



ACT
Mental Health
Consumer Network

NETWORK NEWS

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My
Rights

My
Decisions

**Friday 18 May, 10am—3pm
(venue to be confirmed)**

The Network will be conducting a pilot workshop called 'My Rights, My Decisions' for mental health consumers in May 2018. The aim of this workshop is to educate participants 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.

Participant views will also be sought to help refine the workshop, forms and resource materials.

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.

AUTUMN 2018

Offering You a Voice

From the EO's Desk



Dear Readers

Welcome to the Autumn 2018 edition of the Network News.

The permanent staffing team, including Val, Jen, Purity, Petra and I, continues to remain stable and, Jenny Adams is achieving many things in

consultation with consumers, ACT Health, Legal Aid, the Human Rights Commission and others in her contract role as Education Officer (Peer Identified). She is well underway with the production of several informative brochures on such topics as Advance Agreements, Advance Consent Directions, Decision-Making Capacity, Nominated Persons and more. Find out more about this exciting project and much more in this edition.

Purity will be taking three months' leave throughout June to early September this year, during which she will be spending long awaited time with family in Kenya. In preparation for this period, we are pleased to be supporting Jen Nixon who expressed an interest in undertaking the policy role for skills building purposes. Jo Hargense is expected to return to backfill Jen's position supporting the Consumer Representative team. Jen is currently working with Purity to prepare for the temporary role change, and Jo will commence in mid-late May and finish her contract in mid-September 2018 to allow for appropriate role handovers.

Petra will be taking some time in Queensland over winter during which time she will undertake some work on training program revision and development which can be done remotely.

Val is expecting to take his well-deserved long service leave from the end of July for two to three months, during which time he is achieving a qualification unrelated to his role at the Network. Planning for this period has not yet commenced but I expect to advise members about this in the Winter edition.

I recently attended The Mental Health Services (TheMHS) Summer Forum with Consumer Representatives Terri Warner and Matthew Martin who have provided a great overview and some personal insights which you will find in this edition.

Work toward our three-year work plan is well underway, with many achievements and tasks underway. Some of the significant things to note are the formation of the Policy Reference Group which was formed to support and advise the Network's systemic advocacy program (expect to see their first major work with the 2018 Survey coming our soon!), great progress in our internal policy development, and work underway to build a good fundraising strategy.

Until next time, thank you for reading and for all the fantastic work our members do to improve the lot of consumers throughout the ACT.

- Dalane Drexler

Chair's Report

I'm writing this to you a week before Canberra Hospital and Health Services (CHHS) undergoes its Australian Council on Healthcare Standards accreditation audit, which is a very important part of the quality process for health services in the ACT. The accreditation audit encompasses all aspects of CHHS, including the Adult Acute Mental Health Unit, Dhulwa and the community mental health teams. It's important to remember that accreditation takes place against a set of minimum standards, so even a 'met with merit' only indicates that the services are doing what they have to, and not necessarily that they are doing those things exceptionally well. Having had several interactions with the hospital myself recently, both formally and informally, there are still areas in both mental health and the broader hospital and community health systems that need improvement, and it is up to us as consumers to demand those improvements and advocate for positive change.

I also recently attended the Mental Health

Services Learning Network's Summer Forum, which addressed approaches to trauma in mental health services. This is another area in which improvements need to be made, because so many mental health consumers have a history of trauma, sometimes related to services, that needs to be taken into account as part of their ongoing treatment and care.

Seeing how much still needs to be done can be daunting for us as advocates, which is why it is important for us to recognise and celebrate our successes. I am particularly looking forward to seeing the consumer-designed Advance Agreement and Advance Consent Direction forms, which I hope will be more user friendly and available to consumers who wish to exercise their rights under the *Mental Health Act 2015* (ACT). I wish you all a safe and restful Easter long weekend, and look forward to continuing our work together for the rest of this year.

Terri Warner
Chair

Focus Groups: Exploring Consumer Perspectives on Authority, Power, Influence and Leadership

Researchers from the University of Melbourne and University of Canberra are conducting a study on consumer leadership. A series of focus group interviews will occur to gather insight into the concepts of authority, power, influence and leadership.

The researchers are interested in speaking with people who, besides being interested in participating, also (1) identify as a consumer, ex-patient, survivor, peer, service user, or otherwise as having a lived experience background; 2) are doing something in the field of mental health- not necessarily as part of an institution or service; and 3) have some level of control or autonomy in their work.

