



ACT
Mental Health
Consumer Network

NETWORK NEWS

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2018 Mental Health Consumer Survey

Are you or is someone you know or work with a mental health consumer who lives in or uses mental health services in the ACT? We define a mental health consumer as a person who identifies as having lived experience of mental illness or disorder, past or present OR who has personally used a mental health service for their own mental health needs.

If so, we'd love to receive your/their responses to our 2018 biannual survey!

Copies of the survey were mailed out to members recently. If you require a copy, please contact us on 6230 5796 or email actmhcncn@actmhcncn.org.au

The survey is designed to gather information that will help us:

- improve and focus our advocacy for mental health consumers
- improve the way we receive and use feedback from consumers
- meet the goals of our funding agreements

We can't promise that anything will change immediately. But we do promise to use the information you give us to improve what we do.

As thanks for your time, everyone who finishes a survey can receive either

\$10 Woolworths Group (Wish) gift voucher

OR

\$10 Coles Group gift voucher.

You will need to provide your name to receive your gift voucher. However, your name will not be associated with your survey responses.

The survey period ends on 29 June 2018 so please ensure you return it by post, email or in person by this date.

From the EO's Desk



Dear Readers

Welcome to the Winter 2018 edition of the Network News.

While the permanent staffing team remains with us, there has been quite a lot of change within the office – some expected and

reported in the Autumn newsletter and some new. including Val, Jen, Purity, Petra and I, continues to remain stable and, the, 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 Person and more. Find out more about this exciting project and much more in this edition.

As expected, Purity is now on leave with her family in Kenya, and Jen Nixon is filling in undertaking the policy coordination role until early September this year. Jen is also working with Jo Hargense who is working in the consumer rep program coordination role as planned. Petra has also taken expected leave to be in a warmer climate for health reasons however is taking leave for longer than initially expected. During this time, Terri Warner has taken leave from her role on the Board to deliver our existing training courses while Petra works a few hours on education policy, procedures and course development. Val's expected long service leave has been delayed until later in the year and we expect to be able more information on this in the Spring newsletter.

In addition to the temporary changes in the permanent staffing area, we've had some exciting developments in other areas. Jenny Adams who has been working hard on the *My Rights, My Decisions* program to support consumers to better utilise their rights under the *Mental Health Act 2015* (ACT) will not be able to continue to

further develop and broaden the program over the next 12 months, with Katrina Bracher— Executive Director of Mental Health, Justice Health and Alcohol and Drugs Services— finding a way to fund Jenny's role for the period. The Network is pleased to partner with MHJHADS on this important work to ensure consumers and ACT Health staff are supported through the processes, resulting in broad systemic improvements for all. Finally, we are very pleased to have been able to create a new temporary Program Administrator (Peer Identified) role to support the program coordinators in their work to allow them to spend some much needed time on higher level items that have been on the backburner. Pema Choden was selected as the preferred candidate in a very successful recruitment round, and we are sure she will be a great member of the team in the role.

A quick note, followed by a formal notification on page 6 that from 1 July 2018 Drop-In will only open on Thursdays between 10am-1pm, and once or twice per months will have information and support sessions attached to them for the benefit of consumers. This decision is not made lightly, and we hope that members will understand our need to make it. We will of course review the decision over the coming 12 months.

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

We've had some heartening announcements from the ACT Government regarding the budget and mental health services recently. Particularly exciting is news that the Recovery College, which many of our reps have fought for through involvement on steering committees and in early consultations, will receive funding for the next three years. This is a clear example of a good idea whose time has come eventuating because of strong support from both consumers and allies.

The opening of the UC Hospital has reminded me of the sometimes arbitrary divide that health services place between mental health and general health, in terms of both design and delivery. I feel that there are still lessons to be learned on all sides in terms of treatment and care as well as policy and participation.

