

The logo for Active8, featuring the word "Active" in a teal sans-serif font and the number "8" in a green sans-serif font, both centered within a large teal circle. The background of the slide includes abstract green and blue shapes on the left and right sides.

Active8



A PEER LEAD PHYSICAL HEALTH AND WELLBEING PROJECT

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Active8

A person- centred physical health and wellbeing program for people experiencing mental illness



WHY PEER SUPPORT WORKERS?

Peer support is an integral support offered to consumers accessing Neami National.

The value of peer support in physical health coaching;

- Their ability to inspire hope
- Draw on their own experience of recovery
- Empathy and connectedness
- Authenticity

The peer support relationship may be the first step that an individual takes in their health and wellbeing recovery.

“The presence of peer workers can lead to more effective and better quality services”

Gallagher and Halpin, 2014



“For me a peer coach is different as they have walked your shoes at some point - which means they can really relate, as opposed to someone isn’t coming from that lived experience”



“Any sort of exercise helps. With the Active8 coach, you define what you want to do, whether it be golf, swimming, walking, jogging, bike riding, or whatever you feel is right for you.”



“I liked that the coach wouldn’t tell me what to do, but would work with me to come up with ways on how to achieve the goal”



Coaching for Physical Health

Peer Coach
1 to 1 support
6 +sessions
In person or via phone
Weekly

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CONSUMER



Eat, Plant, Learn

Co-facilitated
Group based
7+ sessions
In the community
Weekly



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Consumer Experiences

“I’ve started my own planter boxes on my balcony for \$18. I have cucumbers, parsley, beetroot, rocket, carrots, kale, climbing beans and have plans for more”

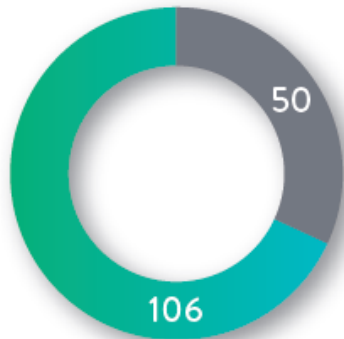
“ I emphasise that you feel better, sleep better, think more clearly”



Active8 Outcomes 2017/18

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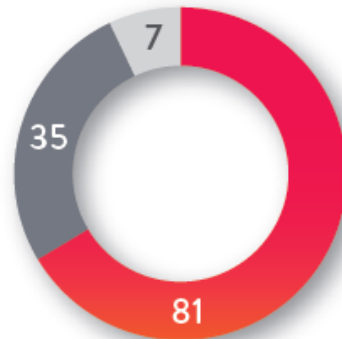
Referrals into Active8



