

# **Fostering Cross-Sector Networks & Collaboration**

Presenters

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**Yarra Mental Health Alliance**

# Overview

- YMHA - Who we are, people we work with
- Alliance aims, principles and objectives
- Collaboration and relationships
- Times of change – what has been lost
- What the YMHA provides
- Outcomes for service providers
- Outcomes for Consumers
- Conclusion

# Who we are

## Yarra Mental Health Alliance

- Inter-sector network of services in Yarra Council – Melbourne
- Alliance History
- Monthly meetings
- Members

# Who we work with

## Yarra Mental Health Alliance

- Consumer profile and needs
- Respecting intersectionality and diversity

# Yarra Mental Health Alliance

- Aims
- Principles
- Objectives



# Collaboration and Relationships

- Trust and reflection
- Advocacy
- Knowledge
- Themes – Bigger picture



# What has happened to networks?

- Changes in mental health sector impacts on
  - professional links and relationships
  - collective knowledge
  - peer support
  - value for collaboration
  - value for capacity building
  - siloing of services - loss of big picture

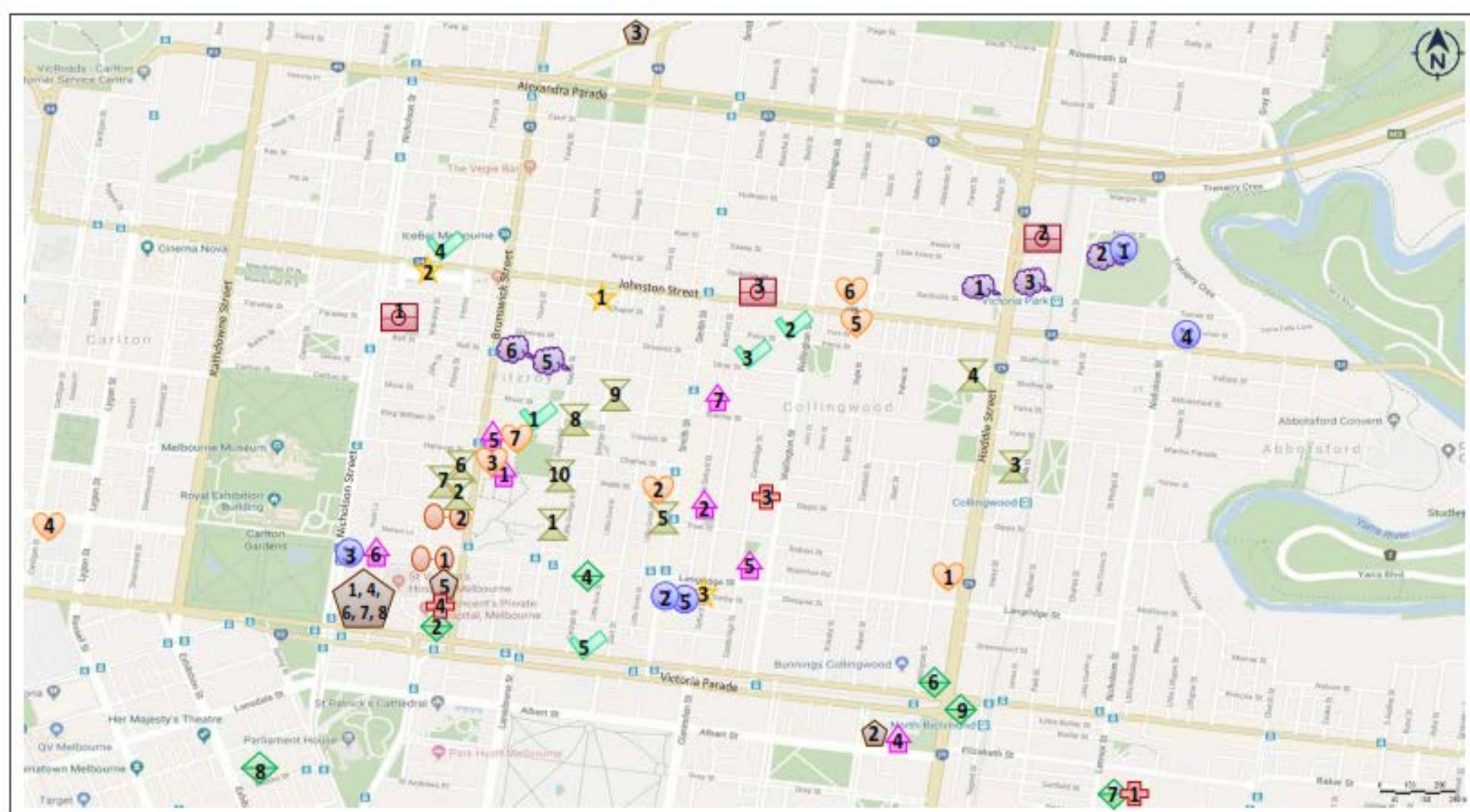
# What we're doing

- Monthly meetings
- Forums
- Mental Health Week Events
- Service Map
- Walking Tours
- Professional Development
- Network Website – case studies









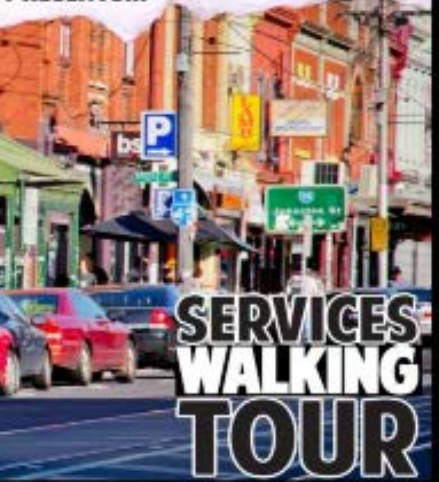
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| <p><b>Aged Care Services</b></p> <ol style="list-style-type: none"> <li>1. Salvation Army Community Aged Care Program.</li> <li>2. Summer House Aged Care.</li> </ol> <p><b>Mental Health Services</b></p> <ol style="list-style-type: none"> <li>1. Co Health.</li> <li>2. Mind, Abbotsford.</li> <li>3. Neami, Abbotsford.</li> <li>4. North Fitzroy PAMC****</li> <li>5. Outdoors Inc.</li> <li>6. Australian Childhood Trauma Group.</li> <li>7. Mind - Finty ****</li> <li>8. Mind - Sandridge ****</li> </ol> | <p><b>Drugs, Alcohol &amp; Gambling Services</b></p> <ol style="list-style-type: none"> <li>1. Direct-Line. ****</li> <li>2. Innerspace</li> <li>3. Odyssey House****</li> <li>4. Quin House.</li> <li>5. Turning Point ****</li> <li>6. VAADA.</li> <li>7. Safe Injecting Room.</li> <li>8. Melbourne Counselling Service</li> <li>9. ACSD.</li> <li>10. St Vincent's Psychiatry &amp; Addiction</li> <li>1. St Vincent's Hospital.