The third issue that has had coverage in the media that directly affects us all is the Canberra Hospital accreditation report, in which a number of accreditation criteria, some critical to mental health services and attributed extreme risk status, were classified 'not met' by the surveyors, and Canberra

Hospital and Health Services was given 90 days to remedy them. That 90 day deadline is fast approaching, and we look forward to hearing from MHJHADS and CHHS on the progress they have made towards remedying the issues identified in the accreditation report.

I would like as ever to thank you all for your efforts in advocating for systemic change – our reps and members put in hours of work, and contribute valuable lived experience expertise as well as personal and professional skills and knowledge to helping us drive positive change here in the ACT and nationally.

Lastly, I would like to inform you that I will be taking a temporary leave of absence from my role as Chair to deliver the Network's training programs while the Community Education Coordinator is interstate. Chris Corcoran will be acting Chair during this time.

Terri Warner
Chair

Introductions

Jo

Jo rejoined the Network in May 2018 on a temporary contract as the Policy and Participation Coordinator. After many years working in the Commonwealth Public Service, Jo is enjoying the transition into community sector work and has a particular interest in mental health. Currently Jo is undertaking study in the Certificate IV in Mental Health at CIT.

Jo has acted briefly as the Network's Program Support Officer in 2014, Policy and Participation Coordinator in 2017 and became a board member in November 2016.

Pema

Pema joined the Network on June 14 2018 on a temporary contract as the Program Administrator (Peer Identified).



She has recently graduated from the University of Canberra with a masters degree in International Development. She is excited to join the community sector particularly in mental health.

Pema is enjoying her transition into community sector work here in Australia, as she did in Bhutan advocating for people from diverse backgrounds, helping people in gaining employment and advocating for vulnerable people. Before coming to Australia in 2015, she worked for National Land Commission of Bhutan as a Region Head and Program Coordinator for more than seven years. She will be working at the Network to assist the administration of our Education, Policy and Representative programs, as well as other duties of the office.

Network Update

The Network has recently undergone some changes to the staffing team, some that you are hopefully aware of already.

Petra Kallay, our Community Education Coordinator has taken extended leave until September. Terri Warner is taking a leave of absence from her role on the Board to deliver our existing training programs until Petra returns in early September;

Purity Goj, Program Manager, is also taking extended leave until early September. During this time, Jen Nixon will take over the policy role and email address, and Jo Hargense will be filling in for Jen as the temporary CRP Coordinator.

We trust that these changes will not hinder our work but will in fact allow dedicated staff to up-skill, while allowing others to rejuvenate during their well-deserved leave. We continue to strive to achieve the best outcomes for mental health consumers in the ACT, and for the continued smooth running of the organisation.

The Network engaged a new online IT support provider to manage our online systems. This involved the upgrade and transfer of our old database to a significantly newer version. This transition has identified glitches, such as missing attachments to emails, which we are continuing to iron out. Any members who notice that attachments etc. are missing from email communications, please let us know and we'll be able to forward attachments from our own emails. Please be patient with us while we continue to address glitches and errors that arise with the operation of this new system.

The Network was alerted to a hack attempt on our website in late May by our online IT support provider. In this attempt our support provider was quickly able to block any changes being made to our website, and to further prevent any other actions the decision was made to take our website offline. Due to the current trend of online data servers utilised by many different industries, the Network also utilises online services for our database, which sits inside the website platform program. This database is not easily identifiable and, after investigating the hack attempt, our support provider could see no evidence of this database being accessed, however this remains to be seen.

Our website remains offline for the time being, while we make arrangements to further secure this information.

The Network apologises for any inconvenience this notice causes members.

Peer Education

The Network will be holding the launch of *My Rights, My Decisions* workshop on Wednesday 27 June from 1:30 – 3:00pm. All are welcome to attend.

My Rights, My Decisions is a program that aims to educate and support the empowerment of mental health consumers with respect to the *Mental Health Act 2015 (ACT)*. To date, we have created a single *My Rights, My Decisions* Form Kit, which contains the forms for Nominated Person, Advance Agreement and Advance Consent Direction. These forms support consumers to express their views about their own mental health treatment, care and support, while they have decision-making capacity. These views will then be taken into account by their treating team if they have reduced decision-making capacity in the future. The forms are a powerful way for mental health consumers to have their voices heard and we encourage all consumers to put them in place. The launch of *My Rights, My Decisions* will see a Pdf of the Form Kit being placed onto the Network's website for easy access by all.

