



# **Act-Belong-Commit in Recovery**

**Act-Belong-Commit in Recovery in Western Australia**

**Act-Belong-Commit principles in recovery in Norway**



# Act-Belong-Commit in Recovery in Western Australia

**How it came about**

**Pilot study results**

**Future plans**

**Anecdotal feedback from the start  
suggested people with mental health  
problems were responding very  
positively to the campaign**

# **Ashleigh's story**

**ABC in 'self-recovery'**

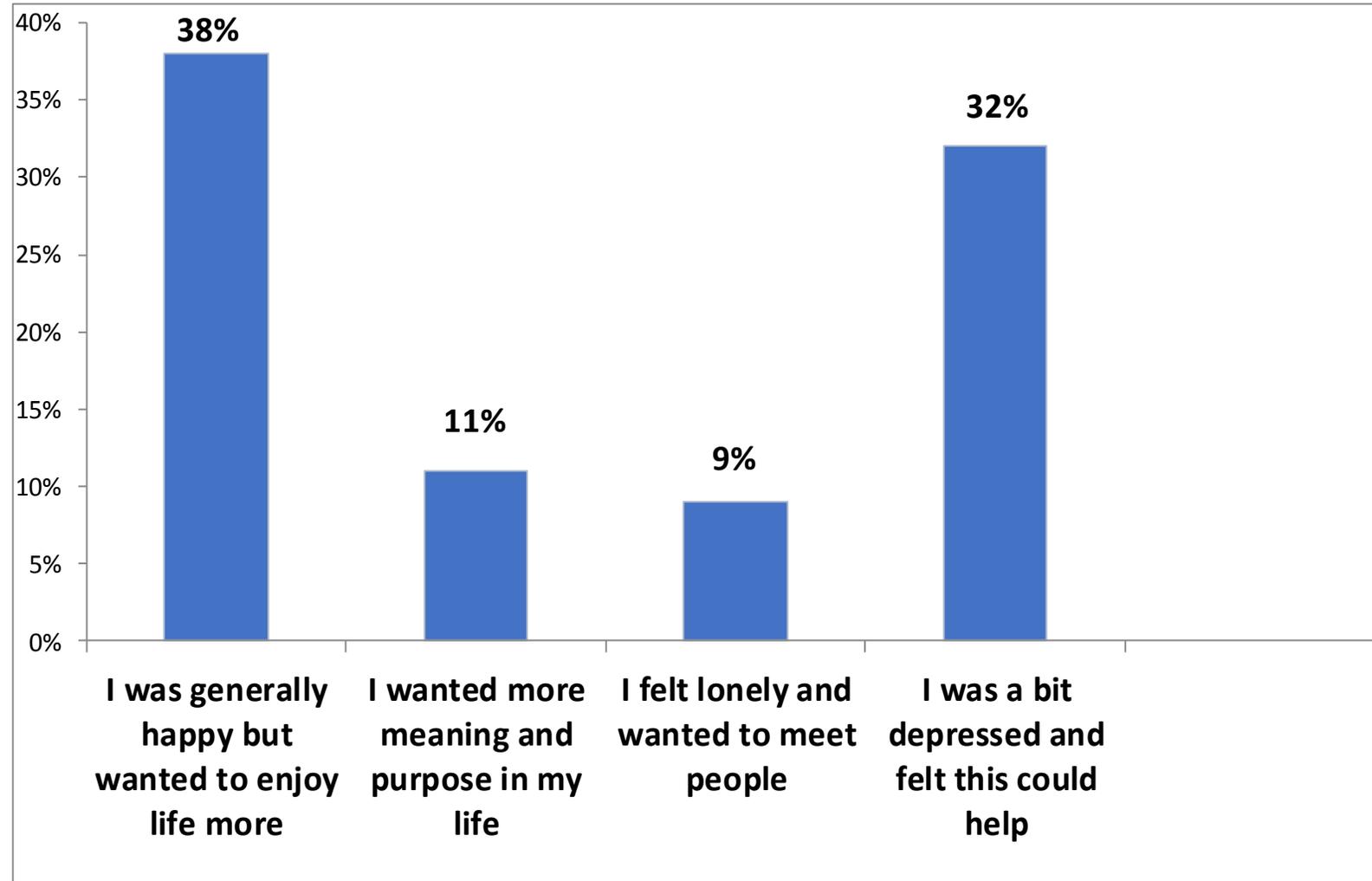


***“I can do it!”***

***“Well I did it! Joined a group to do machine embroidery. Meets once a month to learn and share different styles etc.***

***I suffer with extreme social anxiety, have bipolar and a few other mental illness problems. When I first saw act belong commit on tv I thought "ok that's fine for other people but I won't be able to do that!" Well I can do it and I have done it! Whoo hoo !!!!!”***

