

Australian Government, Productivity Commission, Inquiry into Mental Health

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Re: Mental Health Alcohol and other Drug Accommodation and Support Strategy

Common and consistent with all motivating factors leading to alcohol consumption and drug taking is the mind-altering effect achieved that serves differing reasons but generally (not exhaustively) to boost confidence or as a form of escapism. Social pressures contribute to exacerbate these motivating factors. It is all too easy to become dependent and to find oneself conditioned by regular use of mind-altering substances. Individuals lose the capacity to self-regulate. We all need help sometimes.

Recovery involves restoring self-control, connectedness, respect, sense of self-worth, purpose, the feeling of belonging, to restore trust, which requires of oneself the ability to achieve self-reliance. In order to establish these needs and to aid recovery, connectedness, to restore a sense of self-worth and to establish self-reliance for the vast number of people whose lives are affected requires appropriately large-scaled strategies and objectives. Establishing appropriately large-scaled strategies and objectives will minimise wasting valuable resources and stop pouring money into band-aide quick fix strategies. Long-term planning is required that provides sustainable practices that incorporate integrated systems of service, to include manufacturing, agricultural, the arts, all of which need to be oriented towards recovery, care and accommodation.

The Vision:

A strategic district incorporating fully integrated systems of service approach to development that is devoted to enhancing the lives of those affected by drug and alcohol in a sustainable community-worth and individual-worth economically viable manner. There are existing prototype community oriented projects that would provide evidence of good practices that are self-sustaining and may also provide evidence of failures to meet expectations that may include factors associated with those failings. One existing prototype is Enveco Health (Mornington Peninsula) (see: enveco.org.au)

Preliminary Details and Expansion

This first link (Wellness Communities...) is somewhat of a repository link and is a great source:

Wellness Communities Initiative Resources:

<https://globalwellnessinstitute.org/initiatives/wellness-communities/wellness-communities-resources/>

These are existing projects:

1. Bioregional BedZED – Hackbridge, Sutton UK
<https://www.bioregional.com/bedzed/>
2. Grow Community – Bainbridge Island, Washington State, USA (See Summary Report 2014-2015 Annual Review)
<https://www.bioregional.com/grow-community/>
3. Landcorp - **White Gum Valley** Western Australia – Innovative and Sustainable Community
<http://www.landcorp.com.au/innovation/wgv/>
4. AHA Access Housing
<https://www.accesshousing.org.au/about/about-aha/>

Not existing but a long way towards being established:

- 1) ARCH Programme's £60million Llanelli Wellness Village
<http://www.arch.wales/latest-news.htm?id=12>
<http://www.arch.wales/news-archive.htm>

THE ARCH Programme is health and science working together, to improve the health, wealth and wellbeing of the people of South West Wales.

THE ARCH Programme's vision is to help people and communities gain control over the influences on their health and wellbeing, making healthier choices - easier choices.

Here are five ways to begin your journey to good health, wellness and wellbeing:

- 2) Envecohealth Trauma Mental Illness community – enveco.org.au

Vision Expanded:

Establish an innovative large-scale sustainable community district style development that is designed and built to function to be energy resourceful, ecologically sound, with technologically advanced features blended with an interspersed and interlinked tiered low-cost accommodation (tiered means for accomplishment levels or along a continuum of need-based requirement against increasing measures of self-reliance). The district, conceivably, for

optimum benefit to all concerned, needs to integrate regions for the incorporation of some agriculture, horticulture, and manufacturing developmental aspects. For example, space to grow seasonal veggies, buildings or structures utilizing new technologies for agricultural and horticultural purposes. In addition, space for Arts and Crafts that may include Theater Studies. For professional and commercial activities a purpose built Entertainment/Conference centre, to accommodate space for professional services; space for integrated Laboratories - these for practical purposes would provide opportunities to upskill residents. That means to incorporate a specific built innovation centre for new and commercial ideas, computer labs, and science labs for research and development. Ideally, the region should not simply be about providing accommodation, it needs to provide opportunities, for meaningful work; operating not only as an enabling district, but one that serves to generate income, be self or auto-sustainable and economically viable for the participants and investors and to operate as an innovation hub.

So, what is the economic benefit of this Wellness Model of Service?
What is involved?

Goals

Enable people to reconnect; to upskill, be self-directed participants, in order to develop trust, self-worth, confidence, and to work towards self-reliance and Australian-valued community-oriented participation. The district, in part, should function as a rehabilitation centre, involving increasing levels of participation. The district, based on existing models (see above), should provide an opportunity for innovative ecologically sustainable affordable low-cost housing that is interspersed between parks, gardens, walkways, work-sheds, and skill laboratories. This would provide a means to enable residents to reconnect, to achieve self-directed recovery and good mental health. But the district should be much more than merely satisfying accommodation for alcohol and drug affected individuals that are nonetheless members of a community. This presents as an opportunity to consider not only housing needs but worthwhile Australian valued innovation and enterprise. We are a resourceful nation. The concept involves establishing a district that is itself economically self-sustaining. The district can be designed to provide commercial opportunities if laboratories/work-stations, conference/entertainment centres are incorporated into the district. Members of the public should be encouraged to visit the district to purchase products, be entertained, be informed and learn about new innovations for their own home, gardens and businesses.

