The Continuum of Intervention for Health and Wellbeing
The continuum of intervention for health and wellbeing

Victorian schools, early education and care services and universal services like Maternal and Child Health have a key role to play in primary prevention and promoting the health of children and young people in their community. DEECD services also work with individuals to identify and respond to the additional needs of children, young people and families as soon as possible.

The ‘continuum of intervention for health and wellbeing’ is a model to help DEECD services see the multiple opportunities for addressing health and wellbeing at the population and individual level. This model can support collaborative planning, help identify the core business of other services, identify gaps and duplication between services and support decision making about how best to use available resources. The spread of services across the levels can be tailored locally and regionally to match the health and wellbeing needs of the community and existing activity.

DEECD services work in and across the continuum. These levels of intervention are represented in Figure 6.1 and described in Table 6.1. The respective roles of services across the continuum are shown in Table 6.2.
Linking to the community
Services link people into their community and give those individuals and their families the knowledge, skills and support to participate in and benefit from community life. Services need to be tailored to fit community and individual needs.

Reducing barriers to learning and development
Barriers to learning and development include, but are not limited to, disabilities, developmental delay, chronic medical conditions, learning problems, low socioeconomic circumstances, anti-social behaviour and culture and language.

Health and wellbeing services work to reduce these barriers by promoting engagement in early learning, education or training, preventing disengagement and supporting learners through difficulty and crucial transition periods.

The continuum of intervention for health and wellbeing

- **Health promotion and primary prevention**
  Health promotion and primary prevention strategies encourage people to be involved in decision making and activities that create healthy living and learning environments and increase the likelihood of better outcomes in health and wellbeing.

  Primary prevention strategies constitute most of the programs delivered by schools. They build resilience and promote wellbeing by enhancing the emotional and social health of students.

- **Population health monitoring**
  Population health monitoring allows services to review the health and wellbeing of a population over time. Population-level data provides evidence for better local, state and national service planning, as well as informing future policy and practice.

- **Early identification of additional needs, vulnerability and risk**
  The early identification of additional needs, vulnerability and risk occurs through observation, interview, screening and assessment. This allows services to become involved as soon as possible in order to address developmental, learning, behavioural, health or safety issues with the ultimate aim of improving individual outcomes.

- **Early intervention for those at risk of compromised health and wellbeing**
  Early intervention involves responding as soon as possible to those with an identified risk or with an established health, wellbeing, developmental, learning or safety need. It aims to put individuals on a more positive path, with a focus on development that maximises outcomes that will impact on his or her future.

- **Complex intervention**
  For those requiring complex responses, services plan, coordinate, support, manage and monitor individual and family needs. It is important to ensure that suitable services are accessible so that necessary and responsive support can be provided.

- **Restoring wellbeing**
  Restoring wellbeing involves supporting people, families and the community (including school communities) after emergency situations, natural disasters or potentially traumatic incidents, such as assault, suicide, accident or illness.
### DEECD services work across the continuum of intervention for health and wellbeing

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<thead>
<tr>
<th>Activity domains</th>
<th>Maternal and Child Health Service</th>
<th>Early Childhood Intervention Services</th>
<th>Early Education and Care</th>
<th>Schools</th>
<th>Primary School Nursing</th>
<th>Primary Welfare Officers</th>
<th>Secondary School Nursing</th>
<th>Student Welfare Coordinators</th>
<th>Student Support Services</th>
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