



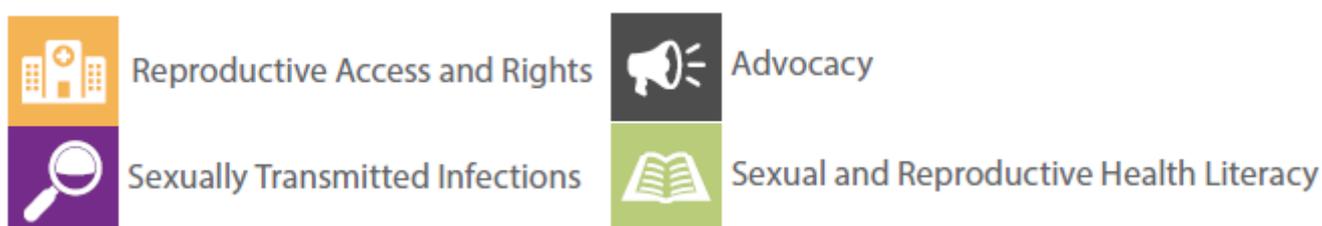
GOOD HEALTH DOWN SOUTH 2018-2021

Year 3 Action Plan 2020-2021

INTRODUCTION

[*Good Health Down South*](#) is a three-year strategy that seeks to promote and improve sexual and reproductive health across the Southern Metropolitan Melbourne (SMR) from 2018-2021. The strategy enables partner organisations to work together through a shared agenda. Valuing the diverse range of skills and perspectives that each stakeholder brings, the strategy provides a plan of action that outlines and coordinates mutually reinforcing activities, shared communication and measurement.

As a result of service mapping and consultation with stakeholders, four key priority areas were identified that the SMR will focus on over the next three years:



To address these key priority areas, an objective specific to the needs of the SMR has been identified for each Health Promotion Action (Women's Health West 2011).

VISION						
To promote and celebrate optimal sexual and reproductive health for all in the SMR, by increasing knowledge and access to safe and appropriate services						
HEALTH PROMOTION ACTIONS						
Advocacy	Policy and legislative reform	Sector and workforce development	Community education and capacity building	Service and program delivery coordination	Research, monitoring and evaluation	Communication and social marketing
OBJECTIVES						
Advocate for sexual and reproductive health to be viewed as a priority in the SMR across targeted settings	Influence and inform practices, policies and legislation that promote equity, inclusion and non-discriminatory behaviours	Build workforce capacity to meet the diverse sexual and reproductive health needs in the SMR	Identify the sexual and reproductive health literacy of community members	Improve the coordination of existing sexual and reproductive health services in the SMR	Research and monitor sexual and reproductive health trends in the SMR to continually inform and adapt evolution of activities	Raise awareness of safe and respectful sexual practices through a number of communication platforms

Monitoring and evaluation

A set of indicators and data collection tools have been developed in partnership with key stakeholders to assess the implementation of activities of the annual action plan. At the end of each period a summary report will be available, indicating the progress towards the objectives of the strategy.

Timeline:

- Annual Action Plan 2020-2021 released October 2020
- Snapshot of activities and evaluation report (August 2021)

Governance

WHISE will provide overall leadership of Good Health Down South and will be governed by a Steering Committee (SC). Membership is comprised of senior leadership and key stakeholders in the sector with specialist knowledge that is aligned to the strategy outcomes. The SC, chaired by WHISE management, will be responsible for strategic decisions that relate to the implementation, reporting and evaluation.

The structure has changed for year 3 implementation, with four working groups working collectively to implement actions, and one community of practice.

Please see a visual representation of governance and advisory structure below:



*please note all WG's will meet as required dependent on actions under their remit

COVID-19

The GHDS partnership commenced planning for the year three action plan in May 2020. This is the strategy's third and final action plan which will therefore concentrate on the consolidation of previous years' activities and priority areas while also commencing the development of the second regional SRH strategy.

The partnership recognises the impact of the COVID-19 pandemic and the complex and challenging environment that the action plan endeavors to deliver in. Whilst we commend the immense efforts of the sector to date to provide women essential SRH care and services throughout this time, we also acknowledge the need for continued efforts and advocacy to prioritise SRH in recovery planning.

