



Mental Health Foundation ACT

A member of MIFA



Mental Health Foundation ACT Inc.

Strategic Plan 2020 - 2023

www.mhf.org.au

Welcome to the
Mental Health
Foundation (ACT)

Strategic Plan 2020-2023

The Mental Health Foundation (ACT) (MHF) was established in 1984 by Brian l'Anson and friends as a not for profit, community-based service.

For nearly four decades we have provided a range of services and support to the people living with mental illness in the Canberra region.

We use flexible, evidenced-based and co-designed services to meet the needs of people living with mental illness to address their changing needs, particularly at a time of government reforms.

MHF works with consumers and carers, partners and all levels of government to assist in identifying gaps in service delivery and in developing strategies to meet our clients' needs.

This strategic plan will enable MHF to continue remain focused on the purpose for which it was set up.

VISION

Our Vision is that Canberrans and surrounding community live with hope, choice, control and good mental health

MISSION

"To deliver quality mental health services in the ACT and surrounding region through innovative accommodation, outreach and support solutions."

AIMS

1. Support people and their carers towards good mental health and wellbeing
2. Improve lives through community acceptance and social inclusion
3. Design and deliver a choice of tailored, safe and effective support services
4. Build a sustainable, strong, responsive and valued Mental Health Foundation (ACT)

CORE SERVICES

Services are driven by and co-designed with people who have the lived experience of mental illness.

1. **Accommodation facilities and services**
2. **Mental Health Recovery Services**
3. **3. Transition services –**
 - a. **Hospital to the community**
 - b. **Community to Hospital**
 - c. **Youth to Adulthood**



AIMS and Priorities

<p>1. Support people and their carers towards good mental health and wellbeing</p>	<ul style="list-style-type: none"> ✓ Build and implement accommodation models, assets ✓ Youth and families through a social enterprise that support people to have a safe space and place.
<p>2. Improve lives through community acceptance and social inclusion</p>	<ul style="list-style-type: none"> ✓ Lead in areas of promotion of mental wellbeing during Schizophrenia Awareness week and Mental Health Month.
<p>3. Design and deliver a choice of tailored, safe and effective support services</p>	<ul style="list-style-type: none"> ✓ Develop a resilient responsive workforce that demonstrate the use of current frameworks of service delivery including supported decision making, co-design and co-production, do no harm, family inclusive which all lead to the implementation of the Recovery Framework in a mobile flexible world of service delivery. ✓ Build the peer workforce within MHF. ✓ Build in quality measures to ensure a transparent and person-centred service delivery.
<p>4. Build a sustainable, strong, responsive and valued Mental Health Foundation (ACT)</p>	<ul style="list-style-type: none"> ✓ Grow strategic and operational alliances to enable MHF to increase people's access to services. ✓ Diversify the base of revenue through the development of a social enterprise aimed as a preventative measure in promoting mental health ✓ Working with Government to fill identified gaps in service delivery.

MHF VALUES

Hope Empowering Choice

Creating Hope to Empower Choice
Promoting recovery and enabling better lives through HOPE.
Discovering personal strengths and cultivating growth



Upholding Respect

Passionate Pursuit of Respect for the Individual
Valuing individual rights, dignity and self-worth. Respecting diversity, acting ethically, and promoting equity with fairness.

Safety and Quality

Providing a Stable Nurturing Environment
Fostering trust, transparency and consistency in a physically, emotionally and culturally safe environment with a focus on continuous improvement.



Proactive Participation

Promoting Social Integration
Responding to community engagement opportunities. Taking initiative to enhance fellowship, inclusion and collaboration.

Inspiring Innovation

Encouraging and Creating Opportunity
Creative planning, developing potential opportunities and reinvesting to achieve a sustainably viable and responsive organisation



Join us in our endeavours to:
Create Hope, and put People First
for Better Mental Health



Contact us

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