The Network is running *My Rights, My Decisions* workshops to help mental health consumers understand their rights under the *Mental Health Act 2015 (ACT)* and to put their forms in place. The first pilot workshop has been run and it has been decided to run the workshop over two sessions. Dates have yet to be confirmed for up-coming workshops, but if you are interested, please email Jenny Adams at peer.education@actmhcn.org.au or call 6230 5796.

At the workshop mental health consumers will also be provided with a *My Rights, My Decisions* fold out card, which they can carry in their wallet. The card contains details about their forms, as well as relevant contact details. This is to help others to know when a consumer has a Nominated Person, Advance Agreement and Advance Consent Direction in place, and who to contact if they become unwell. A *My Rights, My Decisions* contact keyring and pen will also be available.

Policy Program

ACT Health Accreditation

As many of you are aware, ACT Health went through their accreditation process in March this year. A number of recommendations were made but there were five recommendations that specifically applied to the Mental Health Justice Health, Alcohol and Other Drug Services (MHJHADS). The recommendations were:

1. That the ligature points identified in Adult Mental Health Unit are immediately fixed;
2. That ACT Health commission an independent review of the safety of our inpatient units;
3. That ACT Health establish an Advisory Body to oversee any recommendations from that review;
4. That ACT Health complete outstanding discharge summaries from AMHU;
5. That ACT Health work with ACT Corrective Services to reduce the exposure of our staff to passive smoke at AMC.

The following update regarding the five recommendations was recently provided to the Network by ACT Health.

1. That the ligature points identified in AMHU are immediately fixed;

37 ensuite doors have been removed. There are three 3 doors that have been left in place at this time to ensure patient privacy. A prototype room is currently being developed for Stage 2 rectifications this will take until mid-August at the earliest to complete.

2. That MHJHADS commission an independent review of the safety of the inpatient units;

The Review team from Victoria undertook their site visits in late May. They looked at the safety aspects of our models of care and practice across AMHU, Mental Health Short Stay Unit, Withdrawal Unit,

Dhulwa, Brian Hennessey Rehabilitation Centre and University of Canberra Hospital.

3. That MHJHADS establish an Advisory Body to oversee any recommendations from that review;

Final details regarding the Advisory body are currently being put in place to monitor the implementation of any recommendations from the Review.

The Network will send a consumer representative to this Advisory body.

4. That MHJHADS complete outstanding discharge summaries from AMHU;

Significant work is underway to achieve this recommendation by the time the survey team returns. The back log of 2017 discharge summaries is complete.

5. That MHJHADS work with ACT Corrective Services to reduce the exposure of our staff to passive smoke at AMC.

ACHS have confirmed for ACT Health that for accreditation purposes this recommendation relates specifically to passive smoke within the Hume Health Clinic – not more broadly in the AMC.

2018 Consumer Survey

After a vigorous review process involving internal and external stakeholders, the survey is now finalised and ready for distribution. A copy of this survey has been included with this edition of Network News.

Submissions

The Network developed an informal response for the Review Adult Mental Health Day Service Model of Care.

Events

1. Katrina Bracher, Executive Director MHJHADS, spoke to consumer representatives regarding the accreditation findings for mental health services, 1 May
2. Policy Reference Group Meeting, 23 May
3. Review Adult Mental Health Day Service Model of Care, 23 May
4. Hosted and coordinated Information session regarding My Health Record, 29 May (see over page under Consumer Rep Program for details).

