

# Evaluation Summary 2017

## Self-Management Network



### About the network

The Self-Management Network, established in 2011, provides opportunities for health professionals to share self-management practices and innovations, network, collaborate and share relevant service information. Mental health was selected a theme for 2017, with each meeting will build on the learnings from the previous meeting.

Three forums were held in 2017 on the theme of mental health:

- Forum 1: Service Systems for Mental Health & Dual Diagnosis
- Forum 2: Models of Care and the Patient Journey
- Forum 3: Motivational Interviewing: Co-morbid Depression and Alcohol Use Disorder

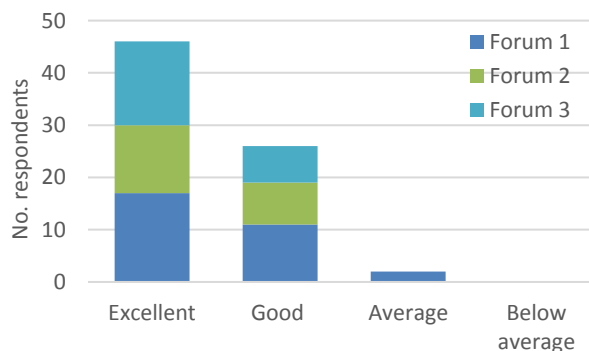
In 2017 the Network was supported by HealthWest Partnership and Inner North West Primary Care Partnership (INWPCP). The Network is coordinated by a working group including: Djerriwarrh Health Services, IPC Health, Werribee Mercy Health, cohealth, Wyndham City Council, Melton City Council, St Vincent’s Hospital Melbourne and Carers Victoria.

### Evaluation Results

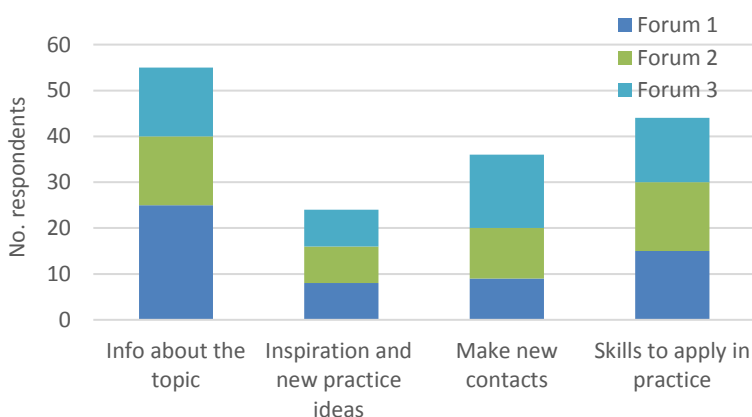
Over 120 registrations were received for the forums in 2017. The forums were of high quality and met the participants expectations. Around 97% of the respondents rated the quality of the forums as excellent and good. Over 88% of respondents reported their expectations were met completely or mostly by the forums.

*“...the use of Motivational Interviewing specifically for mental health clients, has made attending today’s event worthwhile”*

Quality of presentations rated by participants



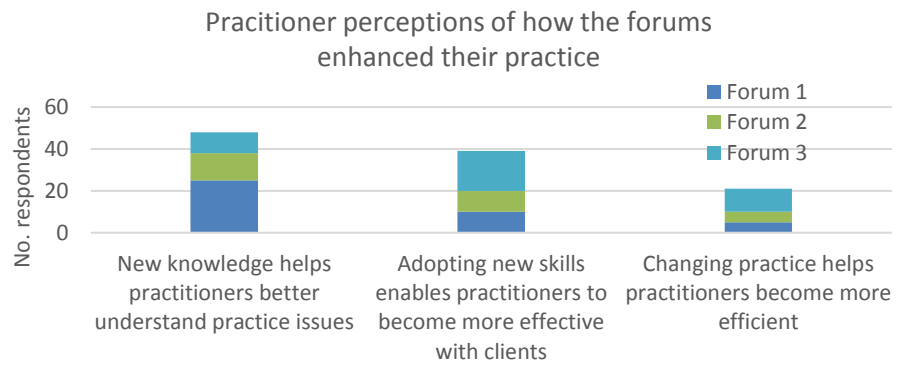
What practitioners hope to gain from attending the forums



Participants attended the forums for a variety of reasons, particularly to gain information about the topic and gaining skills to apply in practice.

*“...learning about the changes that are coming to mental health services”*

Many participants reported the forums enhanced their practice by assisting them to gain new knowledge and adopt new skills. Some also indicated the forums assisted them to change practice.



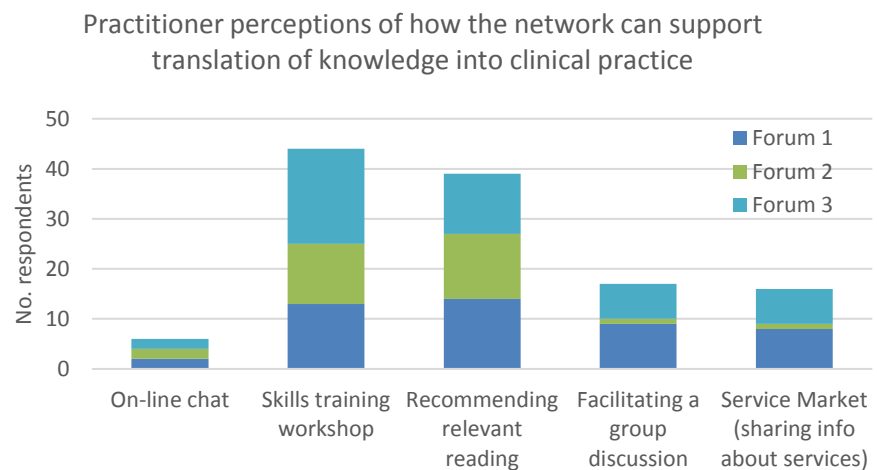
## Feedback from participants

Overall the forums were valued by participants. Feedback from participants indicated the forum could be improved by allocating more case presentations and workshop activities. Most practitioners reported that skills training workshops and recommending relevant readings would support transition of knowledge into clinical practice.

*“Inspirational event, amazing insight”*

*“Opened up my mind and knowledge”*

*“...more time to explore practical areas of applying skills”*



## Looking forward

The network remains a valued platform in this region, as demonstrated by this evaluation. Recently the Working Group accepted an offer from North Western Melbourne Primary Health Network (NWMPHN) to auspice the Self Management Network moving forward. In recent years HealthWest and INWPCP have been supporting the working group to improve sustainability with the view to transitioning the network to another auspice whose strategic directions align. NWMPHN offers a renewed opportunity for the network to grow and achieve their purpose. The dates for 2018 will be announced by NWMPHN early in 2018.

## Thank you!

Thank you to working group and network members past and present for your participation and contribution to the growth and development of the network. HealthWest and INWPCP have enjoyed supporting this valuable network over the years and learning from your experiences and practices. We wish the network, working group and the NWMPHN all the best for a bright future!