Research and Development hub.

Learning and augmentation devices and mechanisms/systems to enable assisted development for people living with disabilities that also provide interactive communication and skill enhancement, is an area that is currently extremely underdeveloped.

This purpose-built district is in the conceptual stages but easily architecturally designed drawing upon existing models. This concept is relatively unique and should advance beyond other residential style existing projects and developments to be world-leading in its vision and ecological and biodiverse materialization.

Commercial enterprises that could be incorporated

- Aquatic centre (participants learn to become life savers etc. also includes days and times open to public.
- Yoga and meditation centre – for participants and public
- Research and Development Hub – enhancement and augmentation technologies for the disabled e.g. holographic enhancement learning devices – same for communication devices, mobility devices, etc..
- Workshops on arts and crafts; on gardening; on music; on theatre; audio-visual; special effects; Holographic mediums; multi-media;
- Professional workshops: include services of fire-brigade, police-department, ambulance; utilities, etc.
- On site Café and Restaurant
- Science centre (CSIRO and Scitech?)
- Culinary centre
- Markets to trade with outlying communities.
- Horticulture centre
- Agriculture centre

Purpose: Industry Prominence for Australian Innovation

- Serves as a low-cost residential and wellness enabling and innovation district further providing self-directed upskilling and employment opportunities. A district that is self-sufficient, ecologically and environmentally sustainable, energy resourceful and technologically advanced.

Residential Participants should be enabled by the opportunity to upskill. That may include learning aspects of events managing as well as other skills enhancing opportunities to be available on site. The wellness district, it is envisaged, would operate as an innovative, cost efficient and environmentally conscientious living area.

Sponsors/Investors:

Primarily, spend a little marketing time to encourage Corporate-Social-Responsibility (CSR) supporters/investors. One avenue to pursue is towards any corporation currently not paying tax in Australia – Google, Apple, etc. encourage CSR

Pharmaceutical industry:

Australian Bureau of Statistics Drug-Induced Deaths in Australia in 2016 and 2017 statistics are alarming. Encourage Drug Companies on the basis of Corporate Social Responsibility, to invest in research and development towards communication and learning technologies for individuals living with intellectual (e.g. autism) disorders.

CSIRO, Scitech - science labs

Wesfarmers – initiatives - investment in some laboratories

AHA Access Housing possible building company.

Manufacturing:

This might involve redirecting existing government manufacturing facilities but mostly providing opportunities to be involved in innovative new technologies (the scope and variety is vast). For example: Carpentry – Machine shop – Electronics Labs/Stations – Holographic technologies – Communications – Multimedia - Disability enhancement technologies and Learning and Teaching equipment/technologies, etc.

Other Housing:

The District needs to be equipped to also accommodate Carers, Counsellors, perhaps to include an onsite Medical Centre.

So, accommodation should be varied, from rehabilitation style units, ground floor accommodation for individuals with mobility special needs, to increasing modified levels of development with respect to functional requirements related to needs of residents which includes progress in terms of participation and developing skills, and self-reliance, etc.

Models A and B

Model A: Regarding agriculture and manufacturing - produce grown or made is kept for consumption within the community. Accommodation areas include sufficient space and land for growing veggies, etc. for self or community consumption. Workshops serve to provide reconnection for participants, upskilling and self-directed planning.

Model B

Regarding agriculture and manufacturing - produce grown or made is for both residential consumption but extends to commercial exchange.

Workshops serve to provide reconnection for participants and upskilling but extends to realise greater commercial, industrial and civil partnerships and exchange.

Both models could easily furnish opportunities for open days: For example, visits from schools, organisations in health care, etc. Some regions of the district serving as a hub of activity, whereas some sections should remain reserved to facilitate rehabilitation residential areas that should be kept more private and not exposed to intrusion.

SCALES

The full-scale district envisaged would require approximately 20 Hectares of land to accommodate a range of integrated facilities as indicated above for optimum benefit and economic self-sustaining viability.

Small scale wellness accommodation development would require 2 hectares of land in order to achieve sustainable longevity

Scale to Needs and Service Requirement:

Indigenous wellness accommodation development for communities in rural areas planning would require collaborative consultation to establish the specified integrated enabling facilities.

Disability wellness accommodation development might incorporate vastly new technologies to enhance capabilities where the integrated skills laboratories would require specific planning for accessibility. Enabling technological advancement engineering is an area of industry not, for most part, well established and needs much attention towards research and development?

This is a potential market area that currently is so lagging behind where it needs to be. The current needs are massive yet very little research and development is being devoted to this area.