



ACT
Mental Health
Consumer Network

NETWORK NEWS

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Call for Auditions



This Is Our Brave

Network 20th Birthday
celebration performance

Details on page 6

WINTER 2019

Offering You a Voice

From the EO's Desk



Dear Readers

Welcome to the Winter 2019 edition of the Network News.

As mentioned in previous editions, at the end of this year we will be celebrating the Network's 20th birthday from incorporation with a This is My

Brave concert event. Planning is well underway for auditions and other activities related to this event – keep an eye out for more information on page 6 as well as in e-bulletins. If you do not receive e-bulletins and would like to receive notifications about auditions etc, please call Val to discuss how you can receive the information you need. A big thank you to Deahnne McIntyre who is working closely with Val to develop the project plan and other tasks as part of the requirements for her CIT course placement.

As you are hopefully aware, the Network is well on track for our next digital resource project which will support the development of resources for our Mentoring, NDIS and My Rights, My Decisions courses. If you would like to be involved, please contact Petra on 6230 5796 or education@actmhc.org.au.

On the subject of our courses, I am very pleased to formally announce that we have received recurrent funding from ACT Health for the My Rights, My Decisions course as part of our core funding. Given that, we are pleased to have Jenny Adams formally returning to our staffing team in a few weeks after a much needed break.

Over the coming months, the Network team will be busily working away on our accreditation review. The Board Chair, Terri Warner, will drive this process with her weighty experience in governance and quality improvement.

The review of the *Mental Health Act 2015* (ACT) is finally underway, with the current stage comprising a series of interviews between the reviewer and consumers, carers and other stakeholders about the implementation of the Act since its inception. We are pleased to have hosted a number of these interviews with consumers, and look forward to further engaging with the processes to come.

In another piece of related news, we were recently advised that following a shuffle of senior staff in Canberra Health Services the Mental Health, Justice Health and Alcohol and Drugs Service division has a

new Executive Director—Karen Grace. We look forward to getting to know Karen and working with her to improve the system for everyone. I would also like to extend our thanks to Katrina (Tina) Bracher and congratulate her on her appointment to the role of Executive Director in Women, Youth and Children's Services.

I would also like to commend Dianna Smith and Tessa Cleradin for their hard work in getting the ACT Recovery College up and running for term two 2019, with several courses already completed or underway. This is a huge achievement for consumers, carers and the entire mental health sector.

Finally, I would like to formally advise you of a personal health matter the team and I are currently managing. As you may already be aware, I am currently undergoing a course of chemotherapy following diagnosis of and surgery for breast cancer. It is difficult to ascertain the effect this will have on my and the team's capacity over the coming months, and I ask that you understand that the staff are all going through some additional strains right now and may take longer to respond to your queries. I appreciate your understanding during this difficult time.

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

Farewell

What a wonderful experience I had for the past twelve months with ACT Mental Health Consumer Network. It is indeed a bitter sweet moment to leave this office as I venture into my new career. I would like to thank each and every one of my team and the people whom I had interacted during my stay here, the experience has been very instrumental in shaping me as a person and giving me skills which will be significant in my future endeavour.

As I leave this role, I will miss our fantastic team. I would also like to state that I have thoroughly enjoyed working at the Network appreciate all of the opportunities you have given me.

Thank you again for the opportunity, and I wish you and the Network and the members all the best for the future.

Wish you a fond farewell!

-Pema Choden

I feel like when it comes to health and social policy in Australia over the next few months, there is a lot to be uncertain about, and a lot we can't know. There is a lot of potential, but not a lot that we can predict. What we can know is that with the onset of winter the days will be colder and darker, and those things can't help but impact our health and wellbeing. What impacts our health and wellbeing impacts our ability to self-advocate, and to advocate for systemic change. This makes it as important as ever for us to do the things that help us to stay well - self-care, seeking support, balancing social, physical and work activities, and above all, doing what works for us.

Advocacy work takes dedication, and it takes time. That means that we need to work sustainably towards the outcomes we are seeking, so that we have the energy to celebrate them when they are achieved and the drive to address the next challenge when it comes.

- Terri Warner

Drop-In Events

Last issue of Network News we introduced Allie, who became a new volunteer with the Network. Allie's primary role here is to support consumers during Drop-In times and work toward creating a calendar of information events for upcoming Drop-In sessions.

In order to organise events, we really need to know from members what areas of interest would be beneficial. Is there something you would like to learn how to do? Have there been any recent systemic changes, like MyHealth Records etc., that you would like to learn more about? Are there any activities that the Network could hold during Drop-In that would encourage you to participate?

