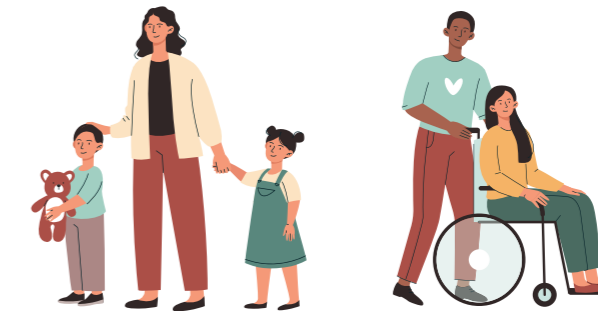


Our vision is for a future where all people experiencing mental distress are able to navigate challenges with the support of their community, family, carers and friends



Family and social connections provide support

They are equipped with the understanding, tools and skills of Open Dialogue



They are engaged and valued as participants in network meetings to provide support



People have agency and voice

They are empowered to direct their care with support from a trusted network of family, friends, peers and professionals in their community

They have access to a compassionate, integrated, holistic care pathway through Open Dialogue network meetings



Support from networks enables individuals to sustain recovery for the long-term



Mental healthcare in Australia is transformed



Reduced medicalisation and escalation of mental health issues

Supported early intervention and prevention pathways

Reduced pressure on Australia's health system and budgets

Capable, networked and engaged workforce to support mental health and wellbeing

The system connects with community and family resources for greater impact

People have easy and timely access to network meetings with their family, social connections and professional supporters

Open Dialogue network meetings are core to the mental health response in communities. These meetings:



Facilitate dialogue and collaboration between people, their families, social networks, and professionals



Empower people to direct their care and ensure they are supported in a culturally safe and respectful way, that centers their voices and experiences



Are flexible and responsive to the changing needs of people over time, and to their different life experiences



Enable health practitioners and other service providers to engage as one with people

Schools and services are aligned, committed and equipped to implement Open Dialogue

Open Dialogue principles are codified into practice and operational procedures across the organisation's entire workforce including:

- Leadership, culture, values, purpose, strategy, and governance
- An Open Dialogue trained workforce
- A welcoming physical space



Health practitioners, peer support and lived experience workers become Open Dialogue facilitators.

Facilitators adopt a dialogical mindset and mode of engagement with people in a way that minimises the pathological framing of mental health issues

This includes: responsive listening, building relationships, mutuality, reciprocity, creating a story together, honouring multiple perspectives

Facilitators collaborate with a person's family, social networks, peer support workers and other service providers to provide integrated and compassionate care and recovery pathways

Facilitators and others centre the voice and experiences of people experiencing mental distress and commit to the principle of 'Nothing about me without me', enabling individuals to make shared decisions about their care

Communities lead a compassionate, integrated, networked response to mental health based on Open Dialogue.

A place-based approach enables schools, workplaces, health practitioners, service providers and others to collaborate for a coordinated, networked response

Communities provide immediate help to people when and where issues arise, and ensure they have access to an integrated holistic care pathway

Cultural change and more meaningful connections in the community improve social inclusion and participation of people experiencing mental distress, reducing stigma and discrimination

System actors create the conditions needed for the widespread adoption of the Open Dialogue Approach

Mental health and wellbeing policy prioritises Open Dialogue as a relational, and community-based approach to mental health care

Mental health and wellbeing funding, commissioning, performance targets, standards, governance, risk management, and accountability mechanisms incentivise and enable adoption of the Open Dialogue Approach

Workforce strategies build system capability for the Open Dialogue Approach

Technology and information systems improve communication and information sharing across the system