

## Mental Health Project Newsletter

This project is funded by the Australian Government Department of Health as part of the Fifth Community Pharmacy Agreement Research and Development Program managed by the Pharmacy Guild of Australia. Ethics approval has been obtained from the Griffith University Human Research Ethics Committee (PHM/08/11/HREC).

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## Get your CPD points with the Mental Health Project!

The Mental Health Project now has CPD accreditation for four of its activities.

1. Group 2 Online Mental Health Training
2. Group 3 Implementation of Online Training into practice
3. Group 2 Medication Support Plan Workshop
4. Group 3 Implementation of Medication Support Plan

If you have any questions about how to get involved in any of these activities or have done and would like to know how to claim your CPD points please get in contact with the team.

## Benefits for the Mental Health Project have just got better!

### Reimbursements have increased!

As pharmacy staff work with more consumers their confidence, knowledge and skills with the medication support plan improves. To promote increased involvement we would like to reward those working with more than five consumers and even more so for those working with more than 10 consumers.

Reimbursements are now:

**1-5 consumers**

\$50 for each consumer

**6-10 consumers**

\$75 for each consumer

**11+ consumers**

\$100 for each consumer

*NB. This includes working with the consumer and submitting data not just recruitment.*

### Win \$1000 worth of training!

A big part of the Mental Health Project is continual learning to ensure that pharmacy staff feel equipped to provide the best possible support to their mental health consumers and carers. You are a big part of that change process and we want to recognise that by providing a prize draw for \$1000 worth of training (with a recognised provider) for one of the 70 pharmacies trained.

For every consumer you work with over five you will receive an entry into this draw (eg. 10 consumers means you will receive five entries in the draw).

If you have any questions please contact the team.

### Resource of the month!

Act-Belong-Commit

[www.actbelongcommit.org.au](http://www.actbelongcommit.org.au)

### What is it?

A resource that aims to promote mental health and wellbeing by encouraging individuals to take action. It adopts an ABC approach to guidelines for positive mental health:

**A** (act) – stay mentally, physically, socially and spiritually active (e.g. take a walk, do a crossword).

**B** (belong) – join a club or take a class, get involved.

**C** (commit) – to a cause, a challenge or to helping someone out.

### What do we like about it?

It promotes mental health and wellbeing and everyone can benefit from it. There are online tools and heaps of resources. In some states (e.g. NSW) local mental health promotion nurses can come out to the pharmacy to promote the program (contact us to find out more).

## Recruitment Update

Considering the pressures placed on pharmacy over the Christmas-New Year period it is great to see that more than half of the first round of pharmacies trained have recruited and are now working with their consumers. The goal now is to take this momentum and ensure that each pharmacy is working with over five consumers or even more.

Experience has shown that pharmacy staff feel more comfortable with the medication support plan after working with approximately five consumers and that it becomes embedded in the pharmacy culture after working with ten or more consumers.

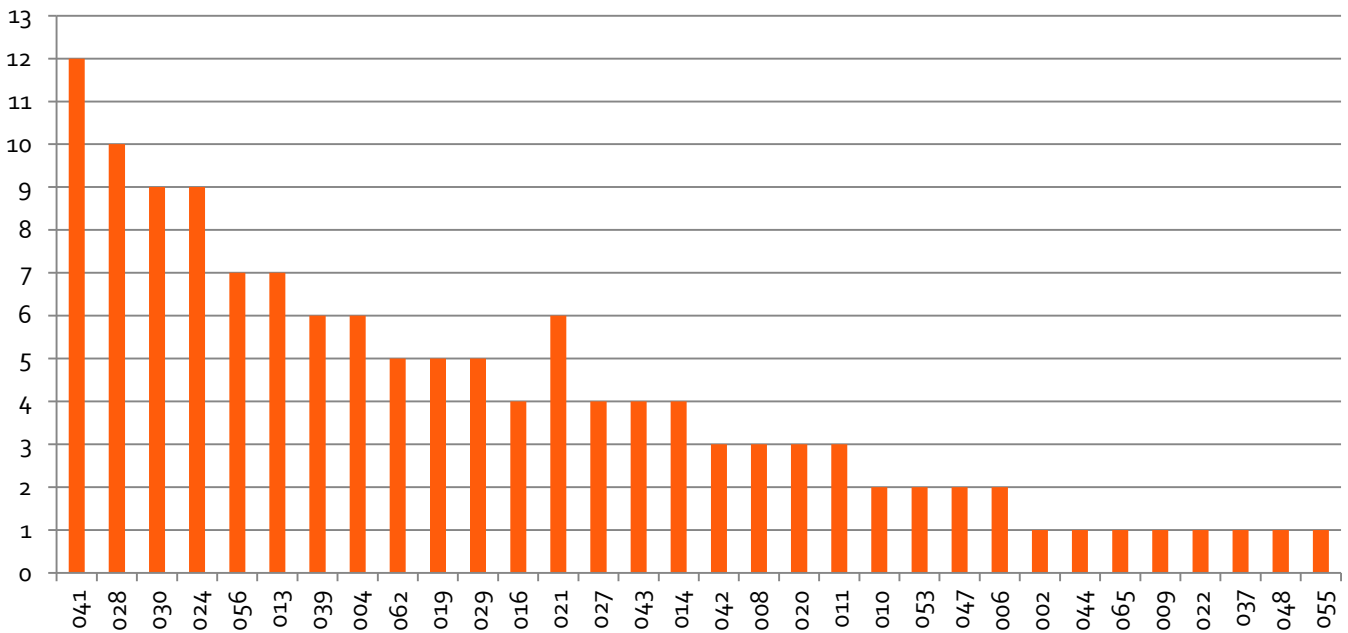
Therefore, if we train 100 pharmacies the ultimate goal is to have each pharmacy working with a minimum of five consumers and ten would be great! The goal of the Mental Health Project is to see participants helping at least 500 consumers. With 129 consumers recruited as of January 2014 we are just over a quarter of the way there!

Keep up the good work and if you need any assistance please do not hesitate in contacting the team.

### Consumers recruited (as of 31 January 2014)



### Consumers Recruited by Pharmacy ID Number



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