

The ALIVE National Centre 2023 Year in Review - Our Impacts



Our Mission - Transforming Mental Health and Wellbeing through Primary Care and Community Action

CONNECTIONS

Annual Symposium 2023
at Larrakia (Darwin)

147 PEOPLE

ENGAGED IN THE 2023
HOLISTIC TERRAINS
SYMPOSIUM
and the Annual
Next Generation
Researcher
E-Networking Event



CHANGE

FLAGSHIP PROJECTS & MILESTONES

- ▶ **18** ALIVE National projects are underway. Projects address **46 of 72 implementation actions** from the Phase 1 Consensus Statement Short Horizon
- ▶ **The Long Conversation (TLC)**
97 Contributions to the Survey Stage
- ▶ **Southern Melbourne Child and Family Health Local**
235 school families, staff, community members health service staff and people co-designed a model fo care for implementation
- ▶ **A-Part of the Crowd**
Awarded \$300K for Loneliness in 18 - 25 year olds during life transitions - new project

COMMUNITIES

- ▶ Memberships to all networks and the collective grew **48%**
- ▶ **46** Next Generation Researchers attended our Annual Navigating Funding Galaxy Panel
- ▶ **34,641** individual visits to the Centre's digital platform
- ▶ **2** international visitors hosted by the National Centre

COMMUNITY ACTION

- ▶ **Launched** the development of a National Strategy for Lived-Experience Research in Mental Health and Suicide Prevention
- ▶ **43,556 opens** of the Phase 1 Consensus Statements Short Horizon 2023 Implementation Actions for the National Roadmap
- ▶ **113** people contributed to the Phase 2 Consensus Statements for Pathways for Families in the National Roadmap
- ▶ **78** contributions to the 2023 Annual Lived-Experience Priorities Survey
- ▶ **35** participated in public co-design to shape implementation actions
- ▶ Aboriginal and Torres Strait Islander pathways start with responding to **Compound Trauma**

CAPABILITIES

ANNUAL INVESTMENT OF OVER
\$1.5M IN RESEARCH CAPACITY DEVELOPMENT

- ▶ **4** New Early Career Seed Funding Awards
8 ECRs Seed Projects Funded in Total
- ▶ **2** New Mid Career Enhancement Awards
**** NEW INITIATIVE IN 2023**
- ▶ Alex McLeod Co-Design Trainees
3 Graduated and **2** New Trainees Appointed
- ▶ **77** Lived-Experience Researchers participated in the ALIVE National Short Course "An Orientation to Research"

CONVERSATIONS

- ▶ **258** people attended Centre Quarterly Research Forums
- ▶ **341** people attended the **Eight** Ready, Set, Translate Virtual Cafe Talks
- ▶ **75** people attended a World Mental Health Month Special Conversation with Professor Chris Dowrick
- ▶ **50** people joined a panel chat Putting on A Show: Manhood, Mates and Mental Health with Rob Mills
- ▶ **62** people attended World Mental Health Day Lost in Translation Podcast Live Recording
- ▶ Centre conversations published to YouTube Channel in 2023 have been **watched over 700 times**

28 Centre Publications

3 Research Articles

31 709 opens of all 2023 Lost in Translation ZINE issues

17 Writer-In-Residence Pieces **4** Implementation Briefs

Review of Research Progress 2024

Our Focus	Large Scale Research	Current Status	Priorities	Implementation Actions	Strategic Initiatives
Prevention across the life course	Co-Evaluation of the Live4Life Whole of Community Approach to improving community connection and mental health in regional youth	Launched the baseline survey across four regional communities Meetings with partners	Lived-Experience in all aspects of Research Rural and remote mental health Prevention of mental ill-health in schools Prevention for Holistic Health Suicide Prevention	Enliven mental health education programs in schools - currently many feel like old relationship education programs. What do young people want?	The Next Generation Research Capacity Building Strategy (Ongoing) <ul style="list-style-type: none"> > Funding delivered to ALIVE researchers, fellows and PhDs > Annual Events Training and Workshops > Seed Funding for Early Career Research Projects > Mid Career professional advancement and career enhancement (PACE) > PhD Launch Pad funding > i-LEARN - Virtual Learning Studios for Integrated Lived Experience Applied Research Nationally > Co-Design Trainee Awards > Annual Funding Galaxy Panel
Longer, Healthier Lives	A-PART OF THE CROWD Addressing loneliness and its impacts in young people 18-25 years old during life transitions	Ethics approved Establishing Lived-Experience Advisory Group Crowd Calls April '24	Prevention for Holistic Health Impacts of Stigma Collective Family Approaches	Identify measures that can determine community connection, engagement and relationships as indicators of wellbeing and recovery of person living with mental ill-health.	
Priority Populations	PEACE - Bigaagarri Project Co-creating new knowledge and preventive, experiential, arts, cultural evidence models for holistic health conversations	Gumbaynggirr community meetings Ethics applications in Bigaagarri prototype Holistic measurement frameworks - reviews of literature	Holistic health Managing Signs and Triggers Compound Trauma Accessibility of Services Co-Designed Measures	Generate multi-faceted understanding of trauma. Safe services and ability to respond to diversity to increase accessibility for groups where discrimination impacts more prominently.	A National Strategy for Lived-Experience in Mental Health Research For release 2025 <ul style="list-style-type: none"> > Review of twenty years of published literature on the principles, processes and practices of lived-experience research in mental health and suicide prevention literature > Public co-design with lived-experience researchers > Interviews and conversations with funders and leaders in research institutions > Draft Strategy for sectoral discussion November 2024
Lived-Experience	The Long Conversation The Who What When and How of Lived-Experience Research Nationally	Preliminary survey results and initial interviews completed Planning for Long Tables Long Conversations	Lived experience in all aspects of research to support an expanded view of lived-experience workforce beyond service delivery settings	Shift the perception that lived-experience is seen as optional in research and establish prerequisites for research teams.	
Mental Health Care At Scale	Co-Designed Roadmap for Mental Health Research Translation	Annual Lived Experience Priorities Survey 2024 Phase 2 Consensus Statements Pathways for families Aboriginal and Torres Strait Islander Pathways	Priorities of the people most impacted are addressed in mental health research translation and priority populations are centred	Maintain an innovation and disruption lens. Work alongside advocacy bodies to support increased funding allocation requests, new service models and the implementation of reform.	
Demonstration Projects ITN	Movement Link-Me Plus <i>Externally funded projects to explore scaling</i>	Movement - Ethics in Movement - Protocol Input (ITN) Link-Me Plus - Ethics in Lived-Experience Advisory Group	Holistic Care Holistic & Longitudinal Care Accessibility of Services	In all settings we should be addressing physical health and provide comorbidities facilities. Remove the expectation that people receiving services for support should be responsible for the navigational pathways.	

**The listed priorities and implementation actions are a selection only of those contained within the ALIVE National Centre Consensus Statements. Priorities that are in green reflect new priorities that have been established for the Pathways for Aboriginal and Torres Strait Islander communities and pathways for families, young people and children.