

The ALIVE National Centre Pocket Map for Mental Health Research Translation



Social media



Physical health



Loss of Community

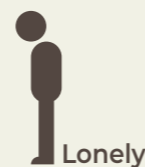
1 Carers FELT strongly that societal issues are important to target

2 Consumer-Carers FELT strongly about research for non-pharmacological treatment options

3 Carers FELT strongly about exploring the role and impacts of caring over time



Frustrated



Lonely



Excited



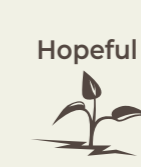
Connected



Happy



Passionate



Hopeful

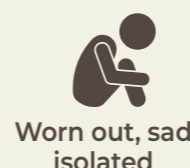
What would the system

FEEL

like if the negative touch points were changed?



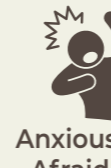
Confused



Worn out, sad isolated



Pigs might fly!



Anxious Afraid



Pushing up hill

EXPERIENCE CO-DESIGN

Eighty-eight people emotion mapped using an online co-design board. The touch points--that is, the key moments good, bad and in between that shape experiences--were identified from areas people **FELT** strongly about



Trauma



Accessibility to services



Family violence



Stigma



Housing

Touch points for **RESEARCH PRIORITIES**

Touch points for RESEARCH PRIORITIES

- Lived-experience in research
- Education of professionals
- 2** Prevention of mental health issues in schools
- Rural and remote mental health
- 3** Legal rights

Touch points for **SOcial DETERMINANTS TO TARGET and GROW INNOVATIONS IN**

Everyone **FELT** strongly about **HOLISTIC CARE AND MANAGING SIGNS AND TRIGGERS** for mental health care improvements

MORE MENTAL HEALTH CARE IMPROVEMENT TOUCH POINTS



Suicide prevention



Peer workforce



Non-pharmacological options

Treatments with less side effects

IMPLEMENTATION

July 2022 IMPROVEMENT AREAS START NOW ...

Prevention across the life course

Priority populations

Longer, healthier lives

51 Consumers
25 Consumers/Carers
12 Carers



ABORIGINAL AND TORRES STRAIT ISLANDER CO-DESIGNED PATHWAYS FOR PRIORITY AREAS AND COMMUNITY-LED MODELS STARTS AUGUST 2022

Turn over here to find out more >>

EMOTION MAPPING TO IDENTIFY TOUCH POINTS FOR ALIVE NATIONAL ROADMAP

Over 300 priorities previously shared by consumers and carers with the ANU ACACIA (n=70; 2017) research group and the Co-Design Living Labs program (n=115; 2020) were reviewed and synthesised into 52 priorities. The priorities were grouped into three areas in focus for the ALIVE National Centre: mental health research topics, improvements to mental health care and experiences and, the impacts of social determinants on mental ill-health. The 52 priorities were mapped to a digital whiteboard which had an image of a compass with North, South, East and West positioned on it to organise material.

People opted into the Massive Online Co-Design Project on completion of the Lived-Experience Priorities Survey in February 2022 run by ANU and led by Lived-Experience Research Lead, A/Prof Michelle Banfield. Those who opted in were provided with a unique Mural board link and a link to a short video explainer of how to undertake the online prioritisation.

People were asked to read around the compass of priorities and reflect on how they felt about each priority. If they felt strongly (even if this was positive or negative feelings) people were asked to move bright orange post-it notes to that priority and, where they could, to share the feeling/s the priority invoked. Where feelings were uncertain or there were mixed feelings people were asked to move the paler post-it notes to that priority, and to share the feeling/s the priority invoked on the post-it note. Each individual co-designer board was reviewed by two researchers to identify the strong feelings (including positive or negative) and the mixed-uncertain feelings.

These were mapped into excel spreadsheets using colour codes for strong feelings and mixed uncertain feelings across the broad three areas in focus for the National Centre. The strong positive and negative feelings were explored and the touch points (that is, key moments good and bad that were shared in the feelings) were identified. The strong feelings and touch points were used to establish the consensus areas for setting out the National Centre's mental health research translation goals.

ACACIA

**Co-Design
Living Labs**

These goals can be seen in the pocket map on the front page. The touch points will be presented in greater detail within the National Centre's implementation plan. Further priorities are expected to be included in 2023 from the 2022 Lived-Experience Priorities Survey and the priorities gathered with children and younger people in 2022-23. There will be a specific Aboriginal and Torres Strait Islander co-designed implementation and translation pathway formed over 2022.

Thank you to all of the Co-Designers who took part and we look forward to the Massive Online Co-Design Project for 2023!