

Theory of Change

OUR VISION	Australians are taking effective action to respond to the climate crisis; including addressing the psychological impacts of climate distress.		
END OF STRATEGY OUTCOMES (5 year timeframe)	Individuals, communities and organisations have increased emotional resilience, connection and capacity for sustained effort to respond to the climate crisis; including access to <i>climate psychology informed</i> mental health supports.		
MEDIUM TERM OUTCOMES (Years 3-5)	Broad community awareness and acceptance of climate distress as a natural psychological consequence of the climate crisis.	An effective National network of mental health practitioners skilled in the field of climate psychology - supporting individuals, communities & organisations.	Increasing and ongoing demand for <i>climate psychology informed</i> mental health supports – from individuals, communities and organisations.
SHORT TERM OUTCOMES (Current to Year 2)	Growing awareness of the psycho-social aspects of the climate crisis across mental health practitioners, organisations & the broader community.	More mental health professionals are participating in professional development programs in climate psychology and joining the CAP network.	People working to respond to the climate crisis & people experiencing climate distress are accessing <i>climate psychology informed</i> mental health supports.
STRATEGIC PILLARS	<p style="text-align: center;">DEEP PSYCHOLOGICAL EXPERTISE & EXPERIENCE COMMUNITY OF CARE SHARED PASSION & COMMITMENT TO CREATING A SAFE CLIMATE</p>		
IMPACT AREAS	Thought leadership in the field of climate psychology & the understanding of climate distress.	Professional development for mental health practitioners in climate psychology.	<i>Climate psychology informed</i> mental health support for those responding to the climate crisis and/or experiencing climate distress.

	Impact Area One: Psychological support for those working on climate change and those emotionally impacted by the climate crisis (Community Psych Support)	
Key Short-term actions future (from mid 2022- mid 2024)	Core Activity - Workshops	Quantified/Details
	<p>Build the climate movement by supporting creative ways to develop responsiveness at the grassroots level to requests for emotional support from within their communities.</p> <p>E.g. Empowering grassroots leaders who are climate engaged (this could include sustainability leaders in schools (teachers and students), university groups, local council groups, community climate groups, volunteer coordinators based in NGOs) by building their facilitation skills to help foster climate emotional literacy and personal resilience in their local communities, including:</p> <ul style="list-style-type: none"> ● Regenerative practices (nature connection, creative and expressive practices around grief and other emotions, interpersonal and group connection practices) ● Mindful self-compassion ● Preventing burnout ● Mental health first-aid 	<p>Partnering with existing climate grassroots groups and networks to pilot an 'Intro to Community facilitation' processes that educates grassroots leaders about climate emotions, burnout and prevention. Skill up 10-20 grassroots leaders to run basic group processes such as Open Sentences, Mindful Self-Compassion Breaks and nature connection processes.</p> <p>Mental health first aid would be delivered by a specialist in this (would need to be paid).</p> <p>Trainers would need to be paid.</p> <p>The development of this program would need funding.</p>
	Facilitate Community-based Climate Cafes (monthly)	10 per year
	Pilot Intergenerational workshops in school communities	
Ongoing bi-annual facilitation training workshops for PSC Facilitators (new and existing facilitators)		

	Ongoing experiential training program for volunteer facilitators joining PSC	
	Community Resource directory on the PSC website	\$20,000 to develop

	Impact Area Two: Thought leadership in the community on the importance of climate psychology (Thought leadership)	
Key Short-term actions future (from mid 2022- mid 2024)	Core activity - Develop PSC Communications Strategy	Quantified
	Establish and implement a social media strategy as a priority	
	Run a workshop for media people - beginning with Climate Media Centre - to increase our personal contact as well.	
	Refresh the newsletter content to include regular original writing from PSC people linked to website blog etc	100-200 new members a year
	Record 'intro to PSC webinar'	
	Host public Webinar Conversations with thought leaders on climate psychology. Etc.	4 in 2022, 6 in 2023
	A series of 6 blogs that build on a particular theme	Possibly early 2023
	Pitch an article to a major newspaper: Personal profile as a subject - e.g. 3 generations. (eg Thornbury High)	Assess after workshop with Thornbury

	Impact Area Three: Professional development for mental health practitioners (PD)	
Key Short-term actions future (from mid 2022-mid 2024)	Core activity - Maintain CAP PD program offerings	Quantified
	Continue Professional Development (PD) offerings	<p>Run three series a year reaching: PD1 - 100 people (\$4000-\$5000) PD2 - 50 people (\$5000-\$6250) PD3 - 35 people (\$3,500-\$4000) Total: \$12,500-\$15,250</p> <p>Financial year 21-22 we made \$10,000, 22 hours delivery time, 136 hours facilitator time = \$73.50 per hour</p> <p>Delivery time = hours the workshop runs for Facilitator time = prep meeting, eval and event PD1 = 7 hours of facilitator time PD2 = 9 hours of facilitator time (4.3 hours for every 6 participants) PD3 = 20 hours of facilitator time Facilitation Training: 9 hours facilitator time</p>
	Create short promo live webinar for CAP PD series, record as well	<p>Hope to reach 500 people? Design and create October/November 2022 rollout Jan Feb 2023</p>
	Resource Directory of professionally relevant resources for professionals and community members (articles, podcasts)	\$20,000??

	Establish Community of Practice group for existing CAPs 'Inter-vision group'	Pilot group for CAPs running July 22-Dec 22 (free) Participants pay to attend formal group from Jan 23-Dec 23
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