



# The Grit and Resilience

PROGRAM

## **OPERATIONAL FRAMEWORK Chapter 2**

**SEPTEMBER 2022**

# OPERATIONAL FRAMEWORK Chapter 2

## THE GRIT AND RESILIENCE HEART FRAMEWORK

The Grit and Resilience Heart Framework is the way in which the Program team coordinate and support the community to engage with the Program activities.

This Framework represents the “middle” component of the Program’s structure. It is designed to articulate the flows and rhythms of how the program will achieve the overarching purpose of the Grit and Resilience Program.

Our research did not identify a pre-existing fit for purpose framework; therefore, the Heart Framework Chapter 1 was created and operationalised between July 2021 and July 2022. This Framework was developed specifically for the Grit and Resilience Program to meet the unique composition of the program.

In June 2023, we held our final Heartbeat within Chapter 1 of the Framework, which concluded that the community would like to see the Heartbeat events continue through to the remainder of the funding period. Therefore, Chapter 2 of the Operational Framework was established and will be reviewed after the final Heartbeat in May 2023. The review will incorporate findings from beats five-seven and will be given to our external evaluators, First Person Consulting, to assist in the preparation of their final report.

## RATIONALE: METAPHOR OF HEART FOR OPERATIONAL STRUCTURE

Refer to Heart framework Chapter 1

## THEORIES UNDERPINNING PROCESS AND ACTIONS

Refer to Heart framework Chapter 1

## OPERATIONAL STRUCTURE OVERVIEW

Refer to Heart framework chapter 1

## WHAT THE COMMUNITY TOLD US FOR CHAPTER 2 (HEARTBEAT 4)

Heartbeat 4 was held on June 15 2022 and was an opportunity for community members to share their experiences of the Grit and Resilience Program so far and to help shape the activities within the Program for the remainder of the funding period.

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One of the key topic areas of discussion within Heartbeat 4 was around how our community saw the Heartbeat model looking in the future. We asked participants the following questions:

In your opinion, how has the opportunity to participate in a Heartbeat every three months supported your connection to the Program and your community?

Of the Heartbeat's you participated in, which provided the most opportunity to connect and feel involved in the community?

If you would like to see Heartbeats continue in the future, which format would you like to see again, or could you suggest another format that will enable the community to connect and feel involved?

Overwhelmingly, participants said they would like to see the quarterly Heartbeat gatherings continue. Our community see the Heartbeat as an opportunity to learn more about the Program, connect with new people and learn about what each other is doing. They also see the Heartbeat as a great way to touch base about the Program and for the Program team to receive input from community

Therefore, the Program team will schedule Heartbeat's until the remainder of this funding period (June 2023). The format for the remaining Heartbeat's is outlined below.

## TIMELINE

	Action	Start Date	Finish Date
1.	Implement Heart Framework recommendations based on evaluation outcomes	01/09/2022	30/06/2023
2.	Execute the amended Heart Framework	01/09/2022	30/06/2023
3.	Fifth Heartbeat (G&R Festival)	10/10/2022	10/10/2022
4.	Sixth Heartbeat	02/03/2023	02/03/2023
5.	Seventh Heartbeat	01/06/2023	01/06/2023
6.	Evaluation of Heart Framework	05/06/2023	16/06/2023
7.	Provide outcomes to First Person Consulting for evaluation	16/06/2023	30/06/2023

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## STRUCTURE FOR BEAT 5 (G & R FEST) 10 OCTOBER 2022

The Grit and Resilience Program partnered with Mind Australia and the Centre Against Violence to host the Grit and Resilience Festival on World Mental Health Day, Monday 10 October, from 4pm- 4pm at King George Gardens.

After the turmoil of the last couple of years, the Grit and Resilience Program recognised that there has never been a better time to reconnect, to learn about the mental health supports that are here in our community, to take some time for selfcare and to have some fun.

To ensure we brought 'fun' to the event, we asked all service providers to have an interactive aspect of their stall or to host a fun activity during the event. The activity could have been anything connected to their core business or something that encouraged conversation; or it could have been purely light-hearted, fun, and engaging.

## STRUCTURE OF BEAT 6 – 02 MARCH 2023

Heartbeat 6 will be hosted by one of the rural communities of Wangaratta.

This is in line with the Consortium requirement that activities are not Wangaratta township based and inclusive of regional areas across the whole Rural City of Wangaratta. It also echoes the sentiment that was noted in heartbeat 4 by our community.

Activities to be determined

## STRUCTURE OF BEAT 7 – 01 JUNE 2023

Heartbeat 7 will be a celebration event of the whole Grit and Resilience Program.

It is expected that this beat will be an opportunity for people to connect with new and old friends and learn about what each other is doing, with the outcome of sustainability will be reinforced.

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## CONCLUSION

Chapter 2 of this Operational Framework was enacted for a total of three beats.

Within each beat, monitoring mechanisms were enacted to collect data and understand the efficiency, effectiveness, buy in, individual activity outputs, and the impact of collective action.

This Operational Framework saw the Program team through to the remainder of the funding period and was reviewed after the seventh beat in June 2023. The review incorporated findings from beats five-seven and was presented to our external evaluators, First Person Consulting, to assist in the preparation of their final report.

By working within this strategic framework, the Grit and Resilience Program and the community were positioned to deliver some very sound and considered activities during the funding period