



ACT
Mental Health
Consumer Network

NETWORK NEWS

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Network 20th Birthday Celebration

Thursday 24 October 2019

10am–12.30pm

65 Northbourne

Bar and Restaurant,

Northbourne Avenue,

Canberra City



In 2019 it be dated
20 years, the Network Incorporated!
In acknowledgement of this
momentous occasion,
An invitation to a morning tea
celebration,
For coffees and teas
And delicious delicacies.

Near tram and bus.
No fuss! No fuss!
A short sojourn
to 65 Northbourne
Want to join us for morning tea?
To the Network you must RSVP.

RSVP to 02 6230 5796, 0424 4678 620 or
actmhcncn@actmhcncn.org.au

SPRING 2019

Offering You a Voice

From the EO's Desk



Dear Readers

Welcome to the Spring 2019 edition of the Network News.

There has been quite a bit of change since my last report, so I hope to be able to cover it all off for you here.

Most importantly for members, we have had to change our Mental Health Month event. Unfortunately we were unable to secure enough auditions for a This is My Brave event for our 20th Birthday, so we have instead elected to hold a similar event that is less structured and more flexible for participants and attendees. Our aim is to hold a more casual event where members and others can speak or perform, incorporating founding members through to more recent members and guests who have had significant involvement with the Network over the past 20 years. We are currently looking at a central location that is accessible for people catching public transport—both bus and light rail. Keep an eye out for further information and an invitation to this event soon!

Our next digital resource project is well underway, creating digital training resources for the My Rights, My Decisions, Mentoring, NDIS for Peer Workers and Co-Facilitation courses. We hope to launch the project with a public viewing of the promotional videos at this year's Annual General Meeting (AGM) on 19 November 2019. Keep an eye out in your email/mailbox for your invitation to the AGM around the beginning of November.

As projected in the last newsletter, the Board and staff are busily working on our accreditation review. The Board Chair, Terri Warner, has ensured good progress toward this achievement and the Board has an extra meeting scheduled in September to ensure we are well on track for completion.

We've had a bit of change in the staffing team that you may not be aware of. Purity Goj and Jen Nixon have both taken an extended period of leave, Jen for personal reasons and Purity has accepted a temporary role at the Office for Mental Health and Wellbeing—both of which we were very pleased to support. Pema Choden also finished up her 12 month contract and has just yesterday advised that she has accepted a position with the Office for Women. Kathryn Dwan is on staff filling in for Purity as Program Manager until February 2020 and Isobel Shearman is coordinating the Consumer Representative Program until March 2020. Deahnne McIntyre is on a six month contract as Program Coordinator which we hope to be able to

extend to support her return to work. Check out page 4 for brief bios from the new staff.

Finally, I would like to extend my gratitude to the team—inclusive of the Board, staff, volunteers and membership more broadly—for their support during my ongoing health concerns. I have been blessed with yummy home prepared meals from several people to assist me so that I don't need to cook when unable, and with encouragement and emotional support from many of you. My treatment is still underway, but I am hopefully nearing completion and return to better health.

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

**An early notice to members that the
ACT Mental Health Consumer
Network Annual General Meeting for
2019 will be held on**

**Tuesday November 19, 2019
12.30pm to 2.30pm**

**Formal notification of the AGM and papers
will be mailed out to Members in early
November 2019. If you need to update your
contact details with the Network or change
how you want to receive future
communications, please contact us on 02
6230 5796, SMS to 0406 457 557 or email
actmhcncn@actmhcncn.org.au**

Chair's Report

As most of you would know, under the Network's Constitution a person can serve up to five consecutive years on the Board before taking a year off. This is my fifth year on the Board, and my fourth as Chair. In some ways it's gone by very quickly, and in others it's felt like much longer than that. I suppose that's a measure of how rapidly and dramatically things can change in health services and policy, and just how much time and effort goes into the work that needs to be done in both systemic advocacy and organisational governance.

