



Network Bulletin

10 August 2018

Welcome to our email bulletin for this week. If you are unable to open any links or attachments, please contact the Network on 6230 5796 or email actmhcnc@actmhcnc.org.au.

Of particular note in this bulletin, the Network would like to draw your attention to the following:

- My Rights, My Decisions workshop;
- Call for newsletter contributions
- Bursary applications open for the 2018 ACOSS Conference;
- Free community education forums on the My Health Record initiative; and
- Position vacancies.

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1. Drop-In Notice

The Network is very pleased to offer a venue for consumers to drop-in for a chat and a cuppa, or to use the computers or phones for their self-advocacy needs most week days. We regret that on some occasions Drop-in needs to be closed and we are committed to informing members as early as possible when this will occur. The Network apologises for any inconvenience caused by Drop-In closures.

Drop-In is open Thursdays 10am to 1pm

Once or twice per month from February through to the end of November we will aim to arrange information and/or support sessions for consumers to encourage attendance and ensure consumers are receiving information that is important to them.

If you have any ideas for session topics, or if you have a skill you would like to share, please contact Pema by email on programs@actmhc.org.au, phone the office on 02 6230 5796 or let us know during Drop-In.

1.1 Drop-In Event

Chris Corcoran will be attending Drop-In on Thursday 23 August 2018 to answer any questions members have regarding health and fitness, e.g. appropriate exercise protocols, basic dietary advice, sleep hygiene, etc.

Chris is an accredited Fitness Australia personal trainer and an Athletics Australia Level 2 Recreational Running Coach. Chris is currently studying for a double degree in Psychology and Sports & Exercise Science at University of Canberra.

2. Upcoming Network events

2.1 My Rights, My Decisions workshop

The next upcoming 'My Rights, My Decisions' workshop will be held on the following:

Date: Friday 24 and 31 August 2018

Time: 11am – 2pm
Venue: Members' Area, ACTMHCN

This two day workshop aims to educate mental health consumers on some aspects of the *Mental Health Act 2015* (ACT).

At the workshop, participants will learn about and be supported to develop their own draft Advance Consent Direction and Advance Agreement, and provided a wallet-sized card to indicate that they have these forms in place.

Further information about this program is available via our website
www.actmhc.org.au/mrmd/

If you would like to participate in this workshop or require more information, please contact the Network on 02 6230 5796, peer.education@actmhc.org.au, or SMS to 0406 457 557

2.2 Call for submissions: Network News Spring 2018

The Network will be compiling the Spring 2018 edition of Network News, and would like to call out to Members for contributions.

Personal stories, reports, opinions, poems, drawings, jokes etc. all are welcome!!! If you would like to make a contribution email Val at actmhc@actmhc.org.au or post to ACTMHCN Reply Paid 469, Civic Square ACT 2608. Alternatively you can also drop your contribution into him during Drop-In hours, or put in in our mail box (2.11) on ground floor.

Contributions are required by Friday 17 August 2018 to be considered for inclusion in this edition.

3. For Your Information

3.1 People with Disabilities (PWD) ACT's FREE Morning Tea

PWD ACT's Morning Tea is on the move and coming to Gungahlin. Come and hear about the activities of PWD ACT. An opportunity for you to discuss disability issues, and make new connections over coffee, tea and snacks.

Date and Time: Thursday 16 August 2018, 10:30 – 11:30am
Venue: Meeting Room 2, Gungahlin Community Centre, 47 Ernest Cavanagh Street, Gungahlin (Nearest bus stop - Gungahlin Market Place Platform 4)

PWD ACT's new Project & Policy Officer Rob Woolley will introduce their Health and Disability Project. Executive Officer Robert Altamore will outline some of our future activities for later this year and early next year.

PWD ACT also want to hear about your thoughts, concerns, idea and experiences.

