

2017 Grow Annual Survey Summary

Introduction

Grow undertakes an annual national survey of its membership to establish a clear picture of our membership and to understand the impact that participation in the Grow program has in their lives. The survey is provided at the same time each year, to Grow members at their Group meetings where they complete the survey.

Who comes to Grow?

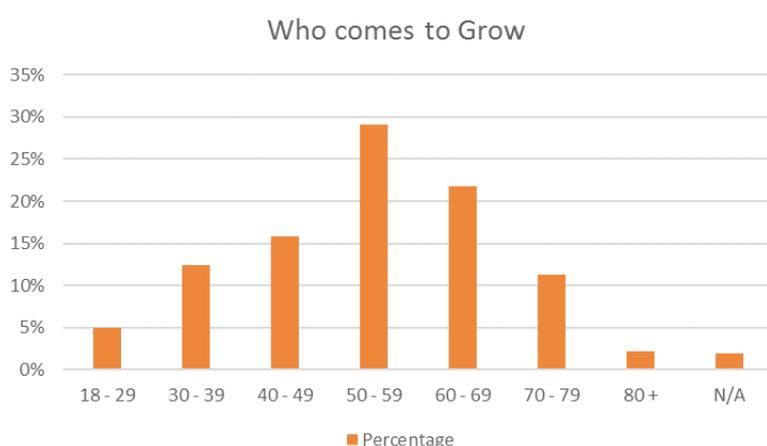


Table 1 – Demographics of members

- In 2017, women made up 52% of members, men 45% and non-binary 0.4% (over 2% did not answer)
- 2.18 % of members identify as Aboriginal or Torres Strait Islander.
- 2.41% of people speak a language other than English at home.
- 82.84% of members were born in Australia.

Diagnosis

Grow does not require members to have a diagnosis of mental illness to attend a Grow Group, yet 84.42% of members surveyed identified as receiving a diagnosis of mental illness. The following table outline the diagnosis members have received, bearing in mind that some members have more than one diagnosis.

Diagnosis	2017	2016
Bipolar Disorder	21%	25.2%
Post-natal depression	5.7%	6%
Schizophrenia	11.6%	15%
Anxiety	65.8%	63.8%
Depression	73.5%	74.4%
Personality Disorder	10.4%	9.9%
Post-Traumatic Stress Disorder	19.8%	20.9%
Eating Disorder	9.6%	10%
Obsessive Compulsive Disorder	9.9%	8.8%
Attention Deficit Disorder	5.7%	4.7%
Autism Spectrum Disorder	4%	2.3%

Treatment

In 2017, 91 % of members stated that they have received professional help for their mental health at some time. 60% are currently receiving professional help. 44% of members state that Grow has helped them cooperate with the professional help. 44.3% also say they have reduced their need for professional help and 19.7% no longer need professional help.

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Impact of Grow

Hospitalisation

A little over half of our members (51.75%) have been hospitalised for their mental illness. Of those members that have been previously hospitalised, 58.8% state that Grow has helped significantly reduce their need for hospitalisation, and 44.1% state that they have not required hospitalisation since commencing with Grow.

Medication

84% of members have been prescribed medication to treat their mental illness which has remained the same figure since 2014. 66.6% are currently taking medication. 39% state that Grow has helped them to take their medication as prescribed, 24% have reduced their need for medication and 10% no longer.

Employment

In 2017, 31% of respondents are employed. 21.9% of all respondents stated that Grow helped to attain employment or with job readiness, and 80% of those employed believe that Grow has helped them to retain employment. 62% of members surveyed receive a benefit or pension.

Suicide

73% of our members have had suicidal thoughts and 35.1% have attempted suicide. Of those members that had reported contemplating suicide, 54.4% stated that Grow had helped them to overcome suicidal thoughts and 55.4% up from 31.2% in 2016, stated that Grow has helped them to stop further suicide attempts. In 2017, 82 members that completed the survey (24.6%) reported that they had told their group that they had been contemplating suicide and received immediate assistance.

What other ways has Grow helped people?

Responses	2017
I feel part of the community	87%
I have a sense of belonging in my life	84.5%
I have a good network of friends and support	81.5%
I'm improving my problem relationships	74.3%
I have a good sense of my own personal value	77.1%
I am confident in attaining good mental health	80.1%
I am developing my emotional maturity	85.5%
I am able to think objectively	77.1%
I use what I learn in Grow in my everyday life	86.1%

Helped me to become a leader Giving me hope

Breaking isolation **Taught me to believe I am capable**

Restored a relationship with a family member I quit gambling

To feel grateful, help and feel concern for others **Non-judgemental acceptance**

Opportunity to feel valued

I feel more confident, more connected, more loving,

more involved, more responsible, more excited about life

Seeing more good in the world, not just the negativity

Healthier thinking

96% of people surveyed said they would refer Grow to other people.