

Grow



mental wellness program



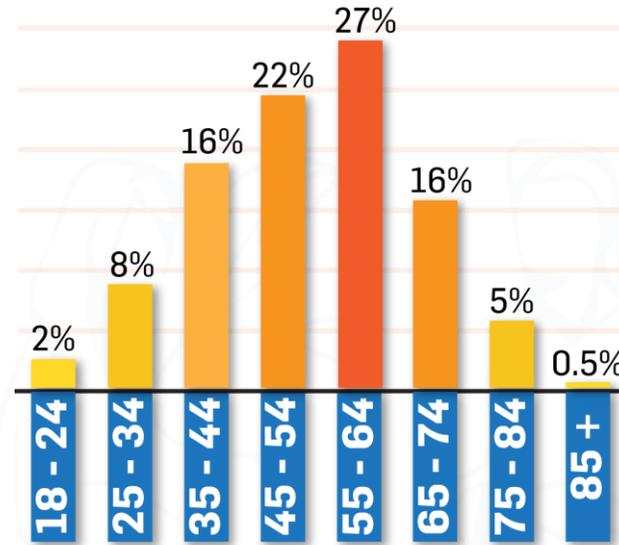
2019 Member Survey Summary

Who comes to GROW?

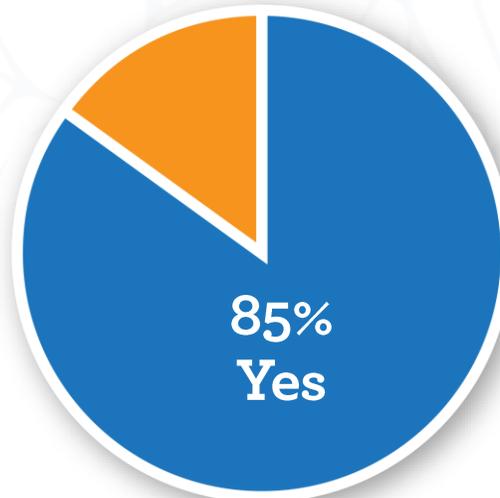
In 2019, we performed a survey of Members with 390 responses

- women represent 56%, men 42% and 2% transgender or non binary.
- 80% of participants were born in Australia
- 9% belonged to the LGBTIQ+ community
- 10% identify as culturally or linguistically diverse
- 50% of members have attended for less than 2 years

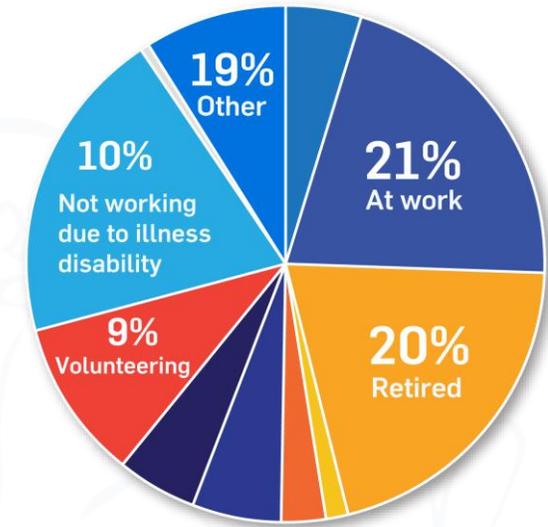
Participant ages



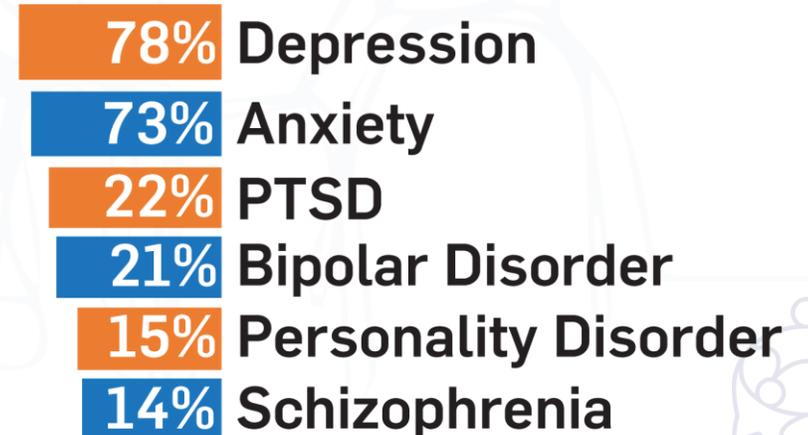
Have you been given a diagnosis of mental illness?