Consumer Rep Program

As International Volunteer Week passes by for another year, the Network would like to thank all our Consumer Representatives who work hard as volunteers. Their active participation on 25 ACT Health Directorate and nine other committees ensures that the lived experience voice is included in the development of projects, policy, consumer handouts and service provision! A special lunch was held in their honour at the last CRP Forum on Tuesday 28 May, with lovely Chinese food and rainbow cake! If you are interested in becoming a consumer representative please do not hesitate to contact either Jo (representation@actmhc.org.au) or Terri (education@actmhc.org.au), or phone the Network on 02 6230 5796.

The Network will be re-engaging our site visits to the bed-based mental health units. Jo and Jenny are currently organising visits to Brian Hennessy Adult Mental Health Unit/Emergency Department Mental Health Short Stay Unit, Calvary Hospital Ward 2N and the Older Persons Mental Health Unit. There is the potential for this round of site visits to also include the Dhulwa Secure Mental Health Unit. If you wish to participate in the visits, please email (representation@actmhc.org.au) or ring Jo or Jenny on 02 62305796.

Mental Health Week Awards for 2018 nominations and Award information are available in this Newsletter. Please take the time to consider the nominations, and nominate someone, or get someone to nominate you, for this year. Don't forget the special Network Award – the Michael Firestone Memorial scholarship, where individuals can receive up to \$500 reimbursement for study fees which can include class fees, hardware (printer, laptop), school books etc. If you are interested, please contact Jen (policy@actmhc.org.au).

Staff and consumer representatives who have been working on the development, policy and build of the new University of Canberra Hospital (UCH) - Specialist Centre for Rehabilitation, Recovery and Research were invited to attend a business breakfast on 15th June and have a look around the facility prior to the formal opening. This is very exciting to see all the outcome of all that dedication and effort. The Network will notify members when the new hospital opens.

The Consumer Representative Program has been having wonderful participation in the Consumer Representatives Forum this year, which is creating a lot of important and interesting discussion. As you know, the Forum is an

important opportunity for consumer representatives, and those who are eligible to be a representative but are not yet on any committees, to discuss issues being considered by committees enabling consumer representatives to comment on issues that cross over the many different committees we would like to take this opportunity to encourage our active representatives to attend as often as possible. The next meeting is on Tuesday 3 July.

Drop-In Alert

After another 12 months of monitoring and review, we have made the difficult decision to reduce the regularity of our Drop-In sessions. From 1 July 2018, Drop-In will now be open:

Thursdays 10am to 1pm

Once or twice per month from February through to the end of November we will 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.

Network Events

June

Tuesday 19 June 11am—1pm

Network Board Meeting, Meeting Room 9, The Griffin Centre

Wednesday 27 June 1.30pm—3.30pm

My Rights, My Decisions workshop, Meeting Room 8, The Griffin Centre

July

Tuesday 3 July 11am—1pm

Consumer Representative Forum, Members' Area

Tuesday 24 July 11am—1pm

Consumer Representative Forum, Members' Area

Aug

Thursday 9 August 1pm—2.30pm

Co-Facilitator Quarterly Catch-up, Members' Area

Tuesday 21 August 11am—1pm

Network Board Meeting, The Griffin Centre

Thursday 23 August 11am—1pm

Policy Reference Group, Members' Area (Drop-In Closed)

Tuesday 28 August 11am—1pm

Consumer Representative Forum, Members' Area



Mental Health Week Awards & Michael Firestone Memorial Scholarship

The ACT Mental Health Week Awards open for nominations on June 25. There are six Awards and a Scholarship.

The awards are: Promotion Prevention and Early Intervention Award; The Mental Health Carer Award; The Mental Health Volunteer Award; the Mental Health Consumer Award; AND the Reciprocity Award and the David Perrin Award which are presented in conjunction with the ACT Mental Health Consumer Network.

The Scholarship is the Michael Firestone Memorial Scholarship, a reimbursement worth up to \$500 recognising mental health consumers who are furthering their education by providing scholarship(s) to cover general education expenses such as computers, course texts and course fees.

Information about the Awards and Scholarship, as well as nomination forms are available for download from the Mental Health Week website: <https://www.mentalhealthweekact.org/awards> Readers who require nominations can contact us on the details below and we will forward one out to you.

