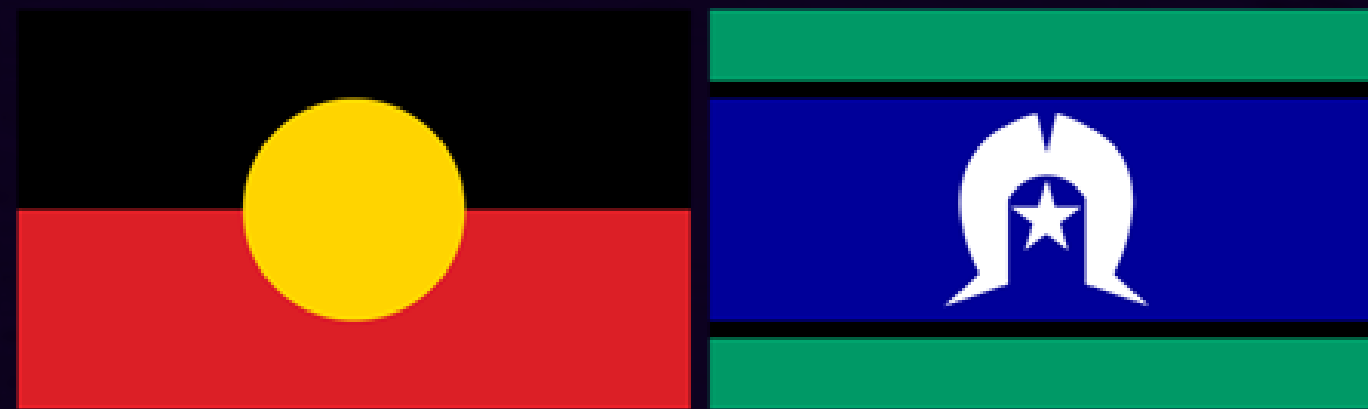


***VAF A MENTAL HEALTH &
WELFARE STRATEGY***



ACKNOWLEDGMENT OF TRADITIONAL OWNERS

The VAFA acknowledge the traditional owners of country, on which we play our great game, and pay our respects to them, their culture and Elders past and present.



VAFA MENTAL HEALTH & WELFARE STRATEGY

Background

The 'VAFA Mental Health & Welfare Strategy' is a key initiative that has resulted from the development of the VAFA Strategic Plan 2023-2026. The 'VAFA Mental Health & Welfare strategy' has been developed based on feedback received during the creation of the broader VAFA Strategic Plan, which highlighted a need to focus attention and energy on mental health and welfare at VAFA clubs. The 'VAFA Mental Health & Welfare Strategy' articulates 3 key priority areas and associated activities. The 3 areas are:

- Education & Training
- Partnerships
- Connection

The highlight of the 'VAFA Mental Health & Welfare Strategy' is the development of a 'VAFA Member Assistance Program' designed to support all VAFA players with 'no cost' psychological services

Purpose

The purpose of the VAFA Mental Health & Welfare Strategy is to act as a reference for VAFA mental health and welfare practices and ensure that a strategic and considered approach is given to adopting 'best practice' responses to mental health and welfare throughout the association.



VAFA MENTAL HEALTH & WELFARE STRATEGY

VAFA Values

INCLUSIVE RESPECT INTEGRITY COMMUNITY

Mental Health & Welfare Priorities

Education & Training

The VAFA will provide opportunities for education, training and accreditation for all VAFA clubs in the mental health and welfare space

Partnerships

The VAFA will develop partnerships that support VAFA clubs to engage in 'best practice' services and initiatives in the mental health and welfare space

Connection

The VAFA will connect all members of the VAFA Community to appropriate offerings and resources that support mental health and welfare



EDUCATION & TRAINING

Key activities

- 1 Provide 'proactive' education opportunities to all VAFA clubs in the area of mental health & welfare. This includes mental health, harm prevention, gender equity etc.
2. Provide opportunities for accreditation and training in the area of mental health & welfare.
3. Provide clubs with 'best practice' resources and toolkits to empower clubs and their stakeholders to champion mental health & welfare practices.
4. Support clubs to introduce welfare support volunteers within VAFA clubs by using best practice models.



PARTNERSHIPS

Key activities

1. Develop and maintain partnerships with organisations that support the delivery of education and services in the area of mental health and welfare.
2. The VAFA will explore Partnerships with service providers as a response service to mental health challenges and player welfare.
3. Explore commercial partnerships with organisations in the mental health & welfare space to highlight the services and support offered to VAFA clubs.
4. Review Community partnerships periodically to ensure that the VAFA has appropriate partnership's with organisations that can support mental health and welfare within the VAFA.



CONNECTION



Key activities

1. The VAFAs will look to connect it's clubs to the most appropriate resources and support networks available to Community Sporting clubs in the areas of mental health & welfare.
2. Introduction of a 'VAFAs Member Assistance Program' to support all VAFAs players to connect with 'no cost' psychological services.
3. Support VAFAs clubs in dealing with incidents that impact on member mental health & welfare, where appropriate, by connecting clubs to appropriate policies and procedures.





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