The COVID-19 pandemic has impacted the SRH sector and workforce across all settings. The development of the year 3 action plan takes into account the current Victorian environment and has made considerations to the plan that recognise sector and workforce capacity over the next 12 months will be at a reduced level as efforts will concentrate on the recovery efforts of the pandemic.

ACTION PLAN 2020-2021

ADVOCACY

Objective	Action	Working Group	Indicators	Methods of Data collection
<p>1. Advocate for sexual and reproductive health to be viewed as a priority in the SMR across targeted settings</p>	<p>1.1 Develop a suite (4) of case studies that demonstrate and capture the breadth of work from the GHDS partnership across the various settings and SRH priority areas</p> <p>Intervention:</p> <ul style="list-style-type: none"> • Develop a case study for the Dandenong and the Frankston Sexual Reproductive Health Hubs, which demonstrate the value of continued resourcing and the benefits to the community that the SRH hubs provide in the SMR • Develop case studies that effectively demonstrate the breadth of SRH work in the SMR across multiple settings (education, community health services, cultural and linguistically diverse setting) • Share and promote SRH hub case studies with the GHDS partners and key stakeholders of the Victorian SRH plan 	<p>Advocacy and Improving Access to Services (two SRH Hub case studies)</p> <p>Schools and Health Literacy (one case study from school setting and one case study from either CALD community setting or community health service setting)</p>	<ul style="list-style-type: none"> • Increased awareness of GHDS actions that improve sexual reproductive health outcomes across the region • Broader SRH sector has increased knowledge of the role and value of the SRH Hubs in the region 	<ul style="list-style-type: none"> • Survey to partners and endorsers • Survey to broader sector • Interviews (with a sample of GHDS partners)

	<ul style="list-style-type: none"> Promote and broadly distribute the case studies developed by the partnership that demonstrate key activities across the region 			
	<p>1.2 Engage in advocacy opportunities to improve SRH outcomes in the SMR</p> <p>Intervention:</p> <ul style="list-style-type: none"> Partner with GEN VIC to develop and distribute COVID-19 Factsheets on SRH and gender equity Promote the Marie Stopes ‘Situational Report: Sexual and Reproductive Health Rights in Australia’ Promote DHHS advocacy efforts targeted at women and families to increase engagement with SMR SRH services. This could include supporting promoting through GHDS newsletter, social media and local radio Highlight ‘International Day of Zero Tolerance for Female Genital Mutilation/Cutting’, 6 February 2021 	<p>Communications</p> <p>Advocacy and Improving Access to Services</p>	<ul style="list-style-type: none"> No. of media releases No. of submissions 	<ul style="list-style-type: none"> Media releases Submissions

POLICY AND LEGISLATIVE REFORM

Objective	Action	Working Group	Indicators	Methods of Data collection
<p>2. Influence and inform practices, policies and legislation that promote equity, inclusion and non-discriminatory behaviours</p>	<p>2.1 Actively engage the partnership to identify key objectives and priorities for the second regional SRH strategy</p> <p>Intervention:</p> <ul style="list-style-type: none"> • Partners to identify key SRH priority areas for the SMR for inclusion in the second regional strategy • Partners to identify SRH priority areas within their organisational plans and strategies. To strengthen collective action and ownership of the second regional strategy • Partners attend planning forum in April 2021 • Engage with key stakeholders and peak bodies to increase coordination and alignment to relevant strategies and plans • WHISE to ensure second regional strategy aligns with Victorian SRH strategies and plans 	<p>Communications</p>	<ul style="list-style-type: none"> • No. of consultations held with partnership • No. of consultations held with key stakeholders and peak bodies • Partners feel confident that the second regional strategy reflects the SRH needs of the SMR • Partners feel that their organisational plans align with the SRH priority areas in the second regional strategy • Partners indicate confidence that through a shared agenda under the second regional strategy, the identified SRH priority areas will be achieved through collective action of the partnership 	<ul style="list-style-type: none"> • Survey • Focus group/interviews