# So started to ask why people were taking action for their mental health as a result of the campaign



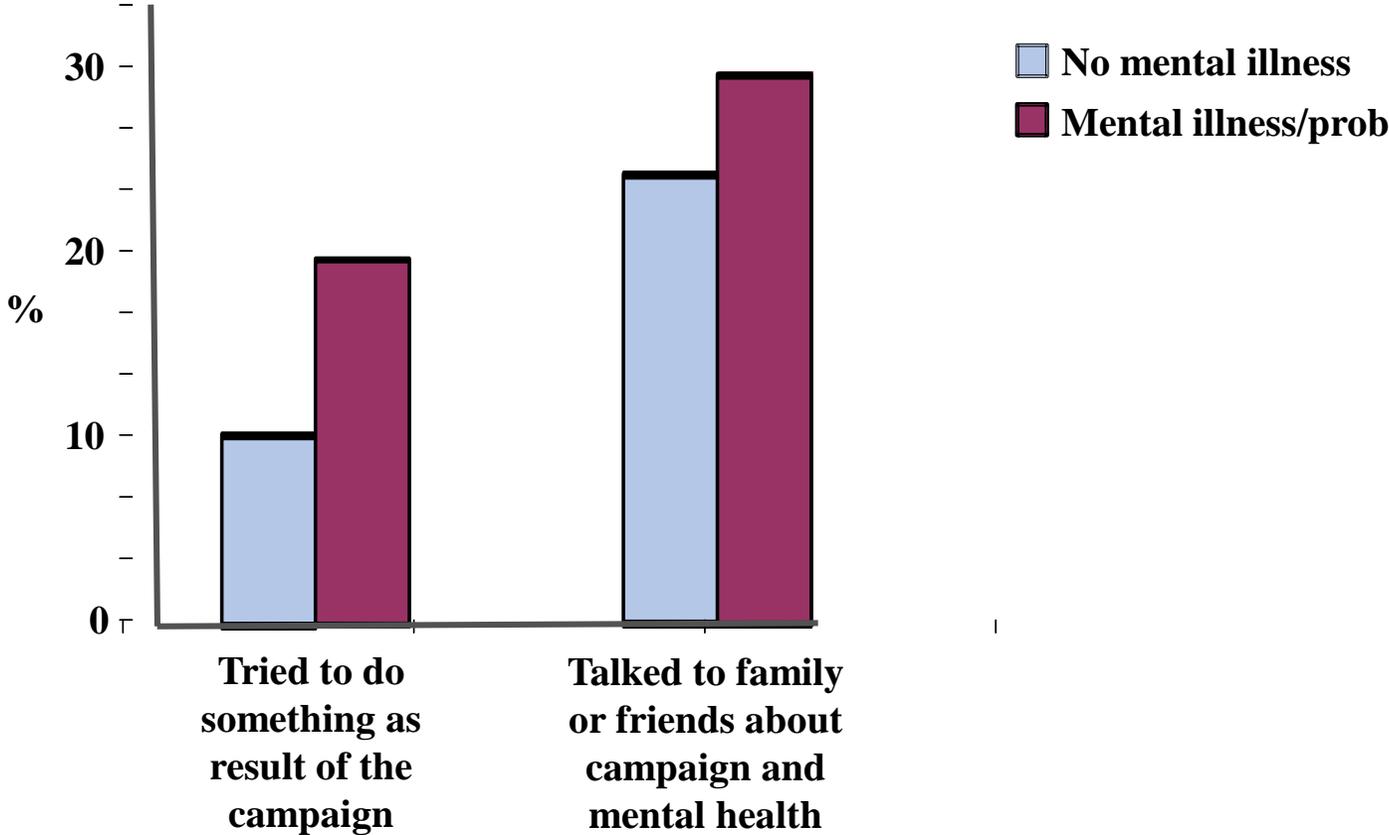
**Not just enhancing wellness but  
encouraging people to take their own  
action on loneliness and depression  
(ie 'early intervention')**

**Then started to measure campaign impact by whether or not have diagnosed mental illness or recently sought professional help for a mental health problem**

