



Network Bulletin

15 February 2018

Please find 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 actmhcncn@actmhcncn.org.au.

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

- Upcoming Network consultation and training opportunities;
- Quarterly Community Forum on physical health;
- Community consultations and volunteering opportunities; and
- Position vacancy at PANDSI

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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.

Our Drop-In hours are 11:00am – 1:00pm, Monday to Friday

1.1 Drop-In Openings and Closures

For the week beginning Monday 19 February 2018, Drop-In will be closed on the following dates:

- Wednesday 21 February; and
- Thursday 22 February 2018

2. Upcoming Network Events

2.1 Consultation forum: New Mental Health Act 2015 (ACT) forms

The Network is seeking your views regarding the forms for the New Mental Health Act 2015 (ACT).

When: Thursday 22 February 2018 11 am – 1pm

Where: MHCC Meeting Room, Level One, Griffin Centre, Genge St, Civic

The forms include:

- Nominated Person form
- Advance Consent Direction form
- Advance Agreement form.

The following questions will guide the discussion.

- How can these forms be simplified?
- Is there anything else that should be included in the forms?
- Is there easier language that can be used?
- What would make the forms more appealing to consumers?
- What information needs to be included in the forms?

There will be light refreshments, so please RSVP to peer.education@actmhc.org.au or 6230 5796 by Tuesday 20 February 2018 and let us know about any dietary requirements. If you are unable to attend we welcome your written feedback to these questions as well to peer.education@actmhc.org.au.

2.2 Self-Advocacy Training Discussion Groups

An opportunity for Network members to share their lived knowledge and experience and have input into content and design of the Networks' Self-Advocacy Training.

Dates: Tuesday 27 February and 6 March 2018

Times: 1pm—2.30pm

Location: Member's Area

The purpose of these discussion groups is to share the current lived experience and viewpoints of our members, and look into ways to include them in the Self-Advocacy and Consumer Representation workshops and training resources.

During these two discussion groups attendees will participate in a range of discussions and guided activities which will explore their experience of self-advocacy and consumer representation, and strategies which they found supportive for this.

The information gathered from these workshops will be used to guide the further development of the Network's Community Education Training and resources.

Please RSVP. If you are interested in participating please contact the Network by 22 February 2018 at: 6230 5796 or education@actmhc.org.au

2.3 Free Self-Advocacy and Consumer Representation Training

Would you like to

- Have more control in your life?
- Be able to ask for what you need and want?
- Know your rights and responsibilities?

Self-Advocacy is the ability to speak up for yourself and the things that are important to you.

Our training will support you to identify how effective you can be as a self-advocate, and be a voice for others.

This training is a unique opportunity to discover, reflect and respond to issues of barriers and supports to mental health consumer participation in the ACT. Those who complete both the self-advocacy and consumer representation training then have the capacity to represent the consumer voice in the wider community where systemic change can happen.

Self-Advocacy Training

Educates mental health consumers to:

- Feel good about themselves
- Express their feelings
- Recognise the importance of responsible decision-making
- Make informed decisions

Once participants have completed the Self-Advocacy Training, they can participate in our Consumer Representation Training which enables mental health consumers to become informed and confident Consumer Representatives, equipping them with the skills to represent themselves and other consumers in the provision of mental health services.

Consumer Representation Training

Educates mental health consumers about:

- Consumer Representation
- The consumer movement and systemic change
- The importance of human rights and legislation
- Skills for Consumer Representatives on committees

Upcoming Courses:

Self-Advocacy - Thursdays, 1 – 29 March 2018 (10:00am – 12:30pm)

Consumer Representation – Thursdays, 5 April – 3 May 2018 (10:00am – 12:30pm)

Location: ACT Mental Health Consumer Network, 20 Genge St, Canberra City

The courses are free and include morning tea.

If you are interested in attending or just want to know more, please contact:
education@actmhc.org.au or 6230 5796

2.4 Consultation forum: NDIS Inquiry

Date and Time: Friday 2 March, 2 -3.30pm

Venue: Members' Area, Network office, Rm 11, Lvl 2, The Griffin Centre, 20 Genge St, Canberra City

The Standing Committee on Health, Ageing and Community Services (ACT) has an inquiry into the implementation, performance and governance of the National Disability Insurance Scheme (NDIS) in the ACT. The Network is seeking the views of consumers regarding this inquiry (below). You are welcome to send through your stories (maximum of 250 words) or contact Purity (policy@actmhc.org.au or 6230 5697 & 0406 457 557) to talk about how you

can contribute. All input for the Network's submission needs to be received by close of business, Tuesday 20 March 2018.

