BEYONDBLUE NATIONAL MENTAL HEALTH AND WELLBEING STUDY OF POLICE AND EMERGENCY SERVICES
OUTLINE

• Rationale for the Study
• A three-phase approach
• Advisory Group
• Phase 1
• Phase 2
• Phase 3 & next steps
RATIONALE

Why is beyondblue doing this research?

• Limited data currently available on mental health & wellbeing of police & emergency services personnel in Australia
• Extremely limited evidence on which interventions & practices actually work
• Need for comprehensive understanding – prevalence of wellbeing, common mental health conditions & suicidality; risk & protective factors; how stigma operates; & help-seeking behaviours
• Opportunity to achieve significant impact through collaborative, sector-wide effort to respond to new evidence that will be generated
WHAT ARE THE KNOWLEDGE GAPS?

• What are the current prevalence rates of wellbeing and mental health conditions among police and emergency services workers in Australia?

• Which police and emergency services workers are at greatest risk of experiencing a mental health condition or suicide?

• What are the key barriers to seeking treatment and support?

• Where should we be focusing our efforts to achieve most impact?
Phase 1
What?
Personal stories of police and emergency services personnel and their family members
Why?
To provide an opportunity for individuals to tell their story and to inform Phases 2 & 3

Phase 2
What?
National survey of all police and emergency services personnel in Australia
Why?
To build comprehensive picture of mental health conditions, stigma & help-seeking behaviours, risk & protective factors

Phase 3
What?
Agency-by-agency engagement, consultation with other key stakeholders
Why?
To translate the findings from Phases 1 & 2 into practical strategies to achieve change
ADVISORY GROUP

• Chaired by Ken Lay AO APM, Chairman of Ambulance Victoria & former Commissioner of Victoria Police

• Membership includes:
  - Executive leaders from agencies & exec-level union leader
  - Academics & clinicians with specialist expertise
  - Representatives of individual personnel & family members
  - Representatives of community support groups
PHASE 1: PERSONAL EXPERIENCES OF CURRENT AND FORMER POLICE & EMERGENCY SERVICES PERSONNEL AND THEIR FAMILY MEMBERS
PHASE 1: PERSONAL EXPERIENCES

Aim
To gather and learn from the personal experiences of current and former police and emergency services personnel and their family members

Objectives
• To give a voice to frontline personnel and their families
• To validate our understanding of key issues
• To inform the next phases of the research
PHASE 1: PERSONAL EXPERIENCE

• Included current & former personnel & family members/partners
• From each State & Territory and including ambulance, fire and rescue, SES and police
• Participants recruited through beyondblue’s networks, a number of police and emergency agencies, internet panels and research databases
• Interviews conducted face-to-face, by phone and online
• Participants were able to share as much or as little of their experiences as they felt comfortable
PHASE 2: NATIONAL SURVEY OF POLICE & EMERGENCY SERVICES PERSONNEL
PHASE 2: NATIONAL SURVEY

Objectives and study methodology are informed by the desired outcomes:

• Equipping the sector with essential knowledge by establishing national prevalence rates of wellbeing and mental health conditions, and related risk and protective factors

• Supporting agencies to identify practical, evidence-informed strategies for promoting workforce mental health
PHASE 2: NATIONAL SURVEY

Methodology

• Aiming to include current employees & volunteers and former employees from every agency
• Stratified random sampling from employee/volunteer lists where possible
• Ethics approval through WA Human Research Ethics Committee & individual agencies (where required)
• Online administration of survey with limited hardcopy forms available on request
PHASE 3: EVIDENCE TO ACTION

• **beyondblue** has engaged specialist expertise to develop an overarching plan for translating Study findings into practice
• Aim will be to collaboratively identify individual/organisational/systems levels priority issues & strategies to respond
• Plan will be based around consultation with every agency
KNOWLEDGE TRANSLATION - A SYSTEMS APPROACH

- Family members
- Former personnel
- Community/‘grassroots’ organisations
- Researchers/academics
- Government
- Mental health commissions
- Unions
- Peak bodies
- Agencies
- Senior leaders
- OHS/HR/MH&W
- Managers
- Employees
- WHS/OHS regulators
- Third party insurers
## NEXT STEPS

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Task Description</th>
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<tbody>
<tr>
<td>Aug-Sep 2017</td>
<td>Pilot national survey &amp; incorporate learnings</td>
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<tr>
<td>Oct-Nov 2017</td>
<td>Administer the national survey</td>
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<tr>
<td>Nov 2017</td>
<td>Second knowledge translation workshop</td>
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<td>Feb 2018</td>
<td>Complete knowledge translation plan</td>
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<td>Feb 2018</td>
<td>Top-line survey findings</td>
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<td>Mar 2018 onwards</td>
<td>Agency-by-agency meetings to discuss findings</td>
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<td>Oct 2018</td>
<td>Launch of overall Study findings</td>
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CONTACT

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• Emma Renehan, Police & Emergency Services Project Manager (commencing 11 September)
ANY QUESTIONS?