



LEADING THE CHANGE 2018

A partnership project for mental health and wellbeing, gender equality and respectful relationships in the football and netball clubs of the Outer East

26 SALT sessions delivered

9 football and netball clubs in the AFL Yarra Ranges

450 people attended the sessions

INTRODUCTION

- AFL Yarra Ranges aimed to increase club's capacity to identify and respond to mental health issues and family violence within participants in their clubs.
- Sponsored by EH Health Promotion and Yarra Valley Water.

WHAT IS SALT?

SALT Sport and Life Training is a not-for-profit health promotion organisation. Their vision is *To Transform Australian Culture Through Sport*. SALT deliver quality education, culture and leadership sessions into sporting clubs, schools and businesses using trained and experienced teachers who understand the context of sporting club culture.

For more information visit:
<http://www.sportandlifetraining.com.au/>

PROJECT OBJECTIVES

1. To Increase the capacity of AFL Yarra Ranges Football and Netball clubs to include women and promote respectful relationships in club culture and decision making.
2. To support AFL Yarra Ranges Football and Netball clubs to commit to harm reduction and education in the use of alcohol and other drugs and road safety.
3. To increase the engagement and awareness of all club members of community health services, including family violence services.
4. To encourage help seeking behaviour, and prioritize mental health and wellbeing concerns of the community including family violence, suicide prevention and harm from alcohol and other drug use.

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- 6** Men's "Mental Health and Wellbeing" sessions
 - 6** Women's "Mental Health and Wellbeing" sessions
 - 6** Women's "Crossing the Line" sessions
 - 5** Men's "Equality is the Game" sessions
 - 2** Junior "Time to Man Up" sessions
 - 1** Junior Male "Mental Health and Wellbeing" session
 - 1** Junior Female "Mental Health and Wellbeing" session
 - 1** Junior Female "Strong is the New Pretty" session

The SALT Mobile QUIZ

At 6 wellbeing sessions 225 participants shared information anonymously via the SALT Mobile QUIZ.

If I had a mental health issue I would...

Options (choose 1)	Pre Data	Post Data	% Increase
a) Talk to a mate about it	8.2	13.3	63%
b) Seek help from a specialist	4.5	5.5	22%
c) Try to deal with it myself	9.3	3.2	-65%

A 63% increase was seen in participants that would talk to a friend (instead of dealing with it themselves) if they have a mental health issue and a 22% increase in those that would seek professional help.

As it relates to abusive relationships...	No. of participants	%
a) I don't know anyone who has experienced an abusive relationship	13	21%
b) Someone I know has experienced an abusive relationship, but I have not experienced an abusive relationship myself	34	54%
c) I have experienced an abusive relationship myself in the past	13	21%
d) I suspect I may be involved in an abusive relationship but I'm not sure	2	3%
e) I am currently experiencing an abusive relationship	1	2%

Almost 1 in 4 participants (23%) reported that they had been in an abusive relationship in the past or were currently in one.

54% of participants knew someone who has experienced an abusive relationship.

6 interviews were conducted

What was the impact of the SALT session on mental health and wellbeing, help seeking behavior and/or club culture?

"It really was an open space, people shared a lot, a lot more than I was expecting...you walked away feeling a lot closer."

"It made everyone more kind, you realised people are going through stuff."

"There was definitely a change in the way everybody treated everybody, the culture was more respectful. On Saturday after the games the boys would take over but after the session, it flipped on its head. The girls felt more comfortable and a part of it. They have been acknowledged. We wrote it in the club minutes....how much better everyone was treated".

"The first session [wellbeing] was excellent, it was fairly sensitive, the process was good – the mobile quiz, people identified who had the issues, the [participants] got close during the session, normally training sessions don't work but this one did. I found out things....I had no idea. It helped everyone feel close and that you do need to support people. Their performance on the field improved [after the session]."

The SALT Mobile QUIZ

Anxiety, Depression & Me...	No. of participants	%
a) I don't know anyone who has experienced a mental health issue (such as anxiety or depression)	19	8%
b) Someone I know has experienced a mental health issue but I have not experienced a mental health issue	115	51%
c) I have experienced a mental health issue myself in the past	46	20%
d) I suspect I may have a mental health issue but am not sure	32	14%
e) I am currently living with a mental health issue	13	6%

20% of 225 participants had experienced a mental health issue in the past, 6% disclosed that they are currently living with a mental health issue and 51% know someone that has experienced a mental health issue.