



# PROPOSAL

Wimmera South West Drought Support

## **ABSTRACT**

The purpose of this document is to outline the spend of funds from collectively pooling Seasonal Conditions funds allocated to Horsham Rural City Council, Hindmarsh, West Wimmera and Yarriambiack Shire Council areas.

## **Report Prepared by:**

Wimmera PCP

## PROPOSAL – WIMMERA SOUTH WEST DROUGHT SUPPORT

This proposal follows a Special Meeting of the Seasonal Conditions meeting on Friday 14 December 2018 in Horsham Rural City Council’s Council Chambers.

The purpose of this document is to outline the spend of funds from collectively pooling *Seasonal Conditions funds* allocated to Horsham, Hindmarsh, West Wimmera and Yarriambiack Shire Council Local Government Areas.

A	B	C	D	E	F	G
Division	Area	Local Government Area	Local Coordination	Additional Counselling	Psychological First Aid training	TOTAL
West	Wimmera South West	Yarriambiack	\$30,000	\$40,000	\$5,000	\$75,000
		Hindmarsh	\$30,000	\$40,000	\$5,000	\$75,000
		West Wimmera	\$30,000	\$40,000	\$5,000	\$75,000
		Horsham	\$30,000	\$40,000	\$5,000	\$75,000
		<b>TOTAL</b>	120,000	\$160,000	\$20,000	\$300,000

Figure 1.

### The Concept

The Local Government Areas of Horsham Rural City Council, Hindmarsh, West Wimmera, Yarriambiack Shires have agreed to pool the total of funds available to best support the needs of our local communities support the additional capacity of the Rural Outreach Program. This would support two additional 0.8 FTE Rural Outreach Worker positions to deliver services across Horsham Rural City Council, Yarriambiack and Hindmarsh Shires, replicating the existing role in West Wimmera Shire.

These funds would also increase the *Rural Outreach Project Worker* position from 0.6 to 0.8 FTE to coordinate the collective program across LGA boundaries, develop relationships with service providers and document program evidence for monitoring and reporting to support the research commissioned for the Rural Outreach Program.

Pooled funds would also support the administration and delivery of at least two Mental Health First Aid training sessions in each Local Government Area, based on the individual needs of each LGA.

**Local Coordination** to include the following:

- A dedicated staff member to the role; (0.6 FTE coordination, 0.2 FTE MHFA coordination of delivery).
- Develop partnership program to include local key stakeholders plus Beyond Blue, The Black Dog Institute, Royal Flying Doctor Service, West Vic Primary Health Network, Victorian Farmer’s Federation, The National Centre for Farm Health and relevant Industry partners such as Agribusiness, Landcare, Retail and Financial Counselling;
- Develop communication and marketing plans to raise awareness of the program across the LGAs;
- Administer small-funds grant pool;
- Develop service access brochures;

- Monitoring and evaluation;
- Reporting overall and by LGA;
- Coordinate small activities; (note these activities to be based on a pool of resources to build the resilience of communities done through a small grant scheme) funded by *Brokerage* dollars \$32,000 allocated at \$8,000 per LGA. Note examples from 2015 – 2016 initiative in addendum 1.1
- Coordinate Mental Health First Aid deliveries including resources and facilitators;
- Build relationships with all funded parties;
- Additional program set up;
- Community development;
- Update MHFA training (PD) for MHFA Instructors;
- Train additional MHFA Instructor/s

**Proposed Funding breakdown (Figure 1):**

**Psychological First Aid training total pool; Column F (\$20,000)**

Responding to need of each LGA: a minimum of 2 courses per LGA but could include, the 2-day Youth Mental Health First Aid; the 4-hour MHFA Refresher Course for those who completed the 2-day course in 2016; 4-hour course MHFA for the suicidal person; Teen Mental Health First Aid, 4-hour course MHFA for those threatening self-harm, or the 40 minute “Let’s talk” mental health awareness presentation. Outline in **Appendix 2**.

**Additional Counselling total pool; Column E (\$160,000)**

Pooled funds from WWSC, HSC, YSC and HRCC, allocated to the scaled up delivery of the rural outreach program. Increasing the FTE by an additional two 0.8 FTE outreach workers to broaden the reach to service 4 shires and an additional increase of 0.2 FTE Project Worker support role (0.6 > 0.8FTE) to support the additional workforce component.

