

## north richmond community health

Wulempuri - Kertheba

## **Annual Integrated Health Promotion Action Plan (2018-2019)**



## North Richmond Community Health (NRCH) - Annual Integrated Health Promotion Action Plan (2018-2019)

## Specific priorities

The two priority areas for the NRCH IHP Plan (2017-2021) are improving mental health and wellbeing and improving reproductive and sexual health.

In the priority area of improving mental health and wellbeing, the three program goals are:

- 1. To create and support gender equity and equality for the NRCH workplace and community
- 2. To increase opportunities for freedom from discrimination and violence for clients at risk or experiencing gender-based violence.
- 3. To increase social inclusion for the NRCH community

In the priority area of improving reproductive and sexual health, the program goal is to reduce harms associated with injecting drug use at NRCH.

Priority Area	Mental Health and Wellbeing	lental Health and Wellbeing						
Goal	To improve gender equity and eq	o improve gender equity and equality by building capacity of NRCH staff/volunteers to respond to the needs of the community.						
Objective 1	Create supportive environments	eate supportive environments that foster increased knowledge, skills and confidence of NRCH staff/volunteers to respond to the gender equity and equality needs of the community.						
Strategy	Actions	Lead and Partners	Timeline	Outputs	Outcomes	Progress		
Develop new and maintain existing partnerships that promote gender equity and equality.	Attend INWPCP INCEPT meetings Attend Northern Metropolitan Region (NMR) Preventing Violence against Women (PVAW) Committee meetings Attend Yarra Family Violence Network meetings Attend City of Yarra Health and Wellbeing Committee meetings	<ul> <li>NRCH staff: Health Promotion team</li> <li>Partners: <ul> <li>Inner North West Primary Care Partnership (INWPCP)</li> <li>Women's Health in the North (WHIN)</li> <li>Neighbourhood Justice Centre (NJC)</li> <li>Victoria Police</li> </ul> </li> </ul>	June 2019	Attend quarterly INWPCP INCEPT meetingsAttend 4 NMR PVAW Committee meetingsAttend 4 Yarra Family Violence Network meetingsAttend quarterly City of Yarra, Health and Wellbeing Committee meetingsMaintain current evidence base for NRCH policy, procedures, staff training and community campaignsIncorporate Building a Respectful Community (BRC) Action Plan into NRCH policy, procedures, staff/volunteer training, and community action campaigns. These actions include undertaking a gender equity and diversity audit of human resources policies and	Develop meaningful partnerships that provide consistent messaging in line with national frameworks. Develop shared priorities with INWPCP and BRC including shared data collation and shared definitions. Implement gender equity and equality training for 20 staff/volunteers through NRCHs online training portal. Plan and implement community action campaigns including <i>Week Without Violence</i> and 16 <i>Days of Activism Against</i> <i>Gender-Based Violence</i> and attend the community pop up event with Yarra Family Violence Network.			



