



# Network Bulletin

## 2 September 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](mailto:actmhcncn@actmhcncn.org.au).

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

- FREE Self-Advocacy and Consumer Representation training starts this week;
- Upcoming Drop-In event
- Mental Health Month Awards nominations;
- Participants needed for older women and mental health and wellbeing survey;
- Upcoming NDIS training events; and
- Position Vacancies

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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

Our Drop-In volunteer Allie has now returned to the Network this week.

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.

If you have any ideas for session topics, or if you have a skill you would like to share, please contact [dropin@actmhcn.org.au](mailto:dropin@actmhcn.org.au) or [actmhcn@actmhcn.org.au](mailto:actmhcn@actmhcn.org.au) or 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 this coming Thursday 5 September.

### 1.2 Upcoming Drop-In events

Chris van Reyk will be running a workshop on Improving our Communications during Drop-In on Thursday 26 September from 10.30am -12pm.

This workshop will discuss tips to improve areas of communication that will help manage mental health; specifically when communicating with mental health, Centrelink, psychologists/psychiatrists and carers etc. It will be interactive and we will all try to find some tips that help us personally.

If you are interested in participating, you can advise the Network or just come in on the day.

## 2. Network Events

### 2.1 Self-Advocacy and Consumer Representation (Intensive) Training – Starts this week!

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.

## **3. For Your Information**

### **3.1 Free Parenting Seminars (on Adolescent Mental Health)**

Due to popular demand, the Messengers Program will again be offering two FREE parenting seminars for challenged parents of adolescents.

The seminar will be held over two nights at the Tuggeranong Arts Centre on September 9th & 12th from 5.30 - 7.30pm. Facilitated by social workers, Sarah O'Sullivan and Gretel Burgess, the seminars are designed to improve knowledge of adolescent development and confidence in using strategies to parent a teenager with a mental health focus. Generally, the seminars will cover:

- Understanding adolescence and supporting young people
- Recognising mental health concerns in teenagers
- Positive Communication
- Coping Strategies

Contact us on [Messengers@tuggeranongarts.com](mailto:Messengers@tuggeranongarts.com) or 6293 2212 for a registration form.

### 3.2 Law for Non-Lawyers September 2019 workshop:

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

Following, are details about the session that will be delivered in September 2019. Details on workshops for October and November will appear in future bulletins

Date: Wednesday 25 September 2019

Time: 9.30am to 11.30am

Location: Legal Aid, 2 Allsop Street, Canberra City

Cost: FREE. Materials and morning tea included

RSVP: <https://www.eventbrite.com.au/e/law-for-non-lawyers-july-november-2019-tickets-62897774938>

The National Disability Insurance Scheme is a Commonwealth scheme to provide individualised support for eligible people with a permanent and significant disability, their family, and carers.

This session will cover:

- Brief overview of NDIS;
- Internal and external review of NDIA decisions; and
- How Legal Aid ACT can assist.

This session will be delivered by a lawyer from Legal Aid ACT.

### 3.3 Survey: Older Women and Mental Health and Wellbeing

The Women's Centre for Health Matters (with the support of the Council on the Ageing ACT) is conducting a community consultation survey to obtain the views of ACT women who are aged 55 and above. The survey aims to obtain information about:

- How and where older ACT women are accessing health and wellbeing services;
- Whether there are barriers to that access;
- How they access information about their health and wellbeing;
- Their social inclusion and engagement in community life; and
- Their housing and income.

This is an opportunity for older ACT women to share their views and to help inform future advocacy on the needs of older women in the ACT. This survey will take approximately 15-20 minutes to complete (depending on the length of answers you would like to provide).

The survey can be accessed at:

<https://www.surveymonkey.com/r/olderwomenshealthsurvey2>

Please remember to click on the 'Submit' button at the end of the survey. This survey will close on the 4th of October 2019.

### 3.4 Mental Health Month Awards

Do you know someone who is doing something great in the area of mental health and wellbeing in the ACT?

Nominate them for a 2019 ACT Mental Health Award!

The Mental Health Month Awards recognise exceptional people, organisations, businesses and initiatives working to promote and improve the understanding, awareness, service provision, and general mental health and wellbeing of the Canberra community.

Nominate online today: [www.mentalhealthmonthact.org/awards](http://www.mentalhealthmonthact.org/awards).

To request a Word version of the form contact Maddie at [communications@mhccact.org.au](mailto:communications@mhccact.org.au)

#### 2019 Award Categories are:

Please note the first four award categories are open to individuals, groups, organisations, businesses and initiatives in the ACT.

