

STATEMENT

22 June 2026

Out Doors Inc. Joins The MIFA Network

The Mental Illness Fellowship of Australia (MIFA) is pleased to welcome Out Doors Inc. as the newest member of the MIFA Network.

Founded in 1987 by a group of mental health workers who believed in the therapeutic power of nature, challenge, and adventure, Out Doors Inc. has spent nearly four decades demonstrating that recovery doesn't only happen indoors. From white water rafting to rock climbing, bushwalking to bush art, the organisation delivers programs across Victoria that build social connection, develop practical skills, and support meaningful community integration for people living with mental health conditions and psychosocial disability.

A distinctive addition to a national network

Out Doors Inc. brings something genuinely different to the MIFA Network. Their model reaches people who may not connect with traditional clinical or community settings, and their presence in the federation is a reminder that effective mental health support looks different for different people. A network serious about meeting people where they are must be broad enough to include organisations doing exactly that.

Out Doors Inc. also deepens MIFA's presence in Victoria, extending federated reach across metropolitan Melbourne and into regional, rural and remote communities where their programs operate.

Quotes

MIFA Board Chair, Rob Ramjan AM, welcomed the announcement:

"Out Doors Inc. brings a valuable perspective to the MIFA network, strengthening our national voice and adding to the diversity of experiences and approaches represented across our membership. Their work highlights the important role that connection, community, and the natural environment can play in supporting mental health and wellbeing. Their approach complements other forms of mental health support and reflects the many different ways people build wellbeing, connection and a sense of belonging. We are delighted to welcome Out Doors to the MIFA network."

MIFA CEO, James Maskey, said:

"Out Doors Inc. extends our national footprint into a part of mental health support that doesn't get talked about enough in policy rooms, the kind that happens on a river, a bushwalk, or around a fire rather than in a clinic. They've been proving the value of that work in Victoria for nearly forty years, and having them in the network means our advocacy now draws on a wider range of what good community support actually looks like."

James continues, *“We are also heading into a critical period of national reform. The next National Mental Health and Suicide Prevention Agreement will determine how seriously governments prioritise community-managed services, and the NDIS reforms currently underway will shape what’s available to people with psychosocial disability for a generation. The strength of our [federation](#), and our [Finding North network](#), is the strength of our argument. Out Doors Inc. makes it stronger.”*

Out Doors Inc. CEO, Francesca Manglaviti, said:

“Joining MIFA is a pivotal moment for Out Doors Inc. and reinforces our commitment to elevating the role of nature-based approaches in Australia’s mental health outcomes. By being part of a well-respected and unified national advocacy voice, we have a greater opportunity to influence meaningful reform to ensure that outdoor, place-based practice is not only valued, but embedded within policy and funding frameworks. We are excited to work alongside sector leaders to amplify the collective impact of the network, and to shape a future where connection to nature is recognised as essential, not optional, to mental health wellbeing, resilience, and inclusion.”

About Out Doors Inc.

Out Doors Inc. is Victoria’s leading provider of outdoor programs for better mental health. Founded in 1987, the organisation delivers one- to five-day nature-based group programs including rafting, rock climbing, bushwalking, surfing, mountain biking, and creative activities such as bush art and music. Out Doors Inc. is a registered NDIS provider and is also funded by the Victorian Government. Programs are open to participants aged 16 and over. For more information, visit www.outdoorsinc.org.au.

About MIFA

The Mental Illness Fellowship of Australia (MIFA) is a leading national mental health organisation and federation of community mental health organisations. Established in 1986, MIFA brings together lived experience leadership, community-based service delivery expertise, and national policy engagement to drive practical, durable reform across Australia’s mental health ecosystem. MIFA’s member organisations collectively deliver community-managed mental health and psychosocial support services to thousands of Australians each year. For more information, visit www.mifa.org.au.