

2023 Graduate Scholarship recipient: Eliza Locke
Collaboration of Evidence for Research and Impact in Public Health (CERIPH)



About me

I have always felt strongly about the importance of advancing the status of underrepresented communities and priority populations. I am a recent graduate of Bachelor Science (Health Promotion) from Curtin University and have recently commence my Masters of Global Development aiming to further develop my knowledge and skills in health promotion and community development in the global development context, with a particular interest in the role of culture in different conceptions of health and wellbeing. During my time as a health promotion student, I was able to develop my entry-level health promotion competencies, such as advocating for health, assessment, and communication through the range of units and activities that I participated in. Furthermore, I undertook several additional roles to support my health promotion knowledge and skill development such as volunteering as a Harvard University Planetary Health Campus Ambassador which provided me with the opportunity to engage with a network of students from universities from all over the world to discuss planetary health issues.

I share in the core values of health promotion practice, namely, social justice, equity, ethical practice, empowerment, and collaboration and I feel strongly about the importance of addressing the social determinants of health through creating supportive environments for community-led approaches. I believe mental health promotion is an extremely important action and priority towards achieving improved health outcomes for Western Australians and I think the need for this has been especially highlighted through the increase in poor mental health outcomes throughout the COVID-19 pandemic and with the ongoing cost of living crisis which is further perpetuating health inequities of priority populations such as those subject to social or economic disadvantage.

About my AHPA scholarship project

I will be working at the Collaboration of Evidence for Research and Impact in Public Health on the project, *Establishing best practice principles for peer-led models used in mental health promotion: By and for migrants from CaLD backgrounds in a Western Australian context*. This project will engage

with migrants from CaLD backgrounds living in Perth (primary target group) and Western Australian service providers working in health and social services (secondary target group) through a series of project activities and the implementation of a project governance model aimed at establishing collaborative relationships between community, research, practice, and policy. The project aims to explore the barriers and enablers to the use of peer-led models used in health promotion amongst migrants from CaLD backgrounds through conducting a literature review of international, national, and state evidence. Furthermore, through engaging the primary and secondary target group in focus group discussions and semi-structured interview, the project will explore the feasibility and acceptability of the use of peer-led models in health promotion action with migrants from CaLD backgrounds. Lastly, through conducting a workshop with the primary and secondary target group, best practice principles and recommendations for peer-led mental health promotion models will be co-designed alongside community members. I hope that the outcome of this project results in a meaningful contribution towards developing best practice principles for the use of peer-led approaches in mental health promotion in CaLD communities in Western Australia.