

Mind Blank Workplace Program Guide



Organisation Insights

Mission

We empower people to build skills and promote mental wellbeing in schools, workplaces, and communities.

Vision

We are committed to being recognised as a world leader in the delivery of prevention and early intervention mental health strategies.

Values

Creativity
Commitment
Mindfulness
Integrity
Community



Awards and Recognition



In 2017 Mind Blank's efforts were recognised in winning the Mental Health Matters Award for Mental Health Promotion. The Health Matters Award is a collaboration with the NSW Mental Health Commission and the Way Ahead Association NSW. It was awarded for our Mind Blank for schools programs.



In 2019 Mind Blank was awarded a Mental Health Services award (The MHS Learning Network) for Mental Illness Prevention. This was supportive of our collaboration with TeamHEALTH (Top End Mental Health provider) that hosts an annual mental health awareness tour around Darwin, Palmerston, Katherine, and in rural/remote communities surrounding Kakadu National Park.



Our CEO and Founder, Ally Kelly, has been recognised in the 2021 Suicide Prevention Australia LiFE Awards in the category of Outstanding Contribution in the Suicide Prevention Sector. This national award showcases the important work of suicide prevention and support of people affected by suicide across Australia.

Did You Know?

The direct financial cost of mental illness to Australian businesses is approximately \$13 billion (KPMG, 2018). Reports show millions of Australian workers are becoming mentally unwell in workplaces (Molly, 2019). Both figures reflect pre-pandemic data.



The cost-effectiveness of community-based crisis intervention efforts can save lives (Comans et al, 2013). Evidence shows that promoting a positive workplace culture can increase an individual's chances of seeking help and support when it comes to their mental and emotional health.



Health programs show a great return on investment. In fact, value in a Federal study shows that there is **\$5.81 of value for every dollar spent** (Federal Government Assessment via Comcare, 2011). A 2017 study showed mental health training for managers return \$10.00 of value for every dollar spent (Milligan-Saville, J.S, et al. 2017)

What we do?

Mind Blanks workplace programs focus on a preventative approach to mental health in the workplace.

How the programs work is Mind Blank will facilitate a health promotion activity designed to draw the audience in to discuss early intervention of workplace mental health topics. The workshop will draw on insights from stories of lived experience to engage the audience to learn new skills.

Audience members walk away knowing the value of self-care application, how to promote a speak-up culture, and knowledge on the important pathways to seek help to encourage emotional and mental wellness. Practical application of any of the above skills has the potential to increase an individual's chance of early intervention to support their health and wellbeing.



Workshop Delivery Options

- Mind Blank has several preexisting workshop themes that have already be trialed and tested in the market place. Each workshop is designed to draw the audience in to discuss early intervention workplace mental health skill building.
- Reach up to 30 attendees per session. No minimum numbers.
- This is a workshop model is one off in nature. It can be tailored an annual package to support ongoing professional development opportunities for workplaces.
- Can be delivered face-to-face or online.

Program package includes-

- Set up fee
- 1.5 hour interactive health promotion & skill-building workshop
- Support an early intervention framework strategy in case a staff member's mental health is triggered from psychological hazards
- Tools and templates to support further understanding of early intervention mental health practice in the workplace



Face-to-Face Health Promotion

- Mind Blank will host a live interactive session where audience members take place in early intervention workplace mental health skill building.
- Reach up to 180 attendees per session. No minimum numbers.
- This is a workshop model is one off in nature. It can be tailored an annual package to support ongoing professional development opportunities for workplaces.
- Can be delivered face-to-face or online.