#### 1. Mentally Healthy Communities and Workplaces

- Increase focus on social and emotional determinants, prevention and early support and/or
- Promote mentally healthy workplaces and/or
- Integrate suicide prevention strategies

#### 2. Support for Individuals, Families and Carers

- Improve social connection and economic participation and recovery and/or
- Integrate services and supports that wrap around a person

#### 3. System Capacity and Workforce

- Support innovation to improve and integrate system capacity and/or
- Enhance capabilities of the workforce

#### 4. Research, Evaluation and Quality Improvement

- Support improvement, innovation and evidence informed practice and/or
- Promote evidence informed practice

#### 5. Lived Experience Ally Recognition Award (LEARA)\*

The Award recognises a longstanding and exceptional contribution to mental health consumers and consumer-centred mental health services in the ACT. It acknowledges those

who work collaboratively with consumers to achieve positive change, and is open to both individuals and organisations.

#### **6. David Perrin Award\***

This Award recognises a mental health consumer who lives an independent and self-determined life beyond what they may have expected after diagnosis.

#### **7. Michael Firestone Memorial Scholarship\***

This scholarship (up to two awarded worth \$500 a year) recognises mental health consumers who are furthering their education by providing scholarship(s) to cover general education expenses such as computers, course texts and course fees.

\*This award is granted by the ACT Mental Health Consumer Network.

Nominations close COB September 20, 2019. If you would like any further information please contact

[communications@mhccact.org.au](mailto:communications@mhccact.org.au)<<mailto:communications@mhccact.org.au>>.



### **3.5 Gambling Support Study**

Relationships Australia is supporting the ANU Centre for Gambling Research in undertaking research women who are partners or family members of people experiencing harm from their gambling. The aim is to gather information to help gain a better understanding of their needs to help tailor advertising material and services. Capturing the experiences of women who live in regional and rural areas is a critical component of this project.

To participate there is a short, confidential face-to-face interview. Participation is FREE and voluntary and participants will be offered a \$50 COLES voucher as reimbursement for their time.

If you know someone who fits this brief can you please pass on information about the study to see if they are interested in being part of this valuable research. For those with links in Canberra, South Coast and the Riverina Murray region, can you please forward this on to other organisations that may work with the target group.

Further information can be found on the Centre's website

<https://csrcm.cass.anu.edu.au/cgr/gambling-support-study> or you can contact the lead researcher, Megan Whitty, on (02) 6125 7679 or 0410 13 2659

## 4. NDIS Events and Information

### 4.1. Subsidised face-to-face and online NDIS training

The Mental Health Community Coalition of the ACT (MHCC ACT) is proud to bring Adelaide's '[Disability Services Consulting](#)' (DSC) to Canberra to deliver the three workshops and five online modules below. DSC are NDIS specialists, and as well as providing training, they also publish a great deal of NDIS-relevant information and opinion on their website and through their newsletters. [Check them out!](#)

Pick and choose from among the face-to-face workshops and online modules listed below to suit your needs. All of them are very heavily subsidised by MHCC ACT for our Organisational Members. Non-members receive a smaller discount, and their participation is subject to demand from our Members.

#### **NDIS Support Coordination**

The NDIS Support Coordination workshop includes:

1. Key pieces of NDIS policy: This module breaks down policy to make it accessible for Support Coordinators.
2. Roles of Support Coordination: This module goes through the tasks a Support Coordinator is expected to do.
3. Supporting Participants to Understand their Plan: This module shares with Support Coordinators an approach to explaining the complexities of the NDIS to participants and families so that they are empowered to making the most of their NDIS plan.
4. Understanding the Price Guide & NDIS flexibility: This module develops confidence in using the Price Guide as a resource.
5. Identifying Options: This module is an exercise that asks attendees to brainstorm all the possible supports (informal, mainstream, community and funded) that a person might be able to access to reach specific goals and to specifically find the corresponding line items. This is a fabulous exercise to get people used to thinking creatively within the limitations of people's Plans.

Full day workshop, Thursday 5 September, Organisational Members \$218.23, others \$435.37 (inc. GST & booking fee).

[More detail and Registration on this Eventbrite page.](#)

Future workshops include:

#### **NDIS Quality and Safeguards**

NDIS Commission: Powers and Functions · Compliance Requirements · What am I required to do? Registration and Renewal · Practice Standards, and much more ...

Half day (morning), Thursday 26 September, Organisational Members \$128.14, others \$255.19 (inc. GST & booking fee).

[More detail and Registration on this Eventbrite page.](#)

### **NDIS Behaviour Support & Restrictive Practice**

National Framework for Reducing and Eliminating the Use of Restrictive Practices in the Disability Service Sector · Foundations of Behaviour Support & Restrictive Practices · The Behaviour Support Practitioner Registry, and much more ...

Half day (afternoon), Thursday 26 September, Organisational Members \$128.14, others \$255.19 (inc. GST & booking fee).

[More detail and Registration on this Eventbrite page.](#)

### **Short, online courses (all under one hour)**

Each of these online courses cost \$23.03 for staff of Organisational Members of the Mental health Community Coalition of the ACT, and \$44.98 for non-Members (Inc. GST & booking fee).

### **Operational preplanning and replanning:**

Pre-planning is all the work and information gathering undertaken prior to the participant's planning meeting. This online course is designed to take managers through why pre-planning is critical for both participants and service providers, and how to best go about it.

