



Network Bulletin

29 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 actmhcn@actmhcn.org.au.

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

- Network and Caucus End of Year BBQ Party (2.1)
- Afternoon Tea Coordinator General – Office for Mental Health and Wellbeing (3.1)
- ACT Mental Health Consumer Scholarship Scheme (3.8)
- TheMHS Summer Forum (3.15)

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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@actmhc.org.au, phone the office on 02 6230 5796 or let us know during Drop-In.

Drop-In and End of Year Closure

Drop in will be closed next Thursday 6 December 2018 for the Network and Caucus End of Year BBQ Party.

Drop-In will be closed for 2018 from Thursday 20 December 2017 and reopen 10am Thursday 10 January 2019.

Consumer Representatives who require access to the Network to conduct any representative business during this period are encouraged to make an appointment.

2. Upcoming Network events

2.1 Introducing the 2017-18 ACT Mental Health Consumer Network Board

Following the Network's recent Annual General Meeting, I am pleased to introduce the 2017-18 ACT Mental Health Consumer Network Board:

Chair: Terri Warner (continuing)
Deputy Chair: Chris Corcoran (re-elected)
Secretary: Dianna Smith (continuing)
Treasurer: Pratap Chandra (elected)

Ordinary Members:

Uttam Kor Chandra (elected)
Tony Fitzgerald (elected)
Kerry Fry (re-elected)
Jennifer Hodgson (elected)
Bianca Rossetti (elected)
Paul Thompson (appointed to casual vacancy)

This year's elections saw a roughly even split of returning and new Board members which is a great result for both continuity and bringing fresh ideas.

2.2 Network and Caucus End of Year BBQ Party – 6 December

The ACT Mental Health Consumer Network and Caucus invite you to the 2018 End of Year BBQ Party. Please see attached flyer.

What: BBQ lunch

When: Thursday 6 December from 11am to 1pm

Where: Ground Floor, Griffin Centre

RSVP: by 4 December. Phone 62305796, text 0406457557 or text
actmhcn@actmhcn.org.au

3. For Your Information

3.1 Meet the Coordinator General – Office for Mental Health and Wellbeing

You are cordially invited to Afternoon Tea with Dr Elizabeth Moore, Coordinator-General for the Office for Mental Health and Wellbeing:

Date: Tuesday 4 December 2018

Time: 2:30 pm – 4:00 pm

Location: Majura Hall, Northside Community Service, 2 Rosevear Place, Dickson
ACT 2602

RSVP: Friday 30 November 2018

This will be an opportunity to meet Dr Moore and discuss with her the vision and priorities for the Office and for mental health and wellbeing in the ACT. The Network has secured ten places, so please contact the Network, phone 62305796, email actmhcncn@actmhcncn.org.au, or text 0706757557 if you wish to attend.

Alternatively, you can register your attendance at the following link:

<https://www.actmhcncn.org.au/wp-content/plugins/civCRM/civCRM/extern/url.php?u=121&qid=16436>

3.2 Safewards Brochure

Safewards is an evidence-based clinical model developed in the UK to promote safer, less coercive practices in mental health care and to reduce incidents of conflict involving consumers and staff. Please find attached a copy of the Safewards Brochure for the ACT.

3.3 Private Mental Health Consumer Carer Network – ACT meeting

This meeting is for people who have experience with general practitioners, psychiatrists, psychologists, mental health nurses and practitioners, who are all part of the private mental health care system as well as those with experiences of the private hospitals. We are able to provide \$30 to unsalaried people attending to go toward expenses. See attachment.

When: Friday 7 December 2018

Time: 2.00pm – 3.30pm

Where: ACT Mental Health Consumer Network

Level 2, Room 11

Griffin Centre, 20 Genge Street

Canberra City

RSVP: Judy Bentley (judybentley@grapevine.com.au) Tuesday 4 December 2018

3.4 Menslink Midweeker – 5 December

What would you do if you knew that all it took was one simple question to start a conversation which could save someone's life? Are you Okay?