If you have any awards questions or require clarification, please contact us by email to Awards@actmhc.org.au or phone 02 6230 5796.

Nominations close 4pm Friday 21 September 2018.

2018 Budget Summary

The ACT Budget has recently been released, which highlighted some significant changes to mental health services in the ACT.

The Mental Health Community Coalition (MHCC) ACT issued a response to the Budget with details on initiatives and how funds will be provided for the mental health sector. Below are some key of the key areas that are sourced from MHCC ACT's response. A full copy of the response is available from the [MHCC ACT website](#).

As stated by MHCC ACT in their Budget response, the investments are being viewed in the context of the establishment of the Office for Mental Health and Wellbeing, and federal/state match funding for psychosocial services for people ineligible for NDIS funding.

Accommodation (\$9,976,000)

- Establishment of 3 community-based facilities to provide long-term supported care.
- Establish a Step-Up/Step-Down facility in Canberra South
- Refurbish 10 bed extended care unit at Brian Hennessey

Youth (\$3,431,000)

- Establish a recovery-focussed, community-based outreach program for 12-18 year olds
- Develop a young adult Model of Care for 18-25 year olds
- Continued support of *headspace*

Suicide Prevention (\$350,00)

Trial extension of the Way Back Support Service by one year.

Establishment of ACT Mental Health Recovery College trial (\$889,000)

Older Persons (\$3,072,000)

Continued investment in the Older Persons Mental Health Intensive Treatment

People leaving prison (\$406,000)

- Extension in the Mental Health Detention Exit Community Outreach program for another two years.

My Health Record

Following the Consumer Rep Forum on Tuesday 29 May Primary Health Network presented to members of the Network on the upcoming My Health Record.

You are going to hear a lot more about the My Health Record with the opt out phase commencing in July. The Government has decided that this will be an “opt out” program. This means that unless you advise the Government that you DO NOT want to be part of the My Health Record a record will be made and stored for you and used by medical practitioners. If you decide that you don't want a My Health Record created on your behalf, the opt out phase is your only opportunity to prevent this record being created. It's not possible to opt out of having a My Health Record before this period starts on 16 July 2018.

Below is some information provided by the Capital Health Network about this new initiative. If you want more information regarding the program, please contact the Network and we can send you the presentation given to members.

This year all Australians will get a My Health Record unless they choose not to. My Health Record is an individual, online summary of key health information that can be viewed safely and securely.

For those with lived experience of mental illness, privacy and security of their medical information is understandably of paramount importance. My Health Record protects individual data using multi-layered safeguards including encryption, firewalls and secure logins.

Personally controlled settings allow the user control over who sees the information and what they see. With three options to: set an access code to give access only to selected healthcare providers, control access to specific documents or give access to a nominated representative such as a family member, close friend or carer, the privacy control is completely set by the individual.

Audit logging means the person can see which provider has accessed their documents and when. Setting up SMS notifications means an email or text is sent any time a new healthcare provider accesses an individual's My Health Record, including in an emergency.

But what about the other more general benefits?

Having healthcare practitioners able to see discharge summaries, prescribed and dispensed medications as well as shared health summaries and adverse drug event reports means a repository of accurate details is

available to support clinical conversations when providing a medical story. My Health Record can list results from pathology and imaging reports such as blood tests and x-rays. This available information means doctors have more time to spend with patients rather than chasing up their medical information.

When a My Health Record is activated it's empty. The individual has the choice to add two years of Medicare data but a person's medical history will not automatically be uploaded. Going to a doctor and asking for a shared health summary to be uploaded will mean a summary of an individual's past medical details will be added only if they choose it to be.

While there is legislative standing consent for a health practitioner to access a My Health Record while in the treatment of a patient, the healthcare consumer can request a document not be uploaded if they choose. They can also delete documents at any time. However they will not be able to be accessed again.

During the opt out period (16 July – 15 October 2018) individuals who do not want a record will be able to opt out by visiting the My Health Record website or by calling 1800 723 471 for phone based assistance. Records will be created for all other Australians by the end of 2018.

