

Mindful Margaret River's Strategic Framework

21 March 2024

Our vision

Our unwavering vision is to create a resilient and compassionate community where social and emotional well-being is the shared responsibility of every individual. We are determined to eradicate the stigma surrounding mental health challenges by fostering a culture of understanding and empathy. We stand resolute in our mission to build a mentally healthy community, where every person feels seen, heard, and valued.

Our mission

Our mission is to foster a resilient and connected community by building social capital around mental health. We believe that strong social networks, trust, and collaboration are essential for well-being. Through education, advocacy, and support, we aim to empower individuals, families, and communities to create a web of support that promotes mental health, reduces stigma, and ensures that no one faces mental health challenges alone.

Our Objectives

Our Objective is to build a viable and sustainable community-managed mental health sector across our region, emphasizing the value and positive outcomes delivered by community-managed mental health services where:

Stigma is replaced with understanding: Our community actively supports and empathizes with individuals facing mental health challenges.

Early intervention is the norm: Easily navigated, coordinated, and balanced community-based services are offered early to meet individual needs and prevent escalating concerns.

Whole-of-life support is the focus: We take a whole-of-community approach, recognising that mental health impacts every stage of life.

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Holistic well-being is our approach: We provide culturally competent, holistic, and wellness-focused services that promote social-emotional development, prevent mental health challenges, and address existing social-emotional problems.

Collaboration thrives: Stakeholders, families, schools, and local organisations collaborate seamlessly to create a safety net of support.

Together, we build a mentally healthy community—one where every person feels seen, heard, and valued.

Our role

The role of our organisation, as aligned with our mission statement, is multifaceted and impactful:

Advocacy and Education:

We advocate for mental health awareness, understanding, and acceptance within the community.

Community Engagement:

We actively engage with community members, organisations, and local leaders.

Social and Relationship Capacity Building:

We foster social networks and relationships that contribute to mental well-being.

Resource Coordination:

We collaborate with existing mental health services, government agencies, and nonprofits.

Empowerment and Resilience:

We empower individuals to take charge of their mental health journey.

Advancing Policy and Systems Change:

We work toward systemic improvements in mental health services.

Our organisation's success lies in the collective efforts of our members, volunteers, and partners. Together, we create a compassionate and supportive community where mental health thrives.



Talk - Listen - Connect

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Who we are

Mindful Margaret River is a not-for-profit association of volunteers, mental health professionals, government agencies, and community members working together to promote good mental health and well-being in Augusta Margaret River.

How we do it

Advocacy and Education:

Our educational initiatives aim to reduce stigma by providing accurate information about mental health conditions, coping strategies, and available resources.

Community Engagement:

By organizing workshops, seminars, and events, we create spaces for dialogue, support, and connection.

Social and Relationship Capacity Building:

Our role involves connecting individuals, families, and communities to build a supportive environment.

Resource Coordination:

Our organisation helps streamline access to resources, ensuring people receive timely support.

Empowerment and Resilience:

Through peer support, skill-building, and resilience-building programs, we promote self-advocacy.

Advancing Policy and Systems Change:

Advocacy efforts focus on policy changes, funding allocation, and equitable access to care.

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Values

Compassion and Empathy:

We actively listen without judgment, showing understanding and kindness to everyone. Compassion drives our interactions, fostering a sense of connection and support.

Inclusivity and Diversity:

We celebrate diversity and recognise that mental health affects people from all walks of life. Our services are inclusive, regardless of age, gender, ethnicity, or background. We value lived experience.

Holistic Approach:

Our approach addresses social determinants, lifestyle, and overall well-being.

Collaborative Stakeholder Engagement

We recognise that positive mental health outcomes require collective effort. We actively collaborate with community members, organisations, government agencies, and other stakeholders. By working together, we create a stronger safety net for mental health support.

Evidence-Based Practice:

Our interventions are grounded in research and proven effectiveness. We continuously learn and adapt based on the latest evidence.

Stigma Reduction:

We actively combat mental health stigma through education and awareness. Our goal is to create an environment where seeking help is encouraged.

Community Empowerment and Resilience:

We empower individuals to take charge of their mental health journey. Resilience-building programs equip people with coping skills and hope.

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Guiding principles

Promote Human Rights and Dignity:

Uphold the rights, dignity, and autonomy of individuals living with mental illness or psychological distress.

Collaborative Stakeholder Engagement:

Actively collaborate with community members, organisations, government agencies, and other stakeholders.

Foster partnerships to enhance mental health support and services.

Holistic and Inclusive Approach:

Address social determinants, lifestyle, and overall well-being.

Embrace diversity and inclusivity in our programs.

Empowerment and Recovery Focus:

Empower individuals to actively participate in decisions about their assessment, treatment, and recovery.

Encourage self-advocacy and personal growth.

Recognition of Lived Experience:

Value the perspectives of individuals with mental illness, their families, and supporters.

Acknowledge the unique insights gained from lived experiences and the need for this to lead our actions.

Culturally Safe and Responsive Services:

Respect the beliefs and practices of diverse racial, ethnic, and faith-based backgrounds.

Community-Centric Safety, Trust, and Collaborative Partnerships:

Safety Within Our Community: We prioritize the safety of every community member. Our programs and services are designed to create safe spaces where individuals can openly discuss their mental health challenges without fear of judgment or harm.

Building Trust Across Networks: Trust is the cornerstone of our work. We actively build trust by engaging with community members, local organisations, schools, and businesses. Through transparent communication and consistent support, we foster trust that extends beyond our organisation.



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Collaboration Beyond Boundaries:

Our collaborative partnerships extend beyond our immediate circle. We engage with neighbouring communities, government agencies, and regional mental health networks. By working together, we amplify our impact and create a web of interconnected support.

Promote Children and Youth Well-Being:

Empowering Families and Schools: We collaborate closely with families, schools, and local educational institutions. By providing resources, workshops, and support, we enhance the well-being of children and youth within the broader community.

Preventive Community Programs: We support preventive programs that address common mental health challenges faced by young people. These programs involve community awareness campaigns, early intervention strategies, and peer support networks.

Youth-Led Initiatives: We actively seek to support young people in shaping programs for youth, by youth.

These principles guide our actions, ensuring MMR remains compassionate, effective, and impactful.

| Document and version control table | | |
|------------------------------------|--|---------------------------------------|
| Strategic outcomes | We are implementing the Mission of our organisation. | |
| Responsible parties | Board, Staff, Taskforce members, Professional Liaison Team | |
| Authority of original issue | Board MMR | |
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| Version | Date issued | Brief description |
| 1.0 | February 2024 | Initial issue |
| 1.4 | 19 April 2024 | Reformatted and ratified by the Board |

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Related documents

Mindful Margaret River Strategic Framework 2024
Mindful Margaret River Communications Policy 2023
Mindful Margaret River Expenditure Policy 2023
Mindful Margaret River Guiding Principles 2023
Mindful Margaret River Naming and Acknowledgement Protocols 2023
Mindful Margaret River New Member Process 2023
Mindful Margaret River Induction process - Volunteer Members 2023
Mindful Margaret River Membership Policy 2023
Mindful Margaret River Governance Policy 2023
Mindful Margaret River Membership Policy 2021
Mindful Margaret River Guide to writing articles or media 2022