				procedures; implementing internal communication strategies that begin conversations about everyday sexism and challenge gender		
Embed NRCH policies that relate to gender equity and equality into the workplace.	Plan information package for distribution to each NRCH team with Integrated Health Promotion (IHP) Working Group, Human Resources, NRCH executives and Board.	<b>NRCH staff:</b> Health Promotion team, Human Resources (HR), IHP Working Group	June 2019	stereotypes; and implementing workplace training such as bystander training and gender equity/analysis training. Planned and implemented information distribution through meeting with each team and uploading on intranet. Survey 20 staff/volunteers after receiving information on gender equity and equality in the workplace	Create an organisational culture that supports workplace gender equity and equality and reflects national policies and frameworks. Staff and volunteers incorporate the principles of gender equity and equality into professional	
Consult with key stakeholders through scoping exercises, needs analysis etc. to plan, develop and implement gender equity and equality training for NRCH staff/volunteers.	Liaise with HR Adapt Vichealth's training resources to develop online training module for NRCH staff/volunteers Trial training module with NRCH staff/volunteers	NRCH staff: Health Promotion team, HR	June 2019	Develop and implement gender equity and equality training with HR for 20 staff/volunteers. Administer pre and post questionnaire to 20 staff/volunteers, collate and analyse results.	practice. Improved knowledge and understanding among staff/volunteers of gender equity and equality, its impact on health and the prevention of violence against women. Review training and present to NRCH executive for endorsement for mandatory for all staff.	
Objective 2	Create supportive environments	in the community that promote gre	ater understanding of gender	equity and equality.		
Strategy	Actions	Lead and Partners	Timeline	Outputs	Outcomes	Progress
Develop new and maintain existing partnerships that promote gender equity and equality.	Attend Yarra Family Violence Network meetings. Attend relevant sector meetings including BRC annual planning sessions.	NRCH staff: Health Promotion team, Counselling and Casework Partners: • INWPCP • WHIN • NJC	June 2019	Attend key meetings and save minutes on NRCHs shared drive.	Develop meaningful partnerships that provide consistent messaging in line with national frameworks.	
Collaborate with key stakeholders to plan, develop and implement effective awareness raising campaigns	Plan and implement awareness raising campaigns (including 16 Days of Activism Against Gender-Based Violence).	NRCH staff: Health Promotion team, Counselling and Casework Partners:	November 2018	Implement campaigns to raise awareness and promote action on gender equity and equality	2 campaigns implemented and evaluated with key stakeholders and the community, e.g. Week without Violence	

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unteers incorporate s of gender equity into professional	
owledge and ng among eers of gender quality, its impact d the prevention of inst women.	
ing and present to tive for t for mandatory for	



on gender equity and equality	INWPCP	16 days of Activism
for the community (including	• WHIN	
programs and services for	• NJC	
LGBTIQ clients).	Belgium Avenue	

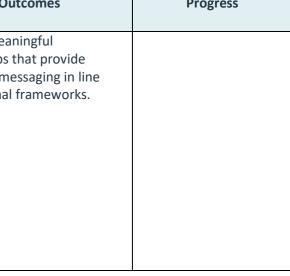
Priority Area	Mental Health and Wellbeing	Mental Health and Wellbeing						
Goal	To increase opportunities of free	dom from discrimination and violen	ce for clients at risk or experi	encing gender-based violence.				
Objective 1	To review and develop a PVAW Framework at NRCH.							
Strategy	Actions	Lead and Partners	Timeline	Outputs	Outcomes	Progress		
Develop new and maintain existing partnerships by attending relevant meetings including forums and committees	Attend INWPCP Prevention Alliance meetings Attend Yarra Health and Wellbeing Advisory Committee meeting. Strengthen partnerships with relevant stakeholders. Develop shared priorities and data collection methods with INWPCP Prevention Alliance.	<ul> <li>NRCH staff: Health Promotion team</li> <li>Partners: <ul> <li>Office of Housing</li> <li>City of Yarra</li> <li>INWPCP</li> <li>WHIN</li> <li>Drummond St and Fitzroy Legal Service</li> <li>Belgium Neighbourhood House</li> <li>Brotherhood of St Laurence</li> <li>Vietnamese Women's Association</li> <li>Bridge Church</li> </ul> </li> </ul>	June 2019	Attend key meetings and save minutes on NRCHs shared drive. Development of shared priorities with INWPCP and BRC including shared data collation and shared definitions.	Develop meaningful partnerships that provide consistent messaging in line with national frameworks. Participation in working group to develop shared data platform. Provide data for shared data collation for the INWPCP			
Embed the NRCH policies and frameworks that relate to the Prevention of Violence against Women (including Equal Employment Opportunity and Family Violence policies) into the organisation.	Key health promotion staff attend WHIN training on Creating Gender Equitable workplaces, undertaking gender equitable organisational work. Review current PVAW policies and frameworks utilising key learnings from WHIN training and staff feedback.	NRCH staff: Health Promotion team, HR	March/April 2019	Policies reviewed utilising current WHIN principles, ratified and distributed to NRCH staff/volunteers. Attend all NRCH team meetings to provide information about relevant policies and frameworks that relate to the Prevention of Violence Against Women	Create an organisational culture that supports the Prevention of Violence Against Women and reflects national policies and frameworks.			





