



From Camps to Clinics: Reimagining Movement as mental health care

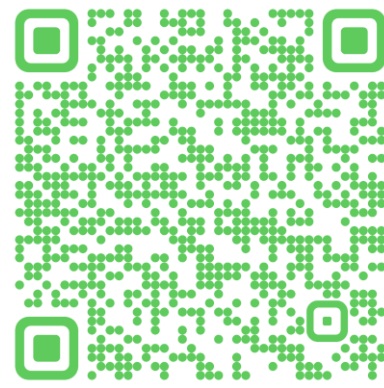
Prof Simon Rosenbaum
Nutrition, Exercise and Social Equity (NExuS) Research Group
Discipline of Psychiatry and Mental Health



Why movement matters: New animated video series for MHPSS practitioners

07 OCT 2025

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Implementing lifestyle interventions in mental health care: third report of the *Lancet Psychiatry* Physical Health Commission

Scott B Teasdale, Katarzyna K Machaczek, Wolfgang Marx, Melissa Eaton, Justin Chapman, Alyssa Milton, Adawele L Oyeyemi, Dicky C Pelupessy, Felipe B Schuch, Grace Gatera, Helal Uddin Ahmed, Hervita Diatri, Ibrahim M Jidda, Miguel Gutiérrez-Peláez, Mohamed Elshazly, Muhammad Abba Fugu, Natalia Grinko, Pillaveetil Sathyadas Indu, San San Oo, Suhavana Balasubramanian, Jeroen Deenik, Davy Vancampfort, Brendon Stubbs, Evan Matthews, Philip B Ward, Jackie Curtis, Lamiece Hassan, Samuele Cortese, Simon Gilbody, the Lancet Psychiatry Physical Health Commission Consortium, Joseph Firth†, Simon Rosenbaum†*