</li> </ol> | <p><b>Health Services</b></p> <ol style="list-style-type: none"> <li>1. North Richmond Community Health.</li> <li>2. Inner North West Primary Care Partnership****</li> <li>3. Clarendon Clinic.</li> <li>4. Footbridge Community Care Unit (CCU)</li> <li>5. Psychiatric triage.</li> <li>6. DePaul House.</li> <li>7. Department of Addiction Medicine.</li> <li>8. Victorian Dual Disability Service.</li> <li>9. Nexus.</li> <li>10. Multicultural Centre for Women's Health.</li> <li>11. Sister Francesca Healy Cottage.</li> <li>12. Disability Sport &amp; Recreation.</li> <li>13. Job Co.</li> <li>14. Children &amp; Young People with Disability Australia.</li> <li>15. Office of Housing.</li> <li>16. Launch Housing.</li> <li>17. The Abbeyfield Society****</li> <li>18. Doorways.</li> <li>19. Union.</li> </ol> | <p><b>Youth Services</b></p> <ol style="list-style-type: none"> <li>1. Headspace.</li> <li>2. Connections. (Juxit Social Services).</li> <li>3. YSAS - Fitzroy Residential Program.</li> <li>4. YSAS - Abbotsford Day Program.</li> <li>5. Artful Dodgers Studio.</li> <li>6. Equinox Gender Diverse Health Centre.</li> <li>7. The Homelessness Advocacy Service.</li> <li>8. The Way Community.</li> <li>9. Minus 18.</li> <li>10. Queenspace.</li> <li>11. City of Yarra Council.</li> <li>12. Collingwood Neighbourhood House.</li> <li>13. DHHS.</li> <li>14. St Mary's House of Welcome.</li> <li>15. Ecumenical Migration Centre.</li> <li>16. Fitzroy Learning Network.</li> <li>17. St Marks Community Centre.</li> </ol> | <p><b>Aboriginal Services</b></p> <ol style="list-style-type: none"> <li>1. Victorian Aboriginal Health Services Co-Op (VAHS).</li> <li>2. Djirra.</li> <li>3. Victoria Aboriginal Community Controlled Health Organization (VACCCHO).</li> <li>4. Fitzroy Legal Service.</li> <li>5. Neighborhood Justice Centre.</li> <li>6. Refugee and Immigration Legal Centre.</li> <li>7. Tenants Union of Victoria.</li> <li>8. Victims of Crime, Youth Services.</li> <li>9. Family Services</li> <li>10. Anglicare Victoria</li> <li>11. Early Learning Association Australia.</li> <li>12. Connie Benn Centre.</li> <li>13. Domestic Violence Resource Centres.</li> <li>14. Good Shepherd.</li> <li>15. Kildonan Urgent Care.</li> <li>16. Project Respect.</li> </ol> |
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\*\*\*\* Service located outside perimeter of map provide