	Ratify and distribute Workplace Gender Equity Policy to all staff and volunteers Develop and implement a				
	communication strategy for creating a gender equitable organisation				
Provide staff training in 'identifying family violence; responding to women' (WHIN training program and internal program).	Provide online training access to all staff/volunteers	<b>NRCH staff:</b> Health Promotion team, Counselling and Casework	March 2019	Provide training to new and existing staff/volunteers	Develop and ir training for 20
Review NRCH policies and develop frameworks for Elder Abuse	Review current policies, Local, State and National Develop information for NRCH staff to distribute at team meetings Scoping and Planning of staff training	NRCH Staff: Health Promotion team, HR Partners: • City of Yarra	June 2019	Policies reviewed, ratified and distributed to NRCH staff/volunteers. Attend NRCH team meetings and upload policies and frameworks to intranet Provide survey to all staff attending team meetings Plan, develop and implement online training to 15 staff and volunteers	Create an orga that supports Elder Abuse an national polici frameworks.
Objective 2	Undertake one community action	n campaign that engages and inform	ns clients about NRCH's PVAW	services per year.	1
Strategy	Actions	Lead and Partners	Timeline	Outputs	Out
Develop new and maintain existing partnerships by	Attend Yarra Family Violence Network, NMRPVAW	<b>NRCH staff:</b> Health Promotion team, Counselling and Casework	June 2019	Attend key meetings and save minutes on NRCHs shared drive.	Develop mean partnerships t consistent me

implement PVAW 0 staff/volunteers.	
ganisational culture s the Prevention of and reflects cies and	
utcomes	Progress
aningful that provide	





Collaborate with key	Plan and implement awareness	NRCH staff: Health Promotion	November 2018	Implement campaigns to raise	2 campaigns implemented and	
stakeholders to implement	raising campaigns (including	team, Counselling and Casework.		awareness and promote action	evaluated with key	
effective awareness raising	Week without Violence and 16			on gender equity and equality	stakeholders and the	
campaigns, including Week	days of Activism Against	Partners:			community.	
without Violence and 16 Days	Gender-Based Violence).	WHIN				
of Activism Against Gender-						
Based Violence campaigns.						

Priority Area	Mental Health and Wellbeing	Mental Health and Wellbeing						
Goal	To increase opportunities for soc	o increase opportunities for social inclusion for the NRCH community.						
Objective 1	Create supportive environments that promote social inclusion by implementing place-based initiatives in collaboration with key stakeholders.							
Strategy	Actions	Lead and Partners	Timeline	Outputs	Outcomes	Progress		
Develop new and maintain existing partnerships by attending relevant meetings and forums	Attend INWPCP training and forums with key stakeholders	NRCH staff: Health Promotion team         Partners:         INWPCP         City of Yarra         Office of Housing         Belgium Avenue Neighbourhood House         Brotherhood of St Laurence         Vietnamese Women's Association         Bridge Church         NJC	June 2019	Develop shared definitions and indicators for social inclusion in the Inner North West Region. Develop shared priorities for social inclusion programs	Develop meaningful partnerships that support the development and implementation of placed- based initiatives for social inclusion.			
Conduct consumer experience surveys and identify community leaders to inform the development of social inclusion programs.	Consumer survey, developed and distributed	<ul> <li>NRCH staff: Strategic development team, Health</li> <li>Promotion team, Dental and Oral</li> <li>Health team, Board of</li> <li>Management</li> <li>Partners: <ul> <li>Health Issues Centre</li> <li>CEH</li> </ul> </li> </ul>	December 2018	80 consumers and staff surveyed Survey findings: The findings and recommendations of the 2017/2018 Consumer Experience Survey include community concerns regarding safety. Development of NRCH consumer and staff/volunteer survey to further inform the 2017/2018 Consumer	Responses of consumers, staff and volunteers collated, interpreted and recommendations developed and adopted by management Action Plan developed and implemented for social inclusion programs			



