



Network Bulletin

8 Nov 2018

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

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

- Morning Tea for PANDSI (2.1)
- Cancelled - My Rights, My Decisions workshops (2.2)
- ACTMHCN AGM and End of Year Christmas Party (2.4 and 2.5)
- Announcement: Coordinator-General for Office of Mental Health and Wellbeing (3.1)
- ACT Mental Health Consumer Scholarship Scheme (3.2)
- TheMHS Summer Forum (3.10)

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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. We regret that on some occasions Drop-in needs to be closed and we are committed to informing members as early as possible when this will occur. The Network apologises for any inconvenience caused by Drop-In closures.

Drop-In is open Thursdays 10am to 1pm

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

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

Drop-In Closure

Drop in will be open next Thursday, 15 November 2018.

2. Upcoming Network events

2.1 Morning Tea for PANDSI

You are warmly invited to a Morning Tea to support Perinatal Anxiety and Depression Week.

As well as being a great opportunity to meet other people, there will be yummy treats to buy (\$1 and \$2), and a quiz. All funds raised will be donated to PANDSI (Post & Antenatal Depression Support & Information Inc) who do amazing work for the Canberra community.

Date: Thursday 22 November, 11am – 12pm

Where: the ACTMHCN Office, Level 2, Room 11, 20 Genge St, Griffin Centre

2.2 FREE My Rights, My Decisions workshops

The next upcoming 'My Rights, My Decisions' workshop scheduled for Friday 23 and 30 November has been cancelled. The Network apologises for any inconvenience this cancellation may have. The Network will be running the workshops throughout 2019, and maybe later this year.

For your information, at these workshops, participants learn about and are supported to develop their own draft Advance Consent Direction and Advance Agreement, and are provided with a wallet-sized card to indicate that they have these forms in place along with a keyring to alert health workers to a key contact person for their mental health needs.

Further information about this program is available via our website

www.actmhcncn.org.au/mrmd/

If you would like to participate in future workshops or require more information, please contact the Network: 02 6230 5796, peer.education@actmhcncn.org.au, or SMS to 0406 457 557.

2.3 FREE Pilot Course: Consumer Representation Peer Mentor Training

Become a Consumer Representation Peer Mentor!

A 'pilot course' helps us to evaluate course design and content, before we make the training available more widely. *[Note: This 'pilot course' is for Network members who have already mentored other consumer representatives. We will be running this training more broadly in the New Year. If you are interested please email education@actmhcncn.org.au]*

This 1 day workshop educates eligible members to use their skills of consumer representation to mentor new volunteers.

The goal of this workshop is for participants to:

- Develop personal skills needed for effective mentoring
- Establish and maintain a mentoring relationship including:
 - Identify the scope and boundaries of the mentoring relationship and work within ACTMHCN guidelines
 - Support the person being mentored to develop and use skills as a Consumer Representative on Committees
 - Use personal experiences and knowledge effectively to assist the person being mentored in consumer representation
- Evaluate the effectiveness of mentoring
- Use self-care strategies to maintain wellbeing as a mentor

Workshop Details:

Dates: Monday 26 November
 Time: 10:00am - 4:00pm
 Location: Canberra City, ACTMHCN
 Cost: Free. Morning tea and light lunch will be provided.

Please contact the Network if you are interested in attending, email: education@actmhc.org.au or call 6230 5796.

2.4 Network End of Year Christmas Party

The ACT Mental Health Consumer Network's end of 2018 Christmas Party is scheduled for 6 December for a BBQ lunch, on the Ground Floor, Griffin Centre. Further information will be forthcoming, so please save the date.

2.5 Network Annual General Meeting

The ACT Mental Health Consumer Network' is scheduled for 12:30-3pm on Tuesday 20 November 2018 in Meeting Room 8, Level 2, Griffin Centre, 20 Genge Street, Canberra City.

3. For Your Information

3.1 Announcement of the Coordinator-General for Office of Mental Health and Wellbeing

Dr Elizabeth Moore was announced as the successful candidate for the role of Coordinator-General for the Office for Mental Health and Wellbeing as announced Wednesday 7 November by the Minister for Mental Health, Mr Shane Rattenbury. Dr Moore will commence Monday 3 December 2018.

