

The Australian Experience in Social Prescribing



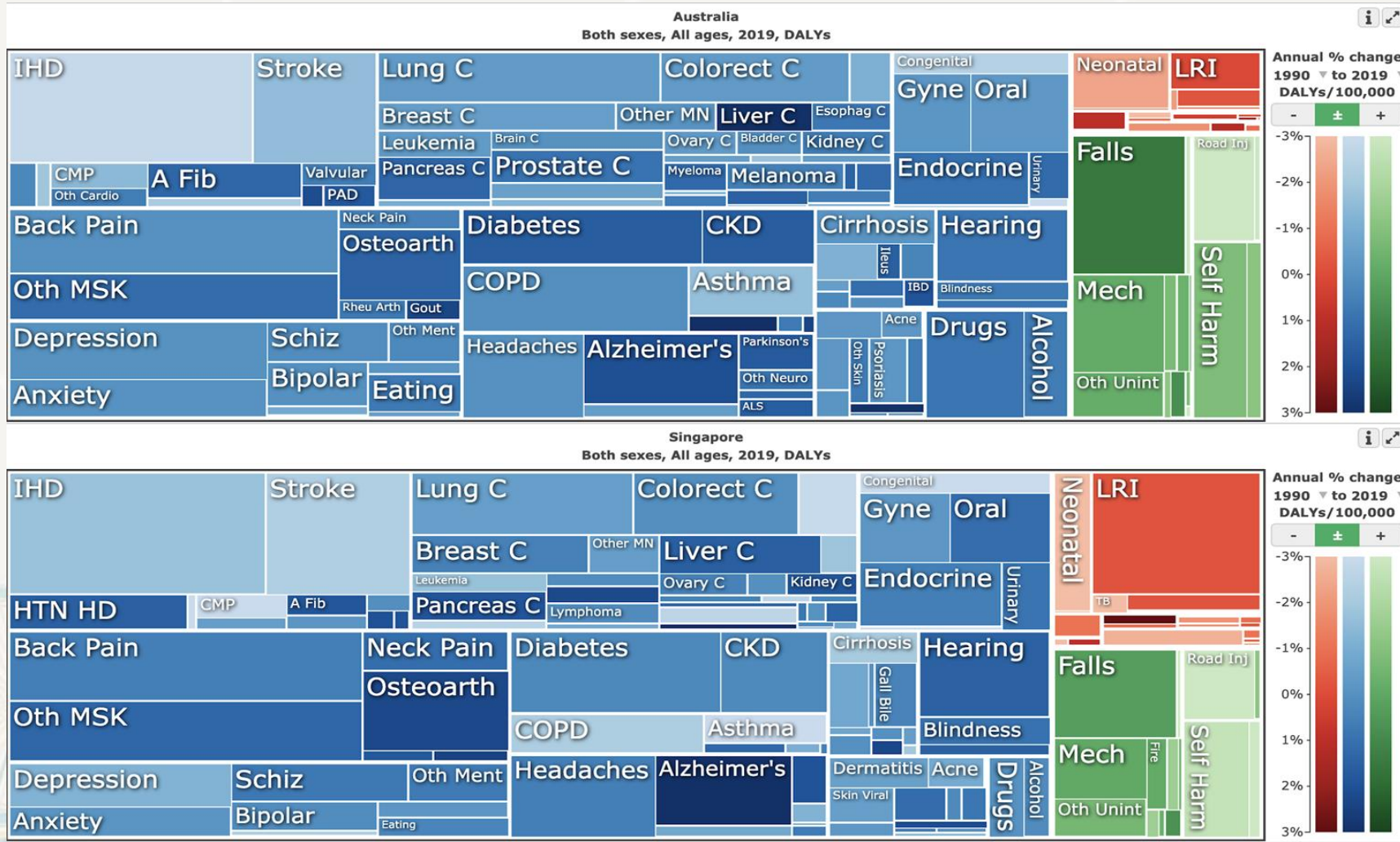