People who participate will be reimbursed \$70 for a total of two hours. Two focus groups with 3-4 people in each will be held on Friday April 6th at the Network's office (Rm 11, Lvl 2, The Griffin Centre, 20 Genge St, Civic) from 10:00 am-12:00pm, and 1:00pm-3:00pm.

Places in the groups are filling up fast. Should you be interested in participating in a focus group interview, please contact 6230 5796 or email actmhcnc@actmhcnc.org.au

If you would like more information about this project, or if you would like to indicate your interest in taking part in a one-on-one interview, please contact Stephanie via email at stewarts2@student.unimelb.edu.au, or by phone at 0424 707 587.

Network Update

Since our last edition of Network News, the Network has been a hive of activity, with a number of events being held, which you can read about in this edition of Network News.

Consumer Rep Program

Welcome to another year of exciting consumer representation! With consumer representatives on 32 active committees it will be a busy year. Excitingly, the Consumer Representative Program (CRP) has a few first time representatives who are learning the ropes after finishing their Self-Advocacy and Consumer Representative training. If you would like to become a representative please either contact Jen (representation@actmhc.org.au), if you have already completed both of the training workshops, or Petra Kallay (education@actmhc.org.au) to undergo training this year. Both can also be reached by phone on 02 6230 5796

This year will see the end of the design, development and build phases of the University of Canberra Hospital. A huge thank you to all the consumer representatives, past and present, who have worked on the numerous committees involved with this major construction project over the last three (or more) years. There are many ways that consumer representatives have contributed to this project, from early meetings regarding the floorplan of the bedrooms, the staffing requirements, and the soft furnishings. A public walk through of the hospital is to be organised in the next month or so, and the Network will keep you informed of when it will be held.

The CRP Forums will be held on the last Tuesday of the month. Please note that there is no meeting in April due to the public holidays, and there will be two meetings in May, the first Tuesday (1 May) and the last Tuesday (29 May). A reminder that all active consumer representatives are required to submit their committee feedback prior to the Forum, and an RSVP is greatly appreciated. Members who are eligible to be a consumer representative (those who have completed the Self-Advocacy and Consumer Representative training) are welcome to come along to the Forums. The 2018 CRP dates are as follows:

1 May	11am – 1pm
29 May	11am – 1pm
26 June	11am – 1pm
31 July	11am – 1pm
28 August	11am – 1pm
25 September	11am – 1pm
30 October	11am – 1pm
27 November	11am – 1pm

National Mental Health Consumer and Carer Forum

The Network would like to take this opportunity to thank all those who nominated for the National Mental Health Consumer and Carer Forum. It was wonderful to see so many active consumer representatives interested in representing the ACT on this national peak Forum. Jane Grace was the incumbent for the last four years and the Network extends its thanks to Jane for all the hard work she did whilst a member, including being a major contributor to the publication *A Critical Literature Review of the Direct, Adverse Effects of Neuroleptics* released in September 2017. Matthew Martin is the new Forum representative. Matthew has been an active consumer representative for just over 5 years, and was on the Network board as the Treasurer in 2015-2016. Congratulations, Matthew. We look forward to working with you in this role over the next four years.

The CRP looks forward to working with all of our new members and consumer representatives through 2018.

Policy Program

The new Policy Reference Group has now met twice, in December and January. The role of the group is to provide expertise and advice regarding the policy program. The PRG was instrumental in putting together our recent submission for the Office for Mental Health. It is currently working on questions for the 2018 Consumer Survey.

Submissions

The Network developed submissions for the following:

1. Office of Mental Health; and
2. Peer Recovery Workers Guidelines

Capital Health Network and ACT Health Regional Mental Health and Suicide Prevention Plan

Following on from the *Fifth National Mental Health Plan* was the request for Primary Health Networks to develop, in partnership with local health providers and other key stakeholders, a Regional Mental Health Plan. The Network has been involved in the Regional Mental Health and Suicide Prevention Plan Working Group which will determine how the plan will look and how it will be developed and implemented for the ACT. The working group is focused on making sure the plan is a valuable and instrumental document. As such this process is being co-owned by the Capital Health Network and ACT Health, the Network, Carers ACT, Mental Health Community Coalition ACT and the Aboriginal and Torres Strait Islander Elected Body.