This is my last Newsletter message, but there is still a lot to be done between now and the AGM when you will elect the next Chair. Our accreditation assessment is coming up, as is our 20th Birthday celebration and the ever-busy Mental Health Month. Keeping up to date on changes to health services and policy is always a challenge because policy initiatives locally and nationally interact with each other in complex ways. Just as

supporting a person's recovery means supporting the whole person, bringing about positive change in mental health services means changing the whole system.

Thinking back five years, I know that mental health services in the ACT look different to when I started. There is still more that needs to change, and more that we need to do to make sure that consumers are involved in making those changes. Though the Board will have a different Chair next year, I'll still be a member of the Network, a consumer representative, a consumer co-facilitator and an active participant in forums and consultations because I know that contributing to the collective voice magnifies my own, that supporting people to strengthen their self-advocacy skills and to become systemic advocates means that more people speak up for themselves and each other, and that being at the table when decisions are made on committees in our local health service puts us in a position to not only influence, but actively drive change.

- Terri Warner

Drop-In Events

Our Drop-In volunteer Allie continues to come to Drop-In to support consumers during Drop-In times and work toward creating a calendar of information events for upcoming Drop-In sessions.

An upcoming Drop-In session has been organised, with details below

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.

Future Drop-In activities that we are currently in the process of organising include, a joint Drop-In with Advocacy For Inclusion around the NDIS with representatives from Feros Care LAC in attendance, information session on cycling in the ACT by Pedal Power and legal workshops on a recurring roster by Legal Aid.

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.

Introductions

In one of our weekly bulletins in July, we provided an update to some staff changes that had recently occurred around that time. Purity and Jen are both on extended leave and Pema was contracted until end of June 2019 as the Program Administrator. Stepping into these roles are Kathryn Dwan in the Policy and Program Management role, Isobel Shearman in the Consumer Representative Program role and Deahnne McIntyre as the Program Administrator.

Below are introductions from each new staff member. Feel free to come in during Drop-In on Thursdays (10am—1pm) to meet our new staff, if you haven't already done so.



Kathryn

Kathryn joined the Network in late June 2019 as Policy and Participation Coordinator. She has spent the previous three and half years in the community sector. Kathryn worked with PCA developing an online resource for people with metastatic breast cancer called

[Living Well with Metastatic Breast Cancer](#). Then she spent a further two and half years with Health Care Consumers' Association as Manager of Policy and Research. Prior to this Kathryn worked as a health sociologist at the Australian National University.



Isobel

Following the recruitment process I am pleased to introduce myself to you as the Consumer Representative Program Coordinator while Jen Nixon is on leave. I commenced in this role on 4 July 2019

and welcome the opportunity to contribute to the Consumer Representative Program and the ACT Mental Health sector more broadly.

Prior to joining the Network my background includes roles in program management and policy development for not for profit peak bodies within the Aboriginal and Torres Strait Islander Health sector. These roles have included working with the Pharmacy Guild of Australia and the National Aboriginal Community Controlled Health Organisation (NACCHO). I look forward to filling this role and working with the Network Team and Consumer Representatives over the coming months.



Deahnne

Deahnne joined the Network as a staff member in July 2019 after doing her placement with us for her Certificate IV in Mental Health at CIT. She graduated earlier this year with a Certificate IV in Community Development also at

CIT.

Deahnne completed her self advocacy and consumer representation training with the Network four years ago and became an active consumer representative 18 months ago. Deahnne has also been a board member. Deahnne is enjoying the change in "hat" by being a staff member, to increase her skills and understanding of the mental health sector. Deahnne will be with the Network for 6 months as Program Administrator and looking forward to meeting you all.