If you would like to write an individual submission, these are requested by Friday, 30 March 2018 (electronic lodgment is preferred). Submissions can be sent to LACommitteeHACS@parliament.act.gov.au. Please note that submissions will be made publically available, unless otherwise indicated.

For the Terms of Reference [please click here](#)

3. For Your Information

3.1 Quarterly Forum - Mental Illness and Physical Health

The physical health of people who have a mental illness can be overlooked or misunderstood by both the person who has the illness and their medical professionals. When an individual has been diagnosed with a mental illness, this illness is often identified as the causation of various physical health issues. Individuals with mental illness have a lower life expectancy than the general population, partly because of the neglect in investigating these important physical health issues.

Date and time: 5.00 pm – 7.00 pm, Monday 26 February 2018

Venue: Meeting Room 6, 1st Floor, The Griffin Centre, 20 Genge Street, Canberra

RSVP: you must RSVP through EVENTBRITE, using the following link:

<https://www.eventbrite.com.au/e/the-physical-health-of-people-who-have-a-mental-illness-tickets-42441238888>

If you have any problems, please let the Network who can register your interest for you.

Guest Speakers:

- Dr. Brett Scholz, Postdoctoral Research Fellow at the SYNERGY Nursing and Midwifery Research Centre. You may remember Brett from our Symposium held in September.
- Chris van Reyk will speak on managing diabetes, and
- Elise Apollini and Kayla Lee, pharmacists from the multi-award winning Capital Chemists Wanniasa, will discuss the safe and effective use of medications as well as take us through what else a pharmacist can do to help (such as blood pressure monitoring).

There will also be time to discuss other aspects of physical health among people who have a mental illness during the extensive 'Q&A' session that follows all of our Quarterly Forums.

3.2 Setting Up A Care Plan - for Carers

If you became seriously ill, or had a serious accident, and were unable to communicate your healthcare wishes, what sort of medical treatment would you want? Who would you want to make decisions on your behalf?

Join Carers ACT for a presentation by ACT Health on how Advance Care Planning helps the people who care for you to know and understand your wishes and choices about future health care. If these choices and wishes are known, they can be respected by your health provider. Individual confidential follow up sessions will be available to assist in the completion of your Advanced Care Plan, please notify Carers ACT on the day or via rsvp@carersact.org.au if you would like to participate.

10am-12pm, 27 February 2018
Carers ACT, 80 Beaufort Crescent, Holt

To register click on the following link: <http://bit.ly/2Erqwi6>

3.3 Victorian Self Advocacy Resource Unit

Advocacy for Inclusion is hosting a forum with the Victorian Self Advocacy Resource Unit (SARU) who want to hear from Self-Advocates living in Canberra.

SARU is running a national project called the 'Australian Self-Advocacy Project' which is about developing a preferred national model and approach to resourcing, supporting and strengthening group Self-Advocacy in Australia.

In stage two, SARU self-advocacy groups around Australia will work with SARU to make an accessible National Self-Advocacy Website.

- Your ideas will make sure that the website looks the way you want it to and has what you want on it.
- SARU wants to hear your ideas about what resources or tools would be helpful to go up on the website.
- SARU also has some money for some groups in each state or territory to make resources for the website.
- SARU will film some members about their ideas about self-advocacy to go up on the website.

Come along and share your thoughts about being a Self-Advocate and what Self-Advocacy groups mean to you. Some parts of the event may be filmed.

When: Tuesday 27 February, 10.00 AM to Noon

Where: Everyman Training Room, Griffin Centre, Level 3, 20 Genge St, Canberra City

RSVP: on Facebook or by phone 02 6257 4005 or by email to

training@advocacyforinclusion.org

If you have questions or want to RSVP, contact Advocacy for Inclusion or just come along.

3.4 Professional Development opportunity: Working with intersex, trans and gender diverse people

This professional development series is for those working with or wanting to work more inclusively with intersex, trans and gender diverse people and communities. It is specifically designed with therapists, counsellors, social workers, and other practitioners in mind.

The group will be limited to 12 people and will be facilitated by AGA's Executive Director Sel Cooper and Training Coordinator Helena Willson at AGA House in North Lyneham.

This course takes place every Tuesday for six weeks, and will run from 9:30am-11:30am. The first hour will be designed around a relevant education topic, with the second hour focusing on discussion and/or case supervision. You will be required to attend all six sessions to receive a certificate of completion.

