



Network Bulletin

19 August 2021

Welcome to our latest bulletin.

If you are unable to open any links or attachments, please contact the Network on 0449 127 941 or email actmhcncn@actmhcncn.org.au

As previously announced on Thursday 12 August 2021, the ACT entered a snap 7 day lockdown, which has been extended for an additional 2 weeks. This extension brings the anticipated end of the lockdown to 2 September 2021. [You can read the announcement here](#) and [find details about restrictions here](#).

In drafting this bulletin, some entries were received prior to the ACT lockdown and we have made attempts to clarify where events have been either postponed, cancelled or moved to online platforms. If you are interested in any event etc. and it isn't specified how or if it is running, please contact the provider direct and enquire.

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

- ACT COVID-19 Information;
- Sponsorship applications for Cert IV Mental Health Peer Work opening soon;
- Local survey participants needed; and
- Position vacancy

Contents

1. Novel Coronavirus (COVID-19) information	2
1.1 COVID-19 ACT information resources	2
ACT COVID-19 Helpline.....	2
Emergency Support and Assistance	3
COVID-19 Preparedness Plan	3
Carers Support	3
1.2 COVID-19 Vaccination program information.....	4
New COVID-19 vaccination ad in 20 languages	4

2. Network update	4
2.1 Office Closure.....	4
2.2 Drop-In	5
2.2.1 UPDATE - Meet the Minister Drop-In events	5
3. For Your Information	5
3.1 UPDATE - Caring Together: Mental Health Carers Conference.....	5
3.2 Free Parenting Seminar - Teenage Mental Health	6
3.3 Sponsorship to study Certificate IV Mental Health Peer Work.....	6
3.4 Mental Health Month Awards 2021 Nominations OPEN!.....	7
4. Surveys.....	8
4.1 Capital Health Network Needs Assessment Survey	8
4.2 My Mind My Voice discovery survey	8
5. Position Vacancies	9
5.1 Way Back Support Coordinator, Woden Community Service	9

1. Novel Coronavirus (COVID-19) information

1.1 COVID-19 ACT information resources

The ACT Health Directorate has a website specific to COVID-19 in the ACT. This website includes Public Health Alerts, prevention guidelines, information on supports and resources etc. as well as information on the current testing criteria and locations and vaccination program. The website can be accessed at the following link <https://www.covid19.act.gov.au>.

For quick access, below are direct links to pages of importance:

Updates - <https://www.covid19.act.gov.au/updates/media-updates>

Exposure Locations - <https://www.covid19.act.gov.au/act-status-and-response/act-covid-19-exposure-locations>

Quarantine/Isolation/Stay at home - <https://www.covid19.act.gov.au/stay-safe-and-healthy/quarantine-and-isolation>

Assistance (including mental health support) - <https://www.covid19.act.gov.au/community/access-help>

ACT COVID-19 Helpline

The ACT Government has established a helpline to assist the community through the challenges of COVID-19. The Helpline is to help the community stay informed and to access services related to COVID-19, including for businesses. The Helpline operates on **02 6207 7244** between 8am and 8pm daily.

To speak to someone in a language other than English, please telephone the Telephone Interpreter Service (TIS) 131 450 (24 hours a day, seven days a week) and ask to be connected to the ACT COVID-19 helpline.

For people who are deaf or hard of hearing, please use your National Relay Service and ask to be connected the ACT COVID-19 helpline.

Information about COVID-19 is also available 24 hours a day, seven days a week from the national Coronavirus Health Information Line on **1800 020 080**.

Emergency Support and Assistance

ACTCOSS has compiled and distributed a list of key updates, information and resources in relation to the lockdown. This list covers Government payments, emergency relief and restrictions for facilities.