Current as of September 2018



# YARRA MENTAL HEALTH ALLIANCE PRESENTS...



## 00 Aged Care Services

1. **Salvation Army's Community Aged Care Program.** Home Care Packages for aged people with complex care needs **9417 5077**. 72 Gertrude St, Fitzroy. [www.salvationarmy.org.au](http://www.salvationarmy.org.au)
2. **Summer House Aged Care.** Brotherhood of St Laurence aged care. **1300 147 147**. 128 Fitzroy St, Fitzroy. [www.summerhouse.org.au](http://www.summerhouse.org.au)

## Mental Health Services

1. **Co Health.** (Previously North Yarra Community Health Service). Mental Health Service & Community Health Centre. 305 Hoddle St, Collingwood. **9411 4333** & 75 Brunswick St, Fitzroy. **9448 3331**. [www.cohealth.org.au](http://www.cohealth.org.au) [NDIS OPTIONS]
2. **Mind, Abbotsford Centre for Wellbeing.** Support & services around information, support, counselling & skill development. **1300 286 463**. 18 Lisle St, Abbotsford. [www.mindabtsford.org.au](http://www.mindabtsford.org.au) [NDIS OPTIONS]
3. **Neami, Abbotsford.** Community mental health service providing community outreach support & group programs. **8679 9140**. Lvl 2, 260 Hoddle St, Abbotsford. [www.neamiabtsford.org.au](http://www.neamiabtsford.org.au) [NDIS OPTIONS]
4. **North Fitzroy PARC\*\*\*\*** Short term residential support for people experiencing a mental illness. **9481 3800**. 638 Nicholson Street, North Fitzroy. [www.nfparc.org.au](http://www.nfparc.org.au)
5. **Outdoors Inc.** Rehabilitation and outdoor recreation programs. **9417 2111**. 231 Napier St, Fitzroy. [www.outdoorsinc.org.au](http://www.outdoorsinc.org.au) [NDIS OPTIONS]
6. **Australian Childhood Trauma Group.** Childhood trauma & attachment support services. **9413 8006**. 3 St David Street, Fitzroy. [www.austtraumagroup.org.au](http://www.austtraumagroup.org.au)
7. **Mind Australia - Fitzroy\*\*\*\***. Long-term supported accommodation. **1300 286 463**, Hodgkinson St, Clifton Hill. [www.mindaust.org.au](http://www.mindaust.org.au)
8. **Mind Australia - Sandridge\*\*\*\*** Supported independent living for people impacted by mental ill-health. **1300 286 463**. Heidelberg Road, Clifton Hill. [www.mindaust.org.au](http://www.mindaust.org.au) [NDIS ONLY]

