

Project Synergy (2017-20)

administered by InnoWell Pty Ltd

Activity Plan

Phase 1

(1 July 2017 – 30 June 2018)

28 July 2017

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Establish Brains Trust of Lived Experience

The Brains Trust of Lived Experience comprises:

- individuals with experience of mental health, suicidal ideation and/or attempt, and families or support people;
- individuals from across Australia and diverse communities; and
- individuals who are well connected with other groups of Lived Experience.

The Brains Trust includes 25 members plus the Chair and importantly includes sub-specialised groups (i.e. aged, youth, midlife, Veterans, Indigenous and culturally and linguistically diverse [CALD], disability). The Brains Trust meets to discuss their unique issues and provides advice, guidance and recommendations to Project Synergy, and InnoWell, from their Lived Experience perspective.

Purpose of Brains Trust

The Brains Trust has two components:

1. **Provide expert, balanced, timely advice** to Project Synergy and Innowell regarding issues affecting Australians in relation to their wellbeing, mental health, mental ill health and suicide prevention from a Lived Experience perspective.

This includes advice in terms of:

- participatory consultation and collaboration (co-creation/co-design);
- cultural sensitivity and experiential diversity;
- recognition of recovery-oriented and rights-based principles;
- a focus on outcomes and the needs of people with a Lived Experience of mental health issues, their families, friends and supporters; and,
- provide a forum for identifying current and emerging issues from the perspective of Lived Experience

2. To be the **'Core Design Group'** (Lived Experience) - work with others to inform the design, development and implementation of Project Synergy and Innowell Projects; working closely with the both the Technology and R&D Groups.

Conduct community consultation

“21st Century Mental Health Reform requires 21st Century Community Participation”

Project Synergy is committed to redefining how people with a Lived Experience are involved in the design of mental health research, products, services and interventions. To do this, we are committed to a comprehensive co-creation/co-design process that has the largest feasible involvement of people with a Lived Experience of mental health.

Our aim is to approach community engagement using a primarily digital strategy that is interwoven with national (and strategic) face-to-face consultation that allows us to optimise both reach and inclusion. We will engage a mix of online and offline methodologies to ensure we maximise community engagement and allow us to cross check results between methods.

We will also use a mix of communication and learning styles that meet the needs within the community we are engaging.

When we engage people and communities we understand that we are asking them to make a commitment to us; to give their valuable time, energy and resources. Our strategy is to keep everyone in the loop about the outcomes of their participation and how they can continue engagement throughout the life of Project Synergy.

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