**Local Coordination total pool: Column D (\$120,000)**

Rural Outreach Worker Costings from EDMH as of the 19/12/2018. Note a shortfall in the dollars for the 2 worker scenario of around \$88,000... this could be possibly be sought from other funding sources such as PHN or FRRR.

Note link to FRRR funding:

[https://www.frrr.org.au/cb\\_pages/tackling\\_tough\\_times\\_together.php#Docs](https://www.frrr.org.au/cb_pages/tackling_tough_times_together.php#Docs)

<b>Item</b>	<b>Cost/Inc. on costs x1</b>	<b>X2</b>
0.8 Rural Outreach Worker	\$68,460	\$136,920
0.2 Project Worker	\$28,600	\$28,600
Vehicle	\$18,000	\$36,000
Phone	\$1,280	\$2,560
Consumables/Office	\$450	\$900
Computer Hardware	\$1,580	\$3,160
<b>Total</b>	<b>\$118,370</b>	<b>\$208,140</b>

**Coordination of initiative (HRCC, HS, Yarriambiack, WWSC)**

**0.6 FTE** Local Coordination as per above:

**0.2 FTE** Psychological First Aid Training as per above:

**Total**

0.8 FTE including all on costs and program expenses \$88,000 per 12 months

Community Resilience small grants program pool \$32,000 (\$8,000.00 per LGA) examples of initiatives from the 2015 – 2016 **see Appendix 1**

**Appendix 1.**

<b>Drought programs and grants</b>	<b>Amount</b>	<b>Invoice Received</b>	<b>Progress</b>
<b>HRCC</b>			
Regional Men's Health Program Deliveries	\$ 5,000.00	yes	<b>completed</b>
Layer of time	\$ 2,500.00	yes	<b>completed</b>
Sports Equipment Library	\$ 2,000.00	yes	<b>completed</b>
Community Gathering	\$ 1,500.00	yes	<b>completed</b>
Men's Shed Community Project	\$ 2,500.00	yes	<b>completed</b>
Goolum Goolum Yamh ma	\$ 2,500.00	yes	<b>in Progress</b>
Voices of the Wimmera	\$ 2,500.00	yes	<b>completed</b>
<b>Hindmarsh</b>			
Regional Men's Health Program	\$ 5,000.00	yes	<b>completed</b>
Men's Health Night Rainbow	\$ 2,500.00	yes	<b>completed</b>
WWHS	\$ 2,500.00	yes	<b>completed</b>
<b>Yarriambiack</b>			
Regional Men's Health Program	\$ 5,000.00	yes	<b>Completed</b>
RNH Men's and Women's Program	\$ 2,500.00	yes	<b>in progress</b>
Dunmunkle HS Men's and Women Program	\$ 2,500.00	yes	<b>in progress</b>
WBNC connecting communities/Community culture	\$ 3,700.00	yes	<b>completed</b>
<b>West Wimmera</b>			
Regional Men's Health Program	\$ 5,000.00	yes	<b>completed</b>
EDMH Community Garden	\$ 2,500.00	yes	<b>completed</b>
HBNC walking challenge	\$ 1,200.00	yes	<b>in progress</b>
Barengi Gadjin dancing	\$ 2,500.00	yes	<b>In progress</b>
<b>Sub Total</b>	\$ 53,400.00		
<b>Administration</b>	\$ 6,000.00		
<b>Total</b>	\$ 59,400.00		

## Appendix 2.

### Psychological First Aid Training

Psychological First Aid Training refers to the suite of training available through Mental Health First Aid (MHFA) Australia. A number of instructors in the Wimmera South West were trained using Seasonal Conditions funding previously in 2016. The six remaining instructors are located in the following LGAs:

LGA	Instructors
Horsham	2
Hindmarsh	0
West Wimmera	2
Yarriambiack	2

It is proposed that at least one more instructor within the Hindmarsh Shire is recruited and trained for delivery of MHFA training.

Pooled funds will support the delivery of a minimum of 2 MHFA courses in each LGA in the 12-month period from January 2019. The following courses to be included in the delivery options available to each LGA:

- Youth Mental Health First Aid (2-day course)
- Refresher Youth Mental Health First Aid (4-hour course)
- Mental Health First Aid for the Suicidal Person (4-hours)
- Mental Health First Aid for Non-Suicidal Self Harm (4-hours)
- Let's Talk modules (40 minute "fire shed talk")