## Drugs, Alcohol & Gambling Services

1. **Direct-Line.** Alcohol and drug counselling and referral telephone line. **1800 888 236**. 110 Church St, Richmond. [www.directline.org.au](http://www.directline.org.au)
2. **Innerspace Drug Safety Services.** Health & counselling service for people who previously or currently inject drugs. Needle & Sy-

- ringe Program. **9468 2800**. 4 Johnston St, Collingwood. [www.innerspace.org.au](http://www.innerspace.org.au)
3. **Odyssey House\*\*\*\*** Drug and alcohol treatment and support. **9420 7610**. 800 Bridge Road, Richmond. [www.odyssey.org.au](http://www.odyssey.org.au)
  4. **Quin House.** Residential service supporting men with substance abuse issues. **9419 4874**. 40 George St, Fitzroy. [www.quinhouse.org.au](http://www.quinhouse.org.au)
  5. **Turning Point Drug and Alcohol Services\*\*\*\***. Specialist clinic. Assessment, counselling & withdrawal services. **9413 8413**. 110 Church St, Richmond. [www.turningpoint.org.au](http://www.turningpoint.org.au)
  6. **Victorian Alcohol and Drug Association (VAADA).** Community AOD harm reduction organization. **9412 3000**. 211 Victoria Parade, Collingwood. [www.vaada.org.au](http://www.vaada.org.au)
  7. **Medically Supervised Safe Injecting Room.** Safe space to inject drugs with social services support. **9418 0800**. North Richmond Community Health, 23 Lennox St, Richmond. [www.nrc.org.au](http://www.nrc.org.au)
  8. **Melbourne Counselling Service.** Counselling for people having difficulty with gambling. Long-term & cost free. **9553 3250**. Lvl 2 69 Burke Street Melbourne, 3000. [www.melbournecounselling.org.au](http://www.melbournecounselling.org.au)
  9. **ACSO.** Offending, AOD, MH, disability, housing & employment support organization. **9413 7000**. 1 Hoddle St, Richmond. [www.acso.org.au](http://www.acso.org.au)

## St Vincent's Psychiatry & Addiction

1. **St Vincent's Hospital.** Hospital (Public & Private). **9288 2211**. 41 Victoria Pde, Fitzroy. [www.stvincents.org.au](http://www.stvincents.org.au)
2. **Clarendon Clinic.** Support & services for people experiencing a mental health issue. Consumer consultant service available. **9417 5096**. 52 Albert St, East Melbourne. [www.clarendon.org.au](http://www.clarendon.org.au)
3. **Footbridge Community Care Unit (CCU).** Long term residential based support to people with enduring mental illness. **9481 3644**. 340 Napier Street, Fitzroy North. [www.fcru.org.au](http://www.fcru.org.au)
4. **Psychiatric triage.** 24-hour support & information phone service. **1300 558 862**. 41 Victoria Pde, Fitzroy. [www.stvincents.org.au](http://www.stvincents.org.au)
5. **DePaul House.** Residential drug withdrawal service with St Vincent's Hospital. **9288 2624**. 8 Brunswick St, Fitzroy. [www.stvincents.org.au](http://www.stvincents.org.au)
6. **Department of Addiction Medicine.** Information and referral service. **9231 2627**. 58 Fitzroy St, Fitzroy. [www.stvincents.org.au](http://www.stvincents.org.au)
7. **Victorian Dual Disability Service.** Support service for adults with developmental disabilities. **9231 2650**. St Vincent's Hospital, Fitzroy. [www.vdds.org.au](http://www.vdds.org.au)
8. **Nexus.** Dual diagnosis advisory service through service development, education and clinical leadership. Not a direct clinical service provider. **9231 2083**. St Vincent's Hospital, Fitzroy. [www.stvincents.org.au](http://www.stvincents.org.au)