Further Information is available from the My Health Record website

<https://www.myhealthrecord.gov.au/for-you-your-family/howtos/control-access-my-record>

Office for Mental Health & Wellbeing

The Minister for Mental Health Shane Rattenbury issued a notice on Thursday 14 June 2018 regarding the formal establishment of the Office for Mental Health and Wellbeing, which we have included below for your information.

“Dear friends and colleagues,

Today, I am pleased to announce the delivery of one of the Government’s key Parliamentary Agreement commitments to support mental health in our community: the formal establishment of the Office for Mental Health and Wellbeing.

The Office will be known as the Office for Mental Health and Wellbeing in recognition of how our lifestyles shape our mental welfare. The ACT Government is committed to an integrated approach to promoting mental wellbeing and suicide and self-harm prevention, and the Office will have a key role in delivering on this commitment.

The model for the Office was developed in consultation with the community, mental health consumers and carers, mental health organisations, peak bodies and ACT Government agencies and was informed by similar offices established in Australia and overseas. Key features of the Office are:

- The Office will take the lead in creating a new, Territory-wide vision for mental health and suicide prevention in the ACT through a process of collaboration and co-design.
- The Office, led by a Coordinator-General, will work with representatives from across Government through a Stewardship Group to develop a more holistic approach across the continuum of mental health care and ensure that people experiencing poor mental health can access the most appropriate services and supports at the right place and the right time.
- The model for the Office will enable it to focus on issues across the whole of Government, ensuring the Office will collaborate closely with other agencies, including health services, primary care, housing, employment, community services, justice, community safety, police, education, and social inclusion.
- The cross-directorate Stewardship Group will support a whole of Government focus for the Office and facilitate opportunities to address the social determinants of mental health and promote an integrated and coordinated response by ACT Government funded services.
- The vision and workplan for the Office will be developed

by the Stewardship Group and co-designed with stakeholders.

The Office will sit within ACT Health but will be guaranteed a level of independence by having access to the Minister for Mental Health, and may initiate reports and reviews, or conduct those requested by the Minister.

Next steps in establishing the Office for Mental Health and Wellbeing include:

- Today we have released the consultant’s report that underpins the model for the Office, as well as the Government’s response to the report’s recommendations.
- A small team of staff are commencing in the Office today and formal recruitment of additional staff for the Office has commenced.
- A nation-wide recruitment process for the Coordinator-General will commence shortly.
- With the establishment of the Office, the team will work with a cross-directorate Stewardship Group to start progressing development of an initial workplan. The workplan will be delivered within 100 days of the Coordinator-General commencing, and then be further developed through a community co-design process.
- A priority over the coming months will be raising awareness of the role of the Office and continuing to engage with and build relationships across Government and community stakeholders to inform the development of the vision and the workplan.

Further information about the model for the Office is available in this [brochure](#) and [media release](#). The full consultant’s report and the Government’s response is also available on the ACT Health website [here](#).

Thank you for your interest and support for the Office of Mental Health and Wellbeing. I look forward to the opportunities the Office will present to develop holistic approaches to good mental health for our community.

Yours sincerely,

Shane Rattenbury
ACT Minister for Mental Health
t: 620 50005 | e: rattenbury@act.gov.au “



Upcoming Training

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

Co-Facilitation

Dates: Monday 2, 9 & 16 July 2018

Times: 10am – 4:30pm

Location: Canberra City, venue to be confirmed with participants.

Objective: The purpose of this training is to provide eligible members the skills and opportunity to use their expertise of lived experience by becoming co-facilitators in the delivery of the Network's training.

This 3 day workshop consists of training modules, as well as the opportunity for the participants to put into practice the skills learned during the training by facilitating practicum activities.

Module 1 – Why Peer Work?

Module 2 – Group Facilitation Skills 1 (How We Learn and Introduction to Facilitation)

Module 3 – Group Facilitation Skills 2 (Facilitation and Co-facilitation Skills)

Module 4 – Self Care

Morning tea and light lunch will be provided.

