

2023 Grow Annual Survey Summary

Introduction

Grow undertakes an Annual National Survey of its membership to establish a clear picture of our membership and to understand the impact that participation in the Grow program has in their lives.

Who comes to Grow?

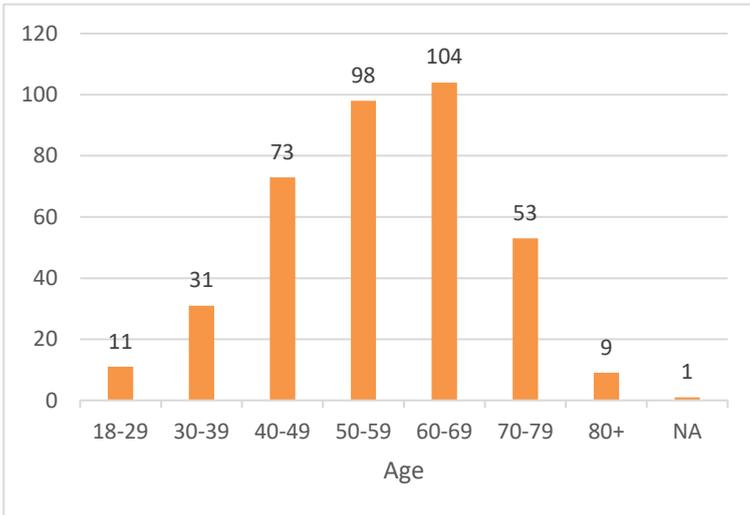


Table 1 – Demographics of members

- In 2023, members include:
 - Women - 52%
 - Men - 46%
 - Non-binary , Transgender and other – 2%
- Identify as Aboriginal/Torres Strait Islander - 1.8 %
- Identify as LGBTQI - **8.7%**
- Culturally and Linguistically Diverse - 16%
- Members were born in Australia - 79%

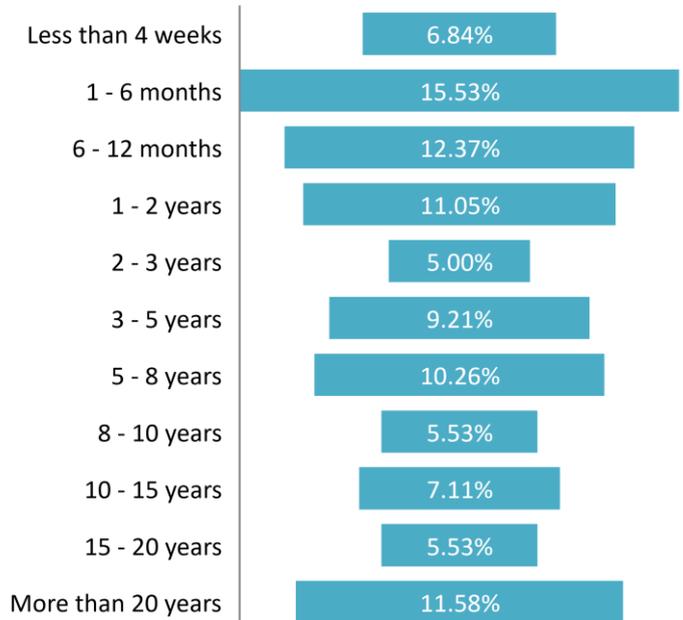
Grow Programs Attendance

Grow provides online and face to face groups:

- Face to face groups - 73%
- eGrow Online groups – 18%
- Attend both – 9%

Table 2 – Period members in the Grow Program

The graph on the right shows the period of members’ involvement in Grow Program (100% of participants answered this question).