Dr Moore has been a Fellow of the Royal Australian and New Zealand College of Psychiatrists for over 25 years and has worked in both public and private hospital and community settings, holding clinical and administrative positions in mental health. Over her career, she has worked in five states and territories across Australia.

Dr Moore has established a positive reputation across the health sector for her collaborative approach and inclusive style, driving evidence-based care pathways and coordination to

promote mental health recovery. She is committed to raising awareness of mental health issues, highlighted by her ongoing volunteer work and involvement in youth mental health and multicultural wellbeing not-for-profit organisations. Elizabeth also teaches medical, dental and general practitioners as well as mental health staff, promoting co-design and co-production practices in all areas of her work.

We look forward to working with Dr Moore and continuing to work with the office of Mental Health and Wellbeing on integrating the Mental Health Services in the ACT.

3.2 ACT Mental Health Consumer Scholarship Scheme

The **ACT Mental Health Consumer Scholarship Scheme** is a partnership between ACT Health, CIT and ACT Mental Health Consumer Network. It is designed to support mental health consumers to study in the community services area. The aim of the scheme is to increase employment opportunities for mental health consumers in mental health, alcohol and other drugs, community development, youth work and community services. The scholarship scheme recognises the immense value offered by persons with lived experience of mental illness. Further information is attached. Further information about the scholarship is available from Cheryl Clarkson, CIT Community Work on 02 62054161 or CITCommunityWork@cit.edu.au.

3.3 MHCC ACT Annual General Meeting

Mental Health Community Coalition of the ACT (MHCC ACT) Annual General Meeting.
Guest Speaker: Jo Sommer of the South Eastern Sydney Recovery College. Jo was part of setting up the Recovery College, and continues to play an important role in it. Her experience will be valuable to the MHCC as they set up the first Recovery College in the ACT!

When: Tuesday 20 November 2018, 4.00 - 5.30 pm

Where: Room 6, First Floor, The Griffin Centre, 20 Genge Street, Canberra City, ACT

RSVP: If you wish to attend, please advise via email to admin@mhccact.org.au

3.4 ACT Consumer and Carer Caucus Annual General Meeting

The ACT Consumer and Carer Caucus hereby gives notice of, and invites you to attend, our 2018 Annual General Meeting (AGM). We encourage you to join us to celebrate the 2017-18 year and look forward to the coming year.

When: Monday 20 November 2018, 3.00 – 4.00pm

Where: MHCC ACT Meeting room, Griffin Centre, 20 Genge St Canberra City

RSVP: To Evelyn, admin@mhccact.org.au by Friday 16 November 2018

In accordance with the Rules of Association the appointment of board members will take place at the AGM. The following positions will be filled at the 2018 Consumer Carer Caucus AGM: **1 x Consumer Associate member** position (2 year term) and **1 x Carer Associate member** position (2 year term). Please find for your consideration a [board nomination form](#)

3.5 ACTCOSS' Symposium 16 November – 3 days left to register

There are 3 days left to register to attend ACTCOSS' Symposium scheduled for next Friday, 16 November 2018.

The Symposium will be a part of ACTCOSS' end of year event and will combine:

- their Symposium on the theme of 'The Rights of Children and Young People: Raised Expectations – Raised Responsibilities',
- the ACT Community Sector Awards and
- the Annual General Meeting

Registrations close this Friday, 9 November, 5pm on Eventbrite

<https://www.eventbrite.com.au/e/actcoss-agm-symposium-awards-megan-mitchell-on-childrens-rights-registration-50257106358?aff=tailored>

3.6 Support Independent Living Vacancies



Supported Independent Living

We currently have vacancies in both ACT and NSW

- max 3 residents per home
- boutique shared accommodation
- highly trained staff

0438 280 106 **NDIS Registered**

3.7 Womens' Centre for Health Matters – consultation survey about same sex attracted women

WCHM, in collaboration with the AIDS Action Council, is researching the health and health needs of same sex attracted women in the ACT. Women who are same sex attracted are invited to participate in a survey which is open until **5pm on 26 November**. Please share this through your networks, and if you know anyone in the ACT who identifies as a woman and is same sex attracted, please pass this survey on to them.

