

tune in now



TUNE IN NOW FACTS

Funding

Tune In Now is funded by *beyondblue* through the Federal Government's Taking Action To Tackle Suicide initiative.

Project Management

Homelessness Australia project managed the development of Tune In Now in conjunction with *beyondblue*.

Website production

Design and development of website and video content by design partner, Blueboat in Melbourne. www.blueboat.com.au

Copy Editing by Inkpot copy in Melbourne. inkpotcopy.com.au

What is Tune In Now?

Tune In Now is an online toolkit to help homelessness workers to 'have the conversation' with men who are experiencing depression and/or anxiety.

Tune In Now limitations

The toolkit is not about making a diagnosis or prescribing treatment.

What's the background to this project?

Suicide is the leading cause of death for males under the age of 44 in Australia.¹

On average, every day in Australia, five men die by suicide. One in eight men are likely to experience depression, and one in five men are likely to experience anxiety – significantly higher than the general population.² Untreated depression and anxiety are significant contributing factors to male suicide.

To tackle the rate of depression and anxiety in men, the federal government Department of Health funded *beyondblue* to develop a comprehensive strategy targeting a range of population groups. The strategy aims to encourage men to take action against depression and anxiety by reducing the barriers to them seeking support. Men experiencing homelessness or at-risk of experiencing homelessness are one of the target population groups.

Why an online toolkit?

One of the at-risk male cohorts being targeted is men who are experiencing homelessness or are at-risk of experiencing homelessness.

Consultation with the homelessness sector identified that homelessness case/support workers within the sector would benefit from having access to additional information on how to 'have the conversation' with men about depression and anxiety.

What's in the Tune In Now Toolkit?

The toolkit is a practical, easy-to-use resource that provides case/support workers with the necessary information and resources to 'have the conversation' about depression and anxiety as well as to encourage those men experiencing homelessness to take action.

The toolkit is loaded with practical information, handy tips and helpful videos.

The toolkit includes:

Module 1: Social and Emotional Wellbeing

The very real impact of homelessness, depression and anxiety

Topic 1: What is social and emotional wellbeing?

Topic 2: What causes depression and anxiety?

Topic 3: How does depression and anxiety intersect with homelessness?

Topic 4: Men and depression

Module 2: Identifying Anxiety and Depression

How to spot anxiety and depression and what you can do about it

Topic 1: What is depression?

Topic 2: What is anxiety?

Topic 3: Screening for depression and anxiety?

Topic 4: Debunking the myths about depression and anxiety

Topic 5: Suicide risk

Topic 6: Alcohol and other drugs

Module 3: Having the conversation

Tips and techniques to help you start a conversation, and keep it going

Topic 1: Why won't he talk about it?

Topic 2: Conversation GUIDE principles

Module 4: Taking Action

How to build an effective action plan and where to seek support

Topic 1: Action planning

Topic 2: Providing support in the 'taking action' phase

Topic 3: Looking after yourself

Tune In Now also includes links to other resources and helpful videos with comments from case/support workers and the personal stories from men who have experienced homelessness and depression and/or anxiety.

**Who should use
Tune In Now?**

Tune In Now is targeted at homelessness case/support workers but can be used by anybody who may want some tips on how to 'have a conversation' with a man who is experiencing depression and/or anxiety.

**Why would case/support
workers need this toolkit?**

Case/support workers have varying degrees of experience supporting men with depression and/or anxiety. Many are not necessarily mental health specialists and will welcome such a practical easy-to-use resource.

Many homelessness organisations work under considerable pressure which often limits the time that workers have to respond to all clients' mental health needs.

Case/support workers may be trained to respond to mental health emergencies by drawing on outside services, though it is not necessarily the case that they have the skills to engage their clients in what may necessarily be more sustained conversations about chronic or low-level mental health disorders.

**How do I use the
Tune In Now Toolkit?**

The toolkit is designed so that you can go through each module in sequence or go straight to the module that is of interest to you.