Contact the Network to determine if you are eligible!

Understanding the NDIS

Dates: Mondays 13 and 20 August 2018

Time: 10:00am - 4:45pm

Objective: To provide knowledge and ability to assist a person with psychosocial disability in accessing/transitioning to the NDIS.

By the end of this two-day workshop, the participants will have:

- Developed an understanding of the NDIS, eligibility requirements and registration process
- Explored strategies to assist potential NDIS participants with decision making and planning
- Explored how the recovery approach relates to the NDIS
- Identified strategies for supporting someone when accessing the NDIS

Morning tea and light lunch will be provided. RSVPs are required and can be given to Terri by email at education@actmhc.org.au, SMS on 0406 457 557 or by calling 6230 5796 and leaving a voice message, if your call is unanswered.

Future training workshops

To the right are training dates for upcoming workshops. Contact Terri 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.

Self-Advocacy (Intensive)

Mondays 3 and 10 September

Consumer Representation

Mondays 17 and 24

Co-Facilitation
(TBC)

Mondays 15, 22 and 29 October

Events & Notices

'The Impact of the NDIS on ACT Mental Health Consumers, Carers and Services'

An event incorporating the launch of the Mental Health Community Coalition of the ACT's report, 'When the NDIS came to the ACT – a story of Hope and Disruption in the Mental Health Sector'.

This is more than just the launch of a report. It is an event that will explore this issue from the perspective of the ACT's consumers, carers and services in some depth.

Hear from:

- Shane Rattenbury, ACT Minister for Mental Health;
- Amanda Bresnan, Executive Officer of Community Mental Health Australia;
- Prof. Luis Salvador-Carulla, Head of the Centre for Mental Health Research at the ANU;
- a panel of consumers and carers; and
- representatives from various community services.

There will be valuable learnings from this event, and opportunities to share your views.

The event is free, but it is necessary to Register using Eventbrite on this link:
<https://www.eventbrite.com.au/e/impact-of-the-ndis-on-act-mental-health-consumers-carers-and-services-tickets-47052285653>

Any queries to admin@mhccact.org.au or 6249 7756.



The Australian Psychosis Conference (previously Australasian Schizophrenia Conference) aims to bring together researchers, clinicians, consumers and carers, all interested in the best possible outcomes for people with a psychotic illness. The Conference will have keynote presentations and parallel streams, covering up to the minute research, discussions on best practice and treatment and debate as to how best to encourage recovery. The program aims to synthesise what we know about psychosis, how best to treat it and how best to deliver that treatment in our society in 2018.

The Conference is auspiced by the Psychosis Australia Trust, an independent organisation with the mission of improving organisational, investment, and policy capacity to carry out priority-driven research into schizophrenia and bi-polar disorders in Australia. Their aim is helping all those affected by these mental illnesses to live better lives now.

Carers and Consumers Registrations

Discounted registration fees are available for Carers and Consumers to attend the Conference, for information on these registration fees please visit <https://www.apc2018.com.au/registration/>

Carers and Consumers Public Forum

Prior to the Conference, a Public Forum for Carers and Consumers will be held on the Thursday evening. Further information on this program will be available in July.

Date: Thursday 13 September 2018 **Time:** 6.00pm to 8.00pm **Venue:** The Grand Lodge, SMC Conference and Function Centre **Cost:** Free to Attend



This Is My Brave Australia Inc. is proud to present the Canberra Mental Health Film Festival 2018 along with charity partner Reclink Australia and supporting partner Screen Canberra.

The Festival will be 6 sessions over one day including shorts and feature films including: Youth section (Under 25's); Short Films; LGBTQI; Documentary; Animation; Panel sessions and; Q&A with film makers

To submit your film go to www.thisismybraveaustralia.com/cmh-film-festival

Contact Festival Director Tim Daly at tim@thisismybrave.org or call 0455747168



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
10am – 1pm,
Thursdays.



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



(02) 6230 5796



www.actmhc.org.au



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