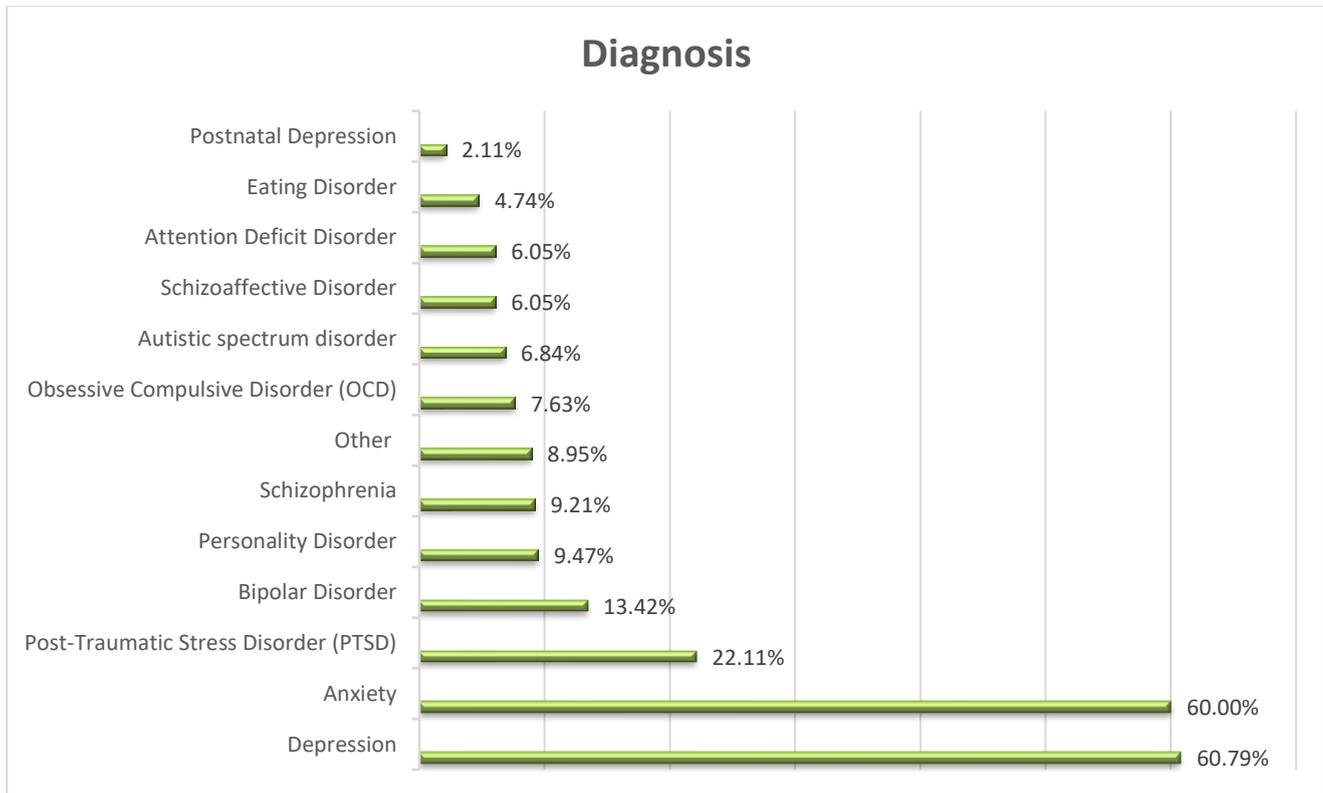


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Analysis

Grow does not require members to have a diagnosis of mental illness to attend a Grow Group, yet while 5 members did not answer this question, 83.20% of members surveyed stated they had been diagnosed with mental ill health, some with more than one diagnoses.

The following graphs outline the diagnosis of their mental health issues, bearing in mind that some members have multiple diagnoses.



Treatment

76.45%

Engaging with Mental Health Support Services

46.05%

GROW helped members to cooperate with Professional help.

17.1%

No longer need professional help.

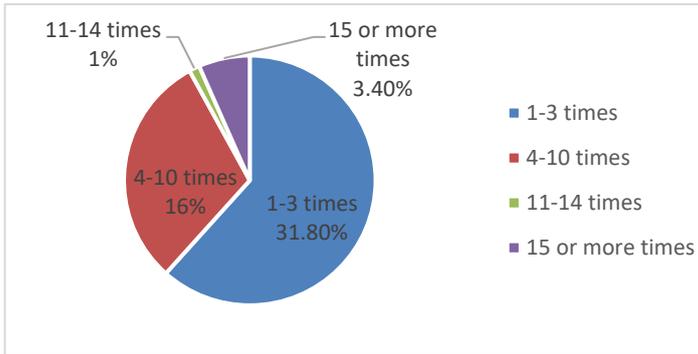
Impact of Grow

Hospitalisation

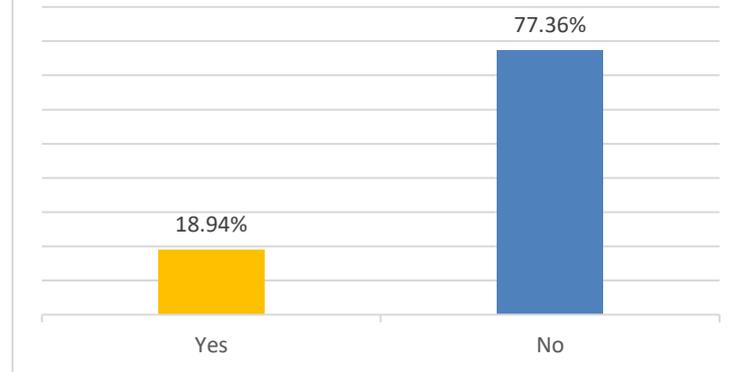
Out of 376 members who answered this question, **52.39%**, a little over half of our members surveyed (51.84%) have been hospitalised for their mental illness or other emotional problems. The number of times the participants were hospitalised is shown in the following graph, that is, 77.36% state that they have not been hospitalised for mental illness since joining GROW.