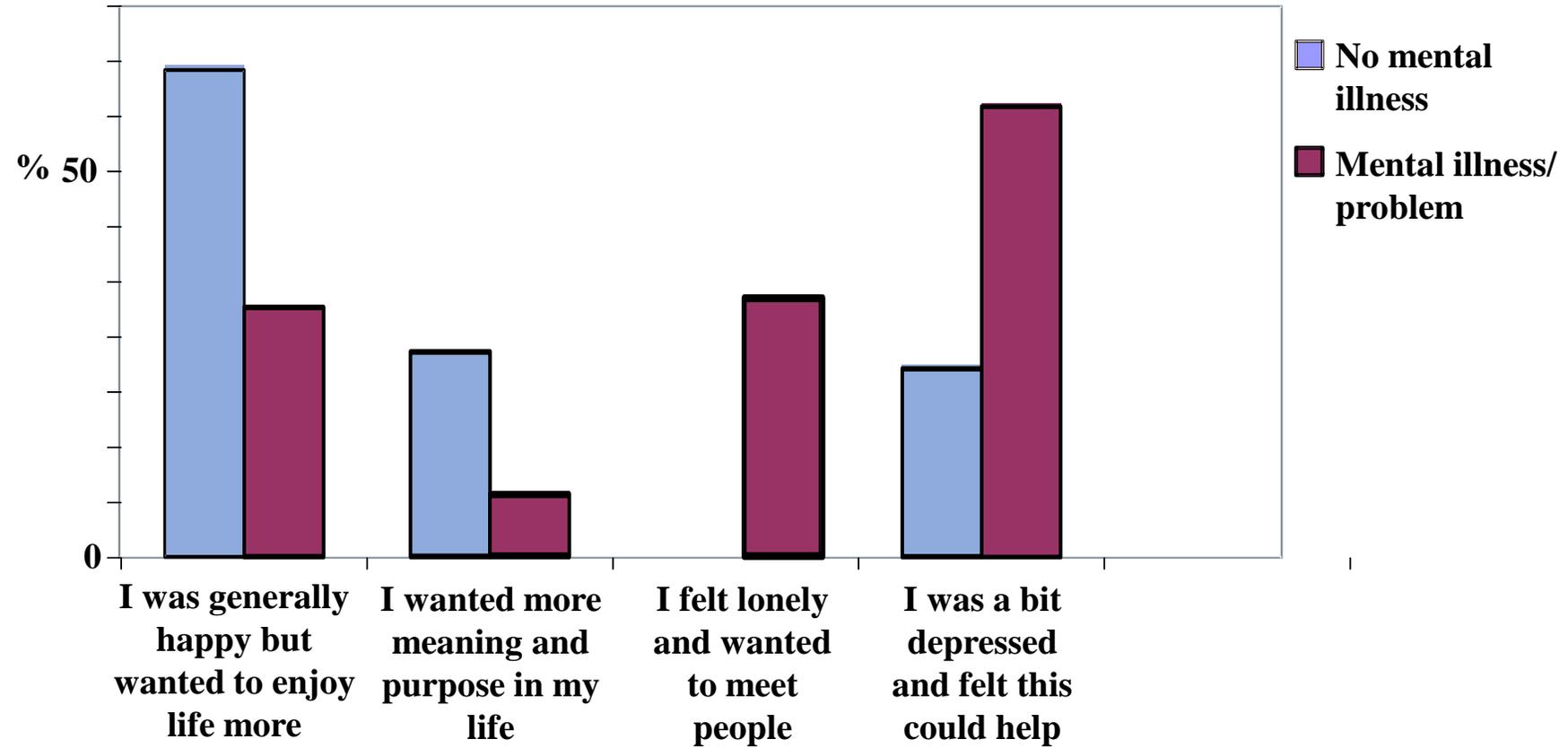
**Has the campaign changed the way you think about mental health?**

**Have you done anything for your mental health as a result of the campaign?**

# Impact on behaviour by mental illness/problem experience



# Why people do something: by mental illness/problem experience



# **In recovery from a suicide attempt**

**“my mum used be afraid to go to bed at night ...”**

**(2015 Karratha – newspaper photographer)**

Others saw potential for ABC in recovery

Japan – recovery of children post-tsunami



# Help with Pain

**Sufferers of chronic pain introduced to message and encouraged to engage in community activities – incorporated with Acceptance Commitment Therapy (ACT)**



# Recovery

- **People don't talk about 'recovery' – they talk about getting a job, making friends, living independently, generally getting their lives back**
- **Encouraging people to take control of their lives**
- **Nurturing hope that one can achieve their goals regardless of mental health problems**

# Act-Belong-Commit in recovery

**Acting-Belonging-Committing is about ...**

- **engaging in activities that keep us alert, interested and involved,**
- **keeping up friendships and joining in group activities,**
- **achieving goals (no matter how small), taking up challenges, using our talents and helping others ....**

**Doing things that make us feel good about ourselves and others and build up the four key factors needed for recovery...**

- **Hope**
- **Strength**
- **Resilience**
- **Optimism**

# Stages of episode and Act-Belong-Commit in recovery

## 1. Early stages:

Capacity maybe impaired and the alleviation of distress and burden of symptoms, safety of consumer is the primary focus of treatment and care ...

## 2. Middle stages:

The person's capacity is improving and symptoms are reducing ...