Program package includes-

- Set up fee
- 1.5 hour interactive health promotion & skill-building workshop
- Support an early intervention framework strategy in case a staff member's mental health is triggered from psychological hazards
- Tools and templates to support further understanding of early intervention mental health practice in the workplace



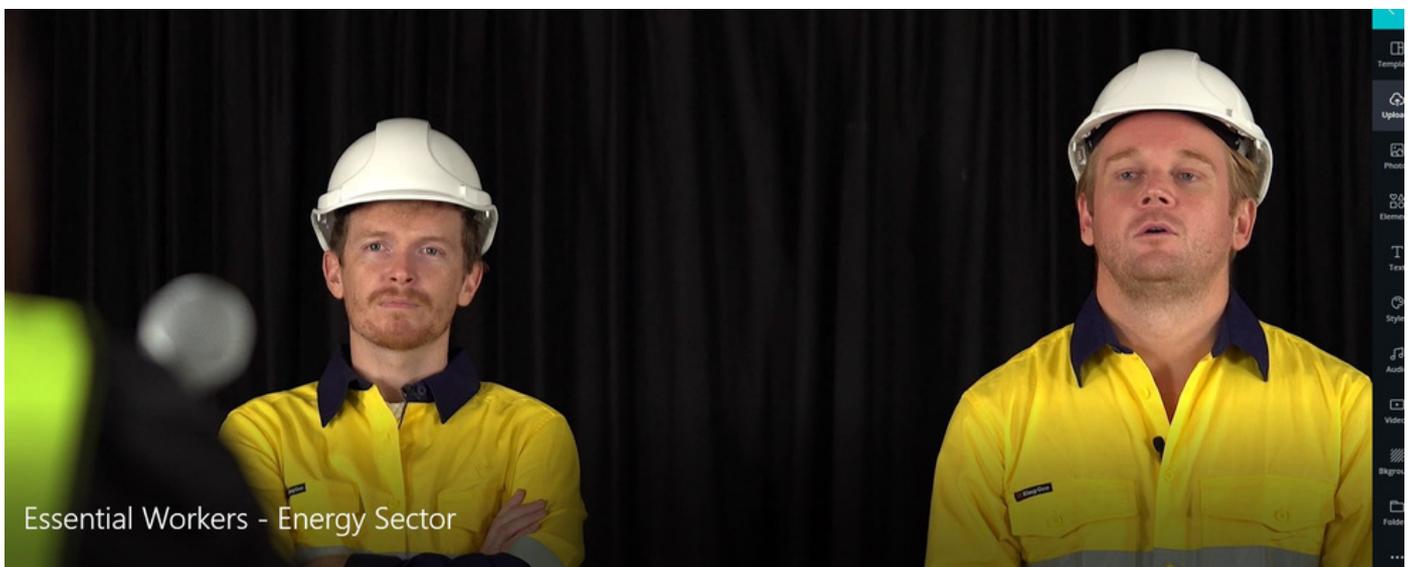
Creating Video Tools

Mind Blank video tools can be created to support a tailored preventative approach to workplace mental health. Video themes are designed to create discussions to support a positive workplace culture by providing tools for the person conducting the business/Health and Safety Representatives/HR to effectively manage mental health issues in the workplace. Specific areas of focus will be tailored to the workplace sector.

Program package includes-

- Content creation
- 1/2 day filming
- Team training and workshop new content
- Collaborative editing process to create the content as described above.
- Final project files backed up and kept on file for a guaranteed period of 2 years. Workplace can also provide a hard-drive so that the client can take responsibility for the material back-ups.

It is designed to go alongside a selection process to discuss nominating an ideal facilitator that could be trained in house. As an alternative the program delivery can be outsourced to the Mind Blank team.



Facilitator Training

The facilitator training model is offered to support internal team members to deliver the Mind Blank workshops in your workplace through a licensing model.

What you get:

- A trained local program facilitator that can conduct the Mind Blank workshop process in your workplace.
- Training manuals that outline the step-by-step processes to conduct the a Mind Blank program.
- Peer mentoring to ensure the project continues to support quality programs.
- Licensing agreement to support guided project delivery over 6 month period.

What you get:

- Recruitment & training
- Program manuals
- Ongoing mentoring over 6 month period
- Management oversight and administration support
- Program evaluation report





Creatively committed to mental health education with mindfulness and integrity.



Help & resources available @
mindblank.org.au

Find us on Facebook,
Instagram or Youtube