Network Events

Sept

Wed 18 September 10am—4pm

Consumer Representation (Intensive)
Training Day 1

Members' Area

Tues 24 September 11am—1pm

Consumer Representative Forum

Members' Area

Wed 25 September 10am—4pm

Consumer Representation (Intensive)
Training Day 2

Members' Area

Thurs 26 September 10.30am—12pm

Drop-In Event: Improving our
Communications

Members' Area

Oct

Mon 7 October

Labour Day Public Holiday

Office Closed

Wed 9 October 10am—4.30pm

Understanding the NDIS for Peer
Workers workshop 1

Members' Area

Thurs 10 October

Mental Health and Wellbeing Expo

Office Closed

Tues 15 October 11am—1pm

Network Board Meeting

Members' Area

Wed 16 October 10am—4.30pm

Understanding the NDIS For Peer
Workers workshop 2

Members' Area

Thurs 24 October 10am—12.30pm

Network Birthday Celebration

Venue

Tues 29 October 11am—1pm

Consumer Representative Forum

Members' Area

Tues 29 October 3pm

Mental Health Month Awards Cere-
mony

Bradman Room, Manuka Oval

Nov

Tues 5 November

Accreditation Review

Members' Area

Wed 6 November 10am—4.30pm

Consumer Representation Mentoring
Training

Members' Area

Wednesday 13 November 11am—1pm

Training Graduation

Members' Area

Tuesday 19 November 1am—1pm

Network Annual General Meeting

venue

Wednesday 20 November 11am—1pm

Training Design Discussion Group

Members' Area

Tuesday 29 November 11am—1pm

Consumer Representative Forum

Members' Area

Network Update

Community Education Program

There was a break scheduled in the training calendar during June-August, to allow time for updating/reviewing training resources, and working on education projects.

Training resumes in September 2019, with the Intensive courses in Self-Advocacy and Consumer Representation. Further details about upcoming workshops can be found on page 10.

Video Resource Project:

The purpose of the project is to develop 6 video resources for the Network training programs. 2 videos will be used for information and promotional purposes for the 'My Rights, My Decisions' and 'Understanding the NDIS' workshops via our website and YouTube. The remaining 4 videos will be utilised at training workshops.

The video interviews were recorded on 27 and 28 June, and we were able to record interviews with 17 different people, with an additional interview to be conducted in the near future.

The project is now in its editing stage.

6 Month Post-training Feedback Project

The Community Education Program is currently contacting training participants to conduct a Six-month Post-Training Survey.

The purpose of this survey is to help the Network to measure the following:

1. How Self-Advocacy Training supports consumers to self-advocate and to engage in the development, improvement and expansion of mental health and related services in the ACT,
2. How the training has benefited participants in areas of their life, e.g. in their recovery and socio-economic participation
3. To identify possible ways to improve the training to meet the above principles and objectives (e.g. How easy it was to participate in the training, what could make it easier)

Training participants usually complete a *Training Feedback Form* immediately after the last session of the Self-Advocacy workshop. This feedback measures the

initial reaction to the training, measuring how engaged the participants were, and what they liked/disliked about the training.

The *Six-Month Post-Training Survey* attempts to identify how practical the training was, and how the participants were able to apply it in their life. For the Pilot survey, we are conducting surveys with those who attended Self-Advocacy training between the dates of Jan 2017 – Dec 2018.

The survey tool was developed with input from consumers/Network members and staff. In the survey we ask 11 questions about how the Self-Advocacy Training has supported the participants to demonstrate self-advocacy in their life.

Policy Program

Purity Goj who is currently of leave from the Network has accepted an opportunity to work with the Office for Mental Health and Wellbeing. We wish her luck but know she will do very well without it.

The Network has received a steady flow of policy documents requiring comment. Happily, the relevant areas of Mental Health, Justice Health, Alcohol and Drug Services (MHJHADS) have already responded positively to two of our submissions. We are still finalizing our responses to two others. Thank you to all who have given their time and energy on these important documents!

The Office of Mental Health and Wellbeing are developing a strategy on Older Persons Mental Health and Wellbeing in the ACT. We welcome your input and plan to call a meeting to discuss the proposed strategy.

The Network has been part of the Reference Group for Health Care Consumers' Association's (HCCA) Community Health Literacy Project. We hope to be able to share the reports with you shortly.

Policy Reference Group members are appointed for two years and we have recently called for nominations as

the current term is coming to an end. Please contact the office if you are interested in learning more.