Find out more and register at <https://pwdact.eventbrite.com.au>

Not already PWD ACT member? It's easy and free! People with disabilities living in Canberra can join our organisation by filling out an online form here:
www.pwdact.org.au/index.php/join-us

3.2 Wills & End of Life Care Planning FREE Information Session

What is life without a plan! We plan for our next holiday, we plan our careers, and now-a-days, younger people plan when they will have children (to fit in around that career planning). We make a will, and plan the disbursement of our assets. Yet, we seem to be reluctant to plan for what will happen to us, when, and if, we cannot speak for ourselves. End of life planning is every bit as important as other plans we make. What are the options? How is it done? What paperwork? Plan for your end of life....let's make it a good one.

Date and Time: Tuesday 14th August @ 10am
Venue: Pearce Community Centre, Collett Place, Pearce.

Two guest speakers; Glenda Stevens (CEO of Palliative Care ACT) and Alex Tandy (Family Law expert) are going to help guide you through the process. This information session is free for everyone.

Hosted by Bosom Buddies please RSVP to Karen by Monday 13th August, morning tea provided – admin@bosombuddies.org.au or phone 0406 376 500.

3.3 Quarterly Forum: The new Model of Care at the ACT's Adult Community Mental Health Service

Date and Time: 12.00 Midday - 2.00 pm, Tuesday 11 September 2018 (please note the time of this daytime Forum)
Venue: Room 8, 2nd Floor, The Griffin Centre, 20 Genge Street, Canberra City

The Forum is free, all are welcome, and light refreshments will be provided, but must RSVP via [Eventbrite](#).

A new Model of Care (MoC) is currently being implemented for the Adult Community Mental Health Services (ACMHS) in Canberra. It is an evidence-based framework that outlines the way these specialist services have been redesigned to provide mental health treatment and care services for people.

The ACMHS MoC was developed to provide more accessible, specialised and responsive services to help support a person's recovery. It was developed with extensive consultation with internal and external stakeholders.

Under the ACMHS MoC, a number of new services will commence including:

- Access Mental Health: a centralised access point for advice, information, new referrals and assessment

- Home Assessment and Acute Response Team: a team focused on supporting people experiencing a mental health related crisis and providing treatment in the home as an alternative to hospitalisation
- Community Recovery Service: providing care for people requiring ongoing secondary mental health services
- Assertive Community Outreach Service: a team focused on providing care to people with highly complex needs, and
- Therapies Team: a team dedicated to providing specialised and individualised therapy services.

The benefits of these changes will include clearer referral pathways to services, a more targeted service to ensure people get the right treatment at the right time, more responsive services and more treatment and care options.

The implementation of these changes has already commenced with the launch of the Assertive Community Outreach Service on 14 June 2018 and with the remainder of these services gradually coming online before the end of 2018.

The new Model of Care will be presented by:

Thomas Roberts of the Adult Community Mental Health Services Model Of Care Project, Mental Health, Justice Health and Alcohol and Drug Services, and

Bruno Aloisi, Operational Director, Adult Community Mental Health Services, Mental Health, Justice Health and Alcohol and Drug Services

As at all of the Quarterly Forums, there will be plenty of time for a Question and Answer session after the main presentation.

Any queries to charlie.richardson@mhccact.org.au or 6249 7756.

3.4 My Health Record events

There are a number of upcoming community events for people to become more informed about the My Health Record initiative, for your information.

3.4.1 My Health Record ACT provider and consumer events

The My Health Record opt-out period has commenced and will run until Nov. 2018. All general practices and pharmacies should have received opt-out resources. If you did not, please contact the ACT PHN Digital Health team. A number of educational events are planned over the next month for both health care providers and consumers.