## 3. Later stages:

When the person's capacity has improved, there are opportunities to discuss and consider broader recovery strategies – such as Act-Belong-Commit.

# Act-Belong-Commit in Recovery Pilot

## Aims:

- Educate mental health professionals about the Act-Belong-Commit principles and framework.
- Encourage mental health professionals to incorporate Act-Belong-Commit in day-to-day interactions and existing recovery programs, hold workshops with clients.
- To guide consumers into behaviours that are good for their mental health
- To educate consumers and their families that they can and should be proactive in looking after their mental health.

**Workshops ask staff to think about how Act-Belong-Commit can be incorporated into activities their organisation offers**

***“How can it be incorporated into what you do without involving additional work to what you are already doing?”***

# Act-Belong-Commit in Recovery pilot

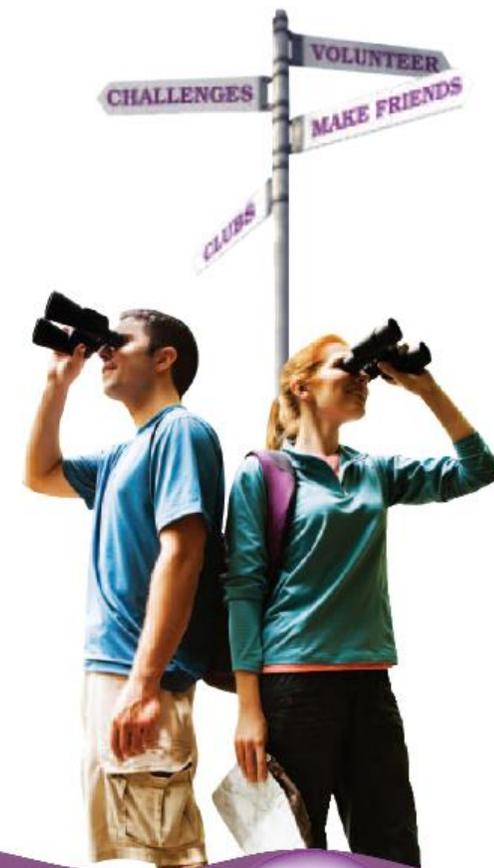
**Train staff in ABC principles and using the Guide**

**Staff work thru the Guide with patients (and parents of young people) on discharge**

**Staff incorporate principles in day-to-day interactions with patients**

The Act-Belong-Commit

## Guide to Keeping Mentally Healthy



A great way to live life!



[actbelongcommit.org.au](http://actbelongcommit.org.au)

Mentally Healthy WA

# What's in the Guide?

- A questionnaire to measure the person's wellbeing (WEWBS)
- Questionnaires to measure how much a person's is acting, belonging and committing
- Practical tips to help people do more in each of the 'act', 'belong' and 'commit' domains
- Directions to sources of information

The Act-Belong-Commit

## Guide to Keeping Mentally Healthy



A great way to live life!

act  
belong  
commit

[actbelongcommit.org.au](http://actbelongcommit.org.au)

Mentally Healthy WA

## 3.1 What does your wellbeing score mean

---

**A score between 14- 49:** Approximately 25% of the Western Australian population score in this range. You can aim to boost your wellbeing score by finding activities to get involved in that you will enjoy. If you are feeling very low or unnecessarily anxious, you could talk to your GP about counselling programs that help people deal with their negative thoughts and feelings.

You can also get information on depression and other issues from [beyondblue](http://beyondblue.org.au) ([beyondblue.org.au](http://beyondblue.org.au)) or the Black Dog Institute ([blackdoginstitute.org.au](http://blackdoginstitute.org.au)).

**A score between 50-59:** Approximately 50% of the Western Australian population score in this range. You can aim to maintain or even boost your wellbeing score by finding new activities to get involved in that you will enjoy.

**A score of 60 and above:** Approximately 25% of the Western Australian population score in this range. You can aim to maintain your wellbeing score by keeping up the activities you are already involved in or perhaps trying new activities that you might enjoy.

When you have finished the Guide and started on some of your plans, answer the questions again after a month or so (using a different coloured pen) and calculate your score. Then do it again 3 months later and 6 months later.

1 Month

Date: \_\_\_\_\_

3 Months

Date: \_\_\_\_\_

6 Months

Date: \_\_\_\_\_



### **Some ideas you can try**

- Read a book, a newspaper or a magazine.
- Learn to operate a new device—like a computer, smartphone, the internet.
- Do a Sudoku, crosswords, daily teasers or quizzes.
- Teach something you are good at to a friend, relative or neighbour.
- Learn something new—a language, how to cook, how to change the tyres on a car.
- Visit a museum.
- Get creative: paint, draw, take photographs, make scrap books.
- Start a blog about something you are passionate about.
- Write down important, funny stories to share with others or younger family members.
- Watch something educational on TV like a documentary, or a history or geography channel, or have a look at TED.com for the latest new ideas from around the world.
- When watching a quiz show, try answering the questions or remember the facts and share your knowledge with someone else.