PeerZone training is coming to Canberra! A small grant from the Office for Mental Health and Wellbeing has made this possible. We are looking to run the training in February 2020.

The Network has been working closely with Mental Health Community Coalition and ACT Carers Voices to finalise the first stage of the Regional Mental Health and Suicide Prevention Plan. Progress has been slow for over six months, but it seems to have been reinvigorated and we hope to be consulting with mental health consumers in the next couple of months.

Policy consultations with consumers

- Supported Accommodation Model of Service Delivery (22 July)
- Guideline to accessing physical care across MHJHADS (22 July)
- Forensic Mental Health Model of Care (13 August)
- Proposed Amendments to the Powers of Attorney Act (21 August)

Other meetings

- ACT Wellbeing Indicators Roundtable (2 July)
- Office for Mental Health and Wellbeing meeting with Peaks Committee
- Public Forum: Mental Illness, Recovery and Recovery Colleges (9 July)
- Ministerial Mental Health Advisory Council to discuss PeerZone training (11 July)

Membership

- Regional Mental Health and Suicide Prevention Plan
- MHCC Executive Officers and Managers Group
- ACT LifeSpan Steering Committee

Consumer Rep Program

The monthly Consumer Representative Forums continued since the Winter 2019 Newsletter. In August 2019 a request for feedback was sent to all eligible and active consumer representatives to seek feedback regarding the suggestion to move the Forum to bi-monthly forums on the 1st Tuesday of every even month.

The suggestion to hold Consumer Representative Forums bi-monthly is to enable more time for consumer

feedback and preparation of forums. If any additional forums should be required for particular issues requiring input these would be scheduled accordingly. If there is agreement to transition to bi-monthly meetings this would occur after the October 2019 meeting to enable meetings rotating on even months.

The rotating chair role for forums continues to work effectively and thanks is extended to Bianca Rossetti for chairing the June 2019 Forum and Terri Warner for chairing the July 2019 Forum. The rescheduled August Forum on 3 September had to be cancelled due to a quorum not being reached. Active and eligible consumer representatives are invited to provide suggestions to Agenda Items ahead of each Forum. This may be provided to representation@actmhc.org.au by the 3rd Friday of each month to enable including in the draft Agenda circulated one week prior to forums.

All active Consumer Representatives have signed a pledge of confidentiality in line with the confidentiality requirements introduced to the terms of reference for the Consumer Representative forums. By signing this pledge, attendees are agreeing that they will not discuss any part of the conversation outside of the Forum with people who were not in attendance. If you have any questions regarding this change, please contact the Consumer Representative Program Coordinator, Isobel, or the Executive Officer, Dalane.

Feedback from Consumer Representatives attending meetings is due to the Program Coordinator no later than the Monday one week prior to each Forum using the Consumer Representative Program Feedback form. Alternatively feedback may be provided to the Program Coordinator over the phone or in person following a confirmed appointment if the Feedback form is not used. Providing feedback by this time enables collating and preparing meeting papers earlier so they can be distributed prior to the Forum, providing representatives and eligible representatives the opportunity to read the papers prior to the meeting.

The following Consumer Representatives represented the Network and attended TheMHS Conference in August 2019: Bianca Rosetti, Chris van Reyk, Terri Warner and Chris Corcoran. A report on the TheMHS Conference will be included in the Summer 2019 edition of Network News

Representative Appointments June-August 2019

Congratulations to the following Consumer Representatives for their recent appointments:

MHJHADS Clinical Governance Committee – Matthew Martin

HCCA Accessibility and Design Consumer Reference Group – Paul Thompson

Consent Working Group – Terri Warner



Upcoming Training

The Network is pleased to offer consumers the following FREE Training workshops from September through to November 2019. All training workshops will be held in the Members' Area of the Network office and include morning and afternoon tea with a light lunch. 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 .

Understanding the NDIS

Do you want to learn more about the NDIS?