Podcast Episode

Kasia Machaczek, Scott Teasdale, and Joe Firth on lifestyle interventions

 The Lancet Psychiatry in conversation with



UNSW
SYDNEY



📍 Uganda, *Latimer et al 2025*



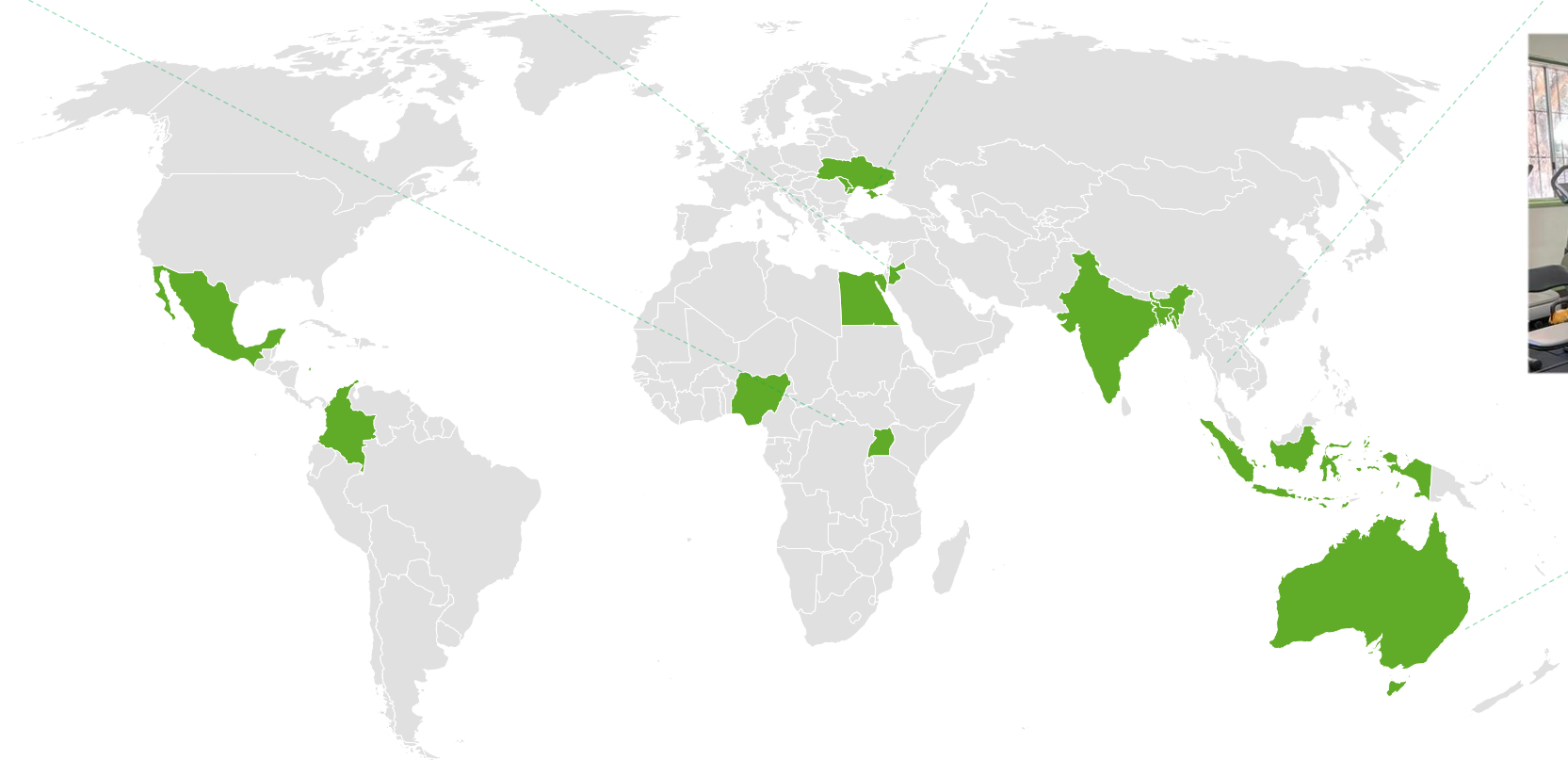
📍 Lebanon, *Luttenberger et al 2024*



📍 Moldova, ORF, *'Sport Coach+'*



📍 Bangladesh, *Rosenbaum et al 2024*



📍 Marrickville, *'Addi Moves', Mastrogiovanni et al 2024*



Addison Road Community Organisation



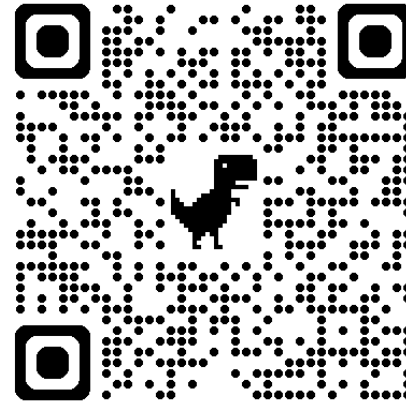
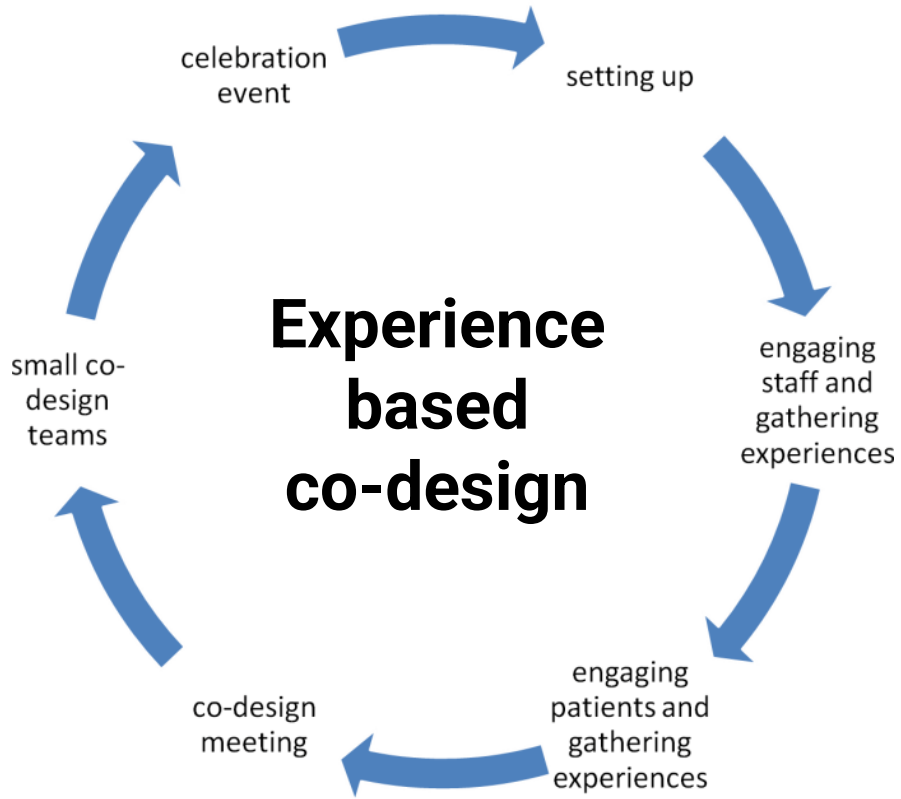
A trauma-informed, culturally safe movement space — free and co-designed



January 2022

March 2024





A co-designed physical activity service:

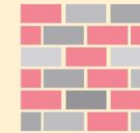
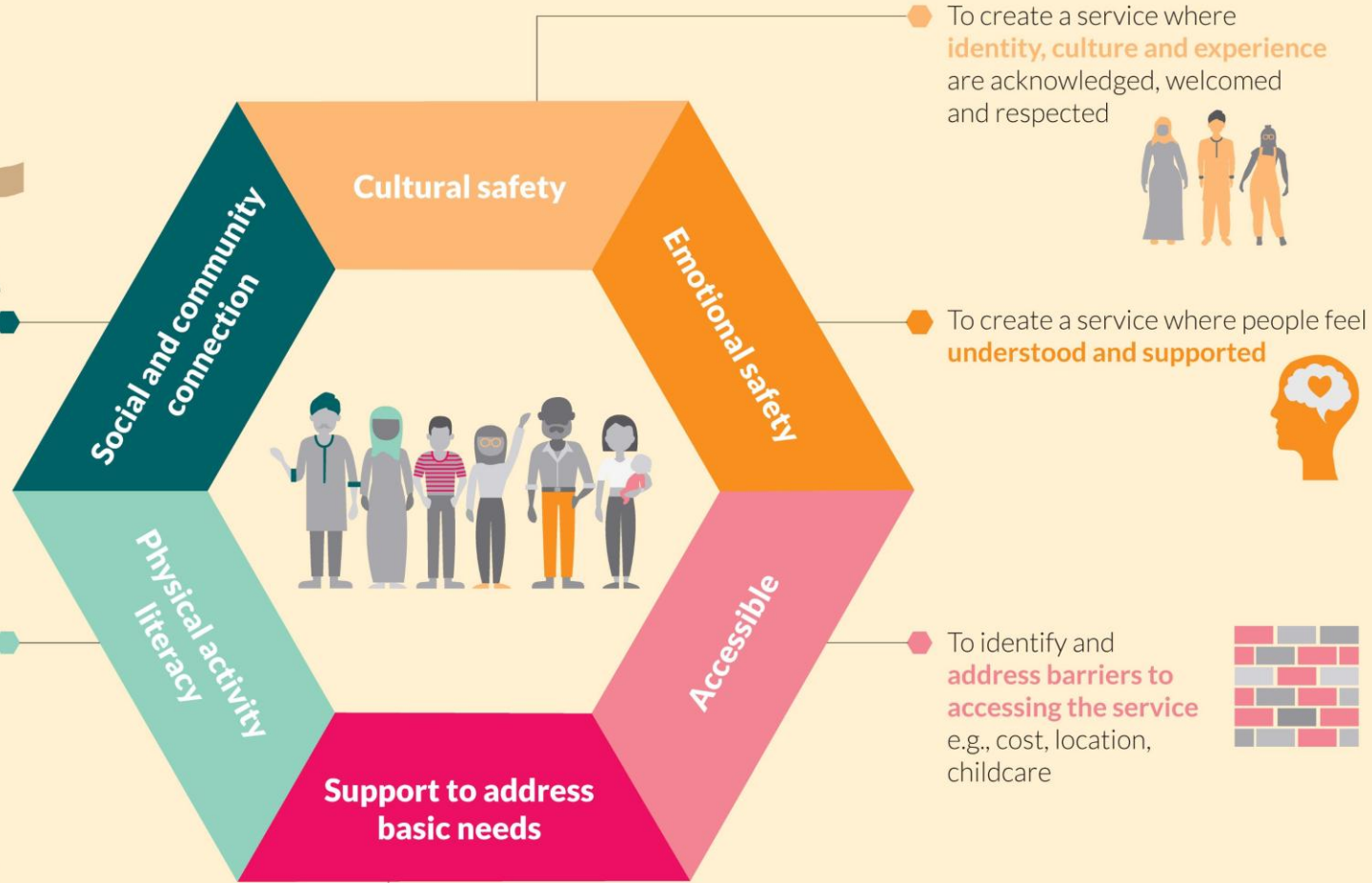
What are the priorities for people from refugee backgrounds and service providers?

To create a community-based program which provides people with a **sense of connectedness**



To improve **physical activity literacy** among refugee and asylum seekers and community leaders

To provide additional support beyond the program (e.g., referrals) which **helps people to meet their basic needs**





McKeon et al 2024, Journal of Immigrant and Minority Health







Free, culturally responsive and trauma-informed physical activity service for people experiencing social disadvantage in Sydney, Australia: the 'Addi Moves' initiative

Chiara Mastrogiovanni ¹, Uzma Choudhry,¹ Oscar Lederman,^{1,2} Grace McKeon,¹ Kemi Wright,^{1,3} Jackie Curtis,^{4,5} Rachel Morell,⁴ Kala Miranda,¹ Scott Teasdale,^{1,4} Gülşah Kurt,^{1,6} Sabuj Kanti Mistry,^{1,7} Philip B Ward,^{8,9} Rosanna Barbero,¹⁰ Simon Rosenbaum ¹

and Cultural Connections translated promotional material into 12 languages, while the NSW Refugee Health Service advised on our physical space. Collaboration with the NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS) and Stepping Out provided staff training on working with trauma survivors, and Addi Moves' practitioners have shared expertise with STARTTS mental health workers. Non-profits such as Thread Together⁸ offer free activewear and Joy of Giving⁹ offers toys for children of Addi Moves clients.