## Health Services

1. **North Richmond Community Health.** Community health services clinic. Needle & syringe program. **9418 9800**. 23 Lennox St Richmond. [www.nrch.org.au](http://www.nrch.org.au)
2. **Inner North West Primary Care Partnership\*\*\*\*** Integrated health promotion, service coordination and chronic disease management. **9389 2231**. 11 Glenlyon Rd, Brunswick. [www.innwpc.org.au](http://www.innwpc.org.au)
3. **Multicultural Centre for Women's Health.** Health-related education, advocacy & outreach services for women. **9418 0090**. 5207, 134 Cambridge St, Collingwood. [www.mchw.org.au](http://www.mchw.org.au)
4. **Sister Francescas Healy Cottage.** Holistic care for people at risk / homeless. **9231 2415**. 80 Fitzroy St, Fitzroy. [www.sisterfrancescas.org.au](http://www.sisterfrancescas.org.au)

## Disability Services

1. **Disability Sport & Recreation.** Sports & recreation opportunities for people with disability. **9473 0135**. 342 George St, Fitzroy. [www.dsra.org.au](http://www.dsra.org.au) [NDIS]
2. **Job Co.** Disability employment service. **9415 6088**. 1/62-70 Johnston Street, Fitzroy. [www.jobco.org.au](http://www.jobco.org.au) [NDIS]

3. **Children & Young People with Disability Australia.** Advocacy service for young people with disability. **9417 1023**. 20 Derby St, Collingwood. [www.cypwda.org.au](http://www.cypwda.org.au)

## Housing Services

1. **Office of Housing.** Public housing. 90 Brunswick St, Fitzroy, **9093 5000**. [www.housing.vic.gov.au](http://www.housing.vic.gov.au)
2. **Launch Housing.** Housing assistance for those at risk of or homeless & outreach support. **1800 048 323**. 68 Oxford St, Collingwood. [www.launchhousing.org.au](http://www.launchhousing.org.au)
3. **The Abbeyfield Society\*\*\*\*** Community housing provider. **9428 9710**. 269 Burnley St, Richmond. [www.abbyfield.org.au](http://www.abbyfield.org.au)
4. **Doorways (Wellways).** Housing program for people with a mental illness. **1300 111 400**. 52 Albert St, East Melbourne (Clarendon Clinic). [www.wellways.org.au](http://www.wellways.org.au)
5. **Unison.** (Previously Yarra Community Housing). Service for people at risk of or homeless & seeking private rental. **1800 825 955**. 150 Brunswick St, Fitzroy. **9371 2088** & 95 Wellington St, Collingwood. **9288 9200**. [www.unison.org.au](http://www.unison.org.au)
6. **The Way Community.** Supported accommodation and outreach for homeless men over 40. **9417 4898**. 30 Gertrude St, Fitzroy.
7. **The Homelessness Advocacy Service.** Advocacy service for people experiencing homelessness. **1800 006 236**. 2 Stanley St, Collingwood. [www.hvas.org.au](http://www.hvas.org.au)