**Do I need to be trained
to use Tune In Now?**

No training is required, just go through the modules and pick out what's useful to you.

**How was the
toolkit developed?**

Homelessness Australia developed the content with the guidance and expertise of a national reference group comprising a consumer advocate, representatives from homelessness service providers, mental health organisations and *beyondblue*.

Desktop research was undertaken to explore homelessness and mental health toolkits and other resources both in Australia and overseas.

Men with lived experience of depression and anxiety were also consulted thanks to the assistance of the Council to Homeless Persons (VIC) Peer Education Support Program (PESP) and The Big Issue.

**What organisations
were represented on
the national project
reference group?**

Homelessness Australia was fortunate to secure the expertise of representatives from the following organisations:

- Anglicare (NT)
- *beyondblue* (National)
- Blair Athol Accommodation & Support Program (Qld)
- Canberra Men's Centre (ACT)
- Hanover (VIC)
- Homelessness Australia (National)
- Mental Health Council of Australia (National)
- North Queensland Domestic Violence Resource Service (QLD)
- St. Vincent de Paul (NSW)

What organisations were consulted in the development of the toolkit?

More than 20 practitioners from the homelessness and mental health sectors have contributed to the content of the toolkit, including management and frontline workers.

Organisations consulted:

- Anglicare (NT)
- *beyondblue* (NAT)
- Blair Athol Accommodation and Support Program (QLD)
- Canberra Men's Centre (ACT)
- Erhma (VIC)
- Family Access Network (VIC)
- Hanover (VIC)
- Homeground (VIC)
- Homelessness Australia (NAT)
- Lighthouse Foundation (VIC)
- Melbourne City Mission (VIC)
- Mental Health Council of Australia (NAT)
- Mind Australia (NAT)
- National Rural Women's Network (NAT)
- North Queensland Domestic Violence Resource Service (QLD)
- Prevention and Recovery Care (PARC), Mental Illness Fellowship (VIC)
- Royal District Nursing Service (VIC)
- Sacred Heart Mission (VIC)
- Salvation Army (VIC)
- Servants Community Housing (VIC)
- St Bartholomew's House (WA)
- St Vincent de Paul (NSW & VIC)
- Swinburne University Institute for Social Research (VIC)
- Wintringham Specialist Aged Accommodation (VIC)
- Yarra Community Housing (VIC)
- Youth Support and Advocacy Service (YSAS)

Men with lived experience of homelessness and depression and/or anxiety were also consulted through the Council to Homeless Persons (VIC) Peer Education Support Program (PESP) and The Big Issue.

Clinical Review

The toolkit content has been clinically reviewed by Associate Professor Michael Baigent, member of the *beyondblue* board and Clinical Director of the Centre for Anxiety and Related Disorders, Flinders University in South Australia.

Pilot and evaluation

A total of 33 (six managers and 27 case workers) participated in the Tune In Now pilot. IPSOS Social Research developed the evaluation framework comprising program logic and a set of rubrics for measuring performance. A survey was circulated to pilot participants in order to gather user feedback to help refine the toolkit prior to launch.

Feedback from managers and case workers was overwhelmingly positive. Participants agreed they liked the layout of the toolkit which was easy to use, relevant and that they would recommend the Tune In Now toolkit to their colleagues.³

Homelessness Australia

Homelessness Australia is the national peak body for homelessness in Australia. Homelessness Australia provides systemic advocacy for the homelessness sector.

www.homelessnessaustralia.org.au

beyondblue

beyondblue, the national depression and anxiety initiative, is an Australian non profit organization working to reduce the impact of depression and anxiety in the Australian community by raising awareness and understanding, empowering people to seek help, and supporting recovery management and resilience.

www.beyondblue.org.au

How do I access the toolkit?

Tune In Now is free and online at www.tuneinnow.com.au

The modules are also available to download and print as PDF documents from the website.

FOR MEDIA CONTACTS AT HOMELESSNESS AUSTRALIA AND BEYONDBLUE GO TO: WWW.TUNEINNOW.COM.AU/MEDIA