You can access the notice online at

<https://www.actcoss.org.au/civcrm/mailling/view?reset=1&id=762>

COVID-19 Preparedness Plan



Managing the impact of COVID can be less challenging when you have a plan in place. The COVID Preparedness guide can assist you in creating a plan to help you cope better during this time. To get a copy, email us at covidprep@carersact.org.au or click on this link to download the guide now: [Person-Centred Emergency Preparedness Planning](#)

Carers Support

Carers ACT has a variety of information, resources and link to activities that can be accessed from the Carers ACT website <https://www.carersact.org.au/corona-virus-covid-19-information-for-carers/>

A few resources that received are as follows and have been included as attachments: [Cues to Listen for to assess the wellbeing of a person when you are not face-to face](#) (June 2020) Commissioned by Carers ACT and developed by the Mental Health and Psychosocial Support Advisory of Canberra Health Services. This Fact Sheet gives carers practical information on what to listen to when the person you care for is in isolation and you do not have the visual cues you are used to rely on.

[Ways to help people engage and accept services during COVID 19](#) (June 2020)

Commissioned by Carers ACT and developed by the Mental Health and Psychosocial Support Advisory of Canberra Health Services. This Fact Sheet gives carers practical “How to” help the person you care for engage and accept support during this COVID-19 public emergency.

[A guide to DECISION-MAKING during a crisis](#) (April 2020) commissioned by Carers ACT and developed by neuro-scientist at the University of Canberra. This easy-to-follow guide goes step by step through techniques to help individuals make decisions during times of crisis and intense stress.

1.2 COVID-19 Vaccination program information

ACT Health recently updated their advice on the vaccination program rollout. You can read the latest advice on the following link <https://www.covid19.act.gov.au/stay-safe-and-healthy/vaccine>

The Federal Government has developed information resources about the COVID-19 vaccines into a variety of different languages. You can access these resources via the following link

[COVID-19 vaccine information in your language | Australian Government Department of Health](#)

New COVID-19 vaccination ad in 20 languages

Public Health Networks have launched a series of excellent COVID-19 vaccination videos in 20 languages which feature more than 60 volunteers from culturally and linguistically diverse communities speaking in their own language about why they're getting the vaccine. The 20 videos are available in a range of languages including Mandarin, Vietnamese and Cantonese, key community languages spoken in the ACT. The videos were developed by North Western Melbourne PHN and have been localised. We encourage you to share them with your community. An English version is also available. Download and share the videos from the [CHN YouTube channel](#)

2. Network update

2.1 Office Closure

In following the directions of the lockdown, the Network office is now closed until further notice. Staff will be working remotely throughout the duration of the lockdown and scheduled events will continue to be held online. We will review this situation on a regular basis and update you on any changes.

If you need to contact the Network, please email to representation@actmhc.org.au or call 0449 127 941. Please note, due to remote working arrangements, there will be some delays in responding.

Consumer Representatives should have been notified about their committees' continuation during lockdown. If you have not heard about your committee/s, please contact us and we will follow up for you.

During this period, please stay safe, practice good hygiene, look after yourselves mentally and physically and most importantly, if you are feeling unwell, please get tested

2.2 Drop-In

During the lockdown, we will continue to offer our Drop-in service online to members, for social contact purposes. The online Drop-In will be open between **11am – 12pm** via Zoom.

To join the Online Drop-In click on the following link and enter the passcode:

<https://us02web.zoom.us/j/85389263153?pwd=MVNkaWZIR21wWDMrSjY1MVhkZ2JjQT09>

Meeting ID: 853 8926 3153

Passcode: 991826

One tap mobile

+61731853730,,85389263153#,,,,*991826# Australia

+61861193900,,85389263153#,,,,*991826# Australia

Dial by your location

+61 2 8015 6011 Australia

We are seeking some ideas from members about what type of activities would be of interest in attending Drop-In for. If you have any ideas, please forward them to Paul by email to dropin@actmhc.org.au

2.2.1 UPDATE - Meet the Minister Drop-In events

A series of Meet the Minister events were scheduled to be held during Drop-In from late August through September.