The R U OK? movement and organisation was started in Australia in 2009 and is now a national icon, encouraging thousands if not millions with its simple and powerful question.

Join CEO Brendan Maher in a conversation and hear from him as he shares his own story through life and why he is so passionate about this cause.

Come along from 5:30pm [Gryphons Caffe and Bar](#) in [Griffith](#) to hear him talk and learn more about the work Menslink does and why it matters to our community. His talk will start at 6:00pm and Midweekers generally wrap up by 6:30pm or so.

Remember entry to Menslink Midweekers is free, is open to men, women and kids of all ages, and you can grab a meal, coffee or a drink while listening to a great speaker talk of the most important defining moments of their lives....

3.5 Recovery College – Appointment of Implementation Officer

Dear MHJHADS staff and Recovery College stakeholders,

Please join me in congratulating and welcoming Michael Thwaites to the Recovery College Implementation Officer role. Michael will be commencing in this position on 17 December 2018 for 12 months working part time (Mondays, Thursdays, and Fridays). He will be based in the Office of the Director of Allied Health in level 3, 1 Moore St.

Michael is an experienced social worker who has more recently worked with the City Mental Health team. He has worked previously in a variety of roles, including with Forensics, the Alcohol and other Drug Policy Unit, and in various community sector agencies.

Michael will be working closely with the members of the Recovery College Consortium (Mental Health Community Coalition, ACT Mental Health Consumer Network, Carers ACT and the Canberra Institute of Technology) and MHJHADS staff to support the successful implementation of the ACT Recovery College, which is due to commence in early 2019. The Recovery College will be a place of learning, connection and hope for people living with mental illness, their carers, families and friends. The college will operate in a similar way to adult learning centres but with a focus on mental health, offering a range of classes to suit the needs of the Canberra community. The courses will be co-designed and co-produced by mental health professionals and people with lived experience, and are also co-delivered in class.

Regards

Dr Sarah Miller
Director of Allied Health
Mental Health, Justice Health and Alcohol & Drug Services

3.6 Media Release – Victims Reconciliation with Mental Patients Blocked Media release Monday November 19, 2018 – Justice Action

“Secret Victim Impact Statements (VIS) as proposed in the [law before Parliament](#) this week would deny the victim and mentally ill offender involvement in restorative justice. It is a misunderstanding of the process and must not pass. The victims’ groups agree with us” said Justice Action Coordinator Brett Collins.

“Passing the Bill would mean that the victim does not engage with the offender to express their pain, achieve an understanding of why the event occurred, and reach a possible reconciliation. There is no similar provision in the criminal law as secrecy negates the intention of the VIS” said mental health consumer advocate Douglas Holmes.

“Research resoundingly supports the benefits to victims of the restorative justice process. The VIS provides a chance for the offender to be confronted with the effect of the offence, and to acknowledge it. Processes like circle sentencing and youth conferencing are based upon this principle. Restorative justice builds community through forgiveness. There must be a chance for the forensic patient to ask for forgiveness and have a chance at reconciliation. See [research paper](#) said Mr Collins.

“The idea that mentally ill offenders have less rights than those who consciously offended, is a misunderstanding of the basic principles of discrimination law and fairness. It relegates such offenders to having less standing in a court, and infringes on a basic procedural right of our legal system. Misstatements could be made, misunderstood and never confronted. Often families include both victim and offender, who are all part of this pain” said Mr Holmes.

“In reality, the government continues to mistreat victims. Compensation was reduced from \$50,000 to \$15,000 [in 2013 despite calls for its return](#). This legislation is bullying disabled people in an attempt to satisfy the pain of the victim, whipped up by media interest. It’s a misguided King Hit, with the system blindfolding the offender and assuming some satisfaction to the victim in the process. It must not be passed in this form” said Mr Collins.