The survey can be accessed at: <https://www.surveymonkey.com/r/lgbtqw-7>. The questions are of a personal nature, but answers will be anonymous and confidential.

Please contact WCHM at admin@wchm.org.au or 02 6290 2166 if there are any questions about the survey.

3.8 ACT Recovery College

The recovery college has a [website](#) and a [Facebook](#) page for you to access. Please share with your colleagues and friends.

3.9 Research – Murdoch University

Dear Mental Health Consumer Network,

I am a Murdoch University Nursing Graduate who would like to uncover the terminology people with a mental illness would like to be used when being referred to. In addition, as certain terms may be described as stigmatising or empowering I endeavour to identify whether measures of internalised stigma or empowerment may shape terminology preferences.

It is anticipated that identifying a form of address which can be used to refer to people who have a mental illness will ensure that academics and health professionals feel comfortable that the language they use is evidence-based and will promote respectful relations.

The survey is a component of an Honours research project. The time taken to complete the survey is between 15-30 minutes.

If your organisation agrees to participate in this study, it would be much appreciated if you could forward this link to your consumer members who are over 18 years of age and ask them to participate in this survey - which is entirely anonymous.

The URL to the survey is <https://www.surveymonkey.com/r/9ZBH7WR>

This project has been approved by the Murdoch University Human Research Ethics Committee (Approval Number 2018/175).

If you have any questions, please contact myself by email: Andrealyon87@gmail.com or supervisor: S.Mortimer-Jones@murdoch.edu.au.

Thank you for your assistance and time.

Kind Regards,

Andrea Lyon

3.10 Mental Health Community Coalition ACT – Mental Health and Gender Diversity

Mental Health and Gender Diversity – Implications for service delivery

Over recent years there has been a dramatic increase in the visibility of transgender and gender diverse people. There has also been growing awareness of issues faced by these communities, along with some of the common challenges and/or barriers when accessing support services.

Some services have already had to tackle these issues, while others are keen to develop

more inclusive practices but perhaps aren't confident about exactly where to start. No matter what your existing level of knowledge, this full day interactive workshop will provide an opportunity to share and explore concrete ideas about how to make your service more responsive to transgender and gender diverse clients.

This is a subsidised training opportunity. Full, one-day course. Attendance by employees of our Member organisations is encouraged and prioritised. Others may also attend if space permits.

Date and time: Thursday 15 November, 2018, 9.30am – 4.30pm

Venue: In Civic, details in the Registration page below

Tickets from \$47.29, \$70.39 or \$139.69 including GST and booking fee

Registration via [Eventbrite](#)

NOTE: Following registration and payment, a tax invoice/receipt will automatically be sent to the email address that you have supplied in the registration process.

Please see attachment for further information and the program for the day.

3.11 Free mental health workshops – Headspace Queanbeyan

Please find attached information on free mental health workshops that headspace Queanbeyan will be coordinating throughout November 2018. If you would like additional information or to register your interest, please contact info@headspacequeanbeyan.org.au.

3.12 TheMHS Summer Forum – Watch This Space

The TheMHS Summer Forum, titled Community Mental Health Systems: Human Rights and Services is scheduled to run in Sydney from 28 February through to 1 March 2019. Register at <https://www.themhs.org/summer-forum-registration/>. Please note that TheMHS often offers bursaries to attend their forums – we will advise as soon as we hear they are available.

3.13 Mental Health Month – Hawker College Video

Hawker College has created a very moving video of the MHM 2018 theme of 'Identity & Growth'. Two students in the video share their experience with Mental Health and what the theme means to them. As these students and our photographer Caitlin worked so hard to produce this video, I encourage you to share across social media before the end of Mental Health Month.