## Youth Specific Services

1. **Headspace.** Counselling & support for young people (12-25) experiencing mental health issues. **9417 0150**. 1/26 Lisle St, Abbotsford. [www.headspace.org.au](http://www.headspace.org.au)
2. **Connexions.** (Jusut Social Services). Counselling & Case Management for young people (16-28) experiencing mental health & substance use. **9415 8700**. 1 Langridge St, Collingwood. [www.connexions.org.au](http://www.connexions.org.au)
3. **YSAS - Fitzroy Residential Program.** Residential AOD detox for young people (12-21). **1800 438 683** / **9415 9996**. Gertrude St, Fitzroy. [www.ysas.org.au](http://www.ysas.org.au)
4. **YSAS - Abbotsford Day Program.** Safe space for young people (12-21) experiencing problems with drugs and alcohol. **9415 1698**. 304 Johnston Street, Abbotsford. [www.ysas.org.au](http://www.ysas.org.au)
5. **Artful Dodgers Studio.** Art, music and multimedia studio for young people. **9415 8700**. 1 Langridge Street, Collingwood. [www.artfuldodgers.org.au](http://www.artfuldodgers.org.au)

## LGBTQIA+ Services

1. **Equinox Gender Diverse Health Centre.** Peer led health & wellbeing service for the Trans & Gender diverse community. **9416 2889**. 173 Rose Street, Fitzroy. [www.equinox.org.au](http://www.equinox.org.au)
2. **Queerspace.** Safe space for information & services for the health & wellbeing of the LGBTQIA+ community. **9663 6733**. 200 Drummond Street, Carlton. [www.queerspace.org.au](http://www.queerspace.org.au)
3. **Minus 18.** Youth-led organisation for same sex attracted and gender diverse youth. **0478 098 540**. 12/81 Rupert St, Collingwood. [www.minus18.org.au](http://www.minus18.org.au)

## Community Support Services

1. **Anglicare Victoria - Mission House.** Crisis support service. **9488 0945**. 118-120 Napier St, Fitzroy. [www.anglicare.org.au](http://www.anglicare.org.au)
2. **Brotherhood of St Laurence.** Support service addressing housing & employment. **9483 1185**. 67 Brunswick St, Fitzroy. [www.bsl.org.au](http://www.bsl.org.au)
3. **City of Yarra Council.** In-home & community-based services including personal & home care & community transport. **9205 5355**. Collingwood Town Hall, 140 Hoddle Street, Abbotsford. [www.yarra.vic.gov.au](http://www.yarra.vic.gov.au) [NON NDIS SUPPORT]
4. **Collingwood Neighbourhood House.** Social, recreational & ESL programs & activities. **9417 4856**. 253 Hoddle St, Collingwood. [www.nhh.org.au](http://www.nhh.org.au)

5. **Department of Health & Human Services (DHHS).** Health, Child Protection, Disability & Housing enquiries. **1300 360 408**. 243 Smith St, Fitzroy. [www.dhhs.vic.gov.au](http://www.dhhs.vic.gov.au)
6. **St Mary's House of Welcome.** Support for marginalised communities & homeless, meals, showers, education & housing information. **9417 8497**. 163 Brunswick St, Fitzroy. [www.stmarys.org.au](http://www.stmarys.org.au)
7. **Ecumenical Migration Centre.** Community development & family therapy for newly arrived community. **9412 8700**. 123 Brunswick Street, Fitzroy.
8. **Fitzroy Learning Network.** Skill development for newcomers to community. **9417 2807**. 108 Napier St, Fitzroy. [www.fln.org.au](http://www.fln.org.au)
9. **St Marks Community Centre.** Services including food aid. **9419 3288**. 250 George Street, Fitzroy. [www.stmarks.org.au](http://www.stmarks.org.au)
10. **Yarra City Council Yarra Youth Services.** Youth after school, holiday, arts and digital programs & individual support. **9426 1405**. Yarra Community Youth Centre, 136 Napier Street, Fitzroy. [www.yarracity.vic.gov.au/yarrayouthservices](http://www.yarracity.vic.gov.au/yarrayouthservices)

## Aboriginal Services

1. **Victorian Aboriginal Health Services Co-Op (VAHS).** Health and Wellbeing service. **9419 3000**. 186 Nicholson St, Fitzroy. [www.vahs.org.au](http://www.vahs.org.au)
2. **Djirra.** Aboriginal Support service for victims of family violence. **9244 3333**. 292 Hoddle Street, Abbotsford. [www.djirra.org.au](http://www.djirra.org.au)
3. **Victoria Aboriginal Community Controlled Health Organisation (VACCHO).** Health information and advice for Aboriginal people and Torres Strait Islanders. **9411 9411**. 17-23 Sackville Street, Collingwood. [www.vaccho.org.au](http://www.vaccho.org.au)