STAFF PHYSICAL ACTIVITY
PROGRAMME

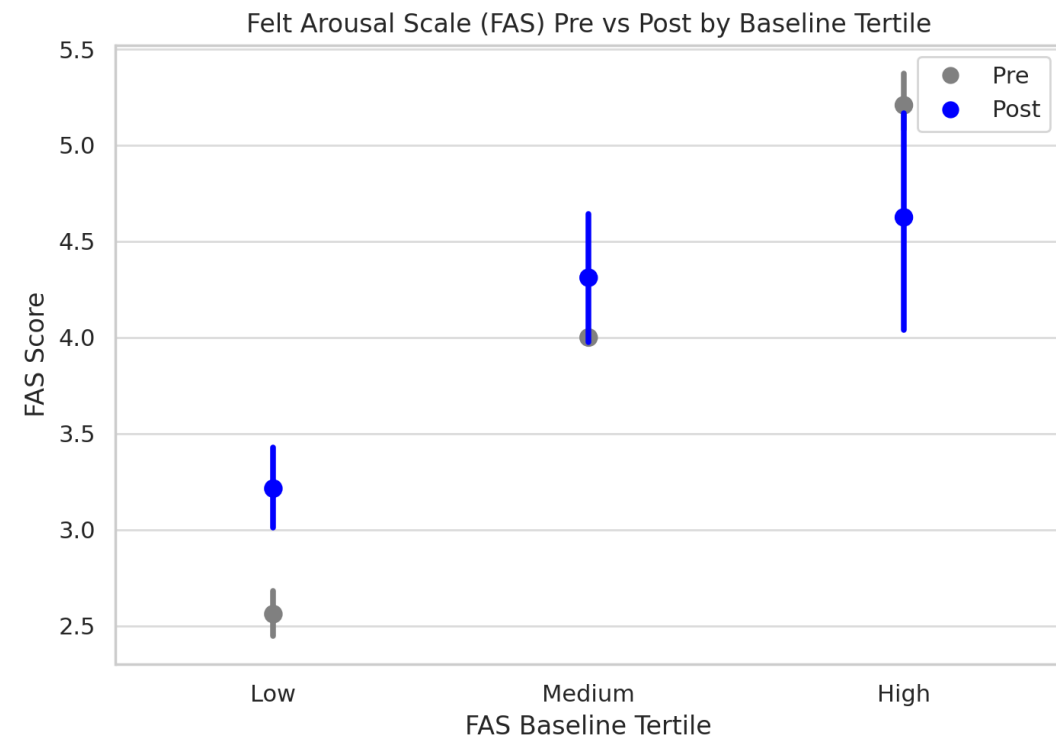
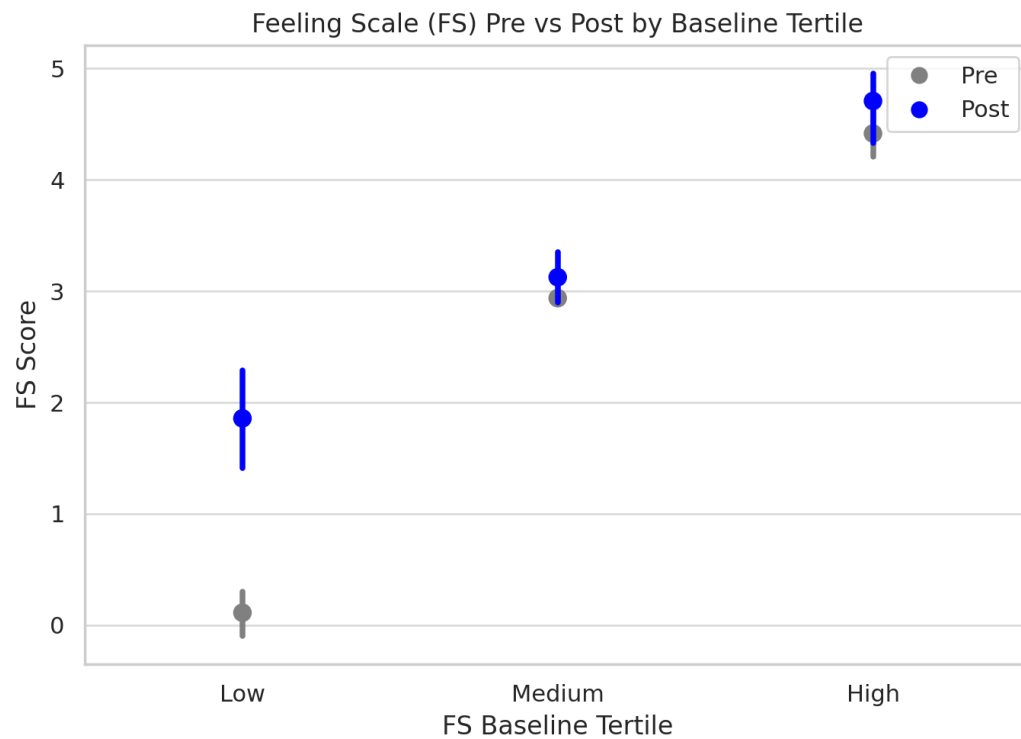


BMJ Journals

British Journal of
Sports Medicine

Are we having impact?