### **Tip**

Think of mental activities that will benefit other areas of your life—such as finding healthy but tasty recipes, or basic accounting and budgeting.

Try things that you think you will enjoy - not just any old thing.



## 5.4 Belong more by attending community events

---

What sorts of things go on in your local suburb or community? Markets? Swap meets? Music concerts? School fairs? Arts or theatre events?

---

---

---

### Tip

Tip: If you're a bit shy, or even if you're not, invite a friend, family or neighbour to attend with you.



### Get involved

Visit your local community centre, or look in your local newspaper or the community notice board at your shopping centre, or the local library or on the internet for an upcoming community event that you think you might like to attend.

Write it down in your calendar to make sure you don't miss it.

Event: \_\_\_\_\_

When: \_\_\_\_\_

Where: \_\_\_\_\_

Booked in diary:

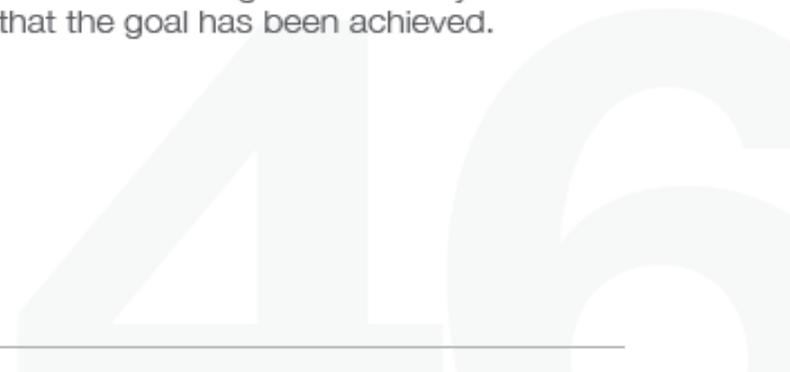


### **Tips for setting challenging goals**

Undertaking challenging activities can be quite demanding. However, perseverance and mastery provide a real sense of achievement and boost your self-esteem. So when learning something new it's important to stick at it. Setting goals gives you something to aim for and helps you keep going when things are a bit tough.



1. Take your time to think of a challenge that excites you and write it down as a goal. Make sure to include what you want to do, when and where you will do it, how long it will take, and what you need to achieve it.
2. If you feel your goal is too big, break it down into smaller daily, weekly, or monthly goals.
3. Put your goals on the fridge or the mirror and tell a friend. This will increase the likelihood of you achieving your goals.
4. Keep at it! Challenges aren't meant to be easy, and they will take time. Keep a diary or log book to keep track of your progress.
5. Reread your goal from time to time and adjust your goal if you're finding it too easy or too hard.
6. Celebrate! Once you have achieved your goal, it's important to celebrate and reflect on the feelings you experienced while you worked towards the goal and how you feel now that the goal has been achieved.



**Staff made aware of resources to use and to direct/assist their consumers to use ...**

**We emphasise that the message is for everyone --- and especially themselves!**

**ie ... and their families/friends, interactions with colleagues, not just interactions with clients ...**

# Website

The screenshot shows the homepage of the Act-Belong-Commit website. At the top left is the logo with the text "act belong commit" inside three overlapping circles. A navigation menu includes "Find Activities", "Interactive Tools", "Resources", "News and Media", "Partners", and "About Us". A quote from Elizabeth from Fremantle says "I started music classes". A central banner titled "Get Creative" features a sequence of steps: "Get Active", "Get Creative", "Get Social", "Volunteer & Give Back", and "Discover". Below this is an "ABC Pledges" section with a pledge from Greg from Rockingham. The bottom section is divided into "Latest News & Updates" and "Featured".

act  
belong  
commit

Find Activities Interactive Tools Resources News and Media Partners About Us

“ I started music classes  
Elizabeth from Fremantle ”

Get Creative

Get Active Get Creative Get Social Volunteer & Give Back Discover

ABC Pledges Greg from Rockingham - I am going to spend more time with my family

Latest News & Updates

Featured

Beating the winter blues: 5 tips for a mentally healthy winter  
The 'winter blues' is not something that people make up or imagine, it's a proven phenomenon. .  
Read more...

June 2013 Newsletter  
To read all the latest Act-Belong-Commit updates download the June 2013 newsletter.

Take the Act-Belong-Commit test!