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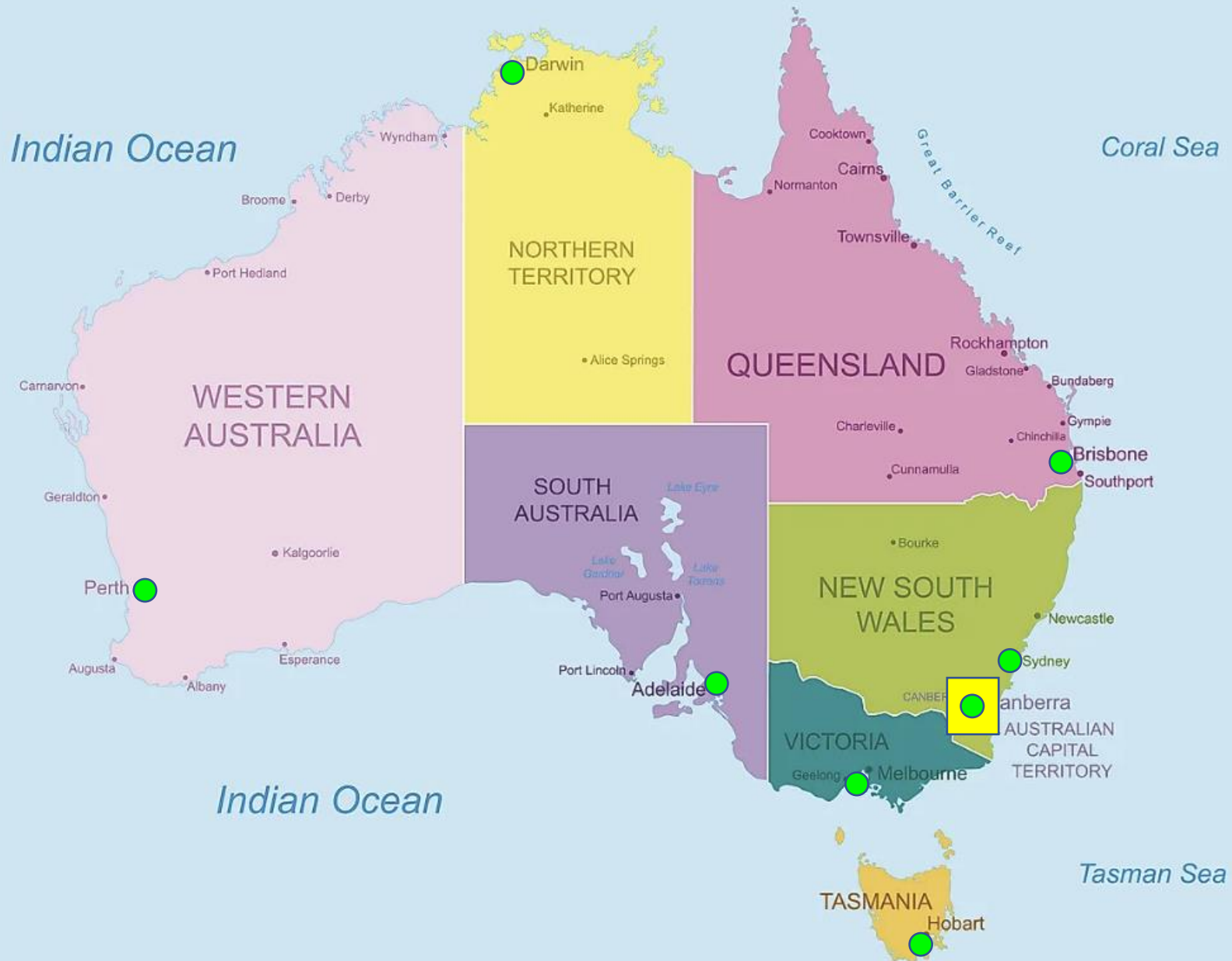