Affective Responses Before and After Addi Moves Sessions



MHPSS Pyramid & Sport

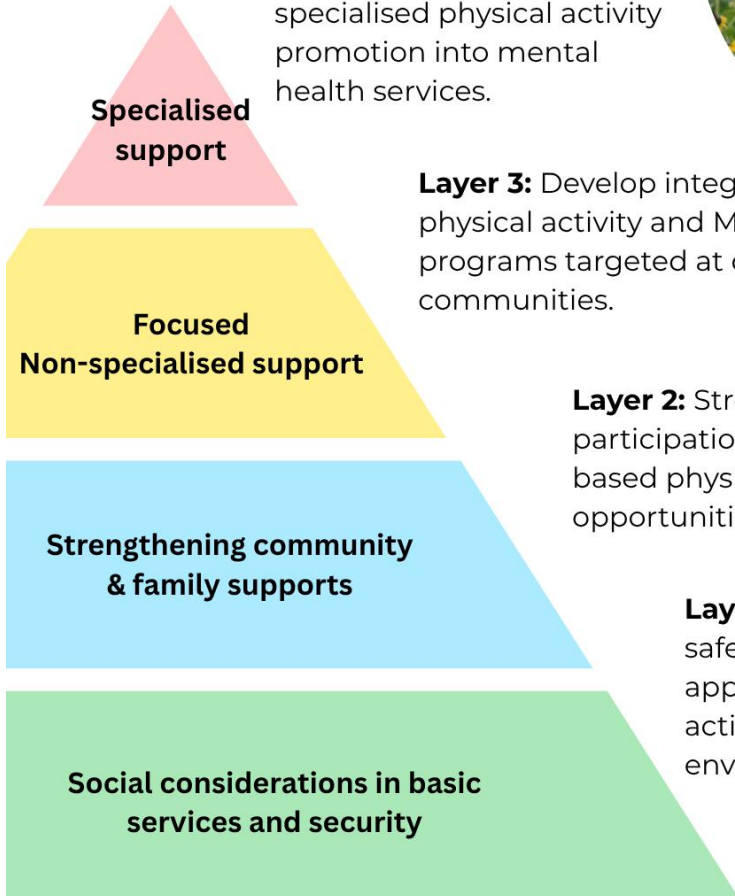


Layer 4: Integrate specialised physical activity promotion into mental health services.

Layer 3: Develop integrated physical activity and MHPSS programs targeted at displaced communities.

Layer 2: Strengthen and foster participation in community-based physical activity opportunities.

Layer 1: Ensure access to safe and socio-culturally appropriate physical activity resources and environments.



MHPSS Pyramid & Sport



Planning Tips

1. Restore autonomy and dignity
2. Enable choice
3. Create safe and inclusive physical activity environments



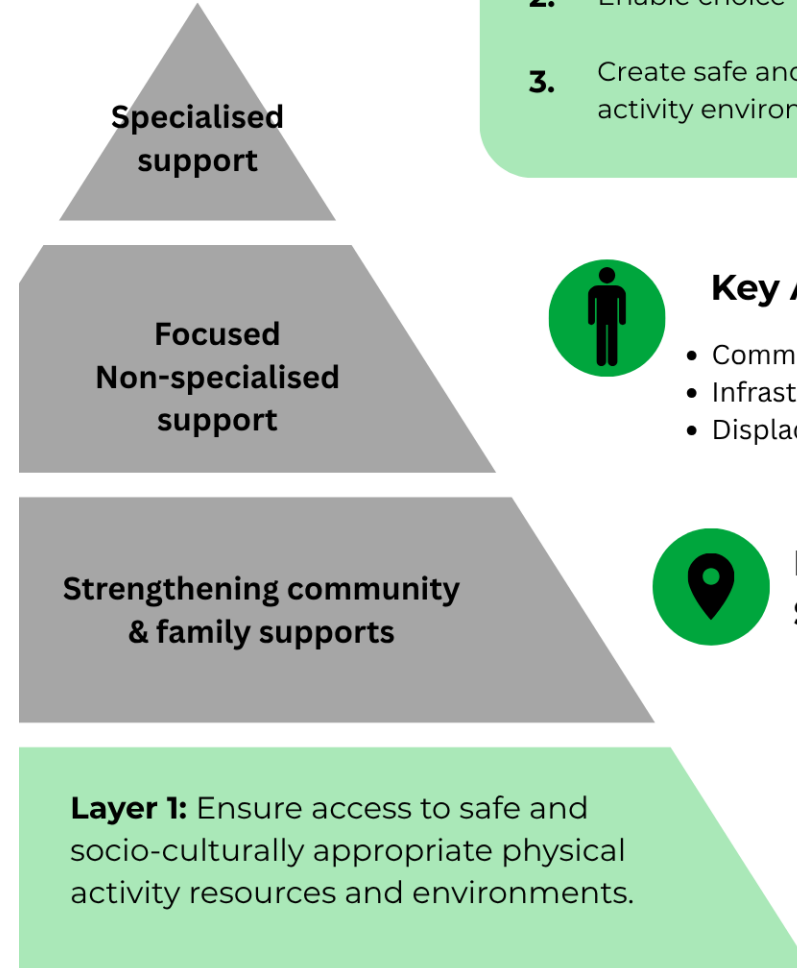
Key Actors

- Community leaders
- Infrastructure planners
- Displaced people



Delivery Setting/Modality

- Open-access spaces
- Public parks
- Informal settings
- Safe and inclusive recreation areas



