

THRIVE is providing clubs with;

- ✓ Consultation and support for their committees
- ✓ Access to mental health training
- ✓ Resources to support the management of mental wellbeing and suicidality
- ✓ Special events and tools to promote the THRIVE actions and build resilient and responsible organisations.

**1 COMMUNITY
13 CLUBS
8,500 MEMBERS**



References:

1. Australian Bureau of Statistics. (2009). National Survey of Mental Health and Wellbeing: Summary of Results, 4326.0, 2007. ABS: Canberra.
2. VicHealth. Mental Health Promotion Plan 1999-2002. Carlton, Victoria: Victorian Health Promotion Foundation; 1999.
3. Berkman LF, Glass T, Brissette I, Seeman T. From social integration to health: Durkheim in the new millennium. *Social Science & Medicine* 2000;51(6):843-857.

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**STRENGTHENING
BODIES:**

**STRENGTHENING
MINDS**



Across Frankston and the Mornington Peninsula, the health and wellbeing of residents is being significantly impacted by some key issues.

The community has been deeply impacted by suicide and, compared to Victoria State, there are higher reports of family violence, child protection orders, drug and alcohol related hospitalisations, youth psychiatric hospitalisations, youth unemployment and disengagement from education. In response, the schools of Langwarrin developed the **THRIVE framework** to create a strategic, holistic and sustainable approach to enhance community wellbeing.



45% of Australians will experience a mental illness in their lifetime.



Participation in **sport and recreation activities** can reduce stress, anxiety and depression.



Participation in **group recreation** provides a sense of value, belonging and attachment.

What is THRIVE?

THRIVE is an evidence-informed framework translating the field of Positive Psychology into practice. Research has identified six key factors that promote wellbeing and achievement, which form the **THRIVE** acronym:



TRY
your best



Be
HEALTHY



RELATE
well



Get
INVOLVED



Live your
VALUES



ENJOY
positive emotions

THRIVE works to build robust wellbeing and resilience in communities as well as providing resources to support mental health and suicide response.

THRIVE
DELIVERS:

- ✓ **Guidance** to enable safe and positive language around mental health
- ✓ **Access** for individuals and organisations to appropriate mental health training, tools and referral pathways
- ✓ **Support** to build the protective factors in your community, based on Positive Psychology evidence
- ✓ **An outline** to reinforces positive behaviour expectations and foster respectful relationships
- ✓ **Strengthened** community partnerships

THRIVE in Sport and Recreation

Frankston and the Mornington Peninsula have a strong sporting culture and with funding from South East Melbourne Primary Health Network (SEMPHN) and the Department of Health (DoH), as part of the Suicide Prevention Place-based Trials, St Kilda Football Club in partnership with the Langwarrin Positive Education Network, Frankston City Council, Peninsula Health and the Frankston Mornington Peninsula Primary Care Partnership are expanding THRIVE to support community sport and recreation clubs. Resources, special events and consultation will enable THRIVE to be tailored to the needs of each club and create a structured approach to improve member wellbeing, participation and enhance a positive club culture. Clubs will also be supported to access suicide response training through LivingWorks and build the confidence and capacity of the community to identify and respond to suicidality.