Some examples of Drop-In activities that we have held in the past include movie Drop-Ins, representatives from Feros Care LAC to assist consumers regarding the NDIS and information sessions on MyHealth Records and physical exercise and health.

Of course, members are still welcome to just come in and relax or use the computers etc.

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.



Network Update

Community Education Program

It's hard to believe that we're almost half way through the year – and that the first semester of training has finished!

In Semester 1 we facilitated the following workshops:

- Self-Advocacy
- Consumer Representation
- Understanding the NDIS for MH Peer Workers

These were an opportunity for our members, and some who had never participated in Network events before, to develop knowledge and skills to self-advocate in areas of their life, including the NDIS.

The workshops were co-facilitated with several members of our co-facilitation team.

Training Development

Projects that we are currently working on – 'Preparing for my NDIS Review' Workshop, and a series of promotion and resource videos for the 'My Rights, My Decisions', 'Mentoring' and 'NDIS' workshops.

Co-Design and Member input:

A reminder that discussion groups are held regularly as an opportunity for our members to participate in design and content of the training program and resources.

Groups were scheduled in the first half of the year to help design our upcoming Video Resource project, update the Consumer Representation Training Workbook and develop 'Preparing for my NDIS review' workshop.

It's great when members can participate, and we encourage all who can to come along – this is yet another way to have a say!

Upcoming Events:

Co-Facilitation Training – Wednesdays, 7, 14, 21 August, 2019
Self-Advocacy – Wednesdays, 4 & 11 September 2019
Consumer Representation Training - Wednesdays, 18 & 25 September 2019

As always, you're welcome to contact Petra to ask questions about any of the training we offer, by phone on (02) 62305796 or email education@actmhcn.org.au

Consumer Rep Program

The Consumer Representation Forum, a monthly meeting attended by all consumer representatives, is now chaired, on a rotational basis, by an active consumer representative. Congratulations to Chris Corcoran, Deahne McIntyre and Peter Dwyer for taking on this role and excellently guiding the forum. The Forum used to be chaired by the Consumer Representative Program Coordinator, and the introduction of consumer representatives as Chairs increases the level of ownership of this important meeting.

The Network has been invited to appoint consumer representatives to several new committees and working groups further extending consumer representative involvement. The new committees include the Occupational Violence Strategy Working Group, Recognising and Responding to Acute Deterioration Committee (UCPH), and Organisational Wide Mental Health Working Group. We look forward to supporting the consumer representatives on these new committees and the changes that they may make.

Since the Summer Newsletter, the following consumer representatives have been appointed:
Seclusion and Restraint Review Meeting – Terri Warner (co-Chair)
Occupational Violence Strategy Working Group – Chris van Reyk
Consumer Handouts Committee – Terri Warner
Adult Mental Health Model of Care Steering Committee – Chris van Reyk
Organisational Wide Mental Health Working Group – Thi Nha Tran
Recognising and Responding to Acute Deterioration Committee – Thi Nha Tran
Clinical Safety and Quality Committee – Peter Dwyer
Partnering with Consumer- Consent Working Group – Peter Dwyer
Access and Acute Collaborative Engagement Forum – Paul Thompson
Partners in Recovery Consortium – Rose Beard

Lastly, we will soon be calling out for nominations to attend the 2019 The Mental Health Services Conference (TheMHS). This year's conference will be from Tuesday 27 August to Friday 30 August and will be held in Brisbane, Queensland. The conference topic is Building Healthy Communities – Stories of Resilience and Growth. If you would like to attend please contact Jen Nixon (representation@actmhcn.org.au) who will ensure you are included in the request for nominations.

Policy Program

The Network has been working with key partners to address consumer concerns regarding the proposal to install CCTV cameras at the Adult Mental Health Unit (AMHU). A joint letter was sent to the acting Executive Director of Mental Health, Justice Health, Alcohol and Drug Service (MHJHADS) highlighting the need for meaningful engagement with consumers expressing the view that CCTV is not the appropriate measure to address the safety concerns that have allegedly prompted the proposal. Throughout autumn, the Network was also vocal about proposed ligature minimisation works at the AMHU. We were, and continue to be, concerned with the suggestion to have consumers, who are acutely unwell, sharing rooms in a bid to minimise ligature points by systematically removing doors to rooms. We will continue to work closely with MHJHADS with regard to this project.

In late March and early April, the Network focused on the Productivity Commission's Inquiry into the social and economic benefits of improving mental health, and the Network prepared a submission based on consumer input from a face to face forum, written submissions from consumers and advice from members of the Policy Reference Group. It is expected that further submissions will be sought once the Productivity Commission publishes its draft report in the second half of this year.

