

GROW HAS 60 YEARS OF LIVED EXPERIENCE OF RECOVERY AND MAINTENANCE OF MENTAL HEALTH.

OUR PROGRAMS CHANGE LIVES

ABOUT GROW

Grow is a national organisation that enables personal growth and development. Grow Programs help people to help themselves, to overcome obstacles and to live a life full of meaning, hope and optimism.

Grow programs are directly informed by consumer experience, ensuring our peer group programs are evidence-based and relevant. We are proud to be a community of excellence in consumer engagement, mutual help and peer support.

WHAT WE BELIEVE IN

OUR VISION

An Australia where all people are valued

OUR VALUES

Personal responsibility

Personal value

Mutual help

Friendship

OUR PRINCIPLES

We act ethically and always take responsibility for our actions

We believe every person has intrinsic value

We collaborate and share knowledge, skills and expertise for the personal development and leadership of all

We support each other and act with courage in the best interests of Grow

OUR MISSION AND PURPOSE

To enable people and communities to grow, recover and maintain good mental health.

OUR GOALS

To be the leader in peer group support for good mental health by

- continuously developing the Grow Program of Recovery and Personal Growth
- providing sustainable and vibrant peer group programs that attract and retain people
- developing and delivering prevention and early intervention strategies and programs applying the Grow Philosophy.

WHO PROGRAMS AND SERVICES ARE FOR

We provide people across Australia opportunities to recover and maintain good mental health and wellbeing including any person:

- experiencing a mental health condition or illness
- experiencing addiction and mental illness
- experiencing loneliness and isolation and having difficulty coping with life's challenges
- who is striving to achieve and maintain good mental health
- seeking an opportunity to learn the skills and practices for wellbeing

Grow does not require referrals or diagnosis.

OUR PARTNERS

We work with our partners to contribute to an Australia where all people are valued, and that good mental health is within the reach of all people. Our partners include:

- Federal, State and Local Governments
- Health providers
- Community mental health organisations
- Donors and sponsors
- Peak bodies of the mental health and community sectors

OUR ENABLERS

To achieve our goals we will

- Identify and respond to:
 - the needs and aims of people who access Grow programs
 - the current and future needs and expected outcomes of our funders
- Continuously improve the Grow 12 Step Program of Personal Growth with its principles of personal leadership, mutual help and peer support
- Continuously respond to the need for prevention and early intervention wellbeing programs, applying the Grow Philosophy
- Ensure program development incorporates evidence of what works and perspectives of consumers and staff
- Ensure our resources are deployed to maximise outcomes through:
 - a three-year business plan underpinned by financial sustainability
 - technology, systems and data that enhance accountability, efficient corporate operations, and program outcomes
 - a people plan that supports staff, growers and other volunteers to maximise their contribution to the success of our organisation
 - a communications plan that activates our stakeholders as champions of Grow (growers, staff, funders, sponsors and all referral pathways).