	<p>2.2 Support local government and community health services to recognise SRH as a public health priority in the SMR and to advocate for SRH to be included as a priority area in their MPHWB and IHP plans</p> <p>Intervention:</p> <ul style="list-style-type: none"> • WHISE will facilitate a webinar for senior social planners of local governments and community health services to support inclusion of SRH in their MPHWB and IHP plans. Specific regional SRH data will be provided to increase participants awareness and engagement for SRH inclusion in plans • Key resources to be shared: <ul style="list-style-type: none"> ○ Gender Disaster and Resilience: Towards a Gender Equal Recovery Sexual and Reproductive Health in the Context of COVID-19 ○ Marie Stopes 'Situational Report: Sexual and Reproductive Health Rights in Australia' ○ SRH LGA data snapshots 	<p>Communications</p>	<ul style="list-style-type: none"> • Increased knowledge of SRH's alignment to other health priority areas including improving mental wellbeing, increasing active living and preventing all forms of violence • Increased knowledge of COVID-19 impact on SRH outcomes • No. of local government plans where SRH is included in MPHWB plans • No. of community health services where SRH is included in IHP plan • Increased knowledge of the activities undertaken by GHDS • Council planners found the SRH LGA snapshots demonstrated the need, and supported the inclusion of SRH in MPHWB plans 	<ul style="list-style-type: none"> • MPHWB plans • IHP plans • Survey/interview
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SECTOR AND WORKFORCE DEVELOPMENT

Objective	Action	Working Group	Indicators	Methods of Data collection
<p>3. Build workforce capacity to meet the diverse sexual and reproductive health needs in the SMR</p>	<p>3.1 Annual sexual and reproductive health forum (sector have indicated STI's as an area of focus)</p>	<p>Communications</p>	<ul style="list-style-type: none"> 80% of respondents agree attending the forum was valuable to their roles No. of organisations represented Representation of multiple settings across the SRH sector (education, clinical, youth, community health) 80% of attendees indicated an increase in knowledge 	<ul style="list-style-type: none"> Survey
	<p>3.2 Engage with Critical Friends Network*, Respectful Relationships and Achievement Program to identify and strengthen opportunities to support teachers to deliver best practice sexuality education during the COVID-19 recovery period (Term 1 & Term 2 2021)</p> <p>Intervention:</p> <ul style="list-style-type: none"> Promote the sexuality education advocacy piece to organisations and schools 	<p>Schools and Health Literacy</p>	<ul style="list-style-type: none"> No. of schools and organisations who found the sexuality education advocacy piece useful Schools and organisations have increased awareness of sexuality education resources Schools and organisations have increased confidence to deliver sexuality education Critical friends network members have increased knowledge of sexuality education resources available for schools 	<ul style="list-style-type: none"> Survey

	<ul style="list-style-type: none">• Hold meetings with both Southern Melbourne and Bayside Peninsula Area Respectful Relationships Project Leads (DET) to identify opportunities to support teachers to deliver sexuality education• Hold meeting with the Critical Friends Network* to build knowledge of sexuality education• Schools and Health Literacy WG members to advocate to school leadership and wellbeing team of the need for sexuality education <p>*The Critical Friends Network has been established by DET and WHISE to support local health promotion practitioners in community and local government sector. Critical friends offer schools a best-practice lens through which to view their Respectful Relationships and the Achievement Program.</p>			
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COMMUNITY EDUCATION AND CAPACITY BUILDING

Objective	Action	Working Group	Indicators	Methods of Data collection
4. Identify the sexual and reproductive health literacy of community members	<p>4.1 Build community awareness through promotion of existing LGBTIQ inclusive SRH resources</p> <p>Intervention:</p> <ul style="list-style-type: none"> Engage with local and key LGBTIQ peaks Promote best practice sexuality education resources to the GHDS partnership Encourage partners to engage in collective key days e.g. International Day Against Homophobia, Biphobia, Intersexism and Transphobia (IDAHOBIT)- May 17, 2021 	Schools and Health Literacy	<ul style="list-style-type: none"> Partners have increased knowledge of resources available Partners have taken specific action to make services more accessible and safe (e.g. signage, easy English, rainbow flag) 	<ul style="list-style-type: none"> MailChimp Facebook analytics Twitter analytics
	<p>4.2 GHDS to support and strengthen the existing work with Centre for Multicultural Youth (CMY) to increase SRH health literacy of community</p> <p>Intervention:</p> <ul style="list-style-type: none"> WHISE to support capability and capacity of CMY workforce to deliver culturally appropriate SRH content to the community 	<p>Schools and Health Literacy</p> <p>Organisations to support action:</p> <ul style="list-style-type: none"> Monash Health (FARREP) City of Casey Cardinia Shire City of Greater Dandenong 	<ul style="list-style-type: none"> 70% of participants reported increased knowledge of SRH Participants have increased knowledge of culturally appropriate SRH resources Participants have increased confidence to deliver SRH information 	<ul style="list-style-type: none"> Surveys Focus groups