The Network is working closely with the HCCA to oversee their project Community Health Literacy in the ACT. The Reference Group has met twice and since then the group sought, through a workshop, consumer and community priorities for health literacy in the ACT. The Network will continue to work diligently with HCCA to progress their Community Health Literacy project.

Events & Meetings

- MHA Member's Policy Forum (18 Mar 2019)
- Volunteering ACT Mental Health Roundtable (20 Mar 2019)
- CCTV joint meetings with U3A and Caucus (18 and 25 Mar 2019)
- SRRM and CCFQC strategic discussion with MHJHADS and Carers ACT (26 Mar 2019)
- Consumer Participation Working Group Terms of Reference joint meeting with CHS, HCCA and Carers ACT (2 Apr 2019)
- Recovery College Opening Ceremony (10 Apr 2019)
- Community Health Literacy Reference Group (12 April)

Membership

- Regional Mental Health and Suicide Prevention Plan
- MHCC ACT Board
- Multicultural Reference Group
- MHCC EOs and Managers Group
- Community Health Literacy Reference Group

Submissions

The Productivity Commission has announced an inquiry into the economic impacts of mental ill-health. They called for submissions addressing questions raised in an issues paper released in January 2019. The Network's submission focused on questions explicitly or implicitly seeking the consumer perspective. The full submission is available online at https://www.pc.gov.au/data/assets/pdf_file/0020/240824/sub297-mental-health.pdf all other submissions can be found at <https://www.pc.gov.au/inquiries/current/mental-health/submissions#initial>.



Shane Rattenbury MLA and Simon Vierek, Executive Officer MHCC ACT cutting the ribbon at the Recovery College opening. Source: riotact.com



This Is Our Brave Auditions

ACT Mental Health Consumer Network (the Network) is turning 20 in 2019!

To celebrate this occasion, the Network, in partnership with This Is My Brave Australia, will be holding an evening performance and would like to call out to our members to audition. Each performer has up to 15 minutes for their audition time, for five-minute performances on the night.

Do you have a story about being a part of the Network and how this connection contributed to your recovery journey that you would like to share? Are there instances where this connection had helped to facilitate a success in your life?

Some ideas to get you thinking is if you have undertaken our training in Self-Advocacy and Consumer Representation, are you now able to speak with confidence about your needs and requirements? Perhaps utilising your lived experience to represent the views, needs etc. of mental health consumers. Maybe through the process of being a representative or a co-facilitator as examples, you have managed to secure employment?

For more information about This Is My Brave Australia can be found on their website or by searching This Is My Brave Australia on Youtube you can see previous performances to give you an idea of what is involved.

For auditions, your story doesn't need to be perfect, but does need to reflect the theme of personal recovery and connection with the Network. If selected, the production team will help refine and develop your story.

Your story can be performed in any manner of art form: monologue, dance, visual, music etc.

We are looking for members who have been involved with the Network from different points in the Networks' history, and also encourage our members within diverse groups to audition.

Auditions are being held in early July 2019 for the main event on 25 October. To secure an audition spot, please click on the following link select your preferred date and time, and enter your details.

<https://calendly.com/actmhcn/this-is-our-brave-network-20th-birthday-performance?month=2019-07&date=2019-07-09>

If you need assistance in booking an audition slot or require more information please contact the Network on 02 6230 5796 or 0424 468 620, send an email to actmhcn@actmhcn.org.au or visit us in person.

All auditions will be held in the Members' Area at the Network office—Level 2, Room 11 Griffin Centre, 20 Genge Street, Canberra.



this is my
BRAVE
Australia

Network Events

June

Monday 10 June

Queens' Birthday Public Holiday

Office Closed

Tuesday 11 June 10am -11.30am

Network Birthday Working Group

Members' Area

Tuesday 18 June 11am—1pm

Network Board Meeting

Members' Area

Tuesday 25 June 11am—1pm

Consumer Representative Forum

Members' Area

July

Tuesday 2 July 12pm—2pm

This Is Our Brave Audition Round 1

Members' Area

Wednesday 3 July 12pm—2pm

This Is Our Brave Audition Round 2

Members' Area

Tuesday 9 July 10am—11.30am

Network Birthday Working Group

Members' Area

Thursday 11 July 12pm—2pm

This Is Our Brave Audition Round 3

Members' Area

Thursday 11 July 5pm—7pm

This Is Our Brave Audition Round 4

Members' Area

Tuesday 30 July 11am—1pm

Consumer Representative Forum

Members' Area

August

Wednesday 7 August 10am—4.30pm

Co-Facilitation Training

Members' Area

Tuesday 13 August 10am—11.30am

Network Birthday Working Group

Members' Area

Wednesday 14 August 10am— 4.30pm

Co-Facilitation Training

Members' Area

Tuesday 20 August 11am—1pm

Network Board Meeting

Members' Area

Wednesday 21 August 10am—4.30pm

Co-Facilitation Training

Members' Area

Tuesday 27 7 August 11am—1pm

Consumer Representative Forum

Members' Area

Upcoming Training

Self-Advocacy and Consumer Representation (Intensive) Training

Would you like to

- Have more control in your life?
- Be able to ask for what you need and want?
- Know your rights and responsibilities?