				Experience Survey and social inclusion programs.	
				80 consumers, staff and volunteers surveyed.	
				Report distributed including key findings and recommendations to Management including board of management, staff and volunteers and consumers.	
				Development of an action plan	
Identify community safety issues and their impact on health.	Attend meetings with key stakeholders and community	NRCH staff: Health Promotion team, AOD team, NRCH management, communication and marketing specialist	June 2019	Attend key meetings and save minutes on NRCHs shared drive. Develop resources with key stakeholders to support	Improvement in safety through information.
		<ul> <li>Partners:</li> <li>City of Yarra</li> <li>Office of Housing</li> <li>Belgium Avenue Neighbourhood House</li> <li>Vietnamese Women's Association</li> <li>NJC</li> </ul>		community safety	
Scoping and developing relationship with key stakeholders to conduct the	Identify and engage with potential partners	NRCH Staff: Health Promotion team, Allied Health Paediatric team	April 2019	Key staff attend Achievement Program Training	Key partnership plan the impler Achievement P
Achievement Program in an Early Years setting	Achievement training completed for NRCH health promotion team Attend Local Area Partnership	<ul> <li>Partners:</li> <li>West Richmond Primary School</li> <li>Cooke Court Childcare</li> </ul>		Liaise with relevant stakeholder's and potential partners to discuss implementation of Achievement Program	Plan developed years' partners
	for Early Years in City of Yarra	<ul> <li>centre</li> <li>Boroondara Preschool and childcare centre</li> <li>Acacia Childcare centre</li> <li>City of Yarra</li> <li>Maternal and Child Health Nurses</li> </ul>		Develop plan to implement Achievement Programs in early years settings	
Developing and strengthening	Identify and meet with partners	NRCH Staff: Health Promotion	June 2019	Developing and strengthening	Implement pro
partnerships to provide healthy aging within the	Investigating current programs	team		partnerships	support healthy
community	for healthy aging within the	<ul><li>Partners:</li><li>City of Yarra</li></ul>		Scoping of current programs	

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erships developed to nplementation of the ent Program oped with key early tners by April 2019	
t programs that ealthy aging	



	community including healthy eating program	<ul> <li>Lendlease</li> <li>Belgium Avenue</li> <li>Richmond Leisure Centre</li> </ul>			
Objective 2	Develop, implement and coordin	nate social inclusion programs in co	llaboration with key st	akeholders.	
Develop new and maintain existing partnerships by attending relevant meetings	Attend INWPCP training and forums with key stakeholders	NRCH staff: Health Promotion team Partners: INWPCP City of Yarra Office of Housing Belgium Avenue Neighbourhood House Brotherhood of St Laurence Vietnamese Women's Association Bridge Church NJC	June 2019	Attend key meetings and save minutes on NRCH shared drive. Key staff attend training and distribute information.	Develop meani partnerships th development a implementation based initiative inclusion in the
Collaborate with key stakeholders to plan, develop and implement socially inclusive programs (including programs and services for LGBTIQ clients).	Attend key meetings for social inclusion Develop shared plan with INWPCP Prevention Alliance	NRCH staff: Health Promotion team Partners: INWPCP City of Yarra Office of Housing Belgium Avenue Neighbourhood House Brotherhood of St Laurence Vietnamese Women's Association Bridge Church NJC	May 2019	Development of shared priorities with INWPCP Prevention Alliance Training attended by health promotion staff Shared definitions developed for data collection and shared priority planning	Plan, develop a socially inclusiv consultation wi Prevention Allia

	Priority Area	Promoting Reproductive and Sexual Health					
	Goal     To reduce harms associated with injecting drug use at NRCH.						
	Objective 1	Reduce risk taking behaviours in people who inject drugs within the Needle and Syringe Program (NSP) at NRCH.					
Strategy		Actions	Lead and Partners	Timeline	Outputs	Outo	