The Regional Mental Health Plan concept is looking at consumer experiences of mental health in the ACT through consumer journeys and looking at simple methods for improving the journey through better integration of services. Carers ACT has been instrumental in ensuring carers are included through a dedicated carer journey and also through incorporating carer inclusion into the consumers' stories.

The next step will be undertaking consultation with the community including consumers, carers, community agencies, clinicians and other stakeholders.

Events

Office for Mental Health in the ACT Consultation

The Network hosted two consultations this month regarding the Office of Mental Health in the ACT. On Friday 2 February, we held a discussion group to inform our submission to the consultants.

On Thursday 8 February the Network hosted the consultation by Synergia Consulting. At this consultation, they presented their collated feedback to consumers and other stakeholders. They also gave opportunities for further contributions.

Impacts of Mental Health Reforms and the NDIS on Mental Health Peaks

The Network purchased ten tickets for the named event. Eight of those tickets were for consumer reps and Board members and two for staff members. The forum was opened by Shane Rattenbury, ACT Minister for Mental Health. It featured a panel consisting of:

- Dr. Peggy Brown, AO, CEO, National Mental Health Commission
- Frank Quinlan, CEO, Mental Health Australia
- Amanda Bresnan, CEO, Community Mental Health Australia
- Angie Ingram, CEO, Mental Health Foundation ACT
- Michael Burge, OAM, National Mental Health Consumer Advocate, Board Director at World Federation for Mental Health (WFMH), and Vice President for the Oceania Region.

Grant Application

The Network has applied for a grant under the Disability, Mental Health and Carers Program – Disability and Carer Support - National Disability Conference Initiative. The initiative provides funding of up to \$10,000 for disability-related conferences with a national focus planned for the 2018-19 year. Through this grant we hope to be able to send four consumers to The Mental Health Services (TheMHS) Conference in Adelaide in August this year.

Community Education

Last year's training calendar finished on a high note, with a new group of co-facilitators completing their training and starting in their roles co-facilitating Self-Advocacy training! Currently the Network has 12 qualified co-facilitators to participate in our Community Education program. We are glad to have such a pool of valuable knowledge to draw on when facilitating our workshops.

More opportunities for our members to share their knowledge and lived experience will come up in the training calendar for 2018 which has a co-facilitator course, as well as a mentoring training scheduled (see calendar for dates).

Through February to early March 2018, 'Understanding the NDIS' training was held. This workshop turned out to be unexpectedly popular, resulting in a second workshop being scheduled in late February. Again, these workshops utilised the Network's pool of co-facilitators. While these workshops were aimed at peer workers and people with psychosocial disability applying for the NDIS both series of workshops saw service providers in greater numbers.

One way to support our community education co-facilitators is a quarterly catch up where we share knowledge, develop skills and catch-up with other members of the co-facilitation team. The inaugural catch up in February 2018 saw 5 co-facilitators attend, and discussed how support could be provided to co-facilitators, and what is hoped to be achieved by these quarterly catch-ups.

An opportunity for interested members to contribute to the development and refinement of our training workshops in Self-Advocacy and Consumer Representation, is a series of discussion groups. These are an opportunity for members to contribute to the content of training and give feedback about our training outline and resources. If you are interested in participating please contact the Network for more details!

At the time of printing, the first round of training in Self-Advocacy for 2018 is near completion, with Consumer Representation Training scheduled to commence in April.

See page 11 for details and a look at what training opportunities are coming up in 2018 at the Network.

Peer Education

As you may know, Jenny Adams has been employed as Education Officer (peer identified) to develop resources about the *Mental Health Act 2015 (ACT)*. The Act gives consumers many rights and opportunities for involvement and direction in their recovery, but so far very few consumers are aware of what these rights are and how to put their decisions in place. *My Rights, My Decisions* is the name we are giving to the range of education materials we are developing to help educate and support consumers.

So far, Jenny has sought to come to terms with the Act in detail and has held discussions and consultations with consumers and a range of organisations including ACT Health, ACT Disability, Aged and Carer Advocacy Service (ADACAS), Legal Aid, Human Rights Commission and Carers ACT. We are seeking to gain a broad range of perspectives on the issues that are inhibiting the uptake of elements of the Act, such as Advance Consent Directions and Advance Agreements. Jenny held a consultation with consumers to gauge their priorities for learning about the Act.