6th March 2018. 9:30am - 11:30am
13th March 2018. 9:30am - 11:30am
20th March 2019. 9:30am - 11:30am
27th March 2018. 9:30am - 11:30am
3rd of April 2018. 9:30am - 11:30am
10th of April 2018. 9:30am - 11:30am

COST: \$360 for the six week series

Purchase tickets: <https://www.eventbrite.com.au/e/professional-development-group-working-with-intersex-tgd-people-communities-tickets-42656106563>

For more information please contact Helena Willson helena@genderrights.org.au
<https://www.facebook.com/events/1785734298387273/>

3.5 Consultation on a new ACT Office of the Senior Practitioner

The Community Services Directorate is planning to consult on the proposed authorising model, powers and functions of a new ACT Office of the Senior Practitioner (OSP).

This round of consultation follows from extensive community consultation last year on the establishment of an OSP and will be undertaken to inform the development of specific legislation to establish a new ACT OSP, which will aim to provide leadership and oversight across a range of services to reduce or eliminate the use of restrictive practices.

A consultation paper has been released and seeks stakeholder feedback by 7 March 2018. The CSD are also planning to host a forum for community members to have their say during this time.

The consultation paper can be accessed from the [CSD website](#).

Should you have any questions, please do not hesitate to contact the CSD by email, at quality@act.gov.au, or telephone (02) 6207 5474.

3.6 Public Consultation: Draft clinical guideline for the diagnosis and management of work-related mental health conditions in general practice

The Department of General Practice, Monash University has prepared a draft guideline on the diagnosis and management of work-related mental health conditions. If you are

interested, please write your own submission to the Department of General Practice on the draft guideline, draft technical report and draft implementation plan. The Network will not be coordinating a response.

Further information and to download copies of the guidelines visit the following URL
<https://www.monash.edu/medicine/spahc/general-practice/research/public-consultation>

The closing date for submissions is Thursday 15 March 2018.

3.7 Wellways free Well together workshop

The Well Together workshop aims to provide community groups with the information, knowledge and tools to be supportive, welcoming and inclusive of people affected by mental health issues.

This workshop is suitable for community groups and organisations who want to provide a supportive, welcoming and inclusive approach to people affected by mental health issues. The workshops could be held in businesses, health services, sporting groups, schools or other community organisations. We envision that each workshop will have approximately 20 people attending.

The Well Together workshop engages members of the community and asks them to consider:

- the impact of social exclusion on people's mental health and wellbeing;
- the influence of community and societal structures on our individual understanding of, and responses to, people affected by mental health issues ;
- the role that individuals play in the development and maintenance of these societal structures; and
- the roles individuals and communities can play in transforming the lives of people who experience mental health issues, their families and friends.

The workshop expands on the notion of the accountability of the wider community for the way people with mental health issues are treated. Concepts such as advocacy, role modelling and the overall benefits of kindness are explored as ways to support both individuals and communities to become genuinely inclusive.

Experienced trainers provide a safe dynamic learning experience for your group
Workshops include a personal presentation from someone with their own lived experience
Find out more or register today by calling Wellways on 1300111400 or email
peerandcommunityed@wellways.org

3.8 Become a Wellways 'Life in Community' Volunteer!

Have you had a personal experience with a mental health challenge as either a person of living experience (consumer) or with a significant person in your life (carer)? Would you like to use what you have learnt to help others to be a part of their community? Find their passion? Explore their world? Wellways NEW LinC Program might be just the volunteer role you were looking for!

The Wellways LinC Program is a social connection, inclusion and engagement program to support people with mental health challenges, or their close family members, find a place of their own design within their local community.

Activities will be either free or low-cost, and can be weekdays or weekends - including evenings - whatever suits you and the participant. Buddies will be matched for a 3-month term with the program aiming to support the participant to create for themselves a sustainable and enjoyable connection to their community.

Register your interest to Amelia via email at lincact@wellways.org to or contact 02 6246 7100.

3.9 Welfare Reform Bill

The Australian Council of Social Services (ACOSS) has produced a briefing note on the Welfare Reform Bill. If passed, this bill will hurt people already struggling to afford basic items in Australia. The briefing note can be read by [clicking on this link](#).

The only way to stop this Bill is to get the cross bench to vote against it. One Nation support it, as do others on the cross bench. The final decision rests with the Nick Xenophon Team.

