

# The ALIVE National Centre Pocket Map 2023 Edition for Mental Health Research Translation

## How would care FEEL if the negative encounters were changed?



Places to Belong  
Joyful

Hopeful

Joyful

Attended to

Confused

Pushing Up Hill

Pigs Might Fly!

Lonely

Frustrated

Worn Out, Sad, Isolated

Anxious, Afraid

## EXPERIENCE CO-DESIGN

Our Pocket Map 2022 Edition shared the good, bad and in-between experiences (touch points) that eighty-eight consumers, consumers and carers, and carers **FELT** about 52 priorities.

The SHARED strong feelings were used to prioritise what matters for the people most impacted. The order of priorities reflects the shared strong feelings from emotion mapping and the updated language from our symposium and 2022 survey.



## PRIORITIES TO TARGET IN SOCIAL DETERMINANTS + SOCIAL ISSUES



Non-Pharmacological Options



Alcohol and Other Drug Use

Treatments with Less Side Effects

Optimised Medications

## PRIORITIES FOR RESEARCH

- Lived-Experience in All Research
- ★ Education of Professionals & Community
- ★ Prevention for Holistic Health
- ★ Rural, Regional and Remote Equity
- ★ Human Rights

## POINTS OF DIFFERENCE 2022 TO 2023

- ★ = UPDATED priorities and renewed wording from the 2022 Lived-Experience Survey and the evaluation of Centre progress at the Annual ALIVE National Symposium 2023.
- ★ = shows what consumers and carers, and carers FELT strongly about in EMOTION MAPPING 2022. These priorities were repeated in the 2022 survey contributions AND were shared across all three groups indicating these are important priorities to address.

Everyone **FELT** strongly about **HOLISTIC CARE AND WAYS TO MANAGE SIGNS AND TRIGGERS** for Mental Health Care Improvements



MENTAL HEALTH RESEARCH TRANSLATION PRIORITIES AUGUST 2023

MENTAL HEALTH CARE IMPROVEMENT PRIORITIES



Prevention Across the Life Course

Priority Populations

Longer, Healthier Lives

Lived-Experience Research

ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE PATHWAYS

FAMILIES PATHWAYS

207 Consumers (People with Lived-Experience of Mental Ill-Health)  
106 Consumers and Carers (People with Both Experiences)  
52 Carers (Carer, Family and Kinship Group Members)  
365 Contributors to the ALIVE-ANU Lived-Experience Priorities 2022 Survey



# THE ALIVE NATIONAL ROADMAP ORIGIN STORY ...

- ★ **July 2020**  
Our Origin Consensus Statement formed from priorities that were shared by 115 Co-Design Living Labs program members in 2020. These became Nick's Journey in the submission for the Special Initiative in Mental Health and shaped the vision of the ALIVE National Centre.
- ★ **March - October 2021**  
The Origin Consensus Statement set the Centre's research objectives based on co-design member priorities. These priorities were combined with the ANU ACACIA research group priority setting results from 2017. There were more than 400 priorities when combined. We organised across three topic areas: mental health research, improvements to mental health care and experiences, and the impacts of social determinants on mental ill-health. The priorities were synthesised into 52 priorities.
- ★ **February - March 2022**  
88 people conducted emotion mapping with the 52 priorities. This identified the areas where people had shared strong feelings (whether positive or negative) about priorities. Strong shared feelings were grouped to establish five priorities in each of the topic areas. Points of difference between consumers, carers and consumer and carers were noted within priorities.
- ★ **March - August 2022**  
We shared the Blueprint for the co-design of the ALIVE National Roadmap for Mental Health Research Translation at our first symposium in 2022. The prioritised areas and the emotion maps were used in Public Co-Design with 27 to co-create the Phase 1 Consensus Statement Short Horizon Implementation Actions.
- ★ **October 2022 - February 2023**  
The Phase 1 Consensus Statement Short Horizon 2023 Implementation Actions was launched to guide research goals and integrated knowledge translation strategies. These directed the research activities and implementation efforts of the Centre and its networks.
- ★ **March 2023 - NOW**  
The Annual Lived-Experience Priorities Survey 2022 analysis has confirmed the priorities that needed to be updated and where consensus remained. This has informed the renewal of wording alongside the discussions at our Annual Symposium and review of progress for the Pocket Map 2023 Edition.
- ★ **THE ROAD AHEAD**  
We're now undertaking Public Co-Design for the Phase 2 Consensus Statement Intermediary Horizon 2023 Implementation Actions for the Families Pathways in the Roadmap.