In addition, ACT Health suggested that the Network develop our own forms for Nominated Person, Advance Consent Direction and Advance Agreements. To this end, Jenny held a second consultation to develop draft forms with consumer input. Jenny has also drafted a range of brochures to support the workshop on the Act and to be available to consumers in their own right. These are currently going through internal review, and will then be circulated for review by consumers and the organisations listed above.

A pilot workshop called *My Rights, My Decisions* will be open to all consumers and has been scheduled for **Friday 18 May, 10am-3pm**. At the workshop participants will be supported to develop their own draft Advance Consent Direction and Advance Agreement and a provided wallet-sized card to indicate that they have forms in place. Participant views will also be sought to help refine the workshop, the forms and the brochures.

Network Events

Mar

Tuesday 27 March 11am—1pm

Consumer Representative Forum, Members' Area (Drop-In Closed)

Thursday 29 March 10am—12.30pm

Self-Advocacy Training, Members' Area (Drop-In Closed)

Friday 30 March to Monday 02 April inclusive

Network Office Closed for Easter long weekend

April

Thursday 5 April 10am—12.30pm

Self-Advocacy Training, Members' Area (Drop-In Closed)

Friday 6 April January

Consumer Focus Groups, Members' Area (Drop-In Office Closed)

Thursday 12, 19 & 26 April 10am—12.30pm

Consumer Representation Training, Members' Area (Drop-In Closed)

Friday 20 April 10am—3pm

My Rights, My Decisions pilot workshop, Members' Area (Drop-In Closed)

Wednesday 25 April

ANZAC Day Public Holiday (Network Office Closed)

May

Tuesday 1 May 11am—1pm

Consumer Representative Forum, Members' Area (Drop-In Closed)

Thursday 3 & 10 May 10am—12.30pm

Consumer Representation Training, Members' Area (Drop-In Closed)

Friday 18 May 10am—3pm

My Rights, My Decisions (venue to be confirmed)

Tuesday 29 May 11am—1pm

Consumer Representative Forum, Members' Area (Drop-In Closed)

Quarterly Community Forum: Mental Health & Physical Health

Quarterly Forums are designed to bring the mental health community together to discuss and debate mental health policy and program issues. The forums are hosted in partnership with the Mental Health Community Coalition ACT, Carers ACT and ACT Health to ensure robust dialogue and balanced stakeholder representation.

The first quarterly forum for this year was organised by the Network on the topic of Physical Health and Mental Health on 26 January 2018. The physical health of people who have mental illness can be overlooked or misunderstood by both the person who has the illness and medical professionals. When an individual has been diagnosed with 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. Certainly, mental illness can bring about neglect of physical health, resulting in unacceptably reduced lifespan and/or disability.

The forum panel comprised Chris van Reyk, active member of the Network, speaking on his perspective of

physical health and mental health, using Diabetes as an example. Brett Scholz, Postdoctoral Research Fellow, SYNERGY Nursing and Midwifery Research Centre, University of Canberra and ACT Health, presented on several misconceptions about physical health and mental ill health - for example, it is assumed that consumers do not care about their physical health. Brett presented research findings suggesting that consumers are often not listened to when seeking referrals or information about physical health support

And, finally, pharmacists from Capital Chemist in Wanniasa came along to show and discuss what services they are able to provide in terms of mental health support.

A booked out event, the attendees reported that the event was well thought out, interesting and educative.

A big thank you to all the speakers and attendees who came to this Forum. The next quarterly Forum will be held on Tuesday 15th May, from 12– 2pm, Room 8, Griffin Centre, on how the *Mental Health Act 2015* (ACT) is being implemented from the perspective of carers.

Free Diabetes test kits

Many people have Type 2 diabetes for up to seven years before it's diagnosed, and this can cause serious health complications. Awareness and early detection of diabetes is vital. If you don't get to your GP regularly, the MyHealth Test diabetes HbA1c simple finger prick blood test is any easy way that you can check your risk. The MyHealth Test HbA1c diabetes test simply requires a couple of spots of blood dropped onto a specialised card which is then sent the lab via regular mail. The kit can only be used by one person.

Please note that the test results are only available online and you will need an email account to access the reports, which become available in around two days.

The Network has been donated 12 of these test kits for use by consumers free of charge.