Global Social Prescribing Network



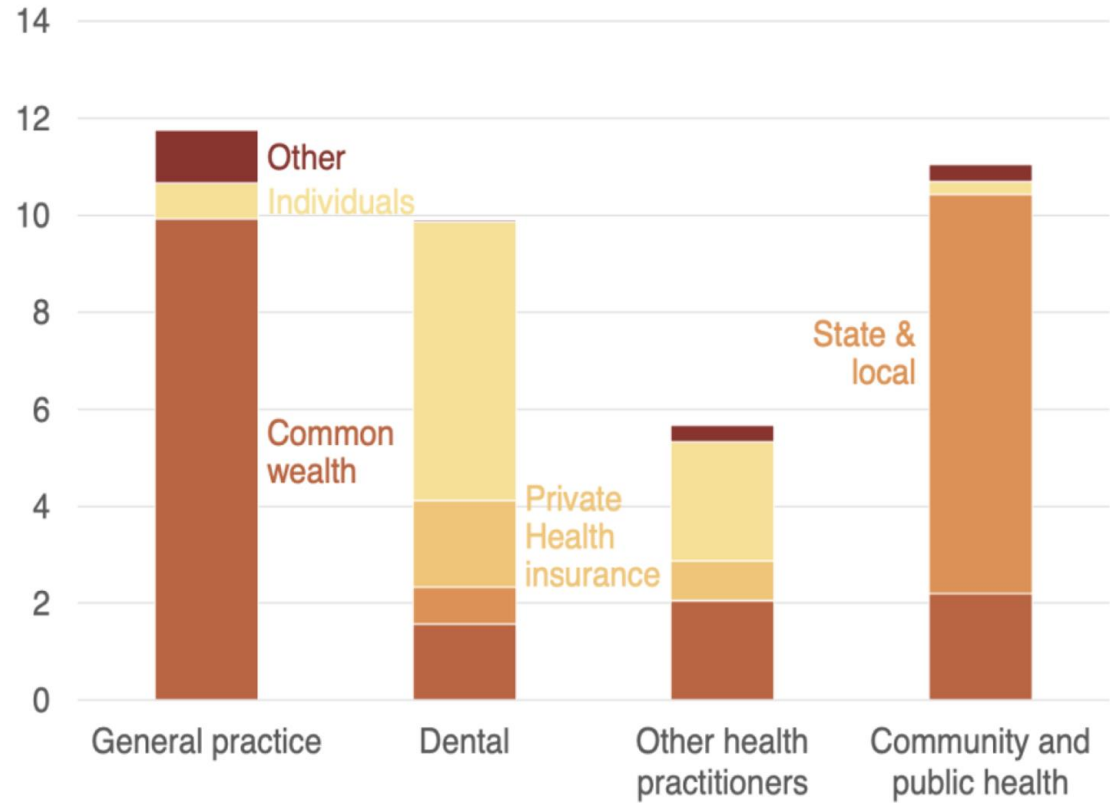
Countries facing similar challenges





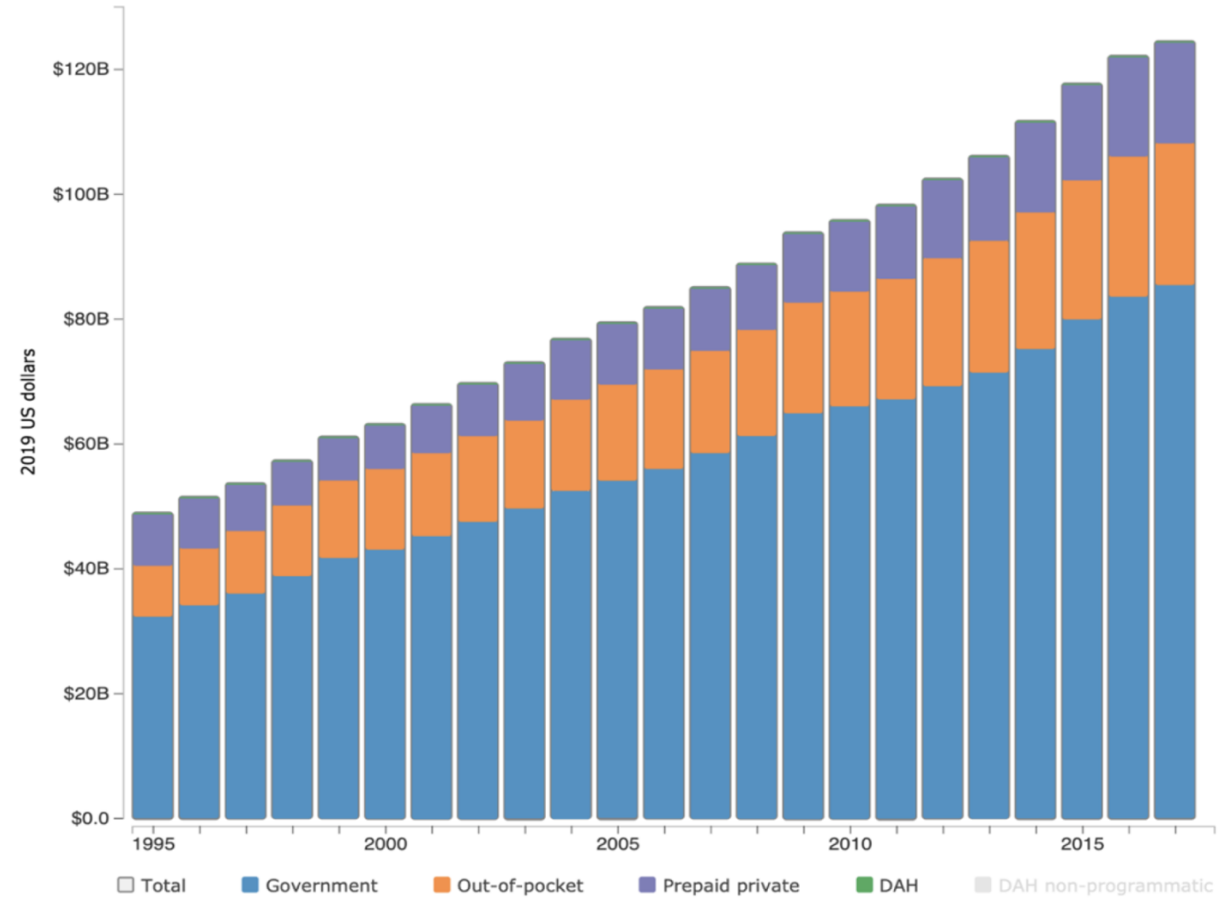
The Health System in Australia

Per cent of expenditure



Source: AIHW, Australian health expenditure, 2015-16.

Australia 1995 to 2017



The Evolution of Social Prescribing in Australia.