Olympic Refugee Foundation

THINK TANK

MHPSS Pyramid & Sport

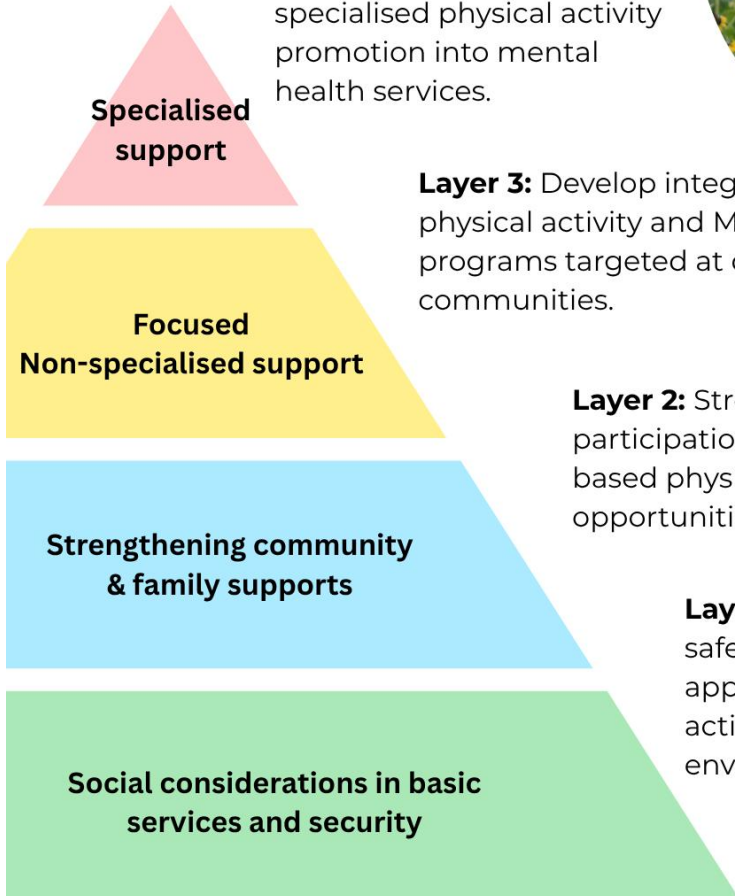


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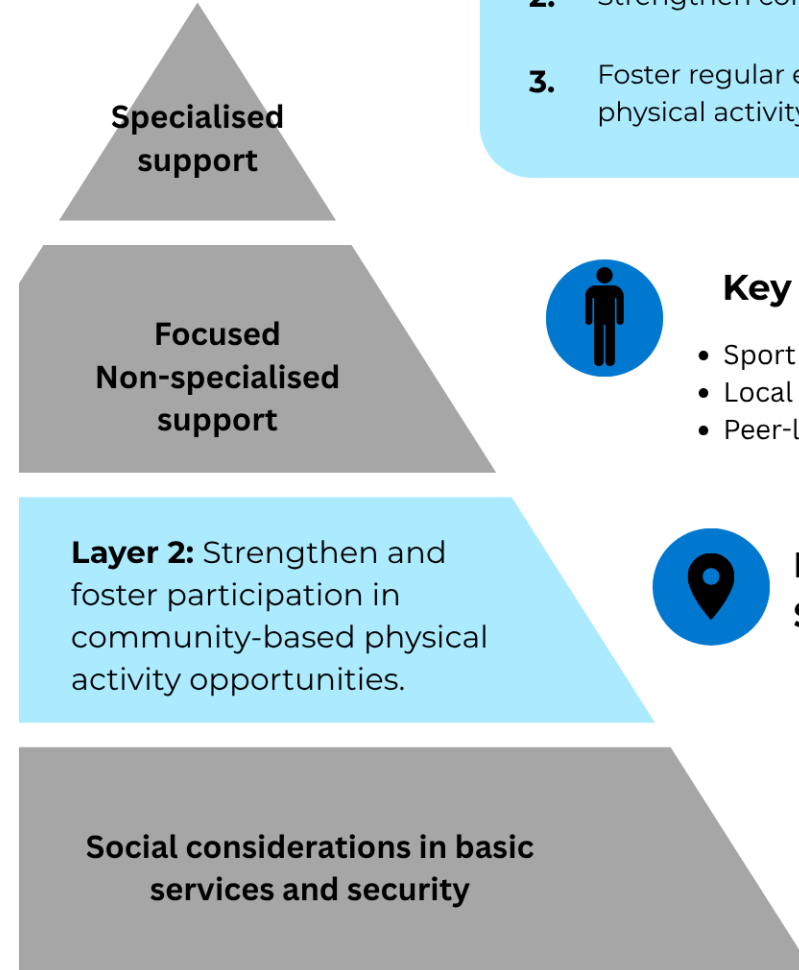
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MHPSS Pyramid & Sport



