

Social Prescribing Initiatives: Alfred Health

Service: Strengthening Social Connections

Main Component: Alfred Mental and Addiction Health (AMAH) will identify and connect socially isolated consumers with The Letterbox Project and the C-Care Social Outreach Project. Resource boxes will be developed and provided to participating consumers to enable them to engage and partake in either of these programs.

Who is this for? Socially Isolated consumers Alfred Mental and Addiction Health

Outcomes: The anticipated outcomes of this project will be improved social connection and strengthened social networks for some of AMAH's most isolated and vulnerable consumers. Through increased social connection, it is hoped that participating consumers will experience a reduced sense of loneliness and an improvement in their mental health. This project will provide participants the opportunity to improve their social skills by engaging with letter writing and/or regular phone calls with volunteers and participants of both the Letterbox Project and the C-Care Social Outreach Project. Making these connections will provide consumers the opportunity to develop sustainable friendships and develop skills they can use in other areas of their lives, allowing them to engage more comfortably socially with friends, family and strangers through COVID-19 and beyond the pandemic. AMAH hope this will be a pilot project and if successful will aim to scale it up and implement within our aged wards. AMAH sees this project as a component of our overall preventative approach to suicide by building people's capacities to develop and maintain strong connections with other individuals. We have developed an evaluation to understand whether consumers participate, for how long and the positive impacts on them socially. The letters will arrive to the clinicians to deliver to their consumer so we will also be able to monitor the number of letters being received.

Organisations-involved: Alfred Health, The Letterbox Project. C Care

Keywords: Social Isolation

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