

# Creating Momentum: Evaluating an Innovative, Holistic Mental Health and Wellbeing Workshop

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## Introduction

Momentum Mental Health is a not-for-profit community mental health service working in regional and rural areas in Darling Downs, Queensland. Momentum works across the continuum - from prevention to severe/persistent mental health.

Over two days in February 2024, Momentum presented five 90-minute wellbeing workshops to businesses in the rural township of Goondiwindi, Queensland covering three main topics:

- 1. **5 Ways to Wellbeing** covering connection, being active, keeping on learning, being aware and giving back, based on the evidenced-based wellbeing model of the same name.
- 2. **Setting personal boundaries.**
- 3. **Having difficult conversations with people in distress.**

## Methods

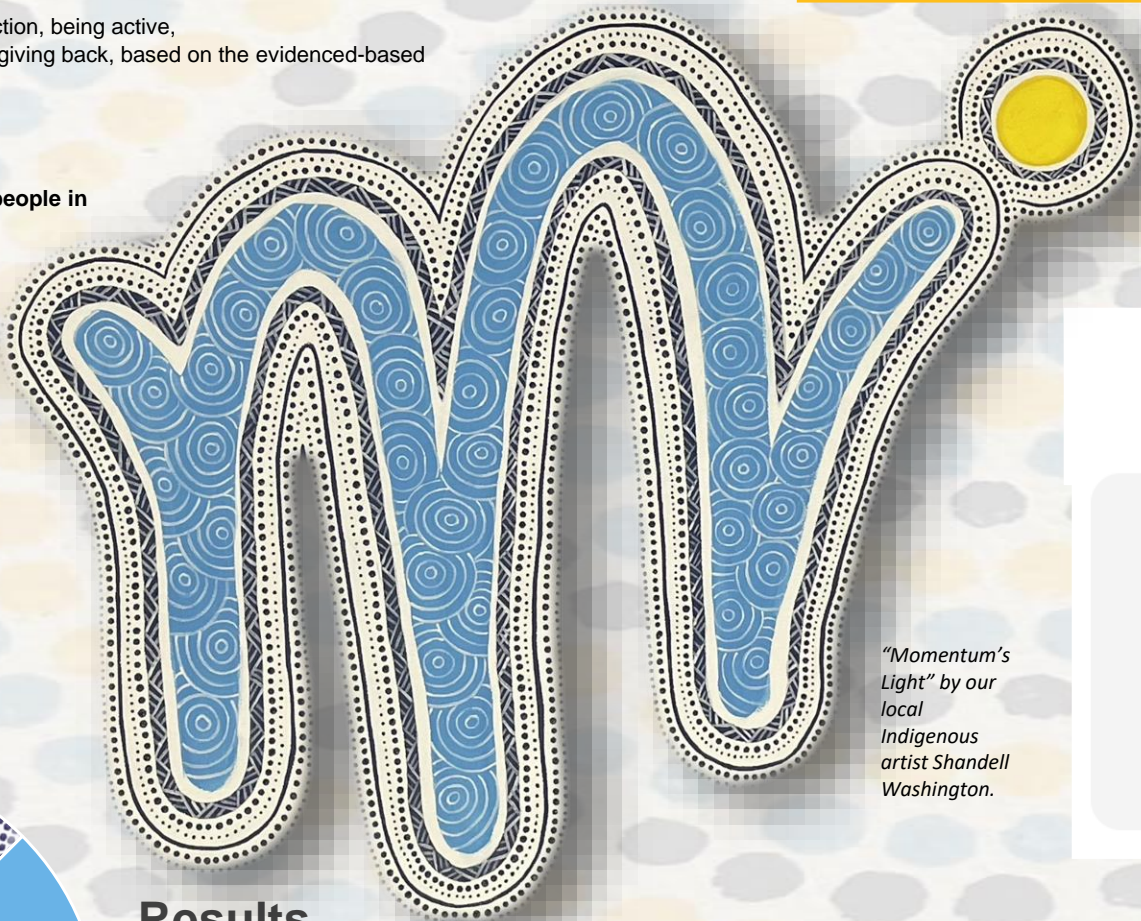
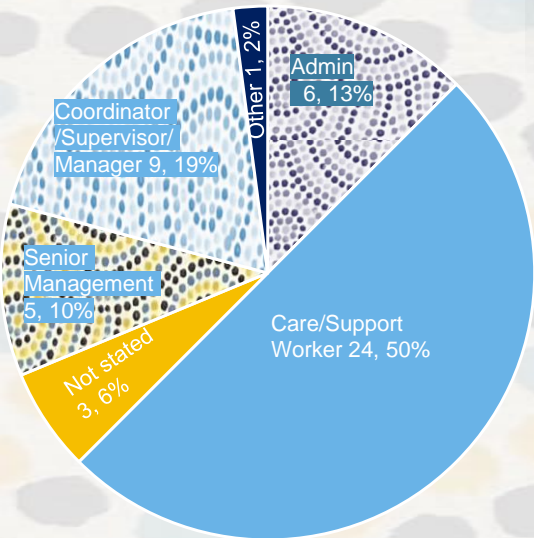
A post-workshop questionnaire was used to evaluate the workshops.

## Demographics

Fifty-one people attended from nine organisations and industries, from health care to design and banking.

Forty-eight participants completed the feedback form (94% response rate).

Workshop attendees by organisational level/role



"Momentum's Light" by our local Indigenous artist Shandell Washington.



- Connect
- Be Active
- Keep Learning
- Be Aware
- Help Others

## Results

Workshops participants came for two main reasons, relevance for their work (31 participants, 65%), and personal enrichment (16 people, 33%).

The feedback was overwhelmingly positive and further requests have been made for Momentum to deliver more workshops online and in person to this rural area.

8.9 out of 10

Average overall rating of the workshop content.

100%

Would recommend the workshop to colleagues.

100%

Would recommend the workshop in general.

## Conclusions

Momentum has found an innovative way to provide support to anyone in the community seeking connection by finding common ground with community members with and without a mental health diagnosis.

By focusing on a holistic wellbeing model that includes physical, social, emotional, and spiritual (sense of purpose) wellbeing, members of the community can find connections and start leading more fulfilling lives with thriving wellbeing.

Providing tips on how to have difficult conversations, helps to reduce the stigma of mental health and reminds the community that mental health and wellbeing is for everyone, every single day.

The survey data gained will be used to further enhance Momentum's wellbeing workshops for rural areas.

## Acknowledgements

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