Provider events:

- Tues. 14 Aug, 7-9pm, National Museum of Australia, [register here](#)
- Wed. 29 Aug, 5.45pm – 7.45pm, The Central by Goodwin, Crace, [register here](#)
- Wed. 19 Sept, 5.45pm – 7.45pm, Peter Yorke Building, Deakin, [register here](#)

Consumer events:

- Thurs. 16 Aug, 5.30-7pm, Ainslie, [register here](#)
- Friday 24 August, 10am-12pm, Hackett, (see below 3.4.3 for details)
- Monday 10 September, 2-4pm, Hackett, (see below 3.4.3 for details)

3.4.2 My Health Record Community Forum

This community forum will provide people with access to information about My Health Record, and an opportunity to ask questions about My Health Record to a panel of presenters.

The presenters include people who can talk about the operation of the e-health record system, health privacy issues, consumer expectations and perspectives and benefits of an e-health record from a health professional perspective.

When: Thursday 16 August, 5.30pm to 7pm

Where: Goodwin Village - Ainslie Lifestyle Club, 35 Bonney Street, Ainslie, 2602.

Cost: FREE

Register via Eventbrite: <https://chn-actcoss-my-health-record-16-aug-2018.eventbrite.com.au>

If you would like to learn more about My Health Record, you can also visit the following link with FAQ's:

<https://www.myhealthrecord.gov.au/for-you-your-family/howtos/frequently-asked-questions>

Panelists:

- Dr. Chris Harrison, Clinical Lead, Ochre Health, Bruce
- Ms. Ingrid Meers, Practice Nurse, Ochre Health Bruce
- Ben Gilbert, Pharmacist, Capital Chemist, University of Canberra
- Claudia Cresswell, Health Literacy Program, Health Care Consumers Association

ACT

- Karen Toohey, Discrimination, Health Services, and Disability and Community Services Commissioner, ACT Human Rights Commission

3.4.3 My Health record – What's the fuss?

By the end of the year all Australians will have a My Health Record unless you choose to opt out. The My Health Record is a way of digitally storing summaries of your visits to GPs, medicines, tests, pathology results and allergies. It has huge potential to improve health outcomes, although a number of concerns about privacy, use and accuracy have been raised. The opt-out period is until 15 October, 2018. Further information available at the [My Health Record website](#).

The Health Care Consumers' Association and the Chronic Conditions Seminar Series will host information sessions on:

- Friday 24 August, 10am-12pm
- Monday 10 September, 2-4pm.

SPEAKERS: Elizabeth Moss, Capital Health Network and a representative of the Australian Digital Health Agency

VENUE: Large meeting room, 100 Maitland St, Hackett.
REFRESHMENTS PROVIDED

Please RSVP to adminofficer@hcca.org.au or phone 62307800.

3.5 Mental Health Month Award Nominations Now Open

Do you know someone working to promote and improve the understanding, awareness, service provision and the general mental health and wellbeing of the Canberra community?

Nominations are now open for the 2018 ACT Mental Health Month (MHM) Awards!

These awards aim to recognise the achievements of individuals and organisations in the area of Mental Health in the ACT over the past 12 months.

Nomination forms and the Awards Information Package are now available on the Mental Health Month website here: www.mentalhealthmonthact.org/awards

Nominations close 4pm, Friday 21 September.

2018 award and scholarship categories are as follows:

- Promotion, Prevention and Early Intervention Award
- Mental Health Carer Award
- Mental Health Consumer Award
- Mental Health Volunteer Award
- David Perrin Award
- Reciprocity Award
- The Michael Firestone Memorial Scholarships

The Awards Ceremony will be held to present each of the winners with their certificate on 9 October 2018 from 2pm – 4pm at the ACT Legislative Assembly.

If you would like more information or assistance, please contact the Volunteer Coordinator at the ACT Mental Health Consumer Network:

Email: Awards@actmhcn.org.au

Phone: (02) 6230 5796

In person: ACTMHCN Office (Room 11, Level 2, Griffin Centre, 20 Genge Street, Canberra City)

3.6 2018 Australian Council of Social Services National Conference - Program and Bursaries now available

The [program](#) is now available for the 2018 ACOSS "Rise to the Challenge" National Conference, being held on Monday 29 and Tuesday 30 October in Sydney.