What is your current status?



If you were diagnosed, please specify?



Who comes to GROW?

Contributing factors to poor mental health

29% have had a problem with drug or alcohol use

31% have self-harmed

21% have experienced homelessness

59% have been hospitalised for mental illness coping or other emotional problems

Top four issues by GROW Participants identified as major contributors to mental ill-health

Childhood Trauma

Relationship breakdown e.g. Divorce

Work/Employment

Poor relationships with family



Participant use of other Mental Health services

What services are our participants also engaging with?
(can attend multiple)

60% attend a GP

13% Counsellor/social worker

31% Psychiatrist

8% Mental Health Nurse

36% Psychologist

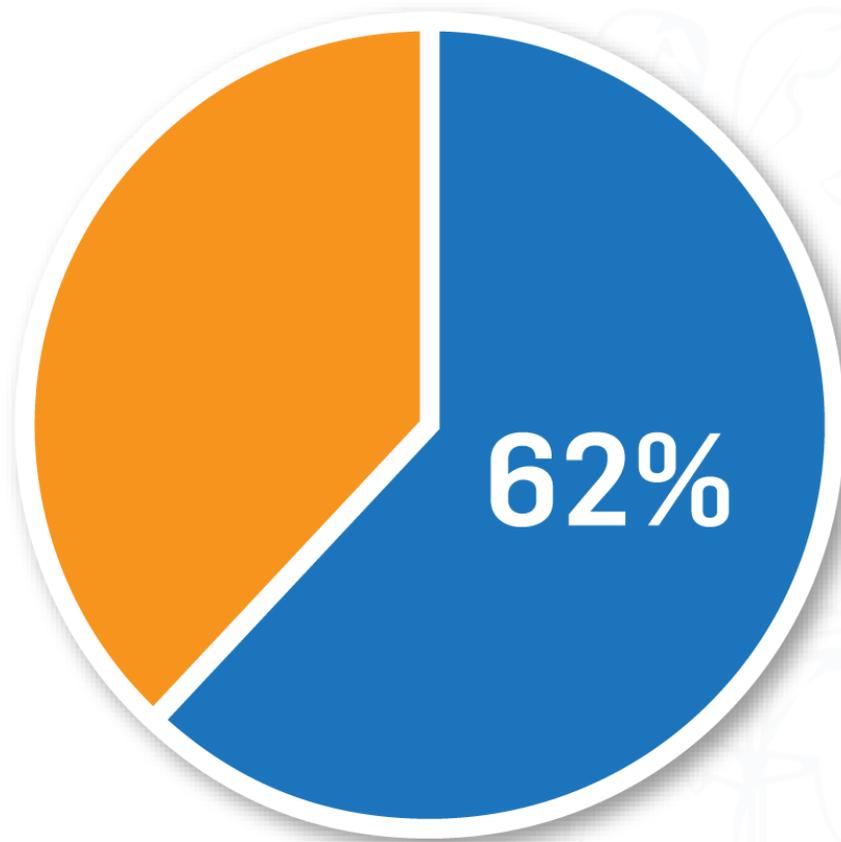
13% Other support group

17% None

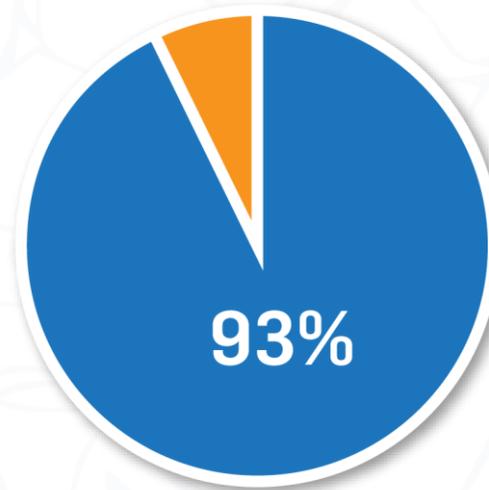


Effectiveness of peer-to-peer in suicide prevention

Have you experienced thoughts of suicide?