If you would like to obtain a kit, please feel free to come into our office during Drop-In hours (11am—1pm Monday to Friday), or give us a call on 6230 5796 to make alternative pick up arrangements.



TheMHS Summer Forum

This year's TheMHS Summer Forum had the theme of 'Trauma Matters'. The two days covered a lot of ground, from reporting on the lessons learned from the Royal Commission into Institutional Responses to Child Sexual Abuse 2013-2017, to those learned from trying to implement trauma-informed care models in health services where staff are resistant to practice change. Perhaps the most powerful presenters were those who talked about the lived experience and how moving outside of medical models where trauma is a factor can lead to better outcomes than our current restrictive practices and medication-centred approaches have thus far demonstrated. Matt Ball and Indigo Daya spoke passionately about voice hearers and complex trauma, and asked whether services can ever truly become trauma competent. This question was reinforced by Helen Milroy's admission that in service settings psychiatrists can't truly listen. Margaret Cutajar's recitation of statistics that dehumanised and degraded the experience of people with a history of trauma and rendered them into near-arbitrary risk categories; while Sophie Isobel's presentation on implementing trauma informed care in a health service in Sydney which talked about implementing a form of care that was never actually defined.

There was a great deal of focus on trauma and associated mental health issues which arise in the early stages of life, with these traumatic experiences being correlated with later life substance abuse and other major impacts on social, emotional and physical wellbeing. Whilst an individual may have experienced traumatic events as a child, the effects linger into the teen years and throughout adulthood. Traumatic events experienced by an individual affect the family, social and vocational opportunities.

Ms Milroy's presentation on the Royal Commission (see above) highlighted that significant traumatic events arise through the practices of institutions. Institutions have a responsibility to respond to incidents of child sexual abuse and mistreatment as the mental, emotional and physical harm lingers into adulthood. This harm not only affects the individual and family but also the community and economy. The effect on the community is increased strain on community resources which has a direct impact on the local economy. In the end traumatic experiences matter and they matter to all of us.

The Government Health system may also be considered an institution. The Network put a question to three panel

members of the forum concerning ACT Mental Health Justice Health Alcohol and Drug Services (MHJHADS). This question asked: 'What one issue should be taken away from this forum, to the table of the Corporate Governance Committee of ACT MHJHADS?' The panel reminded us of the traumatic events experienced by mental health staff. Across the country and the world, effective mental health services staff are lacking. Many individuals seek to be employed within the sector yet there is a fast attrition rate. Something to take away from the forum is the expectation of workers to provide care, treatment and support to consumers experiencing trauma. We must not forget of the trauma possibly experienced by staff charged with the caring responsibility. The forum highlighted that we must also provide care treatment and support to staff so they may support consumers.

Terri reported that throughout the two days she was often reminded of another event she attended, where two National Disability Insurance Agency staff tried to explain how they were implementing co-design without ever attempting to explain what they meant by it. She found there was very little content in the Forum that addressed what trauma informed care is, what it looks like, how it changes current practice. It came across as something that everyone thought they should do but that nobody could really define. In part this is because being trauma informed means providing individualised, person-centred care. In part, it is because once you define a thing, you are bound by that definition and people can measure your implementation's success or failure based on concrete concepts rather than nebulous ideals.

While TheMHS did some good work in making the content of the workshop 'safe enough' for people with a history of trauma, the Forum did highlight services' lack of understanding about what being trauma informed really means, and the tendency for them to pay lip service and then congratulate themselves for being progressive. It's clear that there is a lot of work that needs to be done to get from saying 'trauma matters' to it actually mattering in ways that improve the experience of service users who have experienced trauma.

Terri Warner and Matthew Martin
Consumer Representatives

NDIS Information

Report: Improving the NDIS Participant and Provider Experience (Released 26 Feb 2018)

NDIS Pathways represent the journey that a person will take from learning about the NDIS and understanding whether it is right for them, to whether they are eligible, to building a plan, and using that plan to achieve outcomes. It's the way that participants, families, carers and providers engage with the Scheme.

Since April 2017 the NDIS has been working with individuals to identify what needs to improve, and how to address the feedback that the Scheme was falling short of expectations.

Participants reported concerns about:

- Phone meetings
- NDIS representatives having a limited understanding about specific disabilities
- Inaccessible communications (like letters sent to participants with vision impairments, the Portal only available in English)
- Inconsistent experiences
- Having to retell their story to multiple staff members
- Not receiving appropriate information.