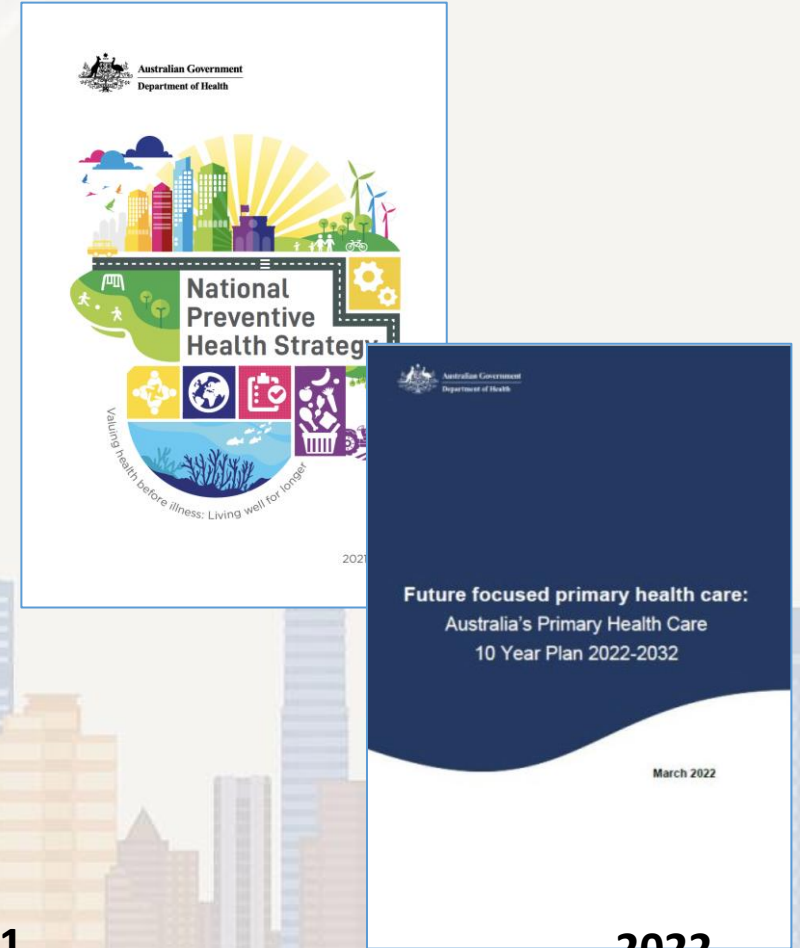


2019



2020

2021



2022

Community, Connection, Collaboration, Coordination

Social Prescribing & Social Isolation Community of Practice

- Started: 2019
- 10-part webinar series (to-date)
- >1400 individuals
- web platform to encourage information exchange amongst services to accelerate learning curves
- a small CoP for 'link workers', managers of services, researchers and interested organisations about to begin SP
- Victorian survey guided by key stakeholders to gain a service understanding of activity baseline
- NHMRC Social isolation & chronic disease



The Alfred Hospital, Victoria, Australia

Social Prescribing Student Collective

- Started: March 2021
- 19 Medical Schools >250 individuals
- **educate** the student community about social Rx and the importance to healthcare
- **innovate** by creating opportunities for students to become involved in social prescribing and
- **advocate** for the inclusion of social Rx in medical and health curriculum and health system inclusion
- Educational webinars/panel events/case studies
- Presented at the AMSA Global Health Forum
- Advised local community organisations regarding the role of students in their pilot programs.
- Members of the Global Social Rx Student Council.
- Inclusion of social Rx in curriculum
- Instagram Facebook



Australian Medical Students Association

Social Prescribing RACGP Specific Interest Group

- Started: Feb 2022
- > 200 General Practitioners
- RACGP members, registrars, medical students
- Share learnings, inform implementation, develop recommendations, progress updates
- Developing a college position statement
- Provides a central reference, essential to have referrers buy-in, SP co-design input system



RACGP Specific Interests

Royal Australian College of General Practitioners



STEPHANE SUICIDE PREVENTION @ CITY OF LAUNCESTON

BARBERS FOR LIFE

TRAN BARBERS IN MENTAL HEALTH FIRST AID

STARTED WITH ONE BARBERS IDEA

WORKING WITH COMMUNITY TO DEVELOP PROGRAM

REGULAR EVENING WORKSHOPS - ALSO BUILDING THEIR SUPPORT COMMUNITY

WHO IS NEXT? Hairdressers, Tattoo artists

DR. ROSE NASH HEALTHY FOR EVERYONE

TEAM OF MAINLY VOLUNTEERS

EDUCATION COMMUNITIES

CROSS-SECTORAL

INFLUENCE OUTCOMES, PRODUCTIVITY, LITERACY

COULD YOU BE A PARTNER?

RANGE OF RESOURCES TO HELP EVERYONE

PLEASE PROMOTE US

REDUCE HEALTH INEQUITIES

WHAT'S HAPPENING IN TASMANIA

MEGAN HEALTH CONSUMERS TAS

2 VR PLAT

Engagement culture

IDENTIFYING HEALTH NEEDS & SOLUTIONS (WITH THE COMMUNITY)