[More detail and Registration on this Eventbrite page.](#)

### **Understanding the NDIS price guide and funds flexibility:**

If you look at the NDIS Price Guide and see limitations instead of possibilities, this online course is for you. This guided tour through the 2019/20 Price Guide explores:

- How to understand and make the most of the flexibility of NDIS funds
- What supports can be claimed under which categories
- Understanding which additional fees can be charged
- Using the Price Guide as a tool to enhance participant outcomes

[More detail and Registration on this Eventbrite page.](#)

### **NDIS vs Health:**

The division of responsibilities between the NDIS and the Health system can seem complicated to navigate. Consequently, many participants and services providers find themselves confused about where to turn to meet their support needs. In this course, what we want to do is build your capacity to judge whether a support should be funded by Health or the NDIS by building your toolkit to do so.

[More detail and Registration on this Eventbrite page.](#)

### **Introduction to support coordination:**

This online course covers the fundamentals of Support Coordination and what it takes to deliver a standout service, including:

- The three types of Support Coordination
- Who gets Support Coordination funding and when?

- Where Support Coordination fits in the NDIS landscape
- Roles of Support Coordinators throughout the year

[More detail and Registration on this Eventbrite page.](#)

#### **Reasonable and necessary:**

Understanding the legislation around Reasonable & Necessary is one of the quickest and most effective ways to get NDIS savvy.

- Get better outcomes in the planning and review processes
- Reduce your risk of delivering supports you won't be paid for
- Maximise flexibility within the NDIS guidelines

[More detail and Registration on this Eventbrite page.](#)

See ALL of MHCC ACT's upcoming events and training opportunities on [their website](#).

## **4.2 Free NDIS Workshops at SHOUT**

Feros Care will be running the following FREE Training Workshops at SHOUT!

Please click on the Eventbrite links below to book.

1. Using your NDIS plan: Thursday, 5th September 2019, 9:30am - 11:30am  
<https://www.eventbrite.com.au/e/using-your-ndis-plan-tickets-64278620083>

2. Self-Management: Thursday, 17th October 2019, 9:30am - 11:30am  
<https://www.eventbrite.com.au/e/self-management-tickets-64278955085>

3. Supported Independent Living (SIL), Thursday, 14th November 2019, 9:30am - 11:30am  
<https://www.eventbrite.com.au/e/supported-independent-living-sil-tickets-64279289084>

## **5. Position Vacancies**

### **5.1 ADACAS Intake and Information Officer**

The ACT Disability, Aged and Carer Advocacy Service (ADACAS) was established in 1991, and has provided independent and free advocacy for people with a disability, people experiencing mental ill-health, older people, and carers ever since. Over the past 7 years, ADACAS has grown a branch of its service provision to systemically advocate for each individual's right to self-determination and to participate about their life via the Supported Decision Making team.

The role of the Intake and Information Officer is to respond to intake and inquiry calls, and support the Advocacy Team Leader in ensuring the smooth running of the ADACAS office. The role entails being the first point of contact for clients or any other persons contacting the organisation, necessitating professionalism, friendliness, and excellent communication skills,

in often stressful situations for the clients. The Intake and Information Officer will assist the Advocacy Team Leader in coordinating the work of the Intake team.

In order to be selected for this position, applicants first need to demonstrate how they meet the essential and desirable criteria associated with the role. This role has a principal focus on Intake and Information Officer, and the selection criteria below reflect this.

### **1. Personal Qualities (Essential)**

- A commitment to human rights and social justice for all people.
- A commitment to promoting the rights of people with disability and older people.

### **2. Skills (Essential)**

- Excellent communication skills, verbal and written, and the ability to adjust to the communication styles of clients.
- Ability to de-escalate intense situations and demonstrate empathy when working with vulnerable people.
- Ability to work with vulnerable people, including people with disability, older people, people experiencing mental ill-health, and people who have experienced trauma, and including those from CALD and ATSI backgrounds.
- Ability to prioritise and complete work on schedule and to the quality required, ensuring client privacy and confidentiality are maintained and files are kept up to date.
- Computer literacy and the ability to use client databases and other relevant software.

### **3. Knowledge and Experience (Desirable)**

- Experience in working with older people, people with disability, or people experiencing mental ill-health.
- Working knowledge in connecting people to counselling, legal and other services available in the community.
- Experience in the implementation of organisational procedures related to workplace diversity, workplace health and safety, and consultative work practices.

### **4. Qualifications (Desirable)**

- Tertiary qualifications in health, law, social sciences or vocational training relevant to community services.

For the full recruitment package which includes the selection criteria, position description and further information on how to apply, please email or contact ADACAS at:

Email: [adacas@adacas.org.au](mailto:adacas@adacas.org.au)

Phone: 02 6242 5060

Applicants that do not provide a response addressing the selection criteria will not be considered. Applications are encouraged from people with disability, older people, and from people with Aboriginal, Torres Strait Islander and Culturally and Linguistically Diverse backgrounds.

**Applications Close: 11:59pm, Monday 9th September 2019.**