



# Feeling Groggy?

## Consumer and Carer Education Resources

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**Quality Mental Health for Everyone in Australia**



# Presentation Overview

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- Project outline
- Development process
- Use of consumer and carer resources

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# Project Outline - Expected Outcomes

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- Development and production of resources in the **format, style and language** endorsed by consumers and carers.
- **A resource that can be utilised by general practitioners** as an adjunct to their clinical practice
- Provision of resources that will **promote increased mental health /co-morbidity literacy levels** of consumers and carers as well as the community as a whole.

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# Project Outline - Expected Outcomes (cont.)

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- Provision of informed, consensus agreed information regarding **co-morbid alcohol and high prevalence mental health disorders** in response to the identified needs of consumers and carers, including:
  - **awareness raising** of the co-morbid relationship between alcohol, depression and anxiety as well as prevalence levels in the community; and
  - **treatment options** in the primary health care setting.

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# Project Outline - Topics



- The resources will be targeted towards adults presenting to general practice, & cover the following topics:
  - an overview of co-occurring alcohol and common mental health problems
  - advice on where to seek care & effective treatments;
  - what to expect from / ask your GP;
  - advice on self-help strategies;
  - details of after hour support, including crisis support and telephone help lines;
  - options for specialist help; and
  - references to credible mental health websites.

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# Project Outline– The Process

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- Ongoing consultation with Project Partners, especially ADGP, ACPMH, and PARC
- Research
- Key messages
- Consumer and carer workshop
- Draft resources circulated for comment
- Finalisation of resources

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# Consultation with Project Partners

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- Early decision to focus specifically on:
  - alcohol, anxiety and depression problems; and
  - low to medium severity spectrum.

# Key messages

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- Developed with input from:
  - Consumers and carers
  - John Pead and Kellie Marshall (ACPMH)
  - Slade Carter and Leanne Wells (ADGP)
  - Peter Drake (PARC)
  - Dept Veterans Affairs
  - Other Project Partners
  - Divisions of General Practice
  - MH and D&A Specialists
  - Other health professionals

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# Consumer and carer workshop



- Attended by 5 consumers and 5 carers with experience of alcohol, anxiety and / or depression problems.
- Also attended by 1 GP and 1 D&A Specialist, ADGP and PARC.

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# Consumer and carer workshop (cont.)

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- Issues discussed included:
  - Key Messages;
  - impact of comorbidity;
  - help available in the primary care setting;
  - project title;
  - resources format;
  - style and language; and
  - evaluation component.

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# Draft resources circulated for comment

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## ➤ Feedback received on:

- Title
- Style and language
- Format
- Content

## ➤ Responses from:

- Approx. 45 consumers and carers
- Approx. 15 health sector professionals

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# Draft Resources circulated for comment

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- Title: Feeling Groggy?
- Style and language: Simple, sparse and direct
- Format: Multiple resources
  - Poster
  - One page fact sheet
  - Multi-page pamphlet / booklet
- Content: Matching contractual requirements where practical; normalising; strong message of working with your GP and other supports.

# Use of consumer and carer resources



## ➤ Feeling Groggy? poster for GP waiting rooms:

- 4 simple messages:
  - Have you been feeling sad and hopeless?
  - Have you been feeling worried and anxious?
  - Ever wondered if you drink too much?
  - Your GP can help!
- Designed to attract attention
- Reaching those who are pre-contemplative
- Discreet



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# Use of consumer and carer resources

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- One page fact sheet provided by GP
  - Simple screening questions to identify depression, anxiety and alcohol problems
  - Questions to ask your GP
  - Require some level of identification by GP
  - Can also be available in waiting room to reach those who are pre-contemplative

# Use of consumer and carer resources



- Multi-page pamphlet / booklet
  - Reliance on identification by GP
  - A tool to assist those who are contemplative
  - Topics include:
    - Why is it important to seek help?
    - Physical effects
    - Why see a GP?
    - What help can your GP provide?
    - Expect trial and error
    - When will a GP provide a referral?
    - The role of family and friends
    - Help lines and websites
    - Emergency contact numbers
    - Medications list

# To be determined...



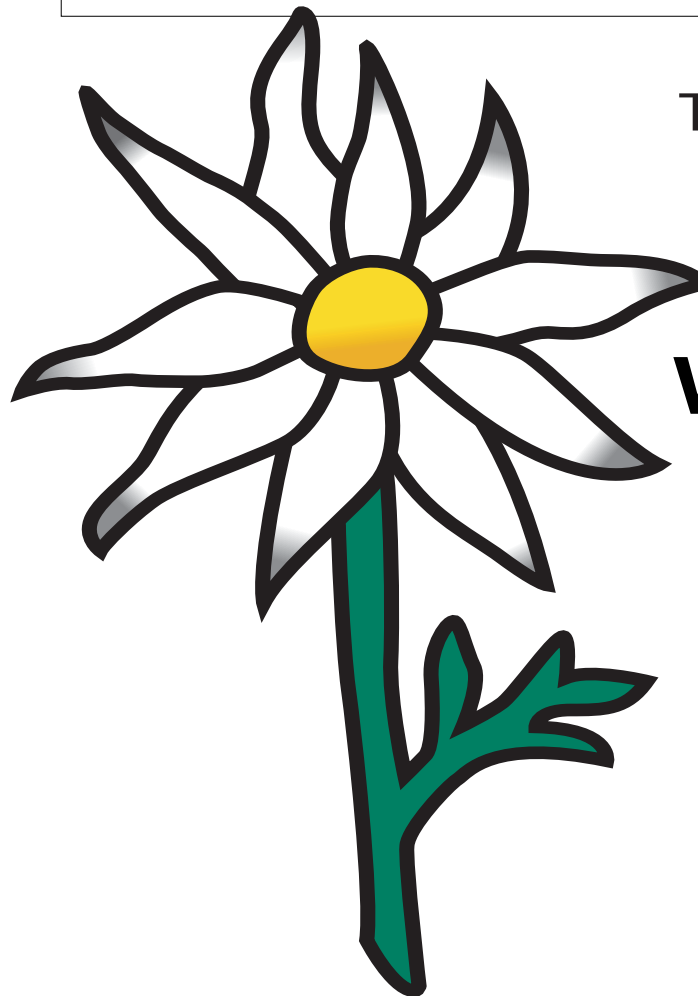
## ➤ Number of resources produced

- Dependent on cost
- How many practices in your pilot area are likely to participate in this project?
- As a rough estimate, how many of each resource should be distributed to each practice?
- How many resources per practice?
- Do you envisage any problems with proposed size and format of these resources? (e.g. poster size is too large/small for use in a GP's waiting room)

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# Flannel Flower



TM

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