COMMUNITY CONVERSATIONS LED BY COMMUNITY

KITCHEN TABLE CONVERSATIONS

WE'RE FINISHING CONVERSATIONS NOW

LOSTS ARE TRAINED & REFINERATED

CLAIRE UTAS

MANY PEOPLE HAVE HEALTH ISSUES THAT HEALTH LITERACY COULD PREVENT

WE DON'T KNOW WHAT WORKS FOR IMPROVING KIDS' HEALTH LITERACY

DEFINITION SHOULD BE SOME AS ADULTS - CONTEXTUALISED INTO CURRICULUM

NEED BETTER TRAINING FOR TEACHERS TO MAKE ALL HEALTH LITERACY BETTER

CURRENTLY ONE RUBRIC MIGHT BE BETTER AGAINST MULTIPLES

ISSUES WITH CURRICULUM & TEACHERS

HUON VALLEY

LOW LITERACY HEALTH LITERACY SOCIO-ECONOMIC

8000 AM 5000 WMA Over 90%

FEDERAL FUNDING

AUS NETWORK

PLAN ENGLISH ACCESSIBLE

NEEDED MULTIPLE FACILITIES

INFORMATION CONDUIT FOR WHAT'S GOING ON

CONNECTED WITH OTHER SERVICES

SOCIAL PRESCRIPTION WITH LINK WORKER

CONNECT PEOPLE TO SOCIAL & WELLBEING ACTIVITIES

JULIE HUON VALLEY COUNCIL

PEOPLE DIDN'T KNOW WHAT & HOW

A NETWORK TO SUPPORT HEALTH & KNOWLEDGE ACCESS

NO WRONG DOOR APPROACH - MEMBERS - LOCATED IN CLUBS

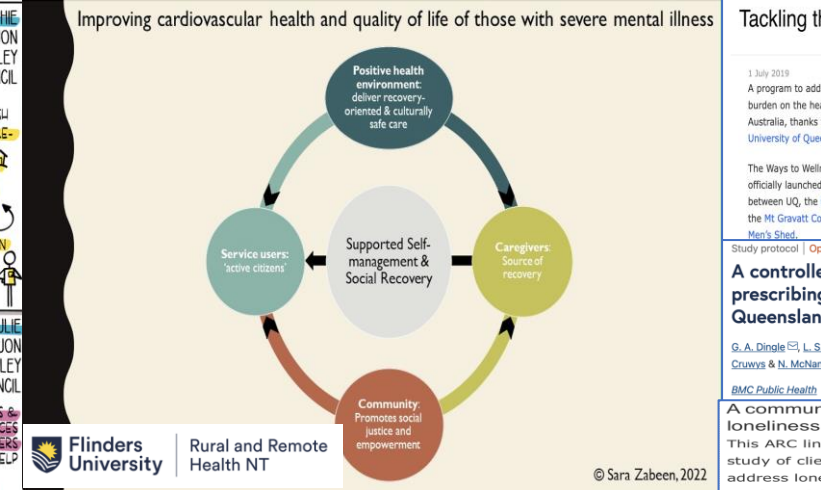
THE RIGHT PLACE

GUIDES & REFERENCES SO MEMBERS CAN HELP

TRAINING OUR RESERVES CREW TO HELP PEOPLE

REFERENCE CARD

UPDATING RESOURCES FOR EMERGING NEEDS



Flinders University Rural and Remote Health NT

Barossa cares

Community Support for the Barossa

Tackling the growing problem of loneliness and isolation

1 July 2019

A program to address social isolation and reduce burden on the health care system is being trialled in Australia, thanks to a partnership led by The University of Queensland.

The Ways to Wellness Social Isolation Project - officially launched on 26 June - is a partnership between UQ, the Queensland Community Alliance, the Mt Gravatt Community Centre and the Mt Gravatt Men's Shed.

Study protocol | Open Access | Published: 19 July 2022

A controlled evaluation of the effect of social prescribing programs on loneliness for adults in Queensland, Australia (protocol)

G. A. Dingle, L. S. Sharman, S. Hayes, D. Chua, J. R. Baker, C. Haslam, J. Jetten, S. A. Haslam, T. Cruwys & N. McNameara

BMC Public Health 22, Article number: 1384 (2022) | Cite this article

A community based social identity approach to loneliness

This ARC linkage funded project includes a longitudinal study of clients entering social prescribing programs to address loneliness (often in the context of chronic health conditions). We will apply a social identity theoretical approach in seeking to understand the psychosocial processes that determine successful engagement into meaningful community based groups. We are interested in the interplay between group based identities, use of emotion regulation strategies, and outcomes (loneliness, mental health and wellbeing).

A/Prof Genevieve Dingle
School of Psychology
University of QLD

QLD PARLIAMENTARY INQUIRY INTO SOCIAL ISOLATION AND LONELINESS

Health System Sustainability
NHMRC Partnership Centre

Social Prescribing Trials

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About Social Prescribing Trials

What we are doing

Find out more

ADMA

Home Victorian Integrated Care Integrated Care Tools and Resources Social Prescribing Navigation Events Publications GP Liaison About

Social Prescribing Initiatives | In Practice

Learn from others | This webpage is dedicated to highlighting Australian social prescribing services or initiatives. These are short snapshots with a view to increasing local service awareness, connectivity and information sharing.

