

East Gippsland PCP Case Study

2019-2020

Developing measures for the East Gippsland Drug and Alcohol Prevention Alliance

Name of PCP	East Gippsland Primary Care Partnership
Case Study Title	Developing measures for the East Gippsland Drug and Alcohol Prevention Alliance (DAPA)
Which PCP domain does your case study relate to?	Prevention
What was the need?	<p>The Drug and Alcohol Prevention Alliance (DAPA) was formed in 2015 as a result of an inquiry from an East Gippsland town who at the time had serious concerns about the harm of illicit drug use particularly in younger people within that community.</p> <p>Between 2015 and 2017 the East Gippsland community developed a visual diagram that identified the local causes of illicit drug use in East Gippsland. The development of the diagram stimulated community leadership, decision making and collaboration with other initiatives across East Gippsland. The diagram identified key areas of future action for DAPA (formerly known as the Ice Prevention Working Group) and was later integrated with areas of change from the East Gippsland Municipal Public Health and Wellbeing plan.</p> <p>In 2017 DAPA became a Local Drug Action Team (LDAT) funded in part by the Alcohol and Drug Foundation and in 2018 DAPA also became the community board of the East Gippsland Communities that Care (CTC) program.</p> <p>Leveraging off this earlier work East Gippsland Primary Care Partnership (EGPCP) staff identified the opportunity to strengthen partnerships with other agencies in East Gippsland. The aim was to consolidate the alliance (DAPA) with view focus on long term prevention issues regarding the harms of drug and alcohol usage in East Gippsland communities.</p> <p>East Gippsland encompasses one of the largest geographical areas in Victoria, with a widespread population, including some of the most remote pockets in Victoria which border NSW. Within the catchment there is a high Indigenous population (3.8% compared with Vic average 0.8%) - with over 40% under 17. The catchment also ranks in some of the highest/lowest statistics in the state in critical domains including housing, employment, rate of disability, school readiness, heart disease, family violence, bullying, amongst others.</p> <p>Systems thinking training and approaches have been applied within the PCP over the last several years to several prevention priority areas including healthy eating and active living. It was identified that a systems approach to prevention in drug and alcohol use would be of particular benefit to DAPA members.</p> <p>This systems approach has proved particularly helpful in East Gippsland and encourages the distribution of activity and engagement across multiple organisations assisting service delivery issues created by the vast geography of the region. Importantly it recognises the need for multiple and diverse</p>

	organisations to collaborate in creative responses to issues relating to drug and alcohol use in the community.
What was the aim of the initiative/action?	To develop a set of measures against areas of change in , Priority area 3 <i>Protect our Health: Reducing Harmful Alcohol and Drug Use</i> in East Gippsland's Municipal Public Health and Wellbeing Plan, <i>Well Placed for Wellbeing</i> :
Who was the target group?	Local health agencies, service providers, Local Government agencies and department representatives from DHHS and DET.
What was the setting?	Three x 4-hour workshops supported via Zoom for remote agencies.
Who did you work with?	DAPA comprises of some 17 agencies that work collaboratively to implement the project. Importantly membership of the alliance is fluid and new member agencies are actively encouraged to participate. Members include but are not limited to: <ul style="list-style-type: none"> - East Gippsland Primary Care Partnership - East Gippsland Shire Council - Gippsland Lakes Complete Health - Department of Education and Training - Department of Health and Human Services - Orbost Regional Health - Omeo District Health - GippSport - Save the Children - Uniting - Latrobe Regional Hospital - Vic Police - Headspace Bairnsdale - Lakes Entrance Aboriginal Health Association - Quantum Support Services - Gippsland Primary Health Network - Gippsland and East Gippsland Aboriginal Co-operative
How did you do it?	<p>During 2018, DAPA partner agencies participated in a series of three workshops facilitated by EGPCP staff to support a system thinking approach to prevention of drug and alcohol use in East Gippsland.</p> <p>These workshops focused on developing a set of shared measures from priority area 3 of East Gippsland's Municipal Health and Wellbeing Plan, <i>Well Placed for Wellbeing: Protect our Health: Reducing Harmful Alcohol and Drug Use</i>.</p> <p>These areas are:</p> <ol style="list-style-type: none"> 1. Sporting clubs encourage moderate alcohol consumption; 2. Parental modelling of alcohol consumption is improved; 3. Community are less accepting of underage drinking; 4. Community are aware of the effects of illicit drug use; 5. Community are aware of the effects of alcohol; and 6. Community access to alcohol consumption is reduced. <p>Using a systems change measurement framework the workshops sought to:</p> <ul style="list-style-type: none"> - Explore the outcomes we seek. In this case areas 1-6 (above) from priority area 3, <i>Well Placed for Wellbeing</i>. - Discuss changes do we want to see. What would achieving this outcome look like in 2-3 years? - Workshop how will we know this has happened. Not limited to existing data sets. Work out what the alliance needs to measure and how to collect it.