All GROW Participants



Age: 25 - 29

● Yes

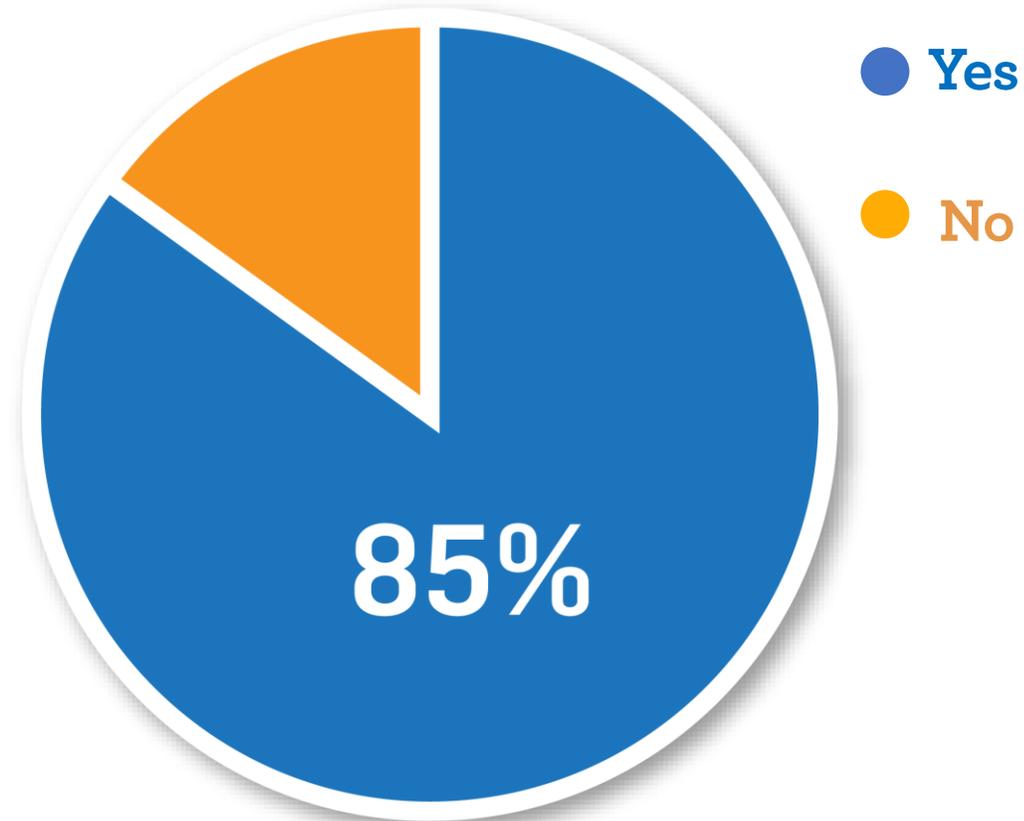
● No



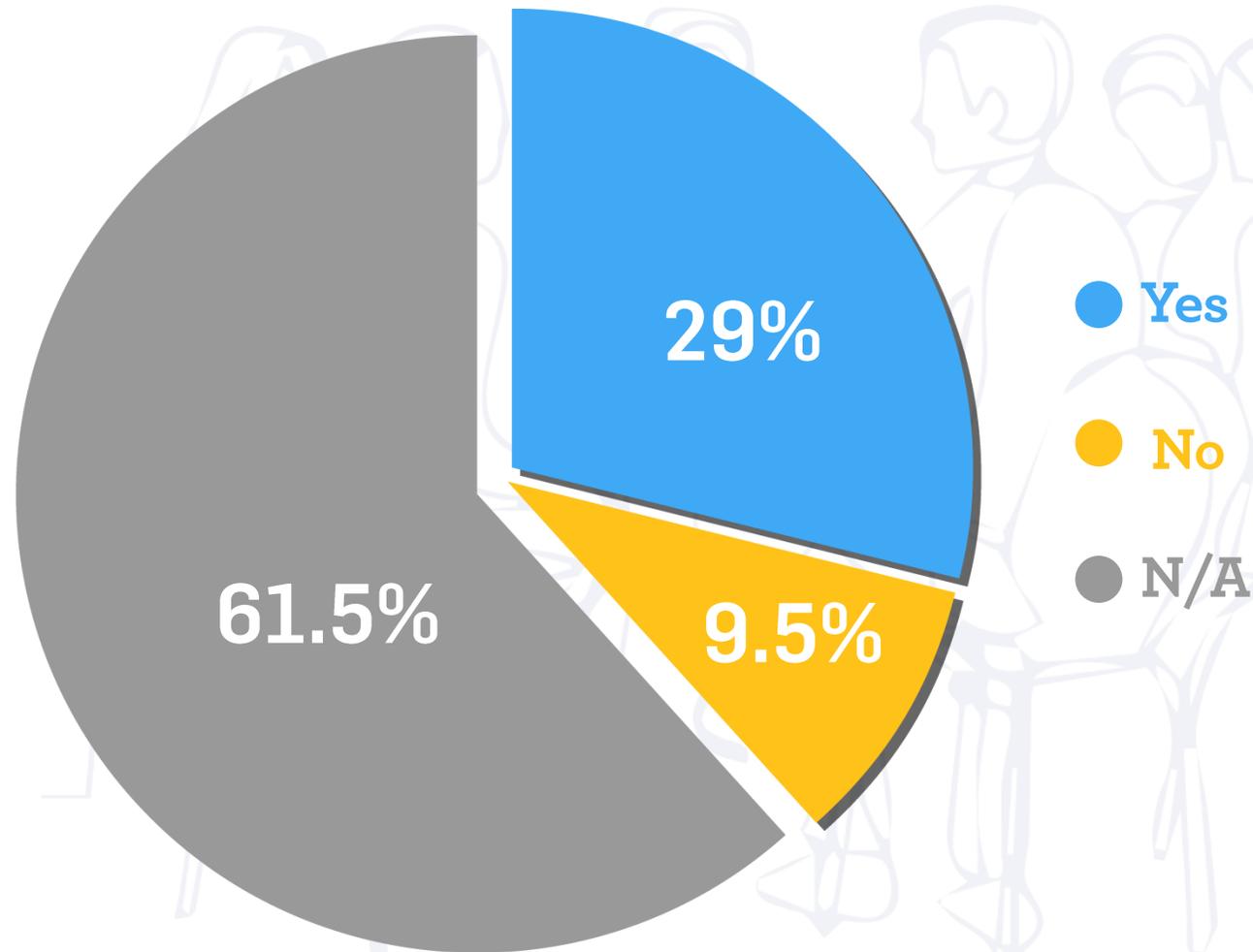
Effectiveness of peer-to-peer in suicide prevention