- Access to Community Social Prescribing Service - Access Health and Community Volunteer Community Connectors (VCC) program aims to assist socially isolated individuals and access sustainable community activities.
- Campaspe Regional Library Service Community Outreach Social & Recreational Support involves Campaspe Regional Library Service, Educare Regional Health, Elders District Health Service, Bendigo Health, Kyabram District Health, Uniting Age Well, Baptcare.
- Friendship Cafes Women's Association South East Melbourne.
- Gippsland PHN Digitally Enabled Social Prescribing information
- Green Spirit Bigger Hearts Dementia Alliance Ballarat.
- Guided Park Walks program Parks Victoria.
- Heart Foundation Walking
- Hevelin Community Activity Ballarat Inc. Therapeutic (mindful) beeping and horticultural practice program
- IPC Health Melbourne Social Prescribing Service and Pilot.
- Living Well Ageing Well Merril Health.
- Living Our Best Life a partnership between the Community Houses Association of the Outer-eastern Suburbs (CHAOS), Temple Society Australia and the five Neighbourhood Houses.
- Mill West Wimmera Health Service social prescribing initiatives include Café Health, Friends across the Ages, and Community Gardens.
- Phytovoice Communication Group Cahary Health Care Bethlehem.

ipc Health Improving and promoting community health

Campaspe Shire Council

NERIDA DYE SOCIAL PRESCRIBING IN LIBRARIES

RANGE OF PROGRAMS

KNITTING GROUP - ONLINE FOR LOW MOBILITY

OUTREACH WITH COMMUNITY GROUPS

MEMORY BOX

HISTORY OR MYSTERY

CREATIVE ARTS

LAUGHTER YOGA

CONNECTS THE WHOLE COMMUNITY

SOCIAL & RECREATIONAL SUPPORT

NON-HEALTH INTERVENTIONS FOR WELLBEING

EMPLOYED TO BRING PEOPLE TO LIBRARY

WORKED OUT WE NEEDED TO GET OUT TO PEOPLE

160 VOLUNTEERS IN SOME CAPACITY

MIGHT SIGNPOST THEM TO SERVICES BUT WE HAVE SOCIAL FOCUS

HOME & CARE FACILITY VISITS - INDIVIDUALS & GROUPS

HOME BASED RULES

VOLUNTEERS DO SOME COMPLIANCE TRAINING - SPECIFIC TO WHAT THEY DO

SUPERVISED UNTIL READY

PARTNERSHIPS HOSPITAL & ALLIED HEALTH

WE AREN'T COMPETING WITH SERVICES - WE'RE ADDING MORE SUPPORT

PEOPLE DON'T AGE OUT OF PROGRAM

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dinkylune.com

Social prescribing: A rapid literature review to inform primary care policy in Australia

Received 27 August 2019 / Accepted 5 May 2020 / Published online 13 May 2020
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Social Rx

Linking you to practical supports for your health & wellbeing

For Consumers

What is Social Rx?

Who is eligible?

How can Social Rx help?

How can I participate?

Contact PCCS

Better together

Community Mental Health Journal 2021 17:189-195
https://doi.org/10.1007/s12043-020-00014-4

BRIEF REPORT

Social Prescribing for Individuals Living with Mental Illness in an Australian Community Setting: A Pilot Study

Christina Aggar¹, Tamin Thomas¹, Christopher Gordon¹, Jacqueline Bloomfield², James Baker³

Received 27 August 2019 / Accepted 5 May 2020 / Published online 13 May 2020
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Abstract

Social prescribing, also known as "community referral", is a means of referring individuals living in the community to existing local non-clinical health, welfare, and social support services. International evidence demonstrates that social prescribing improves biopsychosocial quality of life, and burden on health services. Australia's first social prescribing pilot program for individuals with mental illness (mood and psychotic disorders) was implemented in Sydney in 2016/2017; this study evaluates that program. Participants included 13 adults who were assessed at baseline and six-month follow-up. Outcomes included self-perceived quality of life, welfare needs, health status, loneliness, social participation, and economic participation. Results indicate significant improvements in quality of life and health status. This pilot program demonstrates that social prescribing may improve participant outcomes. It fits well within Australian health policy and funding models which focus on bolstering community care, and may be scalable, particularly in geographically isolated communities.

