

The Loft Community Wellbeing Centre

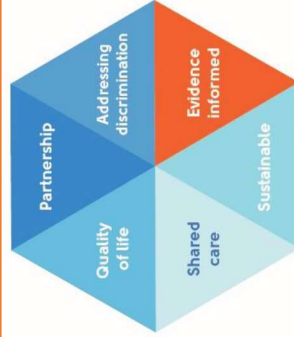
EQUALLY WELL ACTION PLAN: 2022

By endorsing the [consensus position paper](#), we acknowledge the physical health inequities in people who experience mental health and addiction issues; and we are committed to taking action to achieve physical health equity. In particular, aligned with our commitment we believe that people with experience of addiction and mental health issues:

- ▶ be identified as a priority group at a national policy level based on significant health risks, poorer physical health outcomes and a higher prevalence of premature mortality
- ▶ have access to the same quality of care and treatment for physical health issues as the general population, and in particular to have the right to assessment, screening and monitoring for physical health and wellbeing that takes into account greater levels of risk
- ▶ be offered support to make the connection to how physical health interacts with mental health and addiction issues, and support to develop personal goals and changes to enhance physical wellbeing.

The Loft's Equally Well action plan

- ▶ **Action 1:** Continue to include questions and discussion around physical care and wellbeing on our general assessment form that all tāngata whaiora complete when they visit The Loft.
- ▶ **Action 2:** Continue to work closely with our neighbouring medical centre and other health-related partners to assure our whaiora, many of whom experience mental health and addiction concerns, are assessed for physical health issues and receive a proper response from the medical community.
- ▶ **Action 3:** Assure that Loft kaimahi, especially our Community Connectors / Kaitūhono Hapori, take part in regular trainings that explore health disparities and connect physical health to mental health and addiction, with focus on how these disparities arise in Māori and Pasifika communities.
- ▶ **Action 4:** As a community wellbeing centre, we will display signs and hold events that provide information on programmes that promote the ethos of Equally Well, and bring these resources into conversations with our whaiora, when appropriate.



These are the guiding principles of Equally Well

that we will adopt for implementation