



Let's see how this works in the Arts!

June works for a small theatre company and is looking to apply for funding for her youth drama workshops through the Healthway Partnership Program.

She looks through Healthway's Partnership Toolkit, in particular the Best Practice Guide, and goes through the steps of developing a health promotion plan.

First, the **WHY**. June identifies the need to support mental health and wellbeing for children and young people in her community. She believes her arts educators are well placed to deliver activities through the youth drama program that encourage young people to use creativity as a means to supporting their wellbeing.

June decides that the application will focus on **improving mental health**.

What do we want to change?

June considers the **PLAN** stage of the Best Practice Guide and develops the following aim:

To increase activities that promote positive mental health and wellbeing for children and young people.

To plan the project June then identifies clear objectives to achieve her aim. Using the Best Practice Guide and her knowledge of the youth drama program, June identifies three **objectives**:



To increase awareness and knowledge of positive mental health strategies for educators and participants in the youth drama program. (behavioural)



To improve knowledge and skills around positive mental health practices within the theatre company. (behavioural)



To improve inclusivity and diversity within the theatre company to create a safe environment for young people. (environmental)








Let's look at how these will be met...

In reviewing the Best Practice Guide, June considers the opportunities within her organisation and ways in which they could integrate a range of health promotion strategies.

The youth drama program runs once per week during the school terms with a core group of three educators running the sessions. June recognises opportunities to upskill educators with proven social and emotional learning strategies within the program activities.

June develops the following strategies:

Objective	Strategy
To increase awareness and knowledge of positive mental health strategies for educators and participants the youth theatre program.	 Educational strategy: Facilitate training workshops with arts educators around the essentials of delivering mentally healthy activities including tips on how to promote wellbeing through the way they communicate with and teach young people.
	 Educational strategy: Incorporate activities into each youth drama workshop (40 workshops) affirming the importance of social and emotional learning and resilience.
	 Structural strategy: Develop and implement a wellbeing policy to ensure that all youth-focused programs and events are inclusive and mentally healthy, promote healthy eating and encourage physical activity.
	 Educational strategy: Develop introductory resources to promote wellbeing of young people attending the drama program with a focus on self-care and resilience – e.g. Fact sheets and videos for families to on strategies to keep mentally healthy.
To improve skills around positive mental health practices within the theatre company.	 Organisational strategy: Work with a mental health service provider to upskill staff on ways to promote positive mental health, notice the early signs of mental health issues, feel confident to inquire about a person's circumstances and improve knowledge in referring participants if they need mental health support.



Communication strategy:

Record interviews with arts educators to explore mentally healthy behaviours such as eating well, getting enough sleep, exercising and making time for creativity. These videos and their themes will be used in each workshop and will also be circulated via social media.

To improve inclusivity and diversity within the theatre company to create a safe environment for young people.





Communication strategy:

Implement a warm-up activity for each workshop to introduce topics of positive mental health and resilience. The focus will be on creating a welcoming environment through embracing inclusion and mental wellbeing.

Let's plan the review of the project...

June considers the Best Practice Guide and looks at each **strategy** to identify how to measure if they have been successful, and how she will collect that information. Here are some examples:

Strategy	Review measure	Collection method
 <p>Educational strategy: Incorporate wellbeing strategies into each youth workshop (40 workshops), affirming the importance of social and emotional learning and resilience alongside a mindfulness journal where participants can record their ideas, thoughts and feelings.</p>	<ul style="list-style-type: none"> • Number of workshops, number of attendees to each session • Number of strategies introduced and perceived effectiveness. 	<ul style="list-style-type: none"> • Documentation of workshop
 <p>Structural strategy: Develop and implement a wellbeing policy to ensure that youth-focused programs and events are inclusive and mentally healthy, promote healthy eating and encourage physical activity.</p>	<ul style="list-style-type: none"> • Policy implementation 	<ul style="list-style-type: none"> • Copy of policy



Organisational strategy:

Work with a mental health service provider to upskill staff on ways to better promote positive mental health, notice the early signs of mental health issues, feel confident to inquire about a person's circumstances and improve knowledge as to how to refer participants if they need mental health support.