Keywords Behavioral health · Case management · Community healthcare

Abbreviations

CANSAS Camberwell Assessment of Need Short
ID Appraisal Schedule
EQDQ Emergency Department
FeroQI Health Therapist
GP General Practitioner
K10 Kessler Psychological Distress Scale
QoL Quality of Life
UCLA University of California, Los Angeles
WHO-QoL World Health Organisation Quality of Life

Introduction

Mental illness impacts individuals and the wider community and places a considerable financial burden on the health system (AIHW 2016). Mental illness is affected by biological, psychological, and social factors, and treatments targeting a range of these factors, including the wider determinants of health, are more likely to be effective (WHO 2005). Social prescribing programs address these biopsychosocial factors via care coordination and linkage where individuals with mental illness are referred to local community-based social care services and structured social activities (Knapp et al. 2017). These services can be public, private, or volunteer services, and address a broad range of needs across biopsychosocial domains including physical health (medication management, disease-specific groups, diet, exercise), psychological health (support groups, counselling), welfare (food, housing, employment), and social support (group activities, befriending services).

Social prescribing for mental illness may have a role to play in the Australian context as, in Australia, mental illness is experienced by approximately 45% of people aged 16–85 years during their lifetime, and 20% of the population experiences mental illness each year (ABS 2010). Mental illness accounts for 12% of the total burden of disease and 23.6% of the non-fatal burden of disease (AIHW 2016).

Footnote

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PCCS Social Prescribing Programs



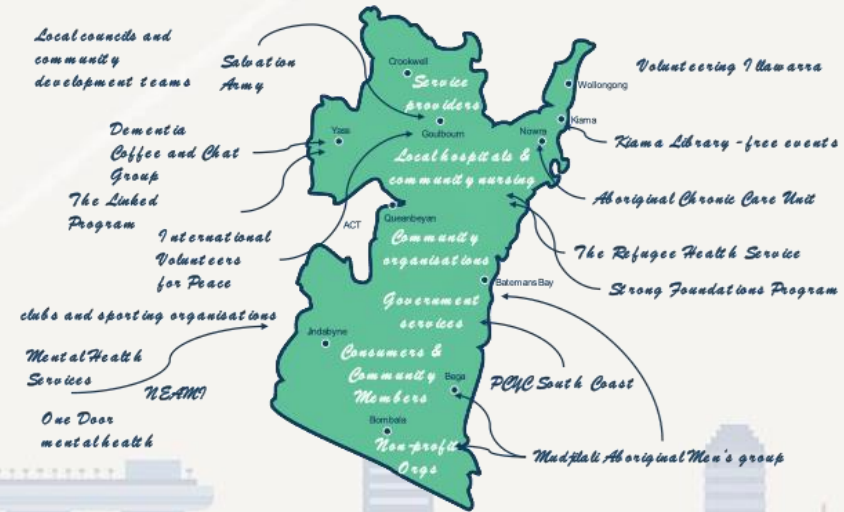
Gold Coast PHN

People living with serious and enduring mental illness



South Eastern NSW PHN (Coordinare)

People with non-medical factors impacting wellbeing, living with chronic disease, lonely or isolated, or impacted by fires, floods, or COVID-19



NSW Workers Compensation System

People with long term workers compensation claims and unmet psychosocial or non-medical needs



"I've found the Social Prescribing Pilot Program so beneficial in helping my recovery. It's also been one of my only positive social connections during the week."

Northern Sydney PHN

- People with multiple long term health conditions or at risk of hospitalisation
- People discharged from hospital with limited informal supports
- People living with varying levels of mental illness



IPC Health Service Model



Multi-disciplinary team providing wholistic support for people with diverse needs.



Victorian Social Prescribing Survey

- Currently, planning, previous or interested in provision of Social Rx
- Baseline understanding: past, current, future work, enablers, barriers, needs
- Cross-state, cross-stakeholder representation
- Shared understanding of social prescribing in Victoria
- Survey report will be available in 2023
- Funded by the Victorian Government, conducted through ADMA

Social Prescribing Australia - Summary

- Significant interest: peak bodies, state & local government & community
- Led from community health and primary health
- No national association but a strong, engaged coalition
- Increasing interest from government & philanthropy
- Start-Up Scale Sustainability 🌍

With thanks to:

National

Kaylene Fiddes, ADMA; Dr James Ibrahim, RACGP; Grace Newman, SPSC

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South Australia

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