This 2 day workshop will provide peer workers or those with lived experience of mental health issues with the knowledge and ability about how a person with psychosocial disability can access/transition to the NDIS.

By the end of this two-day workshop, the participants will:

- Learn about the NDIS, eligibility requirements and registration process
- Explore how to assist NDIS participants with decision making and planning
- Explore how the recovery approach relates to the NDIS
- Identify how they can support someone when accessing the NDIS

Workshop Details:

Dates: Wednesdays, 9 and 16 October 2019

Time: 10:00am - 4:00pm

Consumer Representation (Intensive) Training

Participants who have previously completed the Networks' Self-Advocacy Training, 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

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

Become a Consumer Representation Peer Mentor!

This workshop educates eligible members to use their skills of consumer representation to mentor new volunteers.

The goal of this 2 day workshop is for participants to:

- Develop personal skills needed for effective mentoring
- Establish and maintain a mentoring relationship including: Identify the scope and boundaries of the mentoring relationship and work within ACTMHCN guidelines, Support the person being mentored to develop and use skills as a Consumer Representative on Committees, Use personal experiences and knowledge effectively to assist the person being mentored in consumer representation, Evaluate the effectiveness of mentoring and Use self-care strategies to maintain wellbeing as a mentor

Note: To be eligible, you will need to have experience as a consumer representative with the ACTMHCN.

Members who want to participate as mentors for the Network will need to complete this workshop.

Workshop Details:

Dates: Wednesday 6 November 2019

Time: 10:00am - 4:00pm



Each year 1 in 5 Australians experience a mental health issue. Approximately half of all individuals (45%) will experience issues with mental health in their lifetime. This could be you, a loved one, a family member, a friend, a colleague, a neighbour...

People struggling with mental health issues often find themselves isolated, lonely and left to cope on their own.

Mental Health Month is a yearly reminder of the responsibility we all share to reach out and support those in the community who suffer in silence.

The 2019 Mental Health Month theme for ACT is 'Conversations and Connection'.



Key Dates

2018 Launch Event

Tues October 1, 7pm, Dickson Tradies (tickets available in September)

Mental Health & Wellbeing Expo

Thursday 10 October, 11am to 2pm, Garema Place and City Walk, Civic

2019 Mental Health Month Awards

Tuesday 29 October, pm, 3:30pm start, Bradman Room, Manuka Oval

A full list of events can be found on the Mental Health Month website (www.mentalhealthmonthact.org/calendar)

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 Mental Health Month 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.

A copy of the nomination form has been included as an insert with this edition of Network News or you can nominate online by visiting

www.mentalhealthmonthact.org/awards

2019 Award Categories

1. Mentally Healthy Communities and Workplaces

2. Support for Individuals, Families and Carers

3. System Capacity and Workforce

4. Research, Evaluation and Quality Improvement

5. Lived Experience Ally Recognition Award (LEARA)*

6. David Perrin Award*

7. Michael Firestone Memorial Scholarship*

**These Awards and Scholarship and provided by ACT Mental Health Consumer Network*

Upcoming Events and Notices

Quarterly Community Forum

'PACER' - a proposed new response to mental health crises

Midday - 2.00pm, Tuesday 1 October 2019 in Civic - FREE

Register via [Eventbrite](#)

Join the AFP's Sergeant Craig McPherson and Alex Tanzer, and Megan Davis, Quality and Patient Safety Officer with the ACT Ambulance Service in a FREE discussion of the proposed 'PACER' response to mental health emergencies in the ACT.

Currently, when there is a mental health emergency somewhere in the ACT, it is usually the police that are the first responders. Responding to mental health crises is the most frequent job type encountered by police, and the prevalence for paramedic responses is escalating at a rate greater than for other service types. Although paramedics and police receive some mental health training, they are not clinicians and therefore unable to exercise clinical judgement and treatment, nor arrange follow-up consultation/treatment.

PACER (Police Ambulance and Clinician Early Response) is a co-response mental health capability found in numerous jurisdictions both domestically and internationally, though not yet introduced into the ACT. Uniquely for the ACT, the PACER proposal would provide a tri-service capability as the means for front-line services to respond to mental health crises.