Self-Advocacy is the ability to speak up for yourself and the things that are important to you.

Our training will support you to identify how effective you can be as a self-advocate, and be a voice for others.

This training is a unique opportunity to discover, reflect and respond to issues of barriers and supports to mental health consumer participation in the ACT. Those who complete both the self-advocacy and consumer representation training then have the capacity to represent the consumer voice in the wider community where systemic change can happen.

Self-Advocacy Training

Educates mental health consumers to:

- Feel good about themselves
- Express their feelings
- Recognise the importance of responsible decision-making
- Make informed decisions

Once participants have completed the Self-Advocacy Training, they can participate in our Consumer Representation Training which enables mental health consumers to become informed and confident Consumer Representatives, equipping them with the skills to represent themselves and other consumers in the provision of mental health services.

Consumer Representation Training

Educates mental health consumers about:

- Consumer Representation
- The consumer movement and systemic change
- The importance of human rights and legislation
- Skills for Consumer Representatives on committees

Upcoming Courses:

Self-Advocacy: Wednesdays 4 & 11 September 2019 (10am – 4pm)

Consumer Representation: Wednesdays 18 & 25 September 2019 (10am – 4pm)

Location: Members' Area, Network office

The courses are free and include morning tea, a light lunch and afternoon tea.

Become a Peer Co-Facilitator!

This training educates eligible members to use their expertise of lived experience as co-facilitators in the Network's training programs:

Training topics include:

- Why Peer Work?
- Group Facilitation Skills
- How We Learn
- Co-facilitation Skills
- Self Care

The workshop consists of 4 training modules over 3 days (10:00 – 4:30), as well as the opportunity for the workshop participants to put into practice the skills learned during the training by facilitating practicum activities.

Once you have completed all modules and practicum activities, you will be eligible as a co-facilitator in our Community Education program.

Dates: Wednesdays, 7, 14 & 21 August 2019

Time: 10am – 4:30pm

Location: Members' Area, Network office

Morning/afternoon tea and light lunch will be provided.

Note: In order to be eligible to participate in the Co-Facilitation Training, you will need to have completed at least the current version of the Self-Advocacy Training so that you are familiar with the course you will be co-facilitating. In addition, in order to be eligible to facilitate other training courses, you will need to have attended that training as well.

If you have any questions about the training or your eligibility, please contact Petra on 02 6230 5796 or email to education@actmhc.org.au

To register for any of these courses, complete and return the registration form on page 15 or online via the Network website .



ACT Recovery College is up and running .

The ACT Recovery College opened on the 6th May with the first course run on 14 May. The college have held courses on recovery, anxiety, goal setting, DoNOHarm and using song writing to aid your recovery. All of the College's courses are full for this term but are working on scheduling and developing courses for next term, 29 July to 27 September 2019.



If you have a lived experience of mental health (consumer or carer), confidence in group facilitation or training, and passion for sharing your story to help others on their recovery journeys,

THEN THE COLLEGE WOULD LOVE TO HEAR FROM YOU!



If you have a lived experience of the following mental health conditions or utilising a particular wellbeing strategy in your recovery, please get in touch with Tessa or Dianna through the

College's website <https://www.recoverycollegeact.org/employment> or with an email to education@recoverycollegeact.org or phone on 6247 3821.

- Schizophrenia (consumer perspective)
- Schizophrenia (carer perspective)
- Psychosis (consumer perspective)
- Depression (consumer perspective)
- PTSD (consumer perspective)
- Using mindfulness in your recovery journey
- Practising self-care
- Utilising DBT strategies to manage big emotions
- Building a social support network and engaging n the community
- Living beyond trauma
- Journaling
- Managing co-morbidity with D&A
- Psychological strategies to deal with mental distress

Quarterly Forum

'Safewards': Reducing risk of harm AND 'seclusion and restraint' in mental health settings

12.00 midday - 2.00pm, Tuesday 18 June 2019 , Meeting Rm 6, Lvl 1, Griffin Centre, Civic

FREE, but must Register via Eventbrite (https://www.eventbrite.com.au/e/safewards-reducing-risk-of-harm-and-seclusion-and-restraint-in-mh-tickets-62296867608?mc_cid=47bb8c5e28&mc_eid=e700fe7b80)

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.