Participants said they wanted greater support during the planning stage, more information about other government services available, and transparency about how the Agency was using their information to develop their plans.

SO, WHAT'S CHANGING?

More than 200 'pain points' were identified by participants and providers! Opportunities for improvement were clustered into eight main themes - the pathways were redesigned to incorporate these.

- **Face-to-face engagement during the planning process, unless the participant elects otherwise. (No more phone interviews!)**
- **Participants will now be given a consistent point of contact in the LAC.**
- **A stronger focus on the broader systems of support for people with disabilities.**
- **Transparent communication during the planning process.**
- **Communication that is clear and available in accessible formats.**

In addition, six tailored pathways will be designed or enhanced for:

- Early childhood intervention
- People with complex needs
- People with psychosocial disability
- People within Aboriginal and Torres Strait Islander communities
- People within remote and very remote communities
- People with culturally and linguistically diverse communities.

For more information: <http://www.disabilityservicesconsulting.com.au/resources/pathways-review>

Read the full Review and find out more about the new pathways here: www.ndis.gov.au/medias/documents/pathway-review-report/Report-NDIS-

Q & A

'I was told I must use the 10 free Medicare psychologist sessions in the mental health plan my GP created for me before I can access my NDIS funded supports to see a psychologist. Is this correct?'

No. This is not correct. The NDIA develops and approves plan budgets to cover the full cost of supports, for example, psychology services, where they are considered reasonable and necessary for a participant.

The decision as to what capacity building supports or therapy would be deemed reasonable and necessary takes into account the responsibilities of the health system and services already available to the participant.

Once plan supports are approved, the participant can use those supports as described in the plan. Therapy may be described generally (e.g. "Therapy up to the value of \$X") in a budget so it can be used flexibly within that budget or it may be described specifically (for example, 1 session of psychology/therapy per week).

Information can be found in the following link. <https://www.ndis.gov.au/news/qanda-12feb.html>

Upcoming Training

The Network is pleased to offer the following FREE training courses for the first quarter of 2018. If you have any questions about the courses that the Network offers, please contact us on 6230 5796 or email Petra at education@actmhc.org.au.

Consumer Representation

Thursdays, 12, 19, 26
April, 3 & 10 May
(10:00am – 12:30pm)

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

Training Calendar for 2018

The calendar below shows our upcoming training dates for the remainder of 2018. Contact Petra on 6230 5796 or education@actmhc.org.au if you have any questions or require further information.

To register for any of these courses, complete and return the registration form on page 15.

Key:

- Understanding the NDIS
- Self-Advocacy Training
- Consumer Representation Training
- Mentoring Training
- Co-Facilitation Training
- Public Holiday
- Training Graduation

April						
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29	30					

May						
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13	14	15	16	17	18	19
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27	28	29	30	31		

June						
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July						
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29	30	31				

August						
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September						
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30						

October						
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28	29	30	31			

November						
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December						
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						1
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23	24	25	26	27	28	29
30	31					

Events & Notices



'THE CREEK' JAM SESSIONS

music players, voices and listening ears needed!!

Join us Tuesdays from 2.00-3.30pm for our music + social group!

We play mostly Rock'N'Roll & Country but welcome all genres. Feel free to come hang out! It's a relaxed time to jam, enjoy music, a cuppa & meet new people!

canberra church of christ building, cnr parkinson st and namatjira dr, weston. call joel 0403 388 276

Life in Community

The Wellways Life in Community (LinC) volunteer program supports people with mental health issues, and their family members and carers, to engage in community activities. LinC



volunteers assist people in their recovery journey, supporting them to develop connections in their community and a sense of belonging.

Volunteers support people in a range of social, educational and hobby activities.

Volunteers are guided by the person experiencing a mental health issue, by finding out what 'community' means to them and how they would like to participate.

Program participants, volunteers and service organisations can learn more about Life in Community by visiting the Wellways website at wellways.org/get-involved/life-community

wellways
mental health | disability | rehabilitation



A FREE vet clinic for pets belonging to people experiencing or at risk of homelessness. ALL pets are welcome including cats. Dogs must be on a lead.

Clinics run on the 1st Sunday of each month. The next clinic will be held on

Sunday 8th April, 2 - 4pm
Pilgrim House, 69 Northbourne Ave,
Canberra City
(Early Morning Centre – Uniting Care)

You will need a written referral from your service provider.