- News and updates
- Pledge wall
- Online resources
- Self-assessments
- Find a club
- 'Activity Finder'

# 'Activity Finder'

**act belong commit**

Mentally Healthy WA

Find Activities   Interactive Tools   Resources   News and Media   Partners   About Us

Craig Pickett in WINDMILL BABY, By David Milroy. Photo courtesy of Yirra Yaakin Theatre Company.

### Question 4: What are you interested in?

Getting fit and active    Joining groups and getting social    Arts and cultural events and activities

Volunteering and giving back to the community    Challenges and learning new things

Continue ➔

ABC Pledges   Greg from Rockingham - I am going to spend more time with my family

What I'd like to achieve this week: .....

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <b>Do something</b>	e.g. Swimming 9am	e.g. Do a game of Sudoku or a crossword	e.g. Walk to the shops or to a park	e.g. Listen to or play some music	e.g. Read a book	e.g. Clean up the garden	e.g. Go for a beach walk
 <b>Do something with someone</b>	e.g. Go shopping with a friend		e.g. Meet a friend at a coffee shop		e.g. Meet a friend at lunch club		e.g. Meet a friend at an art gallery
 <b>Do something meaningful</b>	e.g. Clean one or more rooms	e.g. Help Aunt Sue with grocery shopping		e.g. Go to grow group	e.g. Learn a new song on a musical instrument	e.g. Do an 'act of kindness'	

## Act

Things like...

- Go for a walk
- Meditate
- Get out in nature
- Do some yoga
- Do a crossword
- Read a book in the park
- Go swimming
- Chat to a neighbour
- Do the gardening...

## Belong

Things like...

- Join a recreational group or a recovery group
- Meet up with friends or family for an outing or do something together
- Find out from the council what events are happening in your community...

## Commit

Things like...

- Set yourself goals
- Do an 'act of kindness'
- Volunteer
- Keep going to groups you are involved in
- Help out a bit more at a group you already attend
- Work on a skill you have or learn a new one...

The highlight of my week was: .....

# Act-Belong-Commit Mood Diary

This Act-Belong-Commit Mood Diary will help you reflect on your mood before and after your act, belong and commit activities. Record the activities and your mood over a week and then take some time to look over the diary and see how living an active lifestyle affected your mood. You can note how much enjoyment you gained from the activity, how it felt to clear your head and unwind, whether you felt a sense of accomplishment or how you felt after spending time with friends.

Some examples of activities can be:

- Catch up with a friend while going for a walk
- Join an after school team/club
- Take the dog for a run or play outside
- Help Mum clean the house
- Help your sibling with their homework
- Organise a group of friends to go bowling

Day and time	Mood before activity Rate your emotions on a scale of 1-10 (where 1 is terrible and 10 is fantastic) or just write down how you feel.	Activity What was the activity? Who it was it with? Where you did it? For how long? Tick which domain the activity was in (it can be one or all three). Turn over for some activity ideas	Act	Belong	Commit	Mood after activity Rate your emotions again on a scale of 1-10 (where 1 is terrible and 10 is fantastic) or just write down how you are feeling after being active.

# Pledge Cards



actbelongcommit.org.au

act  
belong  
commit

My **Act-Belong-Commit** pledges:

**act** .....

**belong** .....

**commit** .....



**Being active**—physically, socially, mentally and spiritually are the basic building blocks for good mental health. Take a walk, read a book, do a crossword, dance, play cards, stop for a chat...



**Feeling part of something**—even something like a football crowd or rock concert audience—gives us a sense of belonging. Join a book club, take a cooking class, go along to community events...



**Making a deeper commitment** to your interests, helping others and taking on challenges will give you a sense of achievement and meaning and purpose in life. Help a neighbour, learn a new skill, challenge yourself and commit more to a group you're already involved in...

Being active, having a sense of belonging and having a purpose in life all contribute to happiness and good mental health.