The goals of PACER are:

- Provision of acute in-situ mental health clinical support in a manner that upholds the interests and dignity of a person,
- Reduction in trauma experienced by persons in crisis,
- Reducing the prevalence of involuntary emergency detention,
- Decline in admission to in-patient facilities, and
- Restoring front-line capacity to the ACT Ambulance Service, ACT Policing and the Canberra Hospital Emergency Department.

It's hoped that the proposed introduction of PACER will help prevent a lot of people from ending up in a hospital emergency department.

As always, this Quarterly Forum will have ample time for Questions and Answers from attendees.

These Quarterly Forums are organised jointly by:

ACT Mental Health Consumer Network, Carers ACT, and the Mental Health Community Coalition of the ACT.



R U OK?Day

R U OK?Day (Thursday September 12) is the national day of action dedicated to reminding everyone to ask, "Are you OK?" and to remember every day of the year to support people who may be struggling with life's ups and downs.

This year in the build-up to R U OK? Day everyone is encouraged to **Trust the Signs, Trust your Gut & Ask R U OK?**

We want everyone to feel confident they know the signs someone might need support by listening to what they're saying, seeing what they're doing or knowing what's going on in their life. Whenever you notice a change, no matter how small, we want you to trust your gut and start an R U OK? conversation.

For further information about recognising the signs and about R U OK?Day visit www.ruok.org.au/

Help us understand the health and wellbeing needs of older women in the ACT

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 closes 4th of October 2019.



Volunteers Wanted Sat 19th October

The ACT Recovery College is holding its inaugural **GREAT AMAZING WELLBEING RACE** on Saturday 19 October in North Lyneham in celebration of Mental Health Month.

Our 'race' is now on to find a team of enthusiastic volunteers to help on the day.

If you would like to be involved, please email: education@recoverycollegeact.org.

You might get a free cupcake...



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

Further information and/or to register, head to the Eventbrite page by clicking on the event title or search on Eventbrite for the event you're interested in. All prices are inclusive of GST and booking fee.

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

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

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

1. [Operational preplanning and replanning](#)
2. [Understanding the NDIS price guide and funds flexibility](#)
3. [NDIS vs Health](#)
4. [Introduction to support coordination](#)
5. [Reasonable and necessary](#)

STAR Program

The Mental Health Foundation Short term accommodation/Respite houses provide residential respite care for people with mental health concerns. Short Term Accommodation Respite (STAR) service is designed to be a 'safe place' for people experiencing mental health concerns, to have a break from their usual living environment. It allows the participant to rest and recharge, while focussing on short-term recovery goals. The Respite Houses are located in Kambah and O'Connor.

The STAR aims to provide:

- Respect for choice and control
- support to participants in their day to day living.
- a safe environment for people with mental health concerns to participate in planning and decision-making processes that will enhance opportunities for individual development.
- 24/7 services – onsite and/ or on-call
- connections to community - social activities enabling people to enhance their quality of life and participate more fully in the community.
- provide support services that are flexible and responsive to people's needs
- a strategy to avoid and/or reduce hospital admissions and crisis service usage, support to carers and care recipient transiting into NDIS.
- A step up or down service to enabling people to live in today's society that is chosen by you.

Funding is available through individual NDIS package, individuals meeting the criteria for Carers Funding from DSS or private fee for service funding source.

In order to be admitted into the STAR service, people must be 18 years of age or over, have an NDIS plan approved or other funding source. have a mental health concern and, be willing to sign and abide by the Independent Service Agreement and Rights and Responsibilities of the services.

Participants can be referred to the service by themselves or family/significant other, Support coordinator, NDIS planner or health professional. Referrals can be via the Web, email or contact the service

For referral forms or further information about the Mental Health Foundation's STAR program, please contact: Afia Amoo-Oluka, Program Manager on 6296 2291 or email respite@mhf.org.au



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.actmhc.org.au



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