## Legal Services

1. **Fitzroy Legal Service.** Legal support and advice services. **9419 4124**. Johnston St, Fitzroy. [www.fitzroylegal.org.au](http://www.fitzroylegal.org.au)
2. **Neighbourhood Justice Centre.** Legal support, information and referral service for anyone attending court **9048 8777**. 241 Wellington St, Collingwood. [www.neighbourhoodjustice.org.au](http://www.neighbourhoodjustice.org.au)
3. **Refugee and Immigration Legal Centre.** Community legal center specializing in refugee and immigration law. **9415 0101**. 1/221 Brunswick St, Fitzroy. [www.rilc.org.au](http://www.rilc.org.au)
4. **Tenants Union of Victoria.** Legal information & advice for tenants. **9416 2577**. 55 Johnston Street, Fitzroy. [www.tenants.org.au](http://www.tenants.org.au)
5. **Victims of Crime.** Compensation & Counselling Services to victims of crime in Victoria. **1800 800 055**. 183 Victoria Parade, Fitzroy. [www.victimsofcrime.vic.gov.au](http://www.victimsofcrime.vic.gov.au)

## Family Services

1. **Anglicare Victoria (Head Office).** Supporting families in times of need. **1800 809 722**. 103 Hoddle St, Collingwood. [www.anglicare.org.au](http://www.anglicare.org.au)
2. **Early Learning Association Australia.** Support groups for kindergarten & preschool children. **9489 3300**. Level 3, 145-163 Smith Street, Fitzroy. [www.ela.org.au](http://www.ela.org.au)
3. **Connie Benn Centre.** A family and children's services hub. **9428 1500**. 160 Brunswick St, Fitzroy. [www.bcl.org.au](http://www.bcl.org.au)
4. **Domestic Violence Resource Centre.** Family violence specialist support organisation for women and children. **8346 3200**. 32 Cordogan St, Carlton. [www.dvrc.org.au](http://www.dvrc.org.au)
5. **Good Shepherd Youth & Family Service.** Support and housing for disadvantaged families. **9419 3477**. 117 Johnston St, Collingwood. [www.goodshepherd.org.au](http://www.goodshepherd.org.au)
6. **Kildonan Uniting Care.** Aims to maintain good family relations and provide support. **9412 5700**. 1 Gold St, Collingwood. [www.kildonan.org.au](http://www.kildonan.org.au)
7. **Project Respect.** Support service for women trafficked for sexual exploitation & women in the sex industry. **9416 3401**. Moor St, Fitzroy. [www.projectrespect.org.au](http://www.projectrespect.org.au)

\*\*\*\* Service located outside perimeter of map provided



# Walking Tour



# Outcomes for Service Providers

- Bigger Picture
- Increased knowledge and information of other services
- Increase knowledge of sector/political issues
- Support through change
- Ability to collectively advocate





# Outcomes for Consumers

- Case study of collaborative practice
- 23 year old Mary admitted to St Vincent's hospital following suicide attempt, now homeless
- Referral to Launch housing
- Linked with HOPE program
- Joint care plan leading to long-term housing secured and stabilised mental health
- 12 months later – still housed, stable mental health, appropriate services in place

# Outcomes for Consumer Programs

- Case study of shared knowledge
- FaPMI Coordinator introduced program
- **“Juggling it all”** Program 12-24 year olds
- Held at Artful Dodgers Studio
- Program shared through alliance networks
- FaPMI Conducting capacity building workshop for Connexions practitioners

# Conclusion

- Time of change
  - need for networks
  - need for collaboration
  - need for seeing big picture
  - need for capacity building
  - need for interagency peer support
  - need for information sharing

