



STRATEGIC PLAN 2020 – 2022

MHACA
Mental Health
Association of
Central Australia

VISION

Central Australia is a safe and inclusive community that actively fosters and supports good mental health.

PURPOSE

MHACA supports participant-driven recovery and promotes mental health and wellbeing in our community.

VALUES

We value lived experience.

The knowledge and understanding of participants, communities and others with a lived experience of mental illness and distressing life episodes underpins and continually improves our service delivery.

We value respect.

We respect the experience and contributions of participants, colleagues, communities and stakeholders. Staff demonstrate respectful behaviour in all aspects of their work.

We value diversity.

We actively seek the voices of diverse peoples to enrich our approach and ensure our organisation responds to their needs. We value that MHACA participants and staff have a range of abilities and backgrounds. We acknowledge local Aboriginal cultures and embrace multiculturalism, gender equality and LGBTQI+ peoples.

We value creativity and innovation.

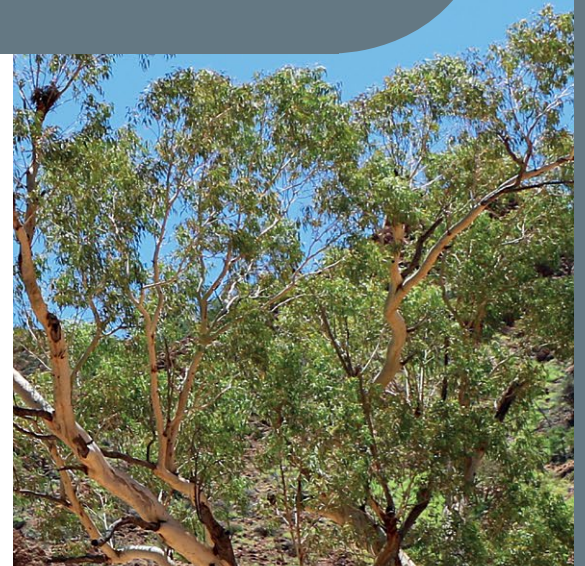
We continuously review and improve our services and support each other to explore creative responses that will make our services and organisation stronger.

We value safety.

We understand how critical it is that people feel safe. We will create an environment grounded in kindness and hope where people are supported to increase their skills and where recovery can occur.

We value sustainability.

We are here for the long term and will equip ourselves to stay strong in the face of social, economic and environmental changes, by making informed decisions to manage and optimise resources.



GOALS

Goal 1: MHACA will provide quality, evidence informed services to our clients.

KEY STRATEGIES:

1. Generate evidence, reflect upon our practice, stay up to date with external research and evaluate our services to inform quality service delivery.
2. Strengthen our ability to conduct and participate in research and evaluation activities that contribute to the broader knowledge base of what works to support our clients.
3. Identify existing and emerging service delivery gaps and develop appropriate service responses.
4. Expand the suite of services we provide to reflect the diverse needs of the communities we serve.
5. Work toward a broader range of options for safe, supported accommodation for people with mental health difficulties.

Goal 2: MHACA will work collaboratively in the development and delivery of high quality and effective mental health programs

KEY STRATEGIES:

1. Foster two-way learning with Aboriginal organisations and communities to support the development and delivery of culturally appropriate mental health awareness, stigma reduction, suicide prevention and postvention services.
2. Encourage sharing across the NDIS funded sector to support quality service delivery for participants with mental health difficulties, improve cost efficiency and navigation of the evolving service delivery system.
3. Promote networking, training and skills development opportunities that support effective program and service delivery in mental health and related sectors.
4. Facilitate coordinated care to enable seamless service delivery for individual clients.

Goal 3: MHACA will work toward reducing the stigma associated with mental illness and promote mental health and wellbeing in our community.

KEY STRATEGIES:

1. Deliver Mental Health First Aid and other training to support quality recovery-oriented practice.
2. Develop a suite of training resources and educational materials to meet the diverse needs of our community.
3. Create and participate in events that promote mental health and build awareness of the services and supports that can assist.
4. Develop and deliver targeted mental health and physical health promotion campaigns that support our diverse community.

Goal 4: MHACA will strengthen our organisation to effectively and efficiently navigate changes in the service delivery system and respond to emerging needs in the community.

KEY STRATEGIES

1. Improve our capacity to market our services.
2. Invest in our staff to support high quality service delivery.
3. Maintain and continually improve our financial and quality systems.
4. Build the leadership and decision-making capacity of participants.
5. Build financial reserves to underpin expansion and provide security across changing, high risk environments.
6. Build our business acumen and skills in responding to the ever changing operating environment.