You can see the video and share from Youtube here:

<https://www.youtube.com/watch?v=YE7GXzoRPBo&index=2&list=PLbvVsiSUt-kSLmoPSKpy3WUKiS1qQJRzk>.

3.14 Mental Health Month – 2019 Calendar

A great Christmas idea – during 2018 mental health month a mental health and wellbeing calendar for 2019 was designed with all artwork showcased in the calendar generously donated by talented local Canberra creatives.. The calendar is ready to be purchased for

only \$10 each. Please go to the following website for further information:
<https://www.mentalhealthmonthact.org/shop>.

3.15 NDIA Q and A

Every week the NDIA get asked questions through social media channels, their website and through their contact centre. The answers are incorporated into the relevant pages of their website, and published each week in a news item on the latest news webpage.

Each month, the NDIA also publishes a CEO Update which highlights progress and future areas of focus. Read the CEO Update.

There is also a Your Questions Answered webpage where all the past Q and A questions are organised under the following themes:

- Getting NDIS ready and accessing the NDIS
- Managing your plan and participant information
- Assistive Technology and types of supports
- NDIS providers
- General information

You can submit questions through NDIA weekly Q & A posts on the Facebook page (external) or through twitter #ndisqanda.

3.16 ACT Health position paper – Eating Disorders

The ACT's Minister for Mental Health, Shane Rattenbury, and ACT Health, have released their Position Paper on Eating Disorders, setting out ACT Health's plans for assisting people who have these sometimes very serious mental illnesses. A copy of the position paper is available here: https://www.health.act.gov.au/sites/default/files/2018-10/ACT%20Eating%20Disorders%20Position%20Statement%20%20Oct%202018.pdf?mc_cid=0a631b77f0&mc_eid=394d7ee5f9

4. Position Vacancies

4.1 Mental Health Recovery Support Worker/s (Woden Community Service)

Woden Community Service (WCS) currently have a number of vacancies available for enthusiastic and compassionate Mental Health Recovery Support Workers (Ongoing Casual Vacancies).

As a Mental Health Recovery Support Worker, you will use recovery-focused and capacity-building approaches, working with participants to achieve their goals. Support may include a variety of activities, including support to assist participants:

- Develop skills to maximise self-efficacy, resilience and greater independence,
- Engage in a range of social, educational and recreational activities,
- Increase participation in the community,
- Develop and maintain relationships,

- Maintain health and wellbeing,
- Work towards paid employment or volunteer opportunities.

The successful applicant will be empathetic and act in a manner that is supportive and person-centered. They will also be able to build supportive, respectful relationships with people experiencing mental illness, their families and external community based programs, as well as ensuring a high-quality service by providing punctual, reliable and consistent support to all stakeholders.

A minimum Certificate III in Community Services in a related field, or a willingness to obtain minimum qualifications, would be highly desirable.

To apply submit the following to be considered for this position to careers@wcs.org.au

- Your resume
- Cover letter addressing the selection criteria (see attached)

If you would like to discuss this role further, contact Leanne Heald, Team Leader, NDIS Mental Health Service Delivery on 02 6221 9533.

4.3 Human Rights Advocate vacancies x2 (Advocacy for Inclusion)

Advocacy for Inclusion is a registered charity and Disabled Peoples Organisation providing Advocacy services, including individual, self, and systemic Advocacy, to people with disabilities in the ACT. We are an employer of choice, and we offer generous salary packaging options and flexible working provisions. They are a family friendly workplace and support our staff to have lives outside the workplace. They are based in the Canberra City centre.

As the successful applicant you will have:

- An ability to work independently and as part of a team.
- Strong written and verbal communication skills, including in alternate forms of communication.
- Current Working with Vulnerable Peoples Check (WWVP).

Advocacy for Inclusion are an equal opportunity employer and encourage people from diverse backgrounds and life experiences to apply, including people with disabilities. Please see attached job description in Word and PDF.

Applicants must answer the selection criteria in the in the form of a cover letter (maximum two pages) and direct them to the CEO, Mr Nicolas Lawler via info@advocacyforinclusion.org.

Applications close COB Monday 12 November 2018.