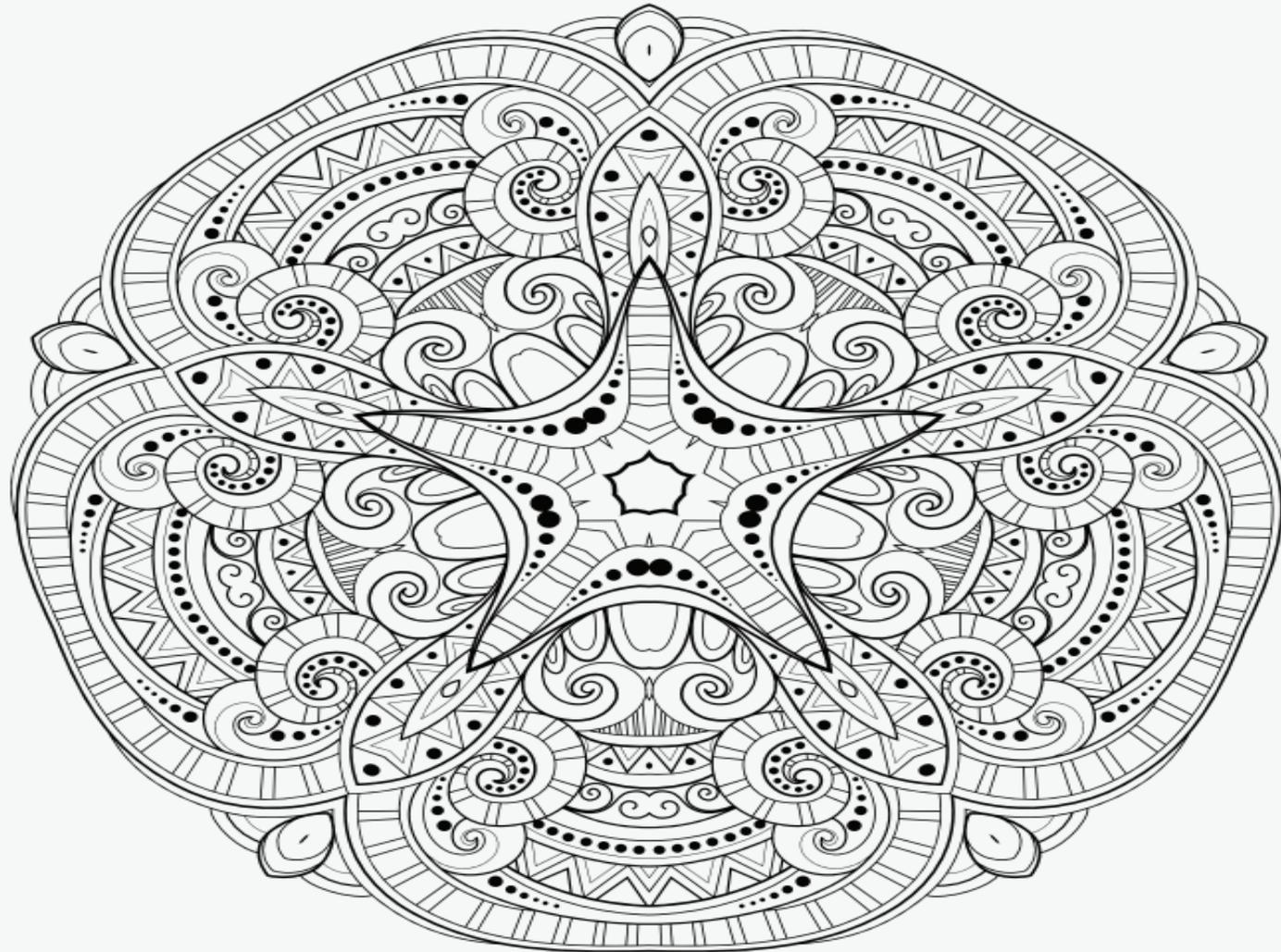


Government of Western Australia  
Mental Health Commission



Curtin University

# Mindful Colouring



Colouring can be an enjoyable alternative to meditation or mindfulness, and can be used as a way to reduce feelings of anxiety<sup>1</sup>. In particular, colouring-in a mandala (a round shape) has been found to be the most beneficial form of colouring in for reducing anxiety<sup>2</sup>.



**Lifeline** - 13 11 14

**Suicide Call Back Service** - 1300 659 467

**Crisis Care** - 1800 199 008

**Samaritans 24/7 Crisis Line** - 135 247

**Mental Health Emergency Response Line**

**24/7 Crisis Support**

1300 555 788 (metro), 1800 676 822 (regional)

**Beyond Blue** - 1300 224 636

**Where to get help**

General

[actbelongcommit.org.au](http://actbelongcommit.org.au)

