

# Frameworks for Health

## What is Frameworks for Health?

**Frameworks for Health** is dedicated to translating “real world” health research into everyday clinical practice through program development, research and implementation. The team was formerly known as the Collaborative Therapy Unit, based at the Mental Health Research Institute. Since 2008, our team has been auspiced by St Vincent’s Health where it is known as Frameworks for Health to reflect our broader clinical and research interests.

Frameworks for Health works with organizations to implement service delivery models of care and stand alone programs based on the Collaborative Therapy approach.

## Who are we?

**Frameworks for Health** is a multidisciplinary team of health professionals from a range of clinical backgrounds. Our team is supported by a statistician to assist us to evaluate our work.

## What do we do?

- **Program development**

We have developed a number of programs based on the Collaborative Therapy approach. All of these programs have been informed by focus groups with key stakeholders and evidence from the research literature. Whilst many of our programs specifically target people with mental illness, we are interested in adapting and further developing programs to meet the needs of other populations eg. People with chronic disease.

- **Research:**

We design and conduct clinical research projects in partnership with public and private health services, non-government organisations and tertiary institutions.

Our research projects focus on improving health and wellbeing outcomes for people including those who experience mental health problems and/or chronic diseases and their carers. We are particularly interested in evaluating psychosocial programs to meet the needs of these groups. Our projects use mixed methodologies including quantitative and qualitative approaches.

- **Implementation**

Our primary focus is on translating the outcomes of clinical research into everyday practice. We achieve this through publications and presentations to relevant stakeholders as well as through staff development and training programs. We provide development and training to services and health professionals to support the delivery of evidence-based psychosocial programs.



For further information about Frameworks for Health, please contact:  
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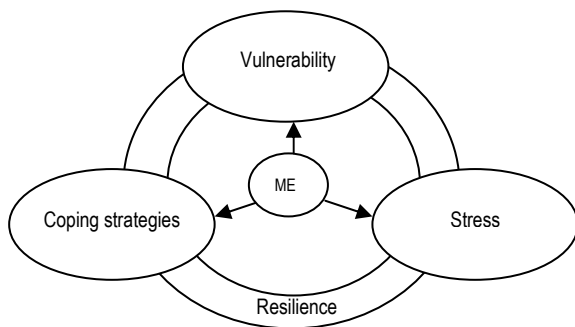
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# Collaborative Therapy

**Collaborative Therapy is a comprehensive therapeutic approach for consumers, clinicians, services and others to work systematically towards the achievement of optimal health outcomes.** A service delivery framework and programs based on the Collaborative Therapy approach have been developed and evaluated by Frameworks for Health (formerly the Collaborative Therapy Unit).

The **purpose** of Collaborative Therapy is to provide a consistent approach for the clinician to work together, or collaborate, with individuals or groups with a range of illnesses, mental and physical, to develop strategies to maintain optimal health and prevent episodes of illness or relapse.



This is achieved through learning about the “I Can Do” model, which places the individual at the centre of their health care and increases their involvement in managing vulnerability and stress and using effective coping strategies to optimise their health.

## Supporting self-efficacy

The concept of ‘*self-efficacy*’ is an integral component of Collaborative Therapy. Using a systematic approach, self-efficacy is enhanced within the framework of education, coping strategies, skills development and adaptation. This supports the philosophy that a person’s health should not be ‘dependent on’ but ‘supported by’ the services they need to utilise, thus in theory, promoting an internal locus of control. The Health Journal is an important tool used to promote self-efficacy within this approach.

The **Framework for Service Delivery** consists of engagement, programs, and relapse prevention/staying well components.

## Engagement

The Collaborative Therapy approach utilises comprehensive assessment to develop a therapeutic relationship with consumers, identify their strengths and potential barriers to engagement in the interventions.

## Programs

Manualised individual or group-based programs are used as a form of treatment to provide knowledge and skills regarding how to optimise health. Participants can gain confidence in their ability to understand the vulnerabilities that impact on their health, recognise stress and choose constructive coping strategies to maintain optimal health. When used within a service, it provides a common language for all staff and consumers to communicate and address health needs. The “Optimal Health” program is a generic program for people who wish to achieve or maintain optimal health. Specific programs have been developed for schizophrenia, bipolar disorder, mental health and substance use, carers and parents with young children.

## Relapse prevention/Staying well

Booster sessions and the ongoing use of the Health Journal are used to continue to apply the knowledge gained and reinforce the coping strategies learned during the programs.



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# Collaborative Therapy

## Implementation

### Framework for Service Delivery

Entire Service Delivery Model incorporating comprehensive assessment, treatment pathways and best practice collaborative therapy programs.

### Outline of Collaborative Therapy programs available

#### Optimal Health Program

An 8 week generic program for people who wish to achieve or maintain optimal health. This may be delivered to groups or individuals.

#### Mental Health Maintenance

An 8 week group-based program for people with schizophrenia to assist them to maintain and manage their mental health.

#### Managing Mental Health and Substance Use

An 8 week group-based program for people experiencing mental health concerns and problematic substance use.

#### MAPS: A guide to managing Bipolar Disorder

A 12 week group-based program for people with bipolar disorder.

#### Supporting Self and Others

A 10 week group-based program for family members of people experiencing a mental health concerns.

#### Health-Promoting Parenting

An 8 week program for parents with mental health concerns or at high-risk who have children aged 5 years and under. This may be delivered to groups or individuals.



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# The Optimal Health Program

## Session 1: What is health?

This session introduces the Collaborative Therapy Optimal Health Program and tools used including the Participant Workbook and Health Journal. It explores what health means for the individual and considers the influence of behaviour on health.

## Session 2: The “I Can Do” Model, Part 1: Stress

Session 2 introduces the “I Can Do” model as a framework for understanding how stress, vulnerability and coping strategies interact to influence health. Participants are taught to identify stress, consider how it affects their health and use breathing exercises as a coping strategy.

## Session 3: The “I Can Do” Model: Part 2 – Coping strategies

The nature of stressors and degree to which we have control over them is considered in this session. The coping strategies that individual’s already use to manage stress are identified. Goal setting is taught as a useful coping strategy.

## Session 4: The “How To” of the “I Can Do” Model

This session focuses on how the “I Can Do” model can be used to maintain health. Participants develop Health Plan I – a coping plan to manage daily stressors.

## Session 5: “I Can Do” Model: Part 3 – Vulnerability

Recognising that stress can accumulate, the importance of monitoring and balancing daily activities is taught as a coping strategy in this session. Past or present vulnerable situations and early warning signs of illness are reviewed. Collaborative partners to assist the person in maintaining optimal health are identified.

## Session 6: Coping Strategies for Optimal Health

Coping strategies are reviewed and evaluated in this session. Participants develop Health Plan II – consisting of collaborative strategies to respond to vulnerable situations and early warning signs. Problem-solving is taught as a coping strategy.

## Session 7: The “I Can Do” Model: Episode of illness

This session explores how individuals experience an episode of illness. The use of medication is considered as a constructive coping strategy. Participants develop Health Plan III – an action plan to use when experiencing symptoms of illness.

## Session 8: Review: Putting It All Together

To conclude the program, the concept of health is reviewed and relapse is considered as a learning opportunity. How the three health plans may be used to maintain optimal health is reinforced.

## Booster session: What is my health like now?

The booster session can be delivered once or multiple times to enable participants to continue to apply knowledge and skills gained throughout the Optimal Health Program. Participants reflect on their current health status with reference to the “I Can Do” model and review their Health Plans according to their current situations.



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