

***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

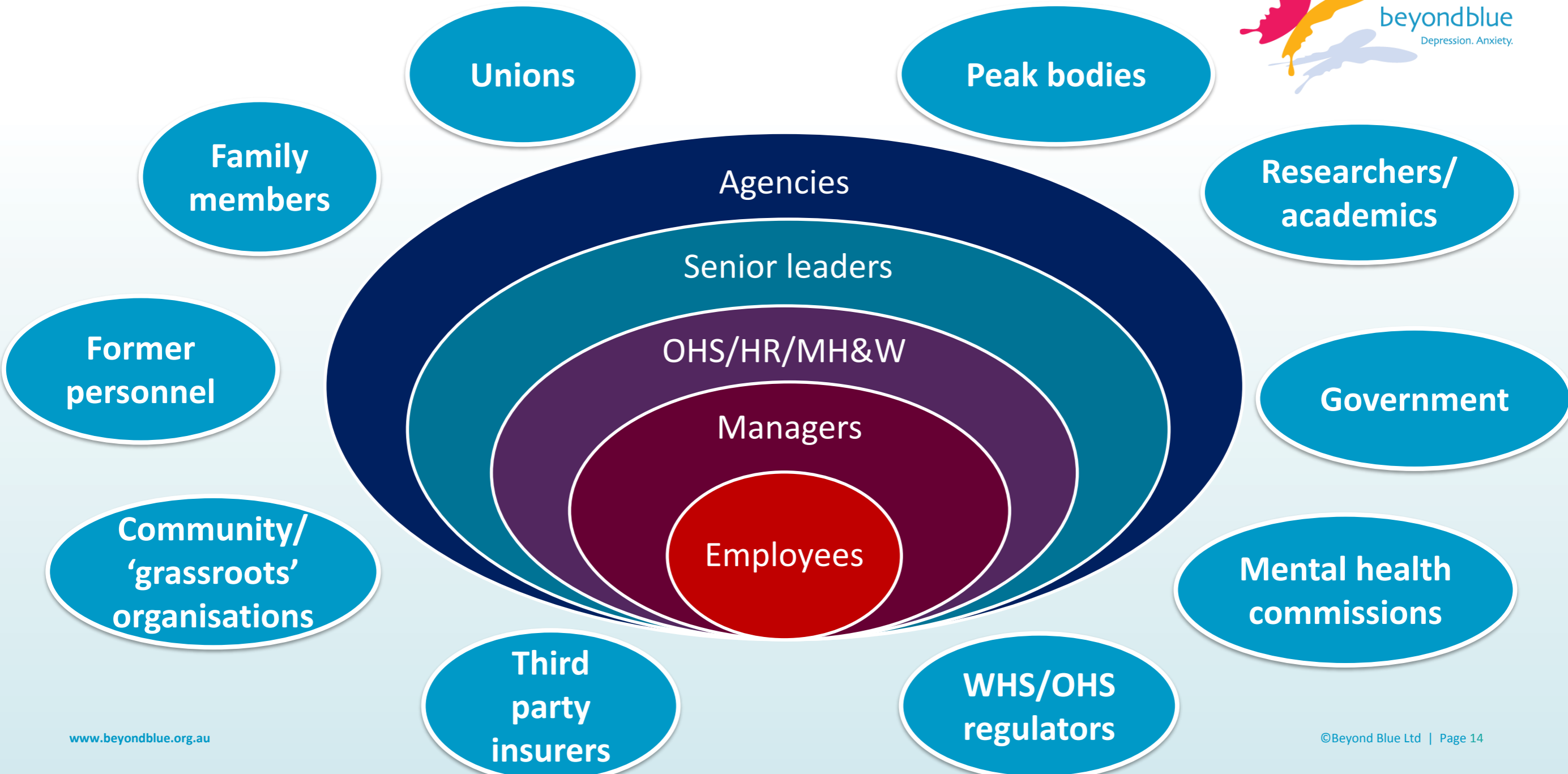
- Aiming to include current employees & volunteers and former employees from every agency
- Stratified random sampling from employee/volunteer lists where possible
- Ethics approval through WA Human Research Ethics Committee & individual agencies (where required)
- Online administration of survey with 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



NEXT STEPS



Aug-Sep 2017	Pilot national survey & incorporate learnings
Oct-Nov 2017	Administer the national survey
Nov 2017	Second knowledge translation workshop
Feb 2018	Complete knowledge translation plan
Feb 2018	Top-line survey findings
Mar 2018 onwards	Agency-by-agency meetings to discuss findings
Oct 2018	Launch of overall Study findings

CONTACT



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- Emma Renehan, Police & Emergency Services Project Manager (commencing 11 September)

ANY QUESTIONS?