



FOR IMMEDIATE RELEASE

My Rights, My Decisions Program Launch

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Shane Rattenbury, Minister for Mental Health, will be launching the *My Rights, My Decisions* program on Wednesday 27 June 2018, at a ceremony to be held at the Griffin Centre.

My Rights, My Decisions is a peer-led program that aims to educate mental health consumers in relation to the *Mental Health Act 2015 (ACT)*, specifically addressing the Nominated Person, Advance Consent Direction and Advance Agreement components of the Act. These components of the Act exist to uphold the rights of mental health consumers, support them to make decisions about their treatment and care, and provide informed consent should they lose decision making capacity.

The program, initially funded by the ACT Mental Health Consumer Network and funded jointly for the next 12 months by the Network and the Mental Health, Justice Health and Alcohol and Drug Services division of ACT Health, includes a *My Rights, My Decisions* form kit, and free training for mental health consumers to develop their understanding of their rights under the Act and complete the first draft of their forms.

Terri Warner, Chair of the Network, said 'Mental health services and programs, and the structural elements that underpin them, should be designed with and by the people who access them. By using co-design and peer-to-peer delivery, the *My Rights, My Decisions* program has aimed to reflect this principle at every stage, with the intended outcome that consumers' rights are enshrined in the procedures and forms that operationalise these crucial components of the Mental Health Act.'

Katrina Bracher, Executive Director of Mental Health, Justice Health and Alcohol and Drug Services, and Mandy Evans, Acting ACT Chief Psychiatrist said 'We are delighted that ACT Health has been able to collaborate with the ACT Mental Health Consumer Network in co-designing and developing the *My Rights, My Decisions* kit. This is an exciting project which represents ACT Health's commitment to partner with consumers in building a recovery-oriented mental health service.

The *My Rights, My Decisions* kit empowers people to make collaborative and supported decisions in advance about their mental health treatment, care or support. We hope that as many people as possible make use of these new forms and training for making an Advance Agreement, Advance Consent Direction and for appointing a Nominated Person.

We look forward to ongoing collaboration with the Network.'

The *My Rights, My Decisions* kit will be freely available to all on the Network's website, and training dates will also be published there, as well as in Network and partner publications, on the Community Development Network of the ACT (CDNet) mailing list and other venues as appropriate for the community.