



Piloting a program to enhance young people's mental health and well being - Outside The Locker Room

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Part 1



HEALTHY COMMUNITIES AND
WORLD CLASS HEALTHCARE

CARING | PASSIONATE | TRUSTWORTHY

Background

- Football/Netball Clubs
- Social role models
- Support players, parents, and community members



Background

- Mentoring Program at Rochester Football/Netball Club
- Funding from Mental Health Carer Support Program
- Mentor provided 1:1 support





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Mentoring program

- Enhanced mental health and well being
- Create a change in culture
- Familiar environment, build community resilience.
- Highlighted risk taking behaviours
- Support players at risk of isolation and disengagement
- Transitioning from elite football to local level
- De-stigmatise mental health and risky behaviour



How did we do it?

Education:

- Mentoring in sporting clubs
- Resilience
- Communication
- Mental Health First Aid
- Assist training
- AFL session on Alcohol and Illicit Drug Abuse and Respect.
- Success of program was noted by AFL Goulburn Murray



Partnership

- Partnership formed with BH CSS and AFL GM in Shire of Campaspe
- Outside The Locker Room was chosen because of its diverse approach to connect with young people



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Key objectives

To offer mentoring, education, leadership and support for young people on issues such as:

- Suicide
- Family violence
- Depression and anxiety
- Setbacks and expectations
- Drugs and alcohol education
- Professionalism and dedication
- Developing your personal brand



How we went about it

- Building relationships
- Secured funding
- Engaged with AFL Goulburn Murray
- Marketing the program
- Relationships with all clubs participating
- Information sessions held at all clubs
- Three workshops scheduled with 14 clubs