For comments: Brett Collins 0438 705003
Douglas Holmes 0403 386017

JUSTICE ACTION

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PO Box 386, Broadway NSW 2007 Australia
T 612 9283 0123 | F 612 9283 0112
E ja@justiceaction.org.au
<http://www.justiceaction.org.au>

3.7 Independent Review into the Workplace Culture within ACT Public Health

In September 2018 the Minister for Health and Wellbeing announced the establishment of an Services (the Review).

An Independent Panel was established to govern the Review, the panel members are Mr Mick Reid (Chair), Fiona Brew and Professor David Watters. The Panel is seeking consumer stories to shed light on how the Workplace Culture within ACT Public Health Services has impacted on care and treatment. They are also interested in your ideas and suggestions for solutions regarding Workplace Culture.

You are also welcome to make an individual submission to the Review. Please note submissions close Friday 30 November 2018.

The contact details for the Review are:

Submissions: submissions@culturereviewacthealth.com

Enquires: WorkplaceCultureReview@act.gov.au

Phone: 02 6205 9555

For more information regarding the Review please visit the following website:

<https://www.health.act.gov.au/Culture-Review>

3.8 ACT Mental Health Consumer Scholarship Scheme – closes 7 Dec 18

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.

3.9 Hearing Voices Group – meeting at the Network

Woden Community Services Hearing Voices Group has moved to the Network offices and be held on a Tuesday afternoon in the Members Meeting Area.

Woden Community Service facilitates a fortnightly social support group for people who hear voices and/or experience other auditory, tactile and visual sensations. The groups aim is to offer a place where people can feel accepted and comfortable discussing their experiences with others in a non-judgemental and safe atmosphere. Hearing Voices groups offer an opportunity for people to accept and live with their voices, and aims to help people gain back some control and empowerment over their lives and experiences.

The Hearing Voices Group allows you to talk about anything, inasmuch as the group consensus & facilitator supports the subject matter. In the future, it is hoped that service providers, families and friends to join and connect with us as allies, inasmuch as they seek to agree with the above group values

Watch this space for further information regarding when the Groups are to be held. If you have any questions please contact Owen Elvin on 6221 9503 or at www.wcs.org.au

3.10 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

3.11 ACT Quality in Healthcare Awards

The Network's **My Rights, My Decisions** project, has been selected as a finalist in the "Person Centred" Category for the 2018 Quality in Healthcare ACT Awards. The 2018 ACT Quality in Healthcare Awards presentation ceremony to be held on Wednesday 5th December 2018.

Congratulations on the nomination to Jenny Adams and all the staff, members and other stakeholders who have participated in the development of this training.

3.12 ACT Recovery College

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

3.13 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

3.14 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.

3.15 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.

3.16 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>.

3.17 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>.

3.18 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.

4. Position Vacancies

4.1 Mental Health Australia – Administration and Project Officer

We have an opportunity for a passionate Administration and Project Officer (NMHCCF/ National Register) to join our team in Canberra on a full-time basis. The successful candidate will be responsible for providing admin and project support to the National Mental Health Consumer & Carer Forum (NMHCCF) and National Register of Mental Health Consumer and Carer Representatives.

To be considered for this role you must have demonstrated experience in providing administration and project support requiring a high degree of judgment, initiative, confidentiality and sensitivity.

Your application must be received no later than 9am (AEDT) 28 November 2019.

[Visit the webpage](#) for more information and the Position Description.

4.2 ACT Health - Senior Manager, Mental Health Policy

As the Senior Manager of Mental Health Policy you will be a strategic thinker who engenders trust and respect and enjoys the challenge of operating in a complex and rapidly changing environment. Your leadership and stakeholder management skills will be complemented by your sound judgment, resilience and integrity.

Closing Date: 6 December 2018

Contact Officer: Amber Shuhyta (02) 6205 3763 amber.shuhyta@act.gov.au

Full Job Description: ACT Health website [careers section](#)

4.3 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.