Responding to the Mental Health Needs of a Diverse Community

Presented by
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Overview of Presentation

• Our diverse community – what is different about working within the City of Yarra?

• Development and structure of MCH and Family Support Services.

• Model of Service delivery to address significant issues such as Mental Health Issues

• Case Examples
Mental Health Issues in Yarra

- Determinants identified
  - Homelessness
  - Unemployment
  - Social isolation
  - Displacement and trauma
### Significant Issues Identified

<table>
<thead>
<tr>
<th>Significant Issues Addressed</th>
<th>Family Support</th>
<th>Enhanced MCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social isolation</td>
<td>156</td>
<td>21</td>
</tr>
<tr>
<td>Diagnosed Mental Health Issue</td>
<td>24</td>
<td>21</td>
</tr>
<tr>
<td>Family Violence</td>
<td>50</td>
<td>5</td>
</tr>
<tr>
<td>Financial</td>
<td>87</td>
<td>6</td>
</tr>
<tr>
<td>Migrant Settlement</td>
<td>38</td>
<td>2</td>
</tr>
<tr>
<td>Child Protection Involvement</td>
<td>18</td>
<td>14</td>
</tr>
<tr>
<td>Teenage parent</td>
<td>NA</td>
<td>6</td>
</tr>
<tr>
<td>Substance Abuse</td>
<td>4</td>
<td>7</td>
</tr>
<tr>
<td><strong>Total Cases Reviewed</strong></td>
<td><strong>156</strong></td>
<td><strong>44</strong></td>
</tr>
</tbody>
</table>
New Initiatives to Address Significant Issues

- 3 month mothers health check.
- Increased outreach to vulnerable families
- Integration maternal and child health and family support services
- Development of a collaborative working relationships with other services
- Development of ‘The Belonging in Australia Project’
Integration of MCH and Family Support

- Program Leader MCH and Family Support Services
- Change of location for the enhanced MCH nurse
- Yarra Integrated Family service provided by Kildonan Family and Children Services and Yarra City Council
- Enhanced MCH nurse attends weekly intake meeting as well as group supervision with the Family Support Team
- Demonstrated by the following Three case studies
• Our young parents group facilitated by the Enhanced MCH nurse and one of the Family Support Staff.
Conclusion

- All situations are different – a one size fits all is not always the answer.
- What is important is
  - Flexibility
  - Working together
  - Sharing ideas
  - Hearing what the families want
Thankyou to the families that have allowed us to share and learn from their stories.