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Develop community safety and mental health campaigns that cover the following (using a health literacy lens and more pictures): • Promote themed weeks	Community Development Workers develop and implement community safety and mental health campaigns Allocate resources (including campaign materials)	NRCH staff: Health Promotion team, AOD team, Medically Supervised Injecting Room (MSIR), NRCH management Partners:	Monthly health education campaigns	Clients provide feedback on program Survey developed, implemented and results analysed Number of campaigns	Change in attitu behaviours of p inject drugs (PW regards to harm and safer injecti
<ul> <li>Hepatitis B week</li> <li>Hepatitis C week</li> <li>Overdose Awareness Day</li> <li>World AIDS Day</li> <li>Drink more water</li> <li>Wash your hands</li> <li>Promote harm minimisation messages including safer injecting practices.</li> </ul>	AOD team liaise with NRCH staff to guide and conduct campaigns Review and develop surveys	<ul> <li>Harm Reduction Victoria</li> <li>St Vincent's Hospital</li> <li>CEH</li> <li>City of Yarra</li> <li>Victoria Police</li> <li>Metropolitan Fire Brigade (MFB)</li> </ul>		conducted Number of partners engaged Number of community members that attend campaigns	
Participate in the Eliminate Hep C Project.	Review current program, implement changes and evaluate program Promote treatment options for Hepatitis C Monitor Hep C treatment uptake rates Training in Hepatitis C treatment provided to all AOD program staff and Medical and Nursing staff. Education resources developed and distributed to key stakeholders including posters on safer injecting practices.	<ul> <li>NRCH staff: Health Promotion team, AOD team</li> <li>Partners: <ul> <li>St Vincent's HARP program</li> <li>Burnet Institute</li> </ul> </li> </ul>	June 2019	Provide weekly Hep C clinic for the community Partnership with Burnet Institute strengthened to conduct Hepatitis C testing and referrals to treatment.	Increase in num accessing Hepat treatment throu partnership with Hospital.
Implement a Blood Borne Virus (BBV) campaign in partnership with key stakeholders.	Develop partnerships Develop and distribute campaign materials Implement and evaluate campaign	<ul> <li>NRCH staff: Health Promotion team, AOD team, Nursing and Medical staff</li> <li>Partners: <ul> <li>Harm Reduction Victoria</li> <li>Burnet Institute</li> <li>St Vincent's Hospital</li> <li>Primary Health Network (PHN)</li> </ul> </li> </ul>	June 2019	Develop resources for awareness raising campaign, information kit including a comic to be planned and developed by harm minimisation committee and focus group of peers.	Increased know treatment optic people accessin Health check fra reviewed and in

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Review and implement food distribution program	Implement and evaluate program Strengthen partnership with food distribution organisations Provide regular food distribution to clients of the NSP Provide food safety training for staff/volunteers	<ul> <li>Harm Reduction Victoria</li> <li>Burnett Institute</li> <li>St Vincent's Hospital</li> </ul> NRCH staff: Health Promotion team, AOD staff, Health promotion staff, volunteer coordinator volunteers Partners: <ul> <li>Oz Harvest</li> </ul>	June 2019	Number of people accessing treatment as a result of the health screenEngage with 2 food distribution programs/food rescue charitiesSurvey clients receiving meals Survey staff/volunteers providing foodNumber of people receiving mealsProvide meals/food distribution weekly	people accessing treatment as a result of the health screen Increase in number of people receiving meals by 10% 4 AOD staff/volunteers complete food safety training Responses of clients and staff reported Recommendations developed	
Objective 2	Maintain and review 24 hour acc	ess to sterile injecting equipment to	o people who inject drugs w	vithin the NSP at NRCH.		
Strategy	Actions	Lead and Partners	Timeline	Outputs	Outcomes	Progress
Review and modify Secure Dispensing Unit.	Review of SDU and implement recommendations	NRCH staff: Health Promotion team, AOD team and Manager, Health Promotion team Partners: City of Yarra	June 2019	Evaluation conducted with clients and staff/volunteers Feedback from stakeholders including the Yarra Drug Health Forum, Victoria Street Local Working Group and City of Yarra	Changes to SDU packs including new BND and yellow containers removed	
Implement and evaluate peer	Engage Community	NRCH staff: Health Promotion	June 2019	Program implemented and	Number of Community	

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e in number of ssing treatment as he health screen	
umber of people als by 10%	
volunteers od safety training	
f clients and staff	
ations developed	