		<ul style="list-style-type: none"> • enliven • Community Support Group (CSG) South Sudanese 	sessions to community groups	
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SECTOR AND PROGRAM DELIVERY COORDINATION

Objective	Action	Working Group	Indicators	Methods of Data collection
<p>5. Improve the coordination of existing sexual and reproductive health services in the SMR</p>	<p>5.1 Continue to improve equitable and safe access to Medical Abortion (MA), long acting reversible contraception (LARC) and STI testing in the SMR</p> <p>Intervention:</p> <ul style="list-style-type: none"> • Deliver MA webinars (n= 3) • Follow up with GPs who expressed interest in MA abortion registration (MS2-Step) • Complete mapping of SRH pharmaceutical access in the SMR. This will include identifying availability of MS-2 Step medication, emergency contraception, long acting reversible contraception • Deliver an information session to GPs to increase confidence to 	<p>Primary Health SRH Engagement</p>	<ul style="list-style-type: none"> • At least 80% of respondents agree attending the webinar was valuable • At least 80% of participants found the webinar met the learning objectives • Representation of GP clinics from across 10 LGA's • At least 80% of attendees increased knowledge • No. of GP's who intend to undertake MS -2 step training • 30% of all pharmacies contacted, completed the survey or phone interview • Participants have increased knowledge of contraceptive 	<ul style="list-style-type: none"> • Zoom analytics • Survey

	address contraception options available and suitable to women who have recently experienced a pregnancy, either postpartum or abortion		options post – partum and abortion	
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RESEARCH, MONITORING AND EVALUATION

Objective	Action	Working Group	Indicators	Methods of Data collection
6. Research and monitor sexual and reproductive health trends in the SMR to continually inform and adapt evolution of activities	6.1 Disseminate quarterly GHDS newsletter to build the knowledge and capacity of sector	Communications	<ul style="list-style-type: none"> 80% of organisations who received quarterly newsletter found the resource to be useful to their work Organisations identified areas of improvement to improve GHDS newsletters Organisations indicated newsletters had a direct impact on SRH activity 	<ul style="list-style-type: none"> Mailchimp Survey
	6.2 Draw from the existing COVID-19 evidence base to translate and broker relevant research in an accessible format to inform SRH workforce practice (research bodies include: SPHERE, CERSH, Melbourne University) Interventions: <ul style="list-style-type: none"> Promote research in forums, CoP's and newsletters 	Communications	<ul style="list-style-type: none"> Partners found the research relevant to their practice Partners have increased knowledge of latest COVID-19 research 	<ul style="list-style-type: none"> Mailchimp Survey

	<p>6.3 WHISE participate as a representative in the 'Extend Prefer' focus group to guide the design of a new project by SPHERE*, examining an online intervention to improve contraceptive health literacy among women from culturally and linguistically diverse backgrounds</p> <p>*(The Centre of Research Excellence in Women's Reproductive and Sexual Health in Primary Care)</p> <p>Interventions:</p> <ul style="list-style-type: none"> • Participate in focus group • Share and promote resource with partnership once finalised 	Communications	<ul style="list-style-type: none"> • Partnership have increased knowledge of SPHERE projects • Partnership found the resource to be useful when engaging with clients and community 	<ul style="list-style-type: none"> • Survey
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COMMUNICATION AND SOCIAL MARKETING

Objective	Action	Working Group	Indicators	Methods of Data collection
<p>7. Raise awareness of safe and respectful sexual practices through a number of communication platforms</p>	<p>7.1 Annual Sexual and Reproductive Health Week Social Media Campaign (September 2020)</p> <p>Intervention:</p> <ul style="list-style-type: none"> • GHDS partners to support and engage in the social media campaign 	Communications	<ul style="list-style-type: none"> • No. of partners participating in social media campaign • Partners found the content relevant to the COVID-19 environment 	<ul style="list-style-type: none"> • Google analytics • Twitter analytics • Facebook analytics

References

Women's Health West 2011, Social determinants of sexual and reproductive health, Women's Health West, Melbourne.