Planning Tips

1. Promote inclusion
2. Strengthen community ties
3. Foster regular engagement in physical activity



Key Actors

- Sport coaches
- Local NGOs
- Peer-led initiatives

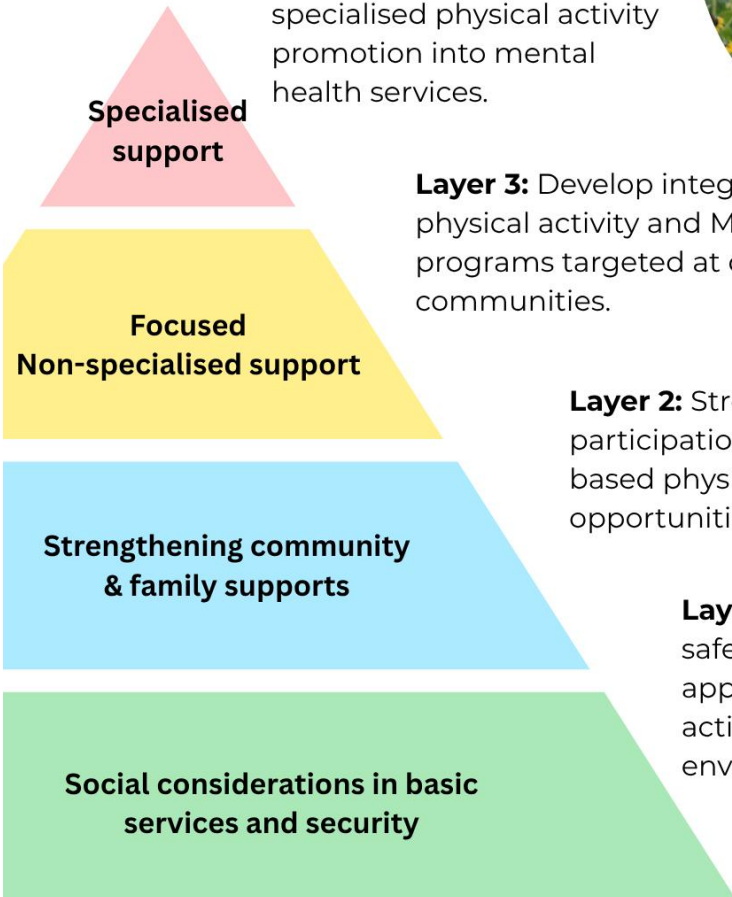


Delivery Setting/Modality

- Community-based programs
- Local sports clubs
- Peer-led activities



MHPSS Pyramid & Sport



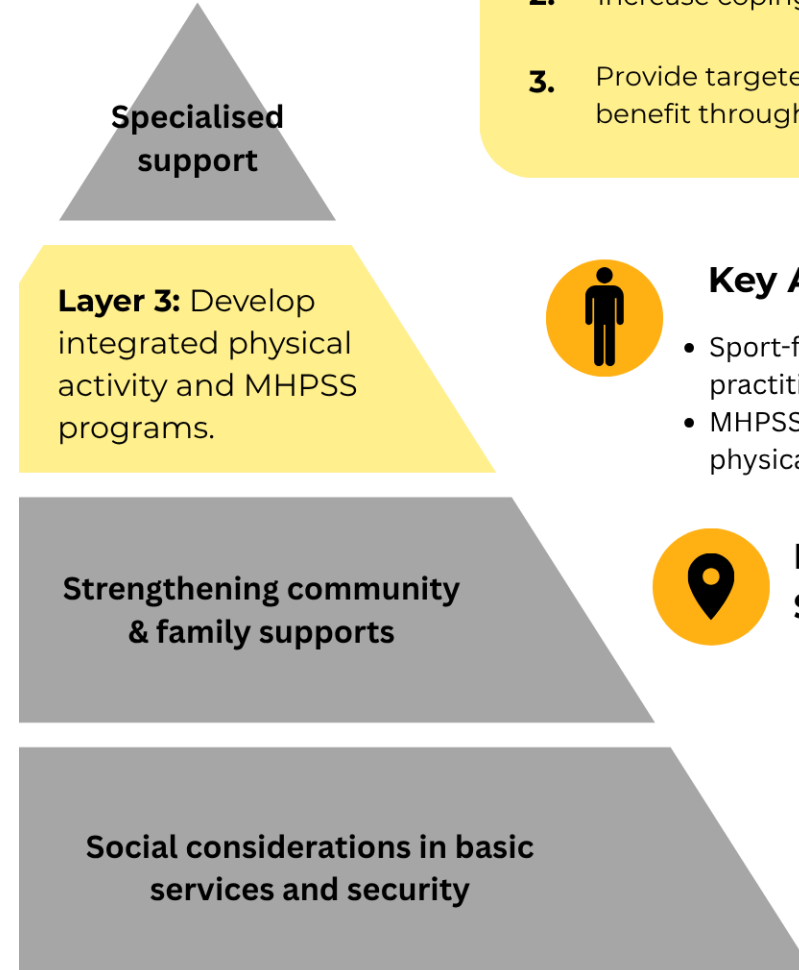
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MHPSS Pyramid & Sport



Planning Tips

1. Support mental health recovery
2. Increase coping / self-efficacy
3. Provide targeted psychosocial benefit through physical activity



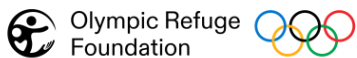
Key Actors

- Sport-for-development practitioners
- MHPSS professionals trained in physical activity



Delivery Setting/Modality

- Structured physical activity programs integrated with MHPSS services
- Trauma-informed
- Sport-for-protection