If you have....

Has GROW helped you overcome thoughts of suicide?



Helped you to stop suicide attempts?



Impact of GROW's peer-to-peer group program



85%

Grow helped to co-operate with professional help under treatment



70%

reduced the need for professional help



24%

no longer need professional help



70%

Members have been prescribed medication to treat their mental illness



40%

Members state that Grow has helped significantly reduce their need for medication



15%

ceased prescribed medication in accordance with the doctor



Impact of GROW's peer-to-peer group program



63%

have been hospitalised for their mental illness



30% state that Grow helped significantly reduce their need for hospitalisation

31%

have not required hospitalisation since commencing with Grow



15%

Grow helped gain employment



21% Grow helped retain employment



25%

Grow helped to manage relations with employer



Impact of GROW's peer-to-peer group program

98%

of participants surveyed said... they would refer

Grow

to other people



Value of peer-to-peer in recovery

GROW Survey Q18: What keeps you coming back to GROW

" I want to give back to the types of people who helped me so much during some of the darkest and most frightening times in my life. "

That its my safe place each week to come to.

The companionship of friends. Learning leadership skills. Working towards achieving worthwhile goals.

... Ive got no where else to go, Ive tried everything else and there is no time limit, I can just keepworking away at it, its a slow process and I'm a slow learner and I just love grow.

" A shared sense of friendship and camaraderie. The opportunity to, one day perhaps, help others through the Grow Program. "

... the actual Grow Program of personal growth. The friendships I have made in Grow. I believe Grow saved my life. Grow has a healing effect on my life.

" Trying to understand my mental health and know I am not alone "

I want to recover and help others in their recovery

" ... I'm not so ashamed of having a mental illness "



Value of peer-to-peer in recovery

GROW Survey Q37: What other ways has GROW helped you?

" I feel I have gained wisdom knowledge and hope. I feel the process is assisting me in self empowerment "

....Stopped me using street drugs completely and start my life

I've stopped isolating, stepped out and stepped up (after working through the anxiety of putting myself 'out there', the fear of having to do it all by myself. Grow has helped me speak up to get my needs met without feeling guilty about having needs; has helped me be 'ordinary' within my uniqueness; and I am better able to accept every other human being.

"...to live a nearly normal life"

Yes, before and after I released from prison, like links with community and support and not feel alone by my self and support my mental illness.

I feel less ashamed and isolated, about my mental health, as I feel comfortable to share with a group of people. The Structure is very beneficial, practical tasks and readings. I can't thank the Grow movement enough.

Regaining confidence that I am a person with worth.

... Grow encouraged me to get my car licence which I now successfully have. And I have also been encouraged to work in a job. Most of all to feel accepted.

