



# Network Bulletin

## 4 June 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 [actmhcnc@actmhcnc.org.au](mailto:actmhcnc@actmhcnc.org.au).

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

- **Men's Health Week events;**
- **Subsidised training in Understanding and Responding to Trauma;**
- **Quarterly Community Forum; and**
- **Information about Question, Persuade, Refer suicide prevention training**

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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

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](mailto: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 6 June 2019.

## 2. For Your Information

### 2.1 June Mr Perfect BBQ

The Next Mr Perfect BBQ is at

YERRABI PONDS BBQ Area Gungahlin  
Sunday 9th June 11am - 1pm

Mr Perfect is Mental Health's Mate and is an informal chance to get out of the house, brings the kids to play in the park and chat to other like minded people. Talking about mental health is not mandatory but is welcome.

A great opener for Men's Health Week.



## 2.2 Men's Health Week forum

To coincide with Men's Health Week 10th -16th June, Red Flag Canberra and TIMBA Inc. presents

### **DOES THE ACT NEED A MEN'S HEALTH CHARTER?**

Wednesday 12th June

6pm-7.30pm

Eastlake Gungahlin Boardroom, Hibberd St, Gungahlin

**FREE TICKETED EVENT**

Men's health frameworks/charters exist nationally and in other states but not in the ACT. This forum, focusing on a major men's health issue, mental health, will bring interested parties including ACT Minister for Mental Health, Greens MLA, Shane Rattenbury, together to discuss whether there is a need to frame a charter around men's health in the ACT.

Presented by Jane Grace and Tim Daly from Red Flag Canberra and This Is My Brave Australia Inc., come and have your say on how you think men's health should be represented in the ACT.

Guest Speakers

- ACT Minister for Mental Health, Greens MLA, Shane Rattenbury
- Josh Vaughan from Mengineering
- Michael Aichholzer, men's mental health speaker and lived experience advocate

[GET TICKETS HERE](#)

## 2.3 Subsidised Training: Understanding and Responding to Trauma

Understand the current thinking about trauma informed care and how to apply this in the workplace.

a two-day course, 12 & 13 June 2019

This course has proven very popular on the two previous occasions that we have presented it. Book early!

This two-day course provides an in-depth look at trauma, trauma informed care and trauma informed workplaces. Many people who experience mental distress have experienced trauma in their lives.

The objective of trauma-informed care is that all aspects of service delivery are informed by an understanding of the impact of trauma, which can result from family dysfunction, school or workplace bullying, violence and conflict, neglect or abuse.

Services that do not understand and respond effectively to the impacts of trauma risk compounding the effects and creating further harm.

Registration: Book through [Eventbrite](#) (you will automatically receive a tax invoice via email). Note: 'Early Bird' pricing only until 20 May 2019.

In this course you will learn to:

- Understand the current thinking about trauma informed care and how to apply this in the workplace.
- Understand how to respond and support people who have experienced trauma.
- Understand the difference between trauma-informed services and trauma therapy.
- Identify stress responses.
- Explore the impact of intergenerational trauma - particularly in Aboriginal communities.
- Explore re-traumatisation in services and systems.
- Explore strategies for preventing and managing vicarious trauma.
- Promote safety: triggers and flashbacks, safe relationships, safe environments.

The trainer – Emma Paino

Emma is a lived experience mental health educator with a passion for community engagement and bridging the tensions between systems to create a better designed, inclusive and responsive mental health system. She is passionate about peer-run initiatives and combating hierarchical support structures to build community and connection in response to stigma and vulnerability.

Emma has worked in volunteer mentoring programs, engaged in public speaking and works as an educator informed by her lived experience, discussing what it's like to experience mental distress and ways to combat stigma and discrimination. She has worked for 5 years as a Peer Support Worker within NSW Health and is now a Peer Trainer with the Mental Health Coordinating Council.

What others have said about this course

- "I cannot fault this course; it is by far the best training I have done with MHCC. Course content was informative and fascinating, and the facilitators were intelligent, warm, engaging and open"
- "This workshop has been instrumental in the design and reconfiguration of the service model particularly in relation to the theory underpinning the service delivery approach"

Time and Date: 9.00am - 5.00pm, Wednesday 12 & Thursday 13 June, 2019

Venue: Civic (address given on the Eventbrite page when registering)

Registration: Book through [Eventbrite](#) (you will automatically receive a tax invoice via email). Note: 'Early Bird' pricing only until 20 May 2019.

Please note: The Mental Health Community Coalition of the ACT (MHCC ACT) substantially subsidises this course, primarily for the benefit of the employees and volunteers of MHCC ACT's member organisations. Priority is given to them, but others are welcome to participate if room permits.

## 2.4 Quarterly Forum: 'Safewards' - reducing risk of harm AND 'seclusion and restraint' in mental health settings

12.00 midday - 2.00pm, Tuesday 18 June 2019 in Civic  
(address details on the 'Eventbrite' Registration page)

### FREE, but must Register

This is the second Quarterly Forum for the year. All of the Quarterly Forums leave ample time for an extended Q&A session following the main presentations.