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MHPSS Pyramid & Sport

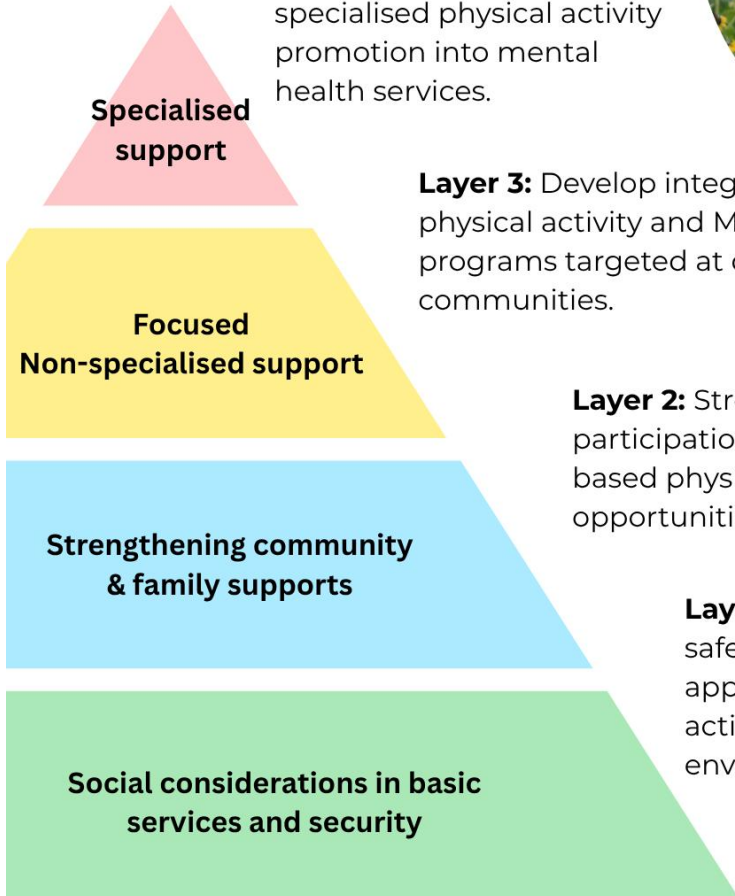


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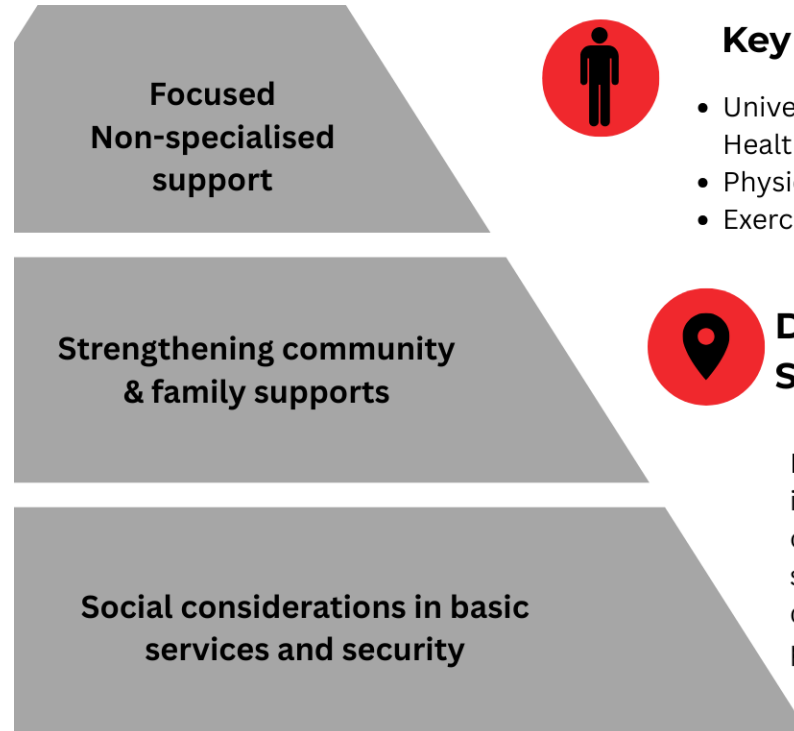
Layer 2: Strengthen and foster participation in community-based physical activity opportunities.

Layer 1: Ensure access to safe and socio-culturally appropriate physical activity resources and environments.



MHPSS Pyramid & Sport

Layer 4: Integrate physical activity into mental health services.



Planning Tips

1. Deliver individualised exercise prescriptions
2. Trauma-informed care
3. Integrate physical activity into clinical pathways



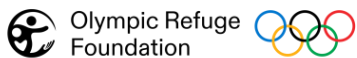
Key Actors

- University-qualified Allied Health professionals
- Physiotherapists
- Exercise Physiologists



Delivery Setting/Modality

Physical activity interventions within clinical mental health services that are led by qualified health professionals.



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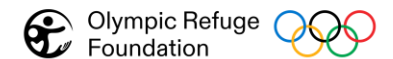
Nutrition, Exercise and Social Equity (NExuS)



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