For more information about Safewards Victoria:
<https://www2.health.vic.gov.au/mental-health/practice-and-service-quality/safety/safewards>

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.

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.

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

Upcoming Events

'Alcohol, Tobacco and Other Drugs' and Harm Reduction training for mental health workers

Tuesday, 2nd July 2019, 9:30am – 4:00pm

Venue: Training Room 6, Level 1, Griffin Centre, 20 Genge Street, Canberra ACT

Cost: \$30.00

RSVP: Please register through [Eventbrite](#)

The Alcohol Tobacco and Other Drug Association ACT (ATODA) will be hosting this alcohol, tobacco and other drug (ATOD) information & harm reduction training in collaboration with the Mental Health Community Coalition ACT.



The training will cover:

- Introduction to alcohol, tobacco and other drugs in the ACT and Australia
- Values and attitudes to people who use alcohol, tobacco and other drugs
- Drug policy approaches
- Data and trends
- Harm reduction information and strategies
- Brief orientation to the alcohol, tobacco and other drug sector, providing referrals, and alcohol, tobacco and other drug screening tools



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

Tickets available from Eventbrite (<https://www.eventbrite.com.au/e/does-the-act-need-a-mens-health-charter-tickets-62798562190>)

Question Persuade Refer

In Australia, suicide is the leading cause of death for Australians aged 15-44 years.

In the ACT, the number of people who have died by suicide has increased significantly. This is worrying and we as a community need to do something about it.

Suicide Prevention remains a priority of the ACT Government, which has committed \$1.545 million to establish a trial of the Black Dog Institute's LifeSpan Integrated Suicide Prevention Framework.

LifeSpan will be implemented in the ACT over the next three years under the '[Better care when you need it' Suicide Prevention Budget Measure](#). It is a new, evidence-based approach to integrated suicide prevention in Australia. It combines nine strategies that have strong evidence for suicide prevention into one community-led approach incorporating health, education, frontline services, business and the community. See diagram for the nine strategies.

LifeSpan will introduce new and effective suicide prevention community training programs, schools programs, and community awareness campaigns in the ACT, and will enable improved data reporting capability on the incidence of suicide. It will also work with health services to enhance service provision, and with the media to ensure appropriate reporting of suicide-related incidences in the ACT.

LifeSpan aims to build a safety net for the community by connecting and coordinating new and existing interventions and programs, and building the capacity of the community to better support people facing suicide crisis.

The LifeSpan Integrated Suicide Prevention Framework has been developed by Black Dog Institute and the National Health and Medical Research Council Centre for Research Excellence in Suicide Prevention.

One of the ways you can get involved in ACT LifeSpan is by attending the [ACT Suicide Prevention Collaboratives](#).

For further information, visit [LifeSpan](#), or contact the **Office for Mental Health and Wellbeing** on 6205 2920 or OfficeforMHW@act.gov.au

An important part of suicide prevention is knowing what to do when someone needs help.

As a part of [ACT LifeSpan](#), Capital Health Network is encouraging all Canberrans to undertake Question, Persuade, Refer (QPR) training. It's an evidence based online training program developed by the QPR Institute in collaboration with Black Dog Institute, and supported by Capital Health Network through the PHN Program. Visit the [Capital Health Network website](#) to learn more and access the training.



You don't need to be a mental health professional to complete QPR training. It has been developed for people with no assumed knowledge of mental health or suicide prevention. It could help you to save a life. QPR training can help you respond positively to someone exhibiting suicide warning signs and behaviours. It will provide you with knowledge, skills and confidence to:

- identify warning signs that someone may be suicidal
- talk to someone who is having suicidal thoughts
- connect someone in need of help with professional care.

Delivered through a mixture of videos, written content and quizzes, the web-based course covers:

- common myths and misconceptions about suicide
- warning signs of suicide
- how to ask someone whether they are experiencing suicidal ideation, and
- how to persuade someone to stay alive.

It will take approximately one hour to complete the training. This can be done over multiple sessions, if needed. Once you've finished QPR you can continue to access the program for 3 years to refresh your skills and knowledge.

Visit the [Capital Health Network's website](#) to learn more and access the training.

Please note: You will be directed to a website and asked to enter your email address to download the program. You'll then be sent a confirmation email with a training code, user name and password, and URL to start the training.



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



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 preceding 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.

**Drop-In hours
are 10am – 1pm,
Thursdays.**



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



(02) 6230 5796



www.actmhcncn.org.au



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