Pay for someone's coffee

Be polite to other road-users



#actbelongcommit

@actbelongcommit

#getinvolved



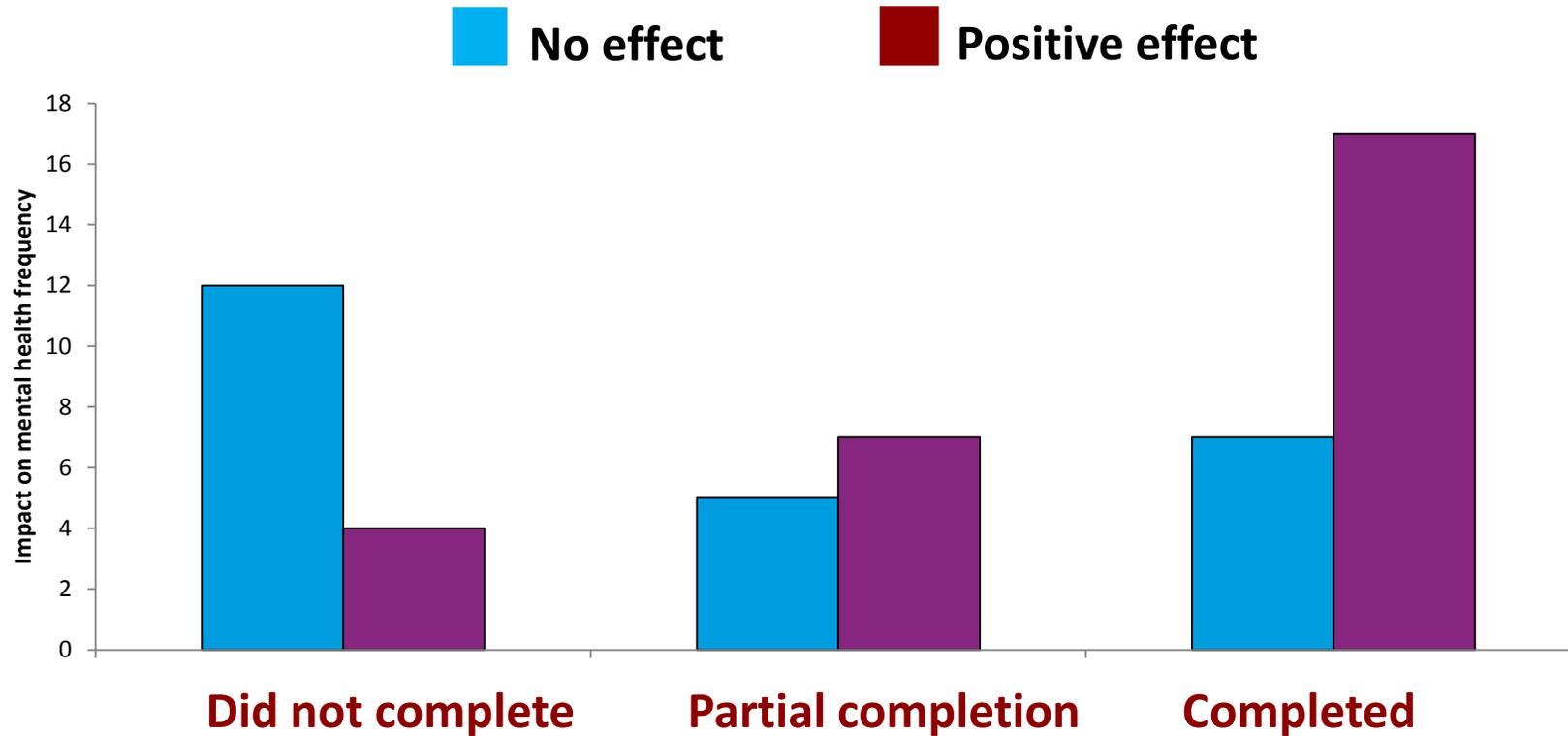
**ACT-BELONG-COMMIT  
IN RECOVERY**

[actbelongcommit.org.au](http://actbelongcommit.org.au)

# Follow-up evaluation

- **84% of health professionals reported using the Act-Belong-Commit message with consumers.**
- **49% reported an increased ability to take a person-centred approach when working with consumers.**
- **Consumer results: the more of the Guide to Keeping Mentally Healthy completed, the more likely consumers were to report an increase in:**
  - **their mental health,**
  - **quality of life,**
  - **ability to get on with others, and**
  - **overall health and wellbeing.**

# Impact on Recovery by degree of completion of the Guide





# Act-Belong-Commit Principles in Practice in Norway

# **Summing up: What Act-Belong-Commit provides in Recovery ...**

- It provides health professionals with an important rationale for what they are already doing – and ideas/directions for expansion**
- It provides clients with a simple, practical positive frame work for increasing their wellbeing and quality of life**

# **Act-Belong-Commit accentuates the positive ....**

**Importance of “*accentuate the positive*”: two thirds of consumers reported that health professionals negatively impacted their recovery by stripping them of hope with ‘*you can’t*’ messages**

(Tooth, Glover et al 2003).

# **What might be some barriers to you implementing Act-Belong-Commit – and how can they be overcome?**

- **Time?**
- **Doesn't seem to fit with programs?**
- **Consumers not capable?**
- **Scepticism about campaign effectiveness?**
- **Don't feel confident about delivering the campaign message?**

**What might be some barriers to your consumers acting on the Act-Belong-Commit message – and what could you do to help them overcome these?**

- **Time?**
- **Resources?**
- **Money?**
- **Motivation?**
- **Self-belief?**

# Act-Belong-Commit in Recovery