ACOSS ask people to take two minutes to call or email the Nick Xenophon Team politicians and call on them to oppose the Bill:

Rex Patrick: senator.patrick@aph.gov.au or call 02 6277 3785

Stirling Griff: senator.griff@aph.gov.au or call 02 6277 3128

Rebekha Sharkie: Rebekha.Sharkie.MP@aph.gov.au or call 02 6277 2113

3.10 ACT Container Deposit Scheme

A Container Deposit Scheme (CDS) is coming to the ACT in early 2018. Under the CDS, you will be able to return your empty beverage containers to an approved collection point to receive a 10 cent refund. Most aluminium, glass, PET, HDPE, steel and liquid paperboard beverage containers between 150 millilitres and 3 litres (inclusive) will be eligible containers under the scheme. [Read more](#)

3.11 Research participation opportunity: Consumer Allies

Gemma Cross, clinical masters student at the University of Canberra, is conducting a research project exploring allies to consumers. The aim of this study is to find out more about the experience of becoming an ally. Although there may be no direct benefits to any individual participant, it is anticipated that the results of the study might provide directions as to improve organisations relationship between consumers and other mental health professionals.

The researcher is seeking people who may like to be involved in the study, and would greatly appreciate the assistance of consumers in identifying individuals who are perceived as allies to the consumer community.

Ideally, the researcher would like consumers to contact her via email (u3100474@uni.canberra.edu.au) with the names of individuals who may like to participate. It is advised to check with the candidate about participating before disclosing any details.

Feel free to circulate this notice to any contacts you have they may like to participate.

Attached is a participant information sheet for your consideration.

4. NDIS Events and Information

4.1 Campaign to Reform NDIS

The NDIS was launched in July 2013 with a promise to Revolutionise Disability Services. Its brief was to fund the supports and services needed by people with disabilities to:

- achieve individual goals
- become as independent as possible
- develop skills for day-to-day living
- participate in the community
- work and earn money

Four and a half years later, it is apparent that NDIS requires significant reform if it is to achieve its stated goals.

A campaign has been initiated, facilitated by Civil Society Australia, to initiate reform actions for the NDIS through 2018. The aim is to influence each politician in Canberra to press for implementation of 15 identified reform measures.

Further information about the reform measures and to comment is available [on this link](#) and if you want to get involved, [click on this link](#)

4.2 NDIS resources online

4.2.1 Online NDIS Access Assistance

A new guide developed jointly by the Australian Government and Flinders University will support mental health providers in making it easier for people with a psychosocial disability to access the National Disability Insurance Scheme (NDIS). The guide provides practical advice based on providers' own experiences. The guide helps simplify the NDIS requirements, such as explaining how clients can test their eligibility and meet NDIS criteria. The guide was field tested with the mental health sector, consumers, and carers to ensure it is helpful and easy to use. It builds on work occurring in the National Disability Insurance Agency to improve pathways for people with psychosocial disability and work underway by the Productivity Commission and the Joint Standing Committee on the NDIS

[Access the guide here](#)

4.2.2 Do you need help understanding the NDIS?

reimagine.today is a free online resource to help you gain confidence to navigate the NDIS, and to understand how it can support mental health recovery aspirations. The online tool can be used as a side-by-side conversation and planning tool. Designed to help people living with mental health conditions, families, carers and workers to work better together, reimagine is a one-stop-shop that:

- outlines the steps required to apply for NDIS funding
- explains the language of the NDIS including psychosocial disability
- helps you prepare your access request through interactive activities
- helps you identify goals to support you in the planning process
- provides hints and tips from people who have been there

Use the reimagine tools and workbook to engage with services and access the NDIS. Get the funded supports you need to reimagine your life today.

5. Position Vacancy

5.1 Administration Officer, PANDSI

PANDSI provides support, information and referral services to women and their families who are affected by depression in pregnancy or after the birth of a baby (perinatal depression). Our support services include regular telephone support, facilitated group support (sometimes with an exercise component), one-on-one client meetings, partner's information groups and groups. We also undertake community and health professional education.

PANDSI is seeking an energised and self-motivated individual to join our administration team to provide support to our Business Manager and CEO. This position is for 20 hrs per week on a 6 Month Contract, with the possibility of extension.

The suitable applicant will have demonstrated administration skills, preferably with an understanding of the not-for-profit sector. Occasional evening event work may be required

Requirements are:

- High level of interpersonal and communication skills with the ability to work independently or as part of a team.
- Excellent organisational skills.
- High level computer literacy skills.
- Ability to maintain high levels of confidentiality with knowledge of current Health Records (Privacy and Access) Act 1997 and Privacy Act 1988 (Cth), and the Australian Privacy Principles.
- Experience in a similar role.

A Working with Vulnerable People registration is a requirement for all PANDSI staff.

PANDSI is committed to ongoing staff development and training and offers generous salary packaging opportunities. Benefits of working at PANDSI include a friendly and collaborative working environment in Weston with free parking.

Please forward your application with resume and cover letter describing your suitability for the role to jane@pandsi.org. For further information contact PANDSI on 6287 3961.

Applications close 5pm Thursday 22nd February 2018.