- Number of staff participating in training
- Feedback from staff

- Documentation of staff participation and feedback



Communication strategy:

Record interviews with arts educators to explore mentally healthy behaviours such as eating well, getting enough sleep, exercising and making time for creativity. These will be promoted via social media and monthly newsletters, which will share mental health and wellbeing tips and resources.

- Number of different communication forms developed
- Feedback from participants
- Social media engagement

- Documentation of strategies and communication messages
- Number of people engaged (e.g. social media views)

June has identified a clear aim to increase mentally healthy activities within the organisation that will have benefits for the target group. The objectives focus on improving awareness, knowledge, and skills to facilitate activities that support healthy behaviours.

The strategies use different approaches, including education through professional learning for staff, communication via social media and the development of teaching activities and resources. Each strategy and objective has a clear plan to review and measure the success of the project.

June inserts the completed Health Promotion Plan into her application to Healthway.



June's Health Promotion Plan is now complete (refer Appendix 1).

Appendix 1: June's Health Promotion Plan

1. WHY		2. PLAN
Health issue and rationale	Target group	Aim
Improving mental health	Children + young people	To increase activities that promote positive mental health and wellbeing for children and young people.

2. PLAN	3. DO	4. REVIEW	
Health Objectives	Strategies (actions)	Review measures	Collection methods
Consider both behavioural and environmental objectives.	Eg. Evidence of policy; evidence of new menu	Consider a mix of educational, communication, structural, organisational, and community engagement strategies.	Eg.introduction of healthy policy; changes to menu
Objective 1 To increase awareness and knowledge of positive mental health strategies for educators and participants in the youth drama program. (behavioural)	1. Educational strategy Facilitate training workshops with arts educators around the essentials of delivering mentally healthy activities including tips on how to promote wellbeing through the way they communicate with and teach young people.	<ul style="list-style-type: none"> Number of workshops, number of attendees to each session 	<ul style="list-style-type: none"> Documentation of workshops
	2. Educational strategy Incorporate activities into each youth drama workshop (40 workshops) affirming the importance of social and emotional learning and resilience.	<ul style="list-style-type: none"> Number of workshops conducted, number of attendees to each session and perceived effectiveness 	<ul style="list-style-type: none"> Documentation of workshop
	3. Structural strategy Develop and implement a wellbeing policy to ensure that all youth-focused programs and events are inclusive, promote healthy eating and encourage physical activity.	<ul style="list-style-type: none"> Policy implementation 	<ul style="list-style-type: none"> Copy of policy
	4. Educational strategy Develop introductory resources to promote wellbeing of young people attending the drama program with a focus on self-care and resilience – e.g. Fact sheets and videos for families to on strategies to keep mentally healthy.	<ul style="list-style-type: none"> Number of participants received, viewed or interacted with resources. 	<ul style="list-style-type: none"> Documentation of when and how resources were distributed e.g. views on social media, printed resources used.
Objective 2 To improve knowledge and skills around positive mental health practices within the theatre company. (behavioural)	5. Organisational strategy Work with a mental health service provider to upskill staff on ways to promote positive mental health, notice the early signs of mental health issues, feel confident to inquire about a person's circumstances and improve knowledge in referring participants if they need mental health support.	<ul style="list-style-type: none"> Number of staff participating in training, feedback from staff 	<ul style="list-style-type: none"> Documentation of staff participation and feedback
	6. Communication strategy Record interviews with arts educators to explore mentally healthy behaviours such as eating well, getting enough sleep, exercising and making time for creativity. These videos and their themes will be used in each workshop and will also be circulated via social media.	<ul style="list-style-type: none"> Number of different communication forms developed Feedback from participants Social media engagement 	<ul style="list-style-type: none"> Documentation of interviews and promotions Number of people engaged (e.g. social media views)
Objective 3 To improve inclusivity and diversity within the theatre company to create a safe environment for young people. (environmental)	7. Communication strategy Implement a warmup activity for each workshop to introduce topics of positive mental health and resilience. The focus will be on creating a welcoming environment through embracing inclusion and mental wellbeing.	<ul style="list-style-type: none"> Type and frequency of activities held 	<ul style="list-style-type: none"> Documentation of activity method and frequency of use