Recruit and support volunteers to assist with packing SDU's.	Recruit and support volunteers Training of volunteers	NRCH staff: Health Promotion team, AOD team and manager, Volunteers Coordinator	June 2019	Volunteer program reviewed Volunteers recruited and trained	Number of volunteers recruited Review and development of recommendations	
Objective 3	100% of people that participated	l in the health screening program th	at want to have been referred	to treatment.		
Strategy	Actions	Lead and Partners	Timeline	Outputs	Outcomes	Progress
Develop and review partnerships with treating organisations (Alfred Health, Hep C Clinic, Liver Clinic, Victoria AIDS Council, VACCHO, Harm Reduction Victoria).	Strengthen partnerships with agencies Train staff to conduct health checks (including HIV rapid testing) Recruit participants 30 people participate in the	<ul> <li>NRCH Staff: Health Promotion team, AOD team and manager, nursing and medical team, MSIR</li> <li>Partners: <ul> <li>Alfred Hospital infectious diseases unit</li> <li>Thorne Harbour Health,</li> <li>Pronto sexual health clinic</li> <li>VACCHO</li> <li>Hepatitis Victoria</li> <li>Harm Reduction Victoria</li> </ul> </li> <li>NRCH Staff: Health Promotion team, AOD team, Nursing and Medical Team, Medical Practice Manager</li> <li>Partners: St Vincent's</li> </ul>	June 2019 Provided as part of regular service, weekly	New partnerships developed and existing partnerships maintained. Health checks are conducted including rapid HIV tests.	Partnerships have been developed and maintained with a range of organisations Referrals provided to clients for treatment options.	
Objective 4	program Raise awareness of staff and clie	nts of advocacy role in reducing har	ms associated with injecting dr	ug use.		
Strategy	Actions	Lead and Partners	Timeline	Outputs	Outcomes	Progress
Provide advocacy and support for services reducing harms associated with injecting drug use in the community	Collaborative action and information developed for staff and community Information distributed through communication strategy Engaging with community groups and leaders	<ul> <li>NRCH staff: Health Promotion team, AOD Manager, NRCH Advisory Committee</li> <li>Partners: <ul> <li>Harm Reduction Victoria</li> <li>Yarra Drug Forum</li> <li>Yarra Safety Forum</li> </ul> </li> </ul>	June 2019	Information developed through consultation with key partners and the community Communication strategy developed and implemented: Rollout of information at team meetings, standing agenda item, uploaded onto intranet, development and distribution of information to the community information.	<ul> <li>80% of staff receive</li> <li>information on reducing</li> <li>harms associated with</li> <li>injecting drug use in the</li> <li>community.</li> <li>80% of staff increase</li> <li>knowledge on reducing harms</li> <li>association with injecting drug</li> <li>use in the community</li> </ul>	



				Key topics for communication strategy include: Stigma and Discrimination; Harm minimisation strategies Safety Community to be engaged through community forums and monthly education campaign	Number of community members receiving information on minimising harms associated with injecting drug use.	
Scoping of training program to raise awareness with staff and volunteers of stigma and discrimination associated with injecting drug use.	Review stigma and discrimination training resources Plan and Develop online training module with Human Resources team	<ul> <li>NRCH staff: Health Promotion team, AOD Manager, HR, Health Promotion team</li> <li>Partners:         <ul> <li>Harm Reduction Victoria</li> </ul> </li> </ul>	June 2019	Development of stigma and Discrimination training for staff Trial the stigma and discrimination training with 10 staff Survey staff	Increased knowledge and awareness of 10 staff Online training is offered for all staff	
Develop new and existing internal and external relationships with key stakeholders.	Identify key stakeholders Develop relationships with key stakeholders	<ul> <li>NRCH staff: Health Promotion team, AOD team and Manager, CEO</li> <li>Partners: <ul> <li>Harm Reduction Victoria</li> </ul> </li> </ul>	June 2019	Meetings attended with HR, Management and Executive, CEO Develop new and maintain existing partnerships	Develop meaningful partnerships	

