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| DecorativeMSSH Groups Support 15094 |
| Outcome objective: Victorians are healthy and well Output group: Mental HealthOutput: Mental Health Community Support Services |

# 1. Service Objective

To build resilience for people with a mental illness and their friends, family and/or carers.

# 2. Description of the service

This activity provides facilitated support groups for people with a mental illness and their friends, family and/or carers through the Mutual Support and Self Help Program. These support groups provide a structured and moderated space in order for people to build knowledge, learn skills and share their experiences with one another.

Support groups provide opportunities for people with lived experience of mental illness with common needs and problems to draw upon and share insights and experiences in order to learn alternative and constructive approaches to dealing with the impact of their mental illness. Social groups and activities may be offered as an adjunct to the supports groups. Some providers, particularly state-wide organisations, provide support through telephone helplines. Members may be current or former users of mental health services. Support group membership may consist, in some instances, of people experiencing problems related to a specific mental illness or disorder.

# 3. Client group

This activity is targeted towards people with a mental illness and their friends, family and/or carers (excluding professional carers).

# 4. Obligations specific to this activity

In addition to the obligations listed in the Service Agreement, organisations funded to deliver this activity must comply with the following:

## 4a. Registration and Accreditation

* Services should meet relevant national quality accreditation standards.

## 4b. Program requirements and other policy guidelines

* These activities must be delivered in a manner consistent with the service specification for *Mutual Support and Self Help* services.

# 5. Performance

Funding is subject to achieving the performance targets specified in Schedule 2 of the Service Agreement. Performance is measured as follows:

## Key performance measure 1: Number of individuals supported in a group setting

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| Aim/objective | The aim of this performance measure is to count the number of clients supported through group-based activity. |
| Target | The performance measure target is provided in the Service Agreement. |
| Type of count | [ ]  Cumulative [x]  Non-cumulative |
| Counting rule | Number of individual clients who received support in the reporting period |
| Data source(s) collection | MDS-QDC |
| Definition of terms | A client is defined as a person in receipt of a *Mutual Support and Self Help* service. |

# 6. Data collection

The reporting requirements for this service are:

| Data collection name | Data system  | Data set  | Reporting cycle |
| --- | --- | --- | --- |
| Quarterly Data Collection (QDC) | MDS-QDC  | 15094 | Quarterly  |
| Activity based Supplementary Spreadsheet | Excel | 15094 | Quarterly |

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