



Network Bulletin

13 May 2019

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:

- **Network News Winter 2019 call for submissions;**
- **Participants needed for *Mental Health Act 2015 (ACT)* review;**
- **People With Disability ACT call for views/opinions; and**
- **Position vacancy at SupportLink Australia**

Contents

| | |
|---|----------|
| 1. Drop-In Notice | 2 |
| 1.1 Drop-In Openings and Closures | 2 |
| 2. Network events | 2 |
| 2.1 Call for submissions: Network News Winter 2019 | 2 |
| 3. For Your Information | 3 |
| 3.1 Participants needed: Review of <i>Mental Health Act 2015 (ACT)</i> | 3 |
| 3.2 Law for Non-Lawyers: Employment Law 101 | 4 |
| 3.3 Free talk: Managing Depression and Anxiety (when you have an ongoing health condition)..... | 4 |
| 3.4 United Nations Convention on the Rights of Persons with Disabilities (UNCRPD) forum | 5 |
| 3.5 Disability supports outside of the NDIS - share your experiences | 5 |
| 3.6 What do you think of Canberra's Mental Health system? | 6 |
| 3.7 ADACAS 5-minute survey on healthcare decisions | 6 |
| 3.8 Mental Health Month 2019 Grants available. | 7 |
| 3.9 ACT Recovery College: courses open for enrolment | 7 |
| 4. Position Vacancies | 7 |

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

When available, 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.

Our Drop-In volunteer Allie, will be attending on Thursdays to support people attending Drop-In and work toward creating a calendar of information events for upcoming Drop-In sessions.

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

1.1 Drop-In Openings and Closures

Drop-In will be open 10am – 1pm this coming Thursday 16 May 2019.

2. Network events

2.1 Call for submissions: Network News Winter 2019

The Network will be compiling the Winter 2019 edition of Network News, and would like to call out to Members for contributions.

Personal stories, reports, opinions, poems, drawings, jokes etc. all are welcome!!! If you would like to make a contribution email Val at actmhc@actmhc.org.au or post to ACTMHCN Reply Paid 469, Civic Square ACT 2608. Alternatively you can also drop your contribution into him during Drop-In hours, or put in in our mail box (2.11) on ground floor.

Contributions are required by Monday 3 June 2019 to be considered for inclusion in this edition.

3. For Your Information

3.1 Participants needed: Review of *Mental Health Act 2015* (ACT)

Consumers are invited to participate in a review of the *Mental Health Act 2015* (ACT) with David Plant from Australian Continuous Improvement Group (ACIG). The evaluation is aimed at specific sections concerning the operationalising of the various orders that can be made. In particular, the review will examine the operation of Psychiatric Treatment Orders, Community Care Orders, Forensic Psychiatric Treatment Orders, and Forensic Community Care Orders. Feedback will also be sought on the experience of people receiving treatment and care under the Act with the use of Nominated Persons, Advance Agreements and Advance Care Directives.

Participating in the review can happen in one of two methods: Individual interviews or a Focus Group.

Individual interviews can be held at the Network office or at a public library that is closest to your residence by request. An interview is expected to run for around an hour. The dates and times for interviews being held at the Network office are:

Wednesday 15 May, 9am – 1.30pm;

Thursday 16 May, 1pm – 3pm; and

Friday 17 May, 11am – 1.30pm.

Interviews held externally by arrangement can occur outside of the above listed times.

A Focus Group will be held on Friday 17 May from 1.30pm to 3.30pm here at the Network. A maximum number of participants for Focus Groups are 5. If more interest is received for a Focus Group beyond this number, a second Focus Group may be arranged.

Other ways you can be involved in the review is via online consultations. Public consultation has commenced and details are available at <https://health.act.gov.au/about-our-health-system/consumer-involvement/community-consultation/acts-mental-health-act-2015> . Consultations will close at 5:00pm on Tuesday 4 June 2019.

You may also complete an online survey at: <https://www.surveymonkey.com/r/5GGYMYF>

When providing a notice of your interest, please indicate:

- whether it is for an individual interview;
- You're preferred location (if not at the Network); or
- You would like to participate in a Focus Group

A reimbursement WISH gift card will be provided to interview participants.