Due to the current COVID-19 emergency, the Network has decided to postpone these events.

We will reschedule these events once we are able to do so.

3. For Your Information

3.1 UPDATE - Caring Together: Mental Health Carers Conference

This event has been postponed and a date will be rescheduled, once the COVID-19 emergency has passed.

Mental Health Carers Voice is excited to invite you to their first ever conference for mental health carers, Caring Together. Caring Together is a one-day summit for carers and families of people with mental ill health to hear from speakers about the carer journey, research into mental health, build skill in supporting loved ones and improve your wellbeing.

Tickets are \$25 for carers and consumers, or \$80 for mental health sector employees. You can register at

https://events.carersact.org.au/event/sessions/?id=Caring_Together_MHCV_Conference_2021 by hitting the 'register' button. All attendees are also invited to attend a cocktail party after the conference.

If this cost is a barrier to you or you require more information or would like to be notified when the conference will be running, please contact Carers ACT on 6296 9993 or email mhcarers@carersact.org.au.

3.2 Free Parenting Seminar - Teenage Mental Health

We are unsure if these workshops have shifted to an online platform or have been postponed.

Due to popular demand, the Messengers Program will again be offering their free parenting seminar for challenged parents of adolescents. Please feel free to pass on this information to anyone who may find it beneficial.

Facilitated by social workers & school counsellors, Sarah O'Sullivan and Gretel Burgess, the seminar is held over two nights (Thursdays, 9 & 16 September 2021, 5.30pm – 7.30pm) and are an initial information session designed to improve knowledge of adolescent development and confidence in using strategies to parent a teenager experiencing mental health issues. This dynamic and interactive seminar will cover:

- Positive communication
- Adolescent development
- Mental health concerns in teenagers (including anxiety, depression & self-harm)
- Coping strategies

Spaces are limited and registrations are essential.

Registration forms can be downloaded here: <https://www.tuggeranongarts.com/whats-on/messengers-parenting-help-seminars/> and returned to Messengers@tuggeranongarts.com.

Please don't hesitate to contact Messengers on the email above if you have any questions and/or to clarify if these workshops are still running.

3.3 Sponsorship to study Certificate IV Mental Health Peer Work

Lived Experience Australia is excited to be able to offer sponsorship to consumers and carers to study Certificate IV Mental Health Peer Work, covering all course fees!

LEA have provided 24 sponsorships over the past 2 years and are excited to provide a further 12 sponsorships in our final year of this initiative.

Applications will open on 31 August 2021 for study commencing in 2021 or early 2022. You will only have 2 weeks to get your application submitted.

As members of Lived Experience Australia we are giving you advanced notice so that you can prepare for your application now, increasing your chance of success.

The successful applicants last year had researched all of the information prior to submitting their application. If you were not successful last year, we encourage you to apply again this

year.

The key things you need to do to prepare are:

- [Source a training provider](#) that delivers the course in your state/territory or offers it online and call them
- Confirm your eligibility to enrol in the course
- Confirm places are available to enrol either in late 2021 or the first half of 2022
- Confirm the total course cost (after any subsidies you might be eligible for). Note that if you are successful, this will be the maximum amount of your sponsorship
- Make sure you have the RTOs contact details recorded
- Start looking at the [example application form](#) and get your application ready

Applications will open on 31 August 2021 [via this link](#) (you can bookmark the link and check back on 31 August when it goes live)

Sponsorships are available to individuals who have lived experience of mental health conditions as either a consumer or carer who either currently work, volunteer or are interested in working in the mental health sector.

Sponsorships available for Australian residents, living anywhere in Australia (availability of courses may differ and individuals should check on delivery options with training providers directly).

Aboriginal and Torres Strait Islanders and people from Culturally and Linguistically Diverse Backgrounds are encouraged to apply.

Applicants who were not successful last year are encouraged to apply again.

