](#) with local governments.

In November 2023, a full-day face-to-face Network was held at the Town of Cambridge on 'promoting mental wellbeing in your community'. NMHS delivered the Network in partnership with Mental Health Commission and Mentally Healthy WA. Speakers from partner organisations presented on the newly released [Western Australian Mental Wellbeing Guide](#) and evidence-based programs [Act Belong Commit](#), [Think Mental Health](#) and [Strong Spirit Strong Mind](#). Topics included mental health literacy and terminology, risk and protective factors, evidence-informed strategies, and a new tool to assess the effectiveness of mental wellbeing programs. Attendees also received an expression of interest inviting LGAs to implement mental wellbeing programs post event with support from NMHS and partner organisations.

Thirty people attended, including 15 LGA staff from the Cities of Joondalup, Stirling, Wanneroo, Vincent, Subiaco, Nedlands, and Towns of Cambridge, Mosman Park and Cottesloe. Diverse business units were represented, including Community Development, Environmental Health, Positive Ageing, Volunteers, Access and Inclusion, and Public Health.

## Program

Topic	Speaker and organisation
Welcome to Country	Elder George Hayden
Opening address	Jo Fagan, NMHS
Overview of NMHS Health Promotion Service	Assunta Di Francesco, NMHS
Understanding mental wellbeing	Kendall O'Shea, Mental Health Commission
Think Mental Health	Gemma Davis, Mental Health Commission
Act Belong Commit	Rodney Glossop and Gabby Jameson, Mentally Healthy WA
Act Belong Commit local case studies	Julie Martin, City of Nedlands Rachel Gell, City of Subiaco Rob Dickason, City of Joondalup
Strong Spirit Strong Mind	Krista Coward, NMHS
Workshop: Mental wellbeing planning for local governments	Kendall O'Shea, Mental Health Commission and NMHS

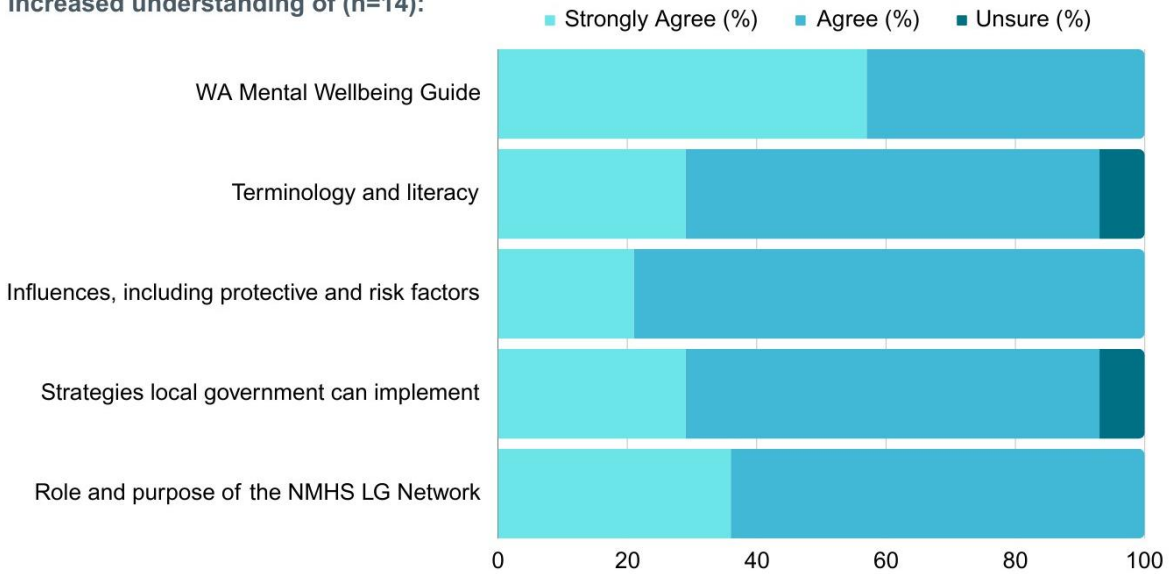


# Evaluation

The following section outlines the results from the evaluation survey completed by attendees. Results were positive with self-reported increases in knowledge and awareness on the support available from NMHS, the purpose of the Network, mental wellbeing terminology, strategies LGAs can implement and evidence-based programs. Furthermore, the evaluation results highlighted an increase in respondents' intentions to engage with evidence-based programs such as Think Mental Health.

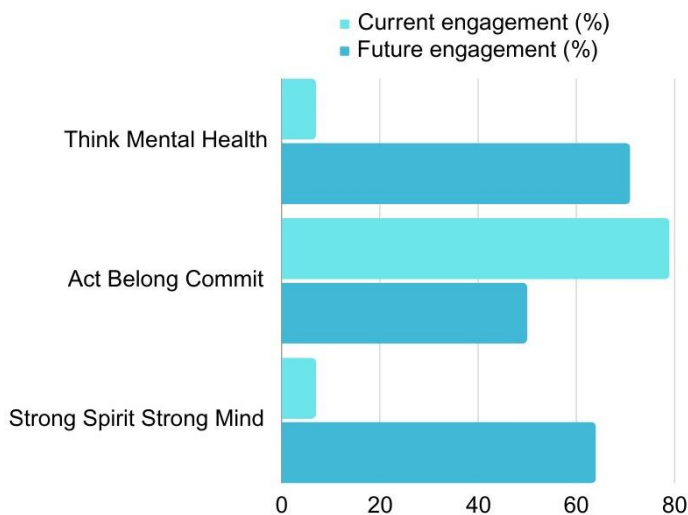
## Understanding mental wellbeing

Increased understanding of (n=14):



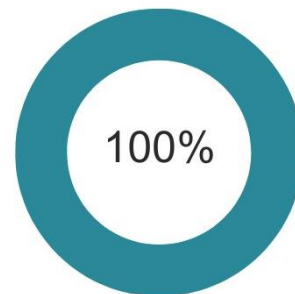
## Best practice programs

Current engagement and intentions to engage with programs in the future (n=14).



## Available support

Respondents' (n=14) knowledge of NMHS Health Promotion Service's support for local governments for public health and mental wellbeing initiatives



## Network highlights and feedback

100% (n=14) of respondents reported the information presented at the Network would support their role.



## Conclusion

In November 2023 NMHS delivered a full-day face-to-face Network for LGAs on mental wellbeing in partnership with the Mental Health Commission and Mentally Healthy WA. The event facilitated important conversations including ways LGAs can increase mental wellbeing in local communities and mental health literacy and terminology. The Cities of Joondalup, Subiaco and Nedlands also shared their experiences of being involved in the Act Belong Commit program.

Positive feedback from attendees was received, indicating support for this type of Network; a face-to-face event involving networking, informative presentations, LGA case studies and a workshoping component.

NMHS HPop Team will continue to partner and support LGAs to deliver public health and mental wellbeing initiatives. This includes through the provision of face-to-face Networks.







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