If you would like to put your name down for an individual interview or focus group, please contact the Network by Monday 13 May. If you require any further details, please also contact the Network on 02 6230 5796 or email to actmhcn@actmhcn.org.au

3.2 Law for Non-Lawyers: Employment Law 101

Legal Aid ACT, Community Legal Centres, and other organisations are delivering a range of legal training sessions from February to June 2019.

This session is designed to give community and frontline workers an understanding of the Australian employment framework.

It will cover:

- Employment relationships
- Applicable laws
- Employment standards
- Unfair dismissal
- General Protections

This session will be delivered by a lawyer from the Women's Legal Centre.

Date: Wednesday 22 May 2019
Time: 9.30am to 11.30am
Location: Legal Aid, 2 Allsop Street, Canberra City
Cost: FREE. Materials and morning tea included
RSVP: Via Eventbrite link:
<https://www.eventbrite.com.au/e/law-for-non-lawyers-tickets-52926022157>

If you have questions about the training email: community.education@legalaidact.org.au

You are welcome to attend any or all of the sessions.
Please advise of your participation needs when RSVPing.

3.3 Free talk: Managing Depression and Anxiety (when you have an ongoing health condition)

Anxiety and depression can be common when you're living with ongoing health issues. In this session, coaches from the Next Step Program will:

- Outline their program and how to access it
- Discuss strategies and support options in the ACT
- People with chronic health conditions will talk about their strategies for managing their emotional and mental health.

Next Step is a free and confidential psychological support service that provides up to six sessions of guided self-help. It is delivered by specially trained mental health coaches using a Cognitive Behavioural Therapy (CBT) approach. It can help you learn how to change your unhelpful or unhealthy habits, feelings and behaviours.

When: 7:00pm- 9:00pm, Thursday 23 May, 2019
Venue: Meeting room, 100 Maitland St, Hackett
RSVP: to Health Care Consumers' Association (HCCA) by Monday 20 May on 6230 7800 or adminofficer@hcca.org.au

Light refreshments provided.

3.4 United Nations Convention on the Rights of Persons with Disabilities (UNCRPD) forum

Have your say about your human rights.

This year Australia is reporting to the United Nations on the rights of people with disability. Advocacy for Inclusion (AFI) wants to make sure the voice of people with disability is heard.

Focus Group

People with disability are invited to attend a focus group to tell AFI what is important to them.

Date: Friday 24 May 2019

Time: 10am – 11.30am

Place: Room 6, Level 1, Griffin Centre, 20 Genge Street, Civic

RSVP: Please let Bonnie or Carla know if you can make it

Phone: 02 6257 4005

Email info@advocacyforinclusion.org

Facebook: <https://www.facebook.com/events/2295384824123396/>

3.5 Disability supports outside of the NDIS - share your experiences

As part of People With Disabilities ACT's (PWDACT) work on advocating to government for a wider range of support services for people with disabilities, PWDACT want to hear about your experiences of disability supports outside of the NDIS. PWDACT are aiming to develop a Position Statement on what support is required for those people with disabilities that aren't eligible for NDIS.

PWDACT know that only a portion of people with disabilities are eligible for NDIS, and not all of those people are accessing the Scheme.

If you applied for the NDIS but didn't get in, where did the LAC suggest you contact for support (if anywhere)?

If you were deemed ineligible for NDIS, did you access any of the state-based supports, like the ACT Community Assistance & Support Program (from ACT Health), and how did these meet your needs?

If you acquired a disability after the age of 65, how do you feel the aged care system supported you? How did the process through My Aged Care, the Aged Care Contract Centre and Regional Assessment Service work for you?

If you have any experiences you'd be willing to share, we'd love to hear from you. You can call Rob on 6286 4223 or email projects@pwdact.org.au

3.6 What do you think of Canberra's Mental Health system?

The ACT Government has newly released a "Work Plan 2019-2021"

<https://www.health.act.gov.au/sites/default/files/2019-04/Mental%20Health%20Work%20Plan.pdf>

People With Disabilities ACT would like to know what you think about it.

Does it hit the spot? Are there areas to improve upon? Please let us know what you think at admin@pwdact.org.au

3.7 ADACAS 5-minute survey on healthcare decisions

ADACAS would like to hear from people who require support to make their healthcare decisions.