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Number of times hospitalised
(197/380 responses)



Hospitalised for mental illness since joining GROW



Suicidal Thoughts

60% of participants had thoughts about attempting suicide.

GROW helped -

55.90%
Overcome Suicidal Thoughts.

30.89%
Stopped suicide attempts

Medication

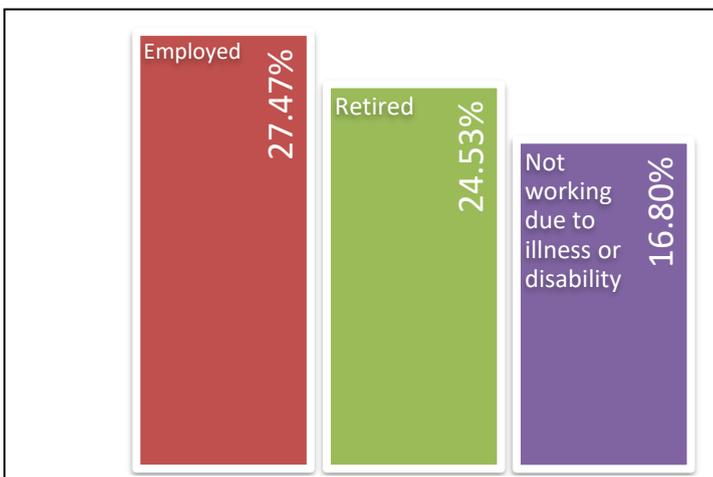
GROW helped -

18%
Reduced their need for Prescribed Medication.

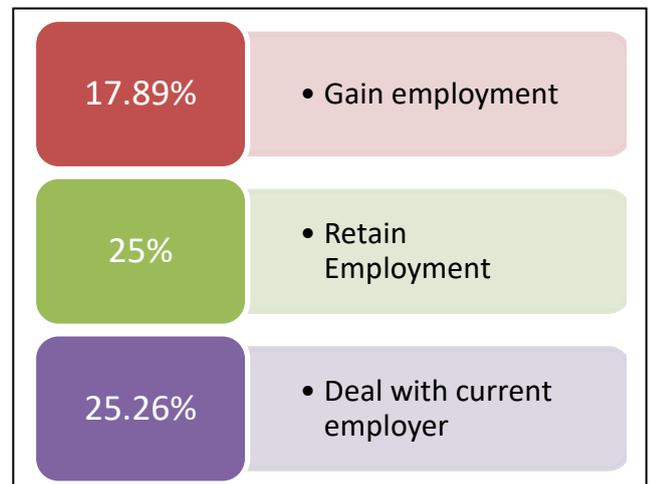
8.4%
No longer require Prescribed Medication.

Employment

Employment Status of GROW Members -



GROW helped members -



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How Grow helped people?

GROW helped people	Yes
Stop self-harming?	18.42%
Manage or overcome drug and/or alcohol problems?	16.58%
Reduce contact with the justice system?	5.79%
Obtain or maintain stable housing?	13.95%

90.42 %

will recommend GROW to a friend or colleague.

Recovery

Response	2023
Recovery from mental illness	53.95%
The hope of recovery from mental illness	56.32%
Prevention of mental illness	38.95%
Be confident in obtaining good mental health	59.21%
Personal growth	81.05%
Improved network of friendship and support	73.42%
Improvement in problem relationships	45.53%
In your role as a Carer	15.00%
A sense of belonging	70.79%
Problem solving	64.74%
Overcoming thoughts of suicide or self-harm	37.37%
Develop your emotional maturity	67.89%
Develop your spiritual maturity	42.63%
Look after your physical health	45.00%
Improved sense of personal value	69.47%
increased sense of happiness in life	57.63%
Connect with broader community outside of GROW	45.26%

Members few comments how GROW helped them:

I love coming to GROW meeting because of all the help and support I get which gives me confidents in my life

A place I can discuss my mental health issues safely and confidentially.

Sense of purpose Personal Value

My life has improved in all areas, across the board. I have a place at the table of life and people care and are kind.

Helped me through my resentments.

Grow has given me a sense of purpose to help prevent suicide.

Feel less socially isolated and anxious.

Grow has helped me cope with my grief

Increased personal value and confidence to be well.

Allowed me to understand myself better and given me practical advice to help me deal with everyday life.