

COOGEE
6-10-5-8-3-4



Coogee Dolphins Mental Health Plan

2021 - 2022

Coogee Dolphins Mental Health Plan/2021-2022/Prep: May, 2021/Review: Jan 2022/Authors: Player Rep's

Vision: ***To establish and maintain a family friendly, culturally aware sporting environment that supports the well being of children, families and adult members.***

Purpose: ***Train your body – train your mind.***

Our Beliefs: ***We are:***

- ***Welcoming,***
- ***Interactive,***
- ***Community based,***
- ***A fun environment.***

<i>Objective</i>	<i>Strategy - Action</i>	<i>Completion Date</i>	<i>Notes</i>
<i>1. Build and implement Coogee Dolphins MHP (Mental Health Plan)</i>			
	<i>Met with BDI Community Engagement Officer – How to build the Dolphin MHP – resources.</i>	<i>4 May, 2021</i>	<i>Attendees: Player Rep’s, Jake Henderson, Mark Daoud, Club President Paul Vanni and Bob Henderson. Discussion around building the Dolphins MHP. What resources are available for use, what can we share, brand sharing and other matters discussed. Draft plan prepared for consideration of the Dolphins Board. Completed.</i>

<p>2. Identify key dates and populate event calendar</p>			
	<p><i>Dolphins Calendar draft underway</i></p>	<p><i>6 May, 2021</i> <i>Update By: ??</i></p>	<p><i>MD sourcing a shared calendar model that can be populated with MH events and activities.</i></p> <p><i>In progress.</i></p>
<p>3. Schedule Key Mental Health Awareness Presentations</p>			
	<p><i>BDI presentation – “Breaking Down Depression and Building Resilience”</i> <i>Wayne Wigham</i></p>	<p><i>9 June, 2021</i></p>	<p><i>BDI Presentation by Wayne Wigham at Coogee Diggers in-conjunction with club social for S.O.O. Game One on the 9 June, 2021 Organisation by Player Rep’s. Well attended, hand outs provided. Slide show delivered.</i></p>
	<p><i>Zoom presentation by Anthony Brereton of South’s Cares.</i></p>	<p><i>20 July, 2021</i></p>	<p><i>Zoom presentation hosted by the club with guest speaker Anthony Brereton of South’s Cares. Outlined the model of support being provided by South’s in the</i></p>

			<i>Mental Health space. In attendance were all of the junior and senior coaches, managers and club executive.</i>
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<i>4. Market and disseminate Educational Content</i>			
	<i>Release of BDI program “Headgear” Smart phone app that guides the user through a 30 day Mental Fitness Challenge.</i>	<i>Draft release prepared 29 June, 2021 and fwd to Jake and Mark for comment. Date: 29 June, 2021</i>	<i>Information on “Headgear” disseminated internally to A and A Reserve grade players by Player Rep’s Dates Completed: 29 June, 2021</i>
	<i>Release of Info around BDI App “Mental Muscle”</i>	<i>Content fwd to player reps 29 June, 2021</i>	<i>Disseminated internally to A and A Reserve playing groups by rep’s on the 8 July, 2021</i>

	<p><i>Release of BDI program - “On-Line Clinic”</i></p> <p><i>The On-Line Clinic takes the user through a range of clinical assessments for common mental health conditions.</i></p>	<p><i>Date:</i></p>	<p><i>Information around the Black Dog Institute “On-Line Clinic” disseminated on Facebook, Instagram and webpage by Player Reps</i></p> <p><i>Dates Completed:</i></p>
	<p><i>Release of BDI program - “My Compass”</i></p> <p><i>Free, on-line self help program for people with mild to moderate depression, anxiety and stress.</i></p>	<p><i>Date:</i></p>	<p><i>Information around the Black Dog Institute “My Compass” disseminated on Facebook, Instagram and webpage by Player Reps</i></p> <p><i>Dates Completed:</i></p>
	<p><i>Release of BDI “On-Line Tools and Mobile apps” for your mental health and well-being.</i></p>	<p><i>Date:</i></p>	<p><i>Information around the Black Dog Institute “On-Line Tools and Mobile Apps” disseminated on Facebook, Instagram and webpage by Player Reps</i></p> <p><i>Dates Completed:</i></p>

	<i>Release of information about how to access and join a BDI “Support Group”</i>	<i>Date:</i>	<i>Information about how to access and join a “BDI Support Group” disseminated on Facebook, Instagram and web page by Player Reps.</i> <i>Dates Completed:</i>
	<i>Release of BDI “Fact Sheets”. Evidence based “Fact Sheets suitable for the user attempting to find out more about mental health conditions, treatments and well-being.</i>	<i>Date:</i>	<i>Information about how to access BDI “Fact Sheets” disseminated on Facebook, Instagram and web page by Player Reps.</i> <i>Dates Completed:</i>
	<i>Release of information on how to access BDI “Community Webinars” Gives the users access to mental health sessions wherever you are.</i>	<i>Date:</i>	<i>Information about how to access BDI “Community Webinars” disseminated on Facebook, Instagram and web page by Player Reps.</i> <i>Dates Completed:</i>

<i>5. Review and evaluate plan.</i>	<i>Player representatives to gather review and evaluate this plan in consultation with the Executive.</i>	<i>Date:</i>	<i>Date Completed:</i>
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