	<ul style="list-style-type: none"> - Explore how will we measure this. Capture and collate data, including sources of data and frequency. Consider if this can be a pre-existing data set or if a new data capture. - Use the process to inform appropriate actions we will take? Identify possible action (ideally collaborative). Focus on actions that moves the measure (not only the outcome). Identify that the process allows the alliance to add/remove/change actions any time. Map and document multiple, strong actions occurring concurrently. Supports collaboration, organisations can contribute at any point.
<p>What was achieved? (Consider whether results were benefits for clients and/or for service providers and/or for the system)</p>	<ul style="list-style-type: none"> - Development of a set of shared measures integrated with the six areas of change from <i>Well Placed for Wellbeing</i>. - Development of a community programs profile that will enable the alliance to identify many actions they may be placing multiple sources of pressure on selected areas of change. - Measures integrated into the <i>2020-2021 DAPA Plan</i>. - Shared insight and understanding amongst alliance partners that assist with the selection of interventions that reduce the harms of drug and alcohol use in East Gippsland communities. - Increased systems thinking capacity amongst EGPCP staff and DAPA agencies. - Shifting organisational cultures towards long term reflective learning and adaptive approaches. - Development of a theory of change and change framework for improving systemic challenges for drug and alcohol use in East Gippsland. - Greater opportunities to measure change related to the harms caused by drug and alcohol use in East Gippsland communities.
<p>What is the status and sustainability?</p>	<p>DAPA continues to meet the second Wednesday of every month utilising online platforms such as Zoom and Microsoft teams and has strong participation from all partner agencies.</p> <p>EGPCP continues to provide secretariat support for the group and regularly distribute relevant documents, identify funding opportunities and opportunities for new prevention activities.</p> <p>The network is currently focused on a project to build capacity in the region to delivery Teen and Youth Mental Health First Aid Training by training staff from East Gippsland schools and support agencies to become qualified deliver Teen and Youth Mental Health First Aid Training to secondary school students and community members.</p> <p>The change framework developed through this system approach is being incorporated into other networks that EGPCP either facilitate or participate in.</p>
<p>What was the specific role of the PCP?</p>	<p>PCPs are uniquely positioned to establish and facilitate networks such as DAPA. They are viewed as being largely neutral and EGPCP has strong and well-established relationships with most local health agencies, service providers, local Government, and State Government departments.</p> <p>EGPCP provided staff skilled in systems approaches. These staff led the workshop process, assisted with the final development and dissemination of key documentation and provide ongoing support to the Alliance.</p> <p>Moving forward EGPCP continues to provide the secretariat for this network and is the lead agency in the recently developed project to sustain the long-term delivery of Teen and Youth Mental Health First Aid Training in East Gippsland.</p>
<p>What lessons have you learnt?</p>	<p>Development of a shared measurement process is hugely beneficial for the group. It allows for better selection of new prevention activities and greater ability to measure long term change. However, these measures remain fluid</p>

	<p>and need to be revisited periodically to allow for changes in systems and new and emerging challenges such as recent bushfires, drought, and COVID-19.</p> <p>Maintaining relationships with agencies is an important piece of work that remains a constant for EGPCP. As systems constantly adapt and staff move within and from organisations engagement in alliances such as DAPA takes time and resources to foster and maintain.</p>
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