ADACAS would like to know about people's experience exercising their right to decide about healthcare. This could include (but is not limited to) people with intellectual impairment, dementia, acquired brain injury or people experiencing mental ill health.

ADACAS would also like to know about the needs and experiences of carers and health professionals in supporting healthcare decisions.

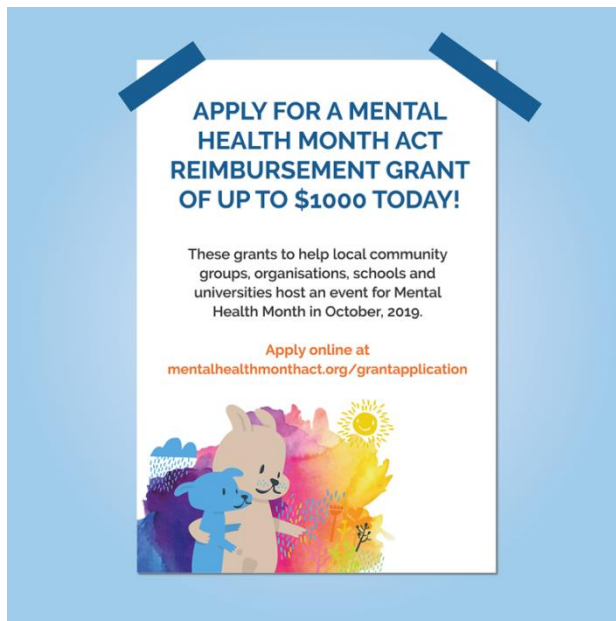
ADACAS want to ensure the availability of support for people so they are able to actively participate when they make a healthcare decision.

If you require support to make decisions please click the following link:
Decision Makers <https://www.surveymonkey.com/r/rka-decisionmakers>

If you are a carer or family member of someone who requires support to make decisions please click the following link:
Carers <https://www.surveymonkey.com/r/RKA-carers>

If you are a health professional please click the following link:
Health professionals <https://www.surveymonkey.com/r/RKA-healthprofessionals>

3.8 Mental Health Month 2019 Grants available.



Apply for a Mental Health Month ACT reimbursement grant of up to \$1000 today!

These grants to help local community groups, organisations, schools and universities host an event for Mental Health Month in October, 2019.

Apply online at mentalhealthmonthact.org/grantapplication

3.9 ACT Recovery College: courses open for enrolment

The ACT Recovery College's courses for May/June/July are now open for student enrolment.

Courses are open to anyone over 18 years old, and are free. The location is in Lyneham. The full list of courses and enrolment information are available on the College's website: <https://www.recoverycollegeact.org/courses>

Please feel free to forward this information to any interested parties amongst your networks.

4. Position Vacancies

4.1 Community Programs / Wellbeing Workers (SupportLink Australia Ltd)

SupportLink Aus are seeking 2 dynamic, experienced people to join their team.

SupportLink Aus programs include the ACT Ambulance Wellbeing Service, Standby Support After Suicide Service and ACT Policing Referral Management Service.

Full or part time positions (negotiable) require tertiary qualifications (Social Work, Counselling or Psychology) as well as experience working within the community support sector. The role requires:

1. Working alongside emergency service personnel providing direct support to employees and their families of the ACT Ambulance Service;

2. A comprehensive understanding of the impact of trauma and grief supporting people impacted by suicide; and
3. Collaborating with community agencies and key stakeholders to ensure people referred by ACT Policing are directed to the most appropriate service for support.

Excellent communication skills are required as well as a good work ethic and commitment to work as part of a same team as well as a methodical approach to daily tasks is essential. The position is not suitable for someone seeking a high volume of client work.

Classification: SCHADS Social, and Community, Home Care and Disability Services Level 5

Remuneration: The remuneration for this position is \$85,379 (pro rata) plus 10% super and also includes the option to salary sacrifice \$15,915.64. SLA is also FBT free.

There is also an on call allowance is Weekday: \$19.20/day & Weekend / PH: \$38.02/day

Supportlink is a national company offering a friendly work environment based in Wanniasa ACT.

HOW TO APPLY:

For any queries in relation to this position or a copy of the Duty Statement, please contact: Donna@supportlink.com.au by 17 May 2019