- SELF-REPORTED MENTAL HEALTH ISSUES OR NOT RECORDED
- DIAGNOSED WITH A MENTAL ILLNESS

123

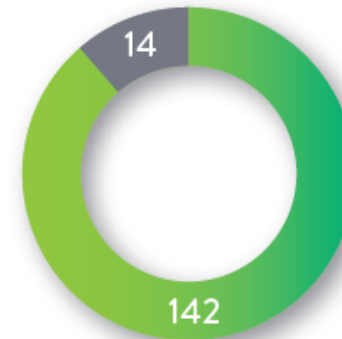
Coaching for Physical Health referrals



- ENGAGED IN SESSIONS
- DID NOT ENGAGE
- NOT ELIGIBLE

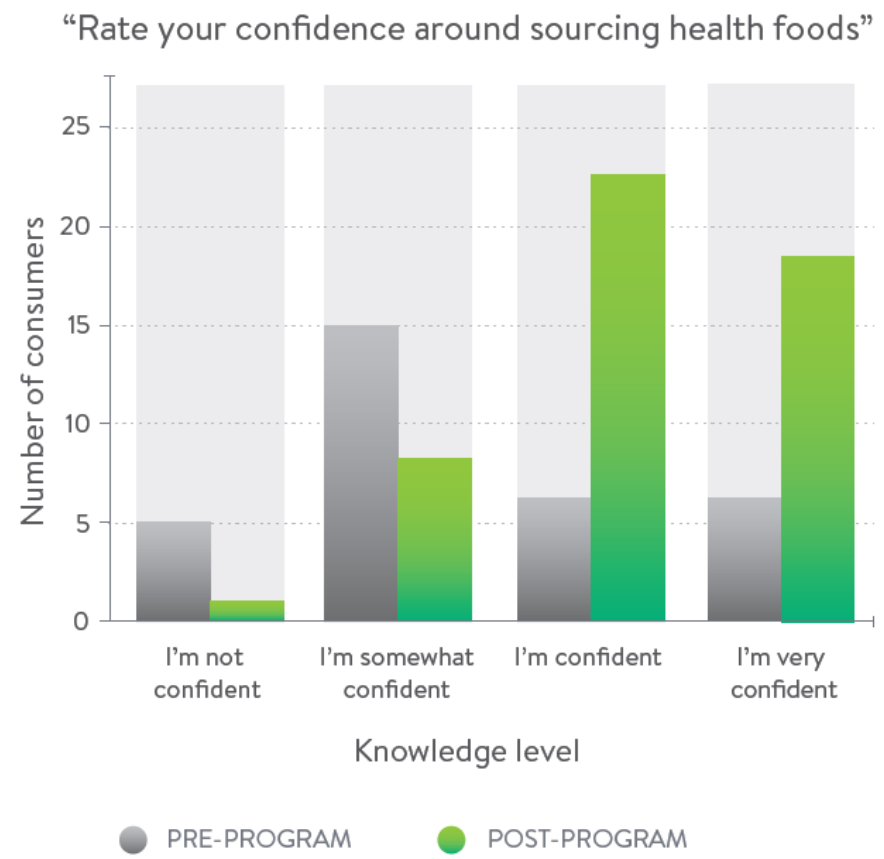
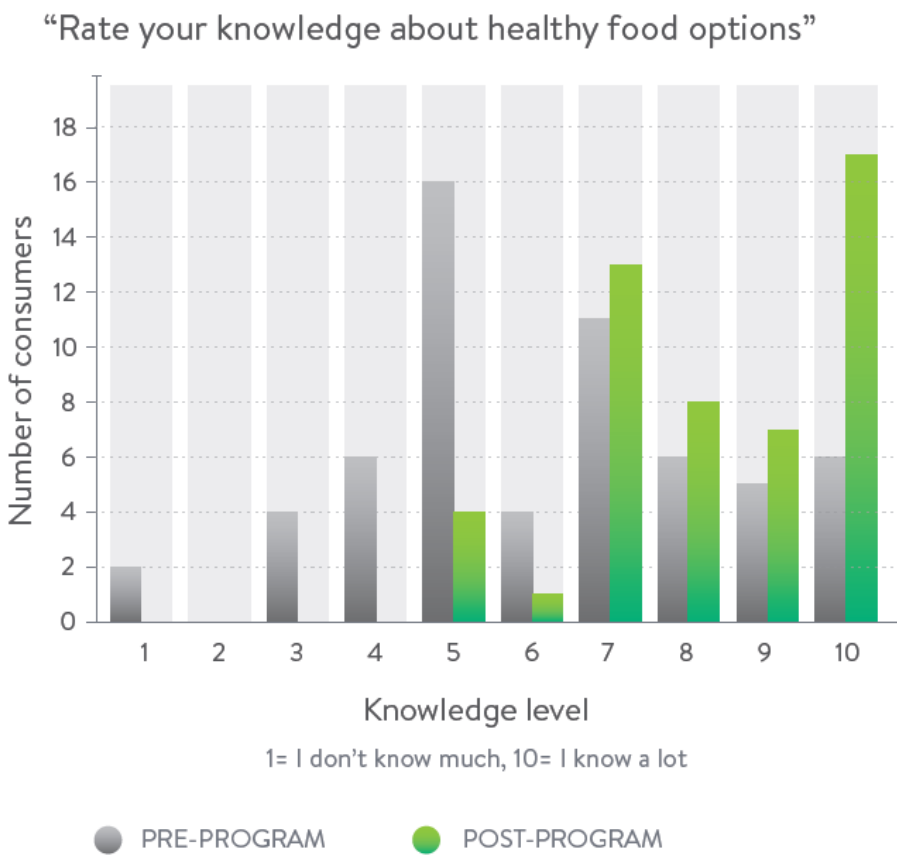
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Eat Plant Learn referrals



- PARTICIPATED IN 3 OR MORE GROUP SESSIONS
- DID NOT ENGAGE

Eat Plant Learn pre and post evaluations



Benefits and learnings from the Active8 Program



The most significant thing for me has been to take a look at my life and my healthy eating – to see that there have been some gaps and then finding ideas to actually change it for the better – simple things about my eating and smoking.



Now I don't run out of food. I was supported with connecting the community service, the Food Pantry. It was good to go into the food co-op. I knew it was there but haven't felt comfortable to enter the shop.



I learnt how to make date bliss balls and omelette. [Eat Plant Learn] inspired me to be more healthy eat more fruit and vegetables, and to do more cooking at home.



What's Recorded? Evaluation

Evaluation Domain	What is measured?
Referrals to Active8	<p>Number of referrals Date of referrals from July 2018.</p> <p>Health Coaching and / or Eat Plan Learn</p> <p>Source of referral by category and contact details</p> <p>Key sociodemographic information for comparison to other initiatives</p> <p>Health and mental health condition question using validated HLQ -4 domains</p>
Participation in programs	<p>Number and % total referrals who have completed CPH and EPL full program.</p> <p>Reported as simple flowchart Referrals>Participation>Completion</p>
Progress towards improving Physical Health and Wellbeing (Coaching for Physical Health)	<p>% of participants where Health Prompt is used</p> <p>% participants in Health Coaching where SMART health goal is recorded</p> <p>% participants with individualized health and wellbeing plans</p>
Progress towards improving Physical Health and Wellbeing (Eat, Plant, Learn)	<p>Self-reported food and cooking knowledge using relevant questions selected from validated CAFPAS</p> <p>Measured individual cooking practice</p> <p>Self-reported fruit and veg intake</p>
Customer Satisfaction	<p>% participants rating high (comparative) satisfaction on recognized measure.</p> <p>% participants rating low (comparative) satisfaction on recognized measure.</p>
Consumer engagement in community and health services	<p>Number and type of referrals to community and health services.</p> <p>% of consumers referred to GP services</p>
Sustainable skills to support Health and Wellbeing	<p>CareLink records skills gained and supported</p> <p>% consumers who complete Health Coaching and / or EPL and have a documented 'Activated' exit plan recorded on their file.</p>

2017/2018

Consumer not only reported achieving their Physical Health goal but reported positive experiences of working with a peer worker on their topic.

Increased knowledge and skills sourcing healthy food and preparation

Accessing and engaging in more community activities

Addressing social isolation.

What have we done differently moving forward.....

Changes our Evaluations to be more inclusive of project aim.

Extended sessions when required

Moved into new rural communities

Consumer input and participation more prominent





THANK YOU



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[HTTP://WWW.NEAMINAL.ORG.AU/ACTIVE8](http://www.neaminal.org.au/active8)