Key conference sessions include:

Welfare Conditionality - sanctions, support and behaviour change

Automating Inequality - how high-tech tools profile, police and punish the poor

Energy - access and affordability as the next big poverty driver
ACOSS "Poverty in Australia 2018" Report - released in Anti-Poverty Week, October 2018
Advocacy and Democracy - silencing dissent - at what price?

Early bird [registrations](#) are now open - book your conference ticket today!

Bursaries

ACOSS know how hard people in the sector work and how hard it is to extend what little funds you have to cover the cost of attending a conference.

ACOSS also know just how **critical** it is to **have staff members from small community sector organisations** attending and participating at the **2018 ACOSS National Conference**. Partnering with HESTA and with Infoxchange busarries are now available to support staff members of community sector organisations with an annual income of less than \$250,000 for travel, accommodation and attendance at the conference.

Apply for a conference bursary [here](#).

Also, don't forget that you can nominate an outstanding individual or organisation now for the [HESTA Community Sector Awards](#).

3.7 Update of the mental health first aid guidelines for psychosis - recruiting participants

Mental Health First Aid Australia and The University of Melbourne are undertaking a Delphi study to update the mental health first aid guidelines for Psychosis. These guidelines were published in 2008 and it is important that these are updated based on current evidence.

The study is currently inviting people from Australia, UK, Canada, Denmark, Finland, Ireland, The Netherlands, New Zealand, Sweden and the USA who have expertise in the field of psychosis to participate in this research. This includes people with a lived experience of psychosis, people who have cared for or provided significant support to someone with psychosis, and professionals with research, education or clinical experience related to psychosis.

Attached is a flyer with further information which you are welcome to share with others. Please note professionals are not to actively recruit patients or their families.

If you have any questions, please feel free to contact Fairlie Cottrill, Research and Projects Officer on (03) 9079 0207 or email to fairliec@mhfa.com.au

4. Position Vacancies

4.1 Communications and Media Officer, People with Disabilities ACT

People with Disabilities (PWD) ACT, a not-for-profit organisation which advocates for people with disabilities, is seeking a Communications and Media Officer to increase its profile in Canberra, and support delivery of several grant-funded activities.

PWD ACT is seeking a person experienced in the design, delivery and coordination of communications activities with a wide range of stakeholders. The scope of the role will include:

- Creating new ways to communicate with our members, people with disabilities;
- Developing links and joint projects with existing and potential partner organisations;
- Delivering Territory & Commonwealth Government grants focussed on our communication activities and strategy;
- Website design and management;
- Collating and producing regular journals, newsletters and e-bulletins;
- Event management and delivering marketing, media and communications activities centred around public campaigns.

The role will be working as part of a small team based in Pearce, ACT. The successful candidate will be working alongside other PWD ACT staff to develop strategies and content to support the work of the organisation, to strengthen PWD ACT's role as campaign leaders, and to increase the quality of member engagement.

More details including Selection Criteria and a Duty Statement are available [on this link](#). Applications in email format with attachments in Word or RTF formats should be addressed to the Executive Officer at admin@pwdact.org.au. If you have any further questions about this position, please contact the Executive Officer at PWD ACT on: 0423 931 753 (voice only).

The closing date for applications is Friday, 17 August 2018.

4.2 Administration and Communication Officer, Australian Intravenous League (AIVL)

AIVL is the Australian national peak organisation representing the state and territory peer-based drug user organisations and issues of national relevance for people with lived experience of drug use. AIVL's purpose is to advance the health of people who use/have used illicit drugs. This includes a primary focus on reducing the transmission and impact of blood borne viruses (BBVs) including HIV and hepatitis C – including for those accessing drug treatment services - through the effective implementation of peer education, harm reduction, health promotion and policy and advocacy strategies at the national level.