Safewards is an evidence-based clinical model developed in the United Kingdom and adopted in Victoria to promote safer, less coercive practices in mental health care (such as seclusion and restraint) and to reduce incidents of conflict involving consumers and staff. It is increasingly evident that the most significant impact of Safewards has been a change in culture, promoting the rights and dignity of staff and consumers.

A trial of Safewards will begin in the ACT in 2019.

The implementation of Safewards in Victoria is the most substantial and systematic in the world to date. This forum will be the first opportunity in the ACT for consumers, carers, and agencies to hear from Victorian Safewards Practice Leaders who will share their learnings from the successful implementation across their State.

In 2016, following a successfully evaluated trial, the Victorian government supported the extension of Safewards to all public mental health services. They have also committed to an expansion to other areas of health, most significantly the Emergency Department and acute medical and surgery units.

The Victorian evaluation found Safewards was associated with significantly reduced seclusion events and improvement was especially evident in adult and youth wards. Safewards had a highly favourable impact in terms of staff and consumer perceptions of increased safety and positive environments.

In late 2018, the Public Advocate met with Minister Shane Rattenbury to discuss the potential for the implementation of Safewards as a strategy to reduce the rates of seclusion, restraint and occupational violence in ACT Mental Health inpatient facilities. As a result, Safewards was consolidated by the Minister as part of ACT Health's new Towards a Safer Culture (TASC) initiative.

### Presenters



#### **Associate Professor Bridget Hamilton**

Associate Professor Bridget Hamilton is the Director of the Centre for Psychiatric Nursing and is currently leading the evaluation of Safewards in Victoria. She leads a team of clinical nurse academics and consumer academics to build up the skills and contribution of mental health nurses in Victoria, for the benefit of people receiving mental healthcare. Bridget Hamilton is a registered mental health

nurse with a 30 year career working as a clinician, manager, educator and researcher in public sector services.

She highly values partnering with consumers in everyday work, research and teaching. She teaches solutions-focused interventions; her research spans ethnographic fieldwork in healthcare settings, knowledge transfer for seclusion reduction, evaluations of recovery orientation, and narratives of Strengths approaches.

For more information about Safewards Victoria:

<https://www2.health.vic.gov.au/mental-health/practice-and-service-quality/safety/safewards>

### **Patrice Murray and Leanne Done**

Patrice Murray and Leanne Done are senior project officers in the newly formed Towards a Safer Culture (TASC) team, based at The Canberra Hospital (TCH). Both Patrice and Leanne have extensive experience as practitioners in inpatient mental health settings and have been advocates for consumer and carer participation in the implementation of Safewards in the ACT.

TASC enacts a vision of an ACT public health system where staff, consumers and visitors are protected from harm and feel safe at all times. Led by Chief Nurse, Hamish Jeffrey, the TASC team are currently meeting with community and organisations to introduce TASC, and plans to implement the Safewards model in a forensic mental health setting in the ACT.

### **Consumer experience of Safewards**

Two consumers, familiar with Safewards, have been asked to participate but as yet they have not confirmed their availability.

[Register via Eventbrite](#)

These Quarterly Forums are presented jointly by ACT Mental Health Consumer Network, Carers ACT, and the Mental Health Community Coalition ACT.

## **2.5 A conversation for everyone: Advance Care Planning**

An Advance Care Health Plan ensures your values and preferences are respected when you can't voice your decisions. This could be due to a stroke, a car accident or other health issue. Learn the steps to make a plan, tips for having the conversation about your wishes and find out who can help to get your plan in place.

Date: 10:00am - 11:30am, Thursday 27 June 2019

Venue: Health Care Consumers' Association meeting room, 100 Maitland St, Hackett. (Map)

RSVP: by Monday 24 June to [adminofficer@hcca.org.au](mailto:adminofficer@hcca.org.au) or phone: 6230 7800. Light refreshments provided.

## 2.6 2019 National Workplace Wellness Forum

Register now for the 2019 National Workplace Wellness Forum

QT, Canberra | 28 June 2019 | 8am - 11:30am

OzHelp Foundation will bring together leading experts to highlight best practice approaches to Workplace Health and Wellbeing. This forum will help you to champion workplace wellbeing and be empowered to build an environment where people are safe, productive and inspired.

Speakers include:

- Darren Black, CEO OzHelp Foundation
- Mr Greg Jones, ACT Work Safety Commissioner
- Carolyn Parish, Ampcontrol Health and Wellbeing Specialist
- Jessica Hickman, Author and Founder of Bullyology
- Ben Farinazzo, Invictus Gold Medalist and Mental Health Ambassador

The event will conclude with a panel discussion and open forum.

Please join us or share this event with those who may find this topic of interest to their organisation.

[Register Now](#)

## 2.7 Question, Persuade, Refer

Attached to this bulletin is a fact sheet about the suicide prevention training program: Question, Persuade, Refer issued by the Office for Mental Health and Wellbeing for your information.

## 2.8 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>