3.4 Mental Health Month Awards 2021 Nominations OPEN!

There are many exceptional people and initiatives working to promote and improve understanding, awareness, service provision, and the general mental health and wellbeing of the Canberra community.

The ACT Mental Health Month Awards aim to recognise the achievements of individuals, groups, organisations, businesses and initiatives in the area of Mental Health in the ACT.

The Awards are a sector-wide initiative coordinated by the Mental Health Community Coalition ACT (MHCC ACT) and implemented by the ACT Mental Health Month Advisory Committee.

Nominations are NOW OPEN for the 2021 ACT Mental Health Month Awards - make sure to read the Nomination Guide, then head to the online form to submit your nomination!

Nominations Close end of day, Friday September 10, 2021

To find out more head to the website: www.mentalhealthmonthact.org/awards

[Nominate for the ACT Mental Health Month Awards](#)

4. Surveys

4.1 Capital Health Network Needs Assessment Survey

HAVE YOUR SAY!

The Capital Health Network (CHN), one of the key funders of health services in the ACT, wants to hear from you!

CHN are seeking input from a wide range of health professionals, service providers and people who use health services to help them have the most accurate understanding of local health services as they can. The information collected in this 'needs assessment' will be used to inform planning of future services, solutions to issues and activities. It will also provide the evidence needed to advocate for the health service needs of the ACT.

There are two surveys - one for people who provide health services and the other for people who use health services. Please complete the one most relevant to you (or both if you fit both categories) by clicking on the appropriate blue button:

[Survey for providers of health services \(allow 20-30 mins\)](#)

[Survey for people who use health services \(allow 15 mins\)](#)

CHN would like to hear from as many people in the ACT as possible through this survey, so feel free to share with your colleagues. To assist with this, CHN have prepared information posters with QR codes which will take people directly to the surveys. Display them in a prominent place and encourage people to have their say!

[Poster for service providers survey](#)

[Poster for people who use health services survey](#)

All responses to the surveys are confidential and the time you take to complete them is much appreciated.

If you would like more information about this survey or have any questions, please send an email to pophealth@chnact.org.au

4.2 My Mind My Voice discovery survey

Can you help better understand how your culture and community understand, talks about and seeks help for mental health concerns?

This year, MIEACT received funding for a new initiative - My Mind, My Voice.

My Mind, My Voice, supported by the ACT Government under the ACT Health Promotion Grants Program, is an initiative that aims to work within cultural contexts to develop tailored mental health education.

To best do this, MIEACT needs your voice!

By taking about 10 minutes to fill in the survey using the link below, you will greatly contribute to the way that mental health education represents all of Canberra's communities!

Survey Link: <https://www.surveymonkey.com/r/HX6XBTN>

5. Position Vacancies

5.1 Way Back Support Coordinator, Woden Community Service

WCS are currently recruiting for a Way Back Support Coordinator to provide non-clinical care and practical support to individuals for up to 12 weeks following a suicide attempt.

About the Support Service

The Way Back Support Service is a Beyond Blue initiative funded by ACT Health and donations to Beyond Blue. The Service is available to support people in the first few months following a suicide attempt.

The Support Service provided through Woden Community Service can assist by:

- providing encouragement and support according to individual needs for up to 12 weeks following attendance at hospital
- help with following hospital discharge and safety plans
- support in connecting with the GP and other services to help the journey to recovery.

Employment Offer:

- Fixed term until 30 December 2021 with possible extension
- Full time 38 hours per week
- Salary \$74,416.79 pa plus 10% Super
- Access to salary packaging benefits

Please visit the WCS website at <https://www.wcs.org.au/join-our-team/vacancies> for a detailed position description.

To apply, please email your updated resume and a cover letter [HERE](#) or via the WCS website.

For further information please contact Steven Morrison on 0437 988 344.

Last date to receive applications for this position is Sunday 22 August 2021.

Shortlisted candidates will be required to undertake pre-employment psychometric assessment including a National Police Check.