



Teen Mental Health Literacy Alliance

**Project Name:** SPOTA – Teen Mental Health Literacy Alliance.

**Project Description:** A school, sports club, workplace and community collaboration for improving teen mental health literacy.

**Target Mental Health Issue:** Depression and anxiety.

**Project rationale:** Improving mental health, building resilience and early intervention and prevention strategies that deliver timely and appropriate levels of support and promote help-seeking have far reaching personal, social and economic benefits for all communities across our nation.

- Mental disorders are the third leading cause of disability burden in Australia.
- The greatest numbers of people with a mental illness are in the 18-24 year age group.
- 14% of 12-17 year olds have mental health problems.
- Adolescents with mental health problems report a high rate of suicidal thoughts and other health-risk behaviour, including smoking and drug use. STATS from <http://www.mindframe-media.info/for-mental-health-and-suicide-prevention/talking-to-media-about-mental-illness/facts-and-stats>

**Project concept:** SPOTA aims to improve teen mental health literacy through the development of a 3-level [collective impact, place based](#) approach that simultaneously implements several mutually reinforced activities as part of a Public awareness, Community education and Frontline gatekeeper campaign.

Central to the campaign is the [SPOTA card](#) which is a wallet sized information card that is distributed through community activities and events. The SPOTA card expands the SPOTA acronym: **S**ocial Isolation, **P**hysical health, **O**bvious changes, **T**ough times and **A**ssistance to get help.

### **Collective Impact Place Based - 5 Key Elements**

1) **Common Agenda:** Improving teen mental health literacy.

2) **Shared Measurement System:**

- Improving recognition of the early warning signs.
- Improving knowledge of the risk and protective factors.
- Improving attitudes around help-seeking and self-help behaviours.

Pre and post evaluation of teen training, focus groups, teacher assessments and social media engagement are methods to measure intended outcomes.

3) **Mutually Reinforced Activities:**

**Public awareness, Community education and Frontline gatekeepers.**

- Establishment of local optimal prevention and support pathways.
- Social marketing campaign – Prevention and early intervention focused.
- School, sports club, workplace and community youth and teen Mental Health First Aid training.
- GP and pharmacy training – GPMHSC and blended e-Mental health.

4) **Continuous Communication:** Regular reviews, meetings, reporting and updates will be communicated across the alliance and the community through social media and newsletters.

5) **Backbone Organisation:** Ongoing support and staff dedicated to the initiative will be co-ordinated through the Ties for Lives Foundation.

**Common understanding:** Depression and anxiety are treatable. Suicide and deliberate self-harm are preventable.

**Resilience principle:** Building healthy habits mostly around Relationships, Food, Sleep, Exercise, Self-awareness and Meaningful pursuits.

**Preconditions:**

**Ready Individuals** – Individuals within all population groups are willing to receive co-ordinated services and support, and aid prevention and help-seeking strategies.

**Ready Families** - Families are able to provide ongoing support to their relatives and aid prevention and help-seeking strategies.

**Ready Schools** - Schools have effective strategies for identifying and supporting the individual mental health needs of all young people, their school staff and teachers and aid prevention and help-seeking strategies.

**Ready Communities** - Communities provide the local environment and support to all population groups and aid prevention and help-seeking strategies

**Ready Businesses** - Businesses provide the workplace environment and support to all employees and staff and aid prevention and help-seeking strategies.

**Ready Sports Clubs** - Clubs provide the environment and support to players, staff, members and volunteers and aid prevention and help-seeking strategies.

**Ready Health Services** - Health Services are part of a co-ordinated service system that have the skills and capacity to deliver prevention, help-seeking, treatment, management, recovery and support strategies that provide improved care for consumers and their families.

For more information please contact: David L Wright – CEO, Ties for Lives Foundation



*If you need advice about coping with your situation there are lots of places to get help. Find someone to help you.*

24 hour support is available from [Lifeline](#) - 13 11 14  
Counselling service for young people at [Kids Helpline](#) - 1800 55 1800  
Support for young people and their families at [Reachout.com](#)  
Find out more about anxiety and depression – [Beyondblue](#)