For more information email infocanberra@petsinthepark.org.au



ACT
Mental Health
Consumer Network

APPLICATION FOR PRIMARY MEMBERSHIP

NB: Primary membership is **free** for mental health consumers.

CONTACT DETAILS *Your name and at least one contact address/email is required	
Title:	<input type="checkbox"/> Mr <input type="checkbox"/> Mrs <input type="checkbox"/> Ms <input type="checkbox"/> Miss <input type="checkbox"/> Other
First Name	
Surname:	
Address:	
Postal Address: (if different)	
Email:	
Home Phone:	
Work Phone:	
Mobile Phone:	
Other contact:	
Do you have lived experience of mental illness?	<input type="checkbox"/> YES (please complete the rest of the form) <input type="checkbox"/> NO (do <u>not</u> complete the rest of this form. Ask for an Application for Associate Membership instead)
COMMUNICATION PREFERENCES:	
What is the BEST way for us to contact you?	<input type="checkbox"/> Email <input type="checkbox"/> Home Phone <input type="checkbox"/> Post <input type="checkbox"/> Text <input type="checkbox"/> Mobile Phone

Do you want to receive Newsletters and other information?	<input type="checkbox"/> Yes by email <input type="checkbox"/> Yes by post
How should we send information about AGMs and other major events?	<input type="checkbox"/> Home Address <input type="checkbox"/> Postal Address <input type="checkbox"/> Email
DEMOGRAPHICS	
Year of birth:	
Aboriginal:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Torres Strait Islander:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Language other than English:	<input type="checkbox"/> Yes: <input type="checkbox"/> No, English only
Gender:	<input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Transgender <input type="checkbox"/> Intersex <input type="checkbox"/> Other:
INTEREST and INVOLVEMENT IN NETWORK ACTIVITIES	
Self-Advocacy and Consumer Representation Training (SCR)	<input type="checkbox"/> I have completed Self-Advocacy Course <input type="checkbox"/> I have completed Consumer Representation Course <input type="checkbox"/> I want to attend ART <input type="checkbox"/> I'm not currently able to attend <input type="checkbox"/> I have completed a similar course at (organisation)
Consumer Rep Program	<input type="checkbox"/> I'm interested in becoming a Consumer Rep <input type="checkbox"/> I'm not currently able to be a Consumer Rep
Policy and Projects Program	<input type="checkbox"/> I want to be involved in discussions and projects: In these areas: <input type="checkbox"/> I'm not currently able to be involved
Network Events:	<input type="checkbox"/> I want to be involved in planning events <input type="checkbox"/> I'm not currently able to be involved

Thank you for taking the time to complete and return this information



ACT
Mental Health
Consumer Network

Training Registration Form

Name: _____

Street Address: _____

(Suburb) _____ (Postcode) _____

Phone: (h) _____ (m) _____

Email: _____

1. Which training are you registering to attend? (*Training Name and Date*)

2. Do you have any additional needs? (*e.g. wheelchair accessibility, dietary requirements*)

3. Please explain why you want to attend the above training.

4. How did you hear about this course?

Signed: _____ Date: _____

Thank you for your registration. We will confirm your place as soon as possible.

About the Network

The ACT Mental Health Consumer Network is an organisation that is run by consumers for consumers. Our aim is to bring about a higher standard of health care in the mental health sector, through representation, lobbying and active involvement in new developments in the mental health sector.

Our organisation is extremely committed to the rights of mental health consumers. We promote a respectful and accepting system that involves Consumers, Carers and Professionals listening and respecting one another in an active healthy relationship. We also promote the development of support structures for all these groups.

All people who identify as being a mental health consumer are welcome to join the Network. An application form can be found on the following pages or by filling out and submitting via our website.

Drop-In

The Network is very pleased to offer a venue for Consumers to Drop-In for a chat and a cuppa, and/or to use the computers or phones for their self-advocacy needs most week days. Due to the nature of the Networks business, there are times when the Drop-In service unfortunately will be closed, and we try to keep members informed of any closures.

A notice of expected opening times for the current and following week is posted at the front door to the office.

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



Level 2, Room 11
The Griffin Centre
20 Genge St, Civic



(02) 6230 5796



www.actmhc.org.au



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