

Title: A community approach to supporting young people in regional areas through an early intervention framework

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Children, young people, and their families in regional areas are at higher risk of developing long-term mental health concerns and experiencing family breakdown and social disengagement. Many factors contribute to this including reduced access to services due to geographical isolation, poor determinants of health, intergenerational trauma, mental health stigma and high prevalence of AOD use.

Mind's Always in Mind program provides outreach early intervention and prevention services to children and families at risk of or experiencing mental health challenges living in rural South Australia

Mind utilises targeted therapeutic interventions to meet the individual challenges of the children and young people. This includes mindfulness-based CBT, Narrative Therapy and Play Therapy. This is underpinned by a biopsychosocial model to holistically support clients address concerns regarding determinants of health.

Mind takes a whole of community approach to build capacity and reduce stigma of mental ill health. Mind has effective and innovative ways of establishing key linkages with services that interconnect with children and their families which fosters collaboration and service integration. Through proactive information sharing, Mind is able to identify needs and implement tailored early intervention responses at an individual and community level.

Mind has effectively developed dynamic, place-based group programs utilising co-design principles that are co-facilitated by school staff. This methodology has been successful in embedding sustainable learning and developing the skills of staff in existing support systems. This increases their capacity to manage current and emerging mental health and emotional needs of children and young people.

The outcomes will be demonstrated through qualitative and quantitative data.