AIVL is currently seeking to recruit a full time Administration and Communications Officer to work in its national office in Canberra. The role will provide executive support to the Chief Executive Officer and Board, as well as coordinating internal and external communication activities, including social media engagement.

Position Description

Duties include:

- Coordination and distribution of board papers
- Office management activities including managing stationary orders, liaising with IT and telecommunications providers etc.
- Travel and accommodation bookings
- Drafting a bi-monthly newsletter for organisational members and stakeholders utilising information provided by the CEO
- Coordinating external communications via management of AIVL's social media accounts
- Organising events and workshops in collaboration with staff and key stakeholders
- Directing enquiries from external stakeholders to relevant staff
- Drafting of basic internal and external correspondence
- Liaising with representatives of member organisations
- Undertaking broader administration and communication activities under direction

Selection Criteria

1. Well-developed oral and written communication skills, with proven ability to confidently share information, liaise effectively with others and provide reports on achievements (communications degree or other relevant qualification would be an advantage)
2. Proven ability to develop and maintain relationships with both internal and external stakeholders
3. Demonstrated excellent organisational skills, with a proven ability to establish priorities, meet deadlines and provide project support, under limited direction
4. High level computer skills with experience in the use of a variety of computer software applications including the Microsoft Office suite
5. As AIVL is the Australian national peak organisation representing the state and territory peer-based drug user organisations and issues of national relevance for people with lived experience of drug use, relevant life experience and a commitment to advancing the health of people who use/have used illicit drugs are also prerequisites

How To Apply

Applications comprising both a statement of claims against the Selection Criteria and a Curriculum Vitae/Resume should be emailed to Carolyn Murphy at carolynm@aivl.org.au by COB Monday 20 August 2018. Alternatively, applications can be posted to:

Carolyn Murphy
AIVL
GPO Box 1552
Canberra ACT 2601

Posted applications must be received by AIVL by COB Monday 20 August 2018.

4.3 Clinical Program Manager (Next Step Program), CatholicCare

CatholicCare Canberra and Goulburn is looking for an experienced manager to provide managerial support to the Next Step Team. The Next Step program offers an intensive counselling service for children, youth and adults across the age range who are finding it

hard to manage their day to day activities due to anxiety and/or depression. The service is delivered by mental health professionals who are trained in the Improving Access to Psychological Therapy (IAPT) model. The high intensity clinical service is the first to be delivered in Australia.

The clinical manager for the Next Step program will be overseeing the multiple services within the program including low intensity (sub-contracted to an external organisation) and high intensity (children, youth and general). The Manager is responsible of the program including staff across the program and working closely with the subcontractor.

Selection Criteria:

The ideal person we are looking for has:

- Relevant tertiary qualifications in Psychology, Social Work, Nursing or Occupational Therapy (plus mental health accreditation endorsing the provision of psychological interventions)
- Full registration as a Psychologist through AHPRA, Mental Health Accredited Social Worker, Mental Health Nurse, Mental Health Occupational Therapist
- 3-5 years counselling experience working in the mental health sector with adults and children with complex needs
- Experience managing contract and a team of clinicians
- Ability to liaise and advocate with various stakeholders
- Highly developed problem solving skills
- Demonstrated capacity for sound work organisation and effective use of time
- High standard of written and verbal communication skills
- Demonstrated awareness of the relevant principles and practices such as EEO, OH&S, Confidentiality and Duty of Care,

To be considered for this role you will be also required to:

- Hold a Working with Vulnerable Persons Card
- Willingness to undergo a National Police Check.

To apply you must:

- Attach an updated resume
- Address each selection criteria in a covering letter (no more than 3 pages).

Applications that do not meet the above requirements will not be considered.

Please send your applications to: Jaclyn Dunkley, Senior Operations Manager
Email: jaclyn.dunkley@catholiccare.cg.org.au

For more information or to apply please visit www.catholiccare.cg.org.au