



Network Bulletin

25 November 2021

Welcome to our latest bulletin.

Due to the number of attachments for this bulletin, these have all been hyperlinked to our website. If you are unable to open any links or attachments, please contact the Network on (02) 6230 5796 or email actmhcn@actmhcn.org.au

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

- Upcoming policy consultations;
- A Beary Lovely Morning spaces filling fast!;
- Applications now open for the ACT Mental Health Consumer Scholarship Scheme;
- Research participants needed; and
- Position vacancy

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1. Network update

1.1 Office Update

Following the ACT lockdown, the Network office is now intermittently staffed from 9am to 3pm Monday to Friday. Our office space remains closed to visitors. This arrangement will continue for the remainder of 2021.

If you need to contact the Network, please email to actmhcn@actmhcn.org.au or call 02 6230 5796. Please note, due to remote working arrangements, there will be some delays in responding.

1.2 Drop-In

We 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@actmchn.org.au

1.2.1 A Beary Lovely Morning



The Network is very excited to host another Beary Lovely Morning as part of Drop-In and Mental Health Month.

Thursday 9 December 2021 from 10am to 11am and 11am – 12 noon, Westfield Belconnen

Having a mental illness can be an isolating and lonely experience – particularly during the COVID19 pandemic. Join us for a 'Beary' Lovely Morning where you will build your own personal teddy bear buddy to help you in your recovery journey, whilst making new friends or reconnecting with old ones.

This is a free event and covers the bear and accessories up to \$40 and brunch/lunch. Carers and support persons are welcome to attend and will be included in the total number of participants.

We only have a four (4) places available in the 11am group left, so we urge you to book in quick!

RSVP: Essential! Participant numbers are limited.

If you would like to attend, please email your RSVP and which timeslot you would prefer to actmchn@actmchn.org.au or call/SMS (02) 6230 5796 or 0408 274 053 by Friday 26 November 2021.

Additionally if you have any concerns or would like some more details, please contact us on those same details.

1.3 Newsletter contributions

We will soon begin compiling the Summer 2021 edition of Network News and we would like to put to a shout out to members for contributions.

Contributions can be in the forms of poetry, artworks, photos, testimonials etc.

If you would like to make a contribution, please email Val at actmchn@actmchn.org.au by Friday 10 December 2021.

1.4 Upcoming Policy Consultations

The Network has several online policy consultations and forums that we invite you to attend and provide your comments.

All of these events will be mostly held via Zoom. If you would like to participate please send your RSVP to policy@actmhc.org.au by the date of the forum.

Additionally, if you would like to provide feedback, but unable to attend, you can email this to policy@actmhc.org.au by the specified dates.

1.4.1 CHS Operational Procedure: Dhulwa Mental Health Unit

Monday 6 December 2021, 1pm to 2.30pm

Join Zoom Meeting

<https://us02web.zoom.us/j/85201130315?pwd=dGxiNjRuU3JJeW84b3A4K1lzSUhSQT09>

Meeting ID: 852 0113 0315

Passcode: 095304

One tap mobile

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Dial by your location

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Meeting ID: 852 0113 0315

Passcode: 095304

Attachment: CHS Operational Procedure – Dhulwa Mental Health Unit

If you are a **consumer** and you would like to participate please send your RSVP to policy@actmhc.org.au by Friday 3 December 2021. If you are an **organisation**, please forward this invitation to your members with lived experience of mental illness or contact me at policy@actmhc.org.au and I will contact you and discuss any feedback you may have.

Feedback due date: 5pm, Friday 3 December 2021 to policy@actmhc.org.au

1.4.2 Nurses and Midwives: Towards a Safer Culture (TASC) Mutual Behaviour Expectations

Friday 4 December 2021, 1pm to 3.30pm

Join Zoom Meeting

<https://us02web.zoom.us/j/82318746888?pwd=dEIIQWVGQmQ2aTUrbFFJMWZ4cFRqQT09>

Meeting ID: 823 1874 6888

Passcode: 291038

One tap mobile

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+61861193900,,82318746888#,,,,*291038# Australia

Dial by your location
+61 2 8015 6011 Australia

Meeting ID: 823 1874 6888
Passcode: 291038

Attachments:

1. [Nurses and Midwives Towards a Safer Culture Strategy \(the Strategy\)](#)
2. [Draft Mutual Behaviour Expectations resource, taking into consideration the following documents](#)
3. [ACTHD Occupational Violence Staff Rights Factsheet](#)
4. [Australian Charter of Healthcare Rights](#)

This consultation will focus on Attachment B Draft Mutual Behaviour Expectations resource, taking into consideration the additional attachments.

If you are a **consumer** and you would like to participate please send your RSVP to policy@actmhc.org.au by 5pm Wednesday 2 December. If you are an **organisation**, please forward this invitation to your members with lived experience of mental illness or contact me at policy@actmhc.org.au and I will be in touch to discuss any feedback you may have.

Feedback due date: 5pm Thursday 3 December 2021 to policy@actmhc.org.au

1.4.3 Canberra Health Services Adult Procedure: Delirium, Dementia, Cognitive Impairment, Deteriorating Mental Health State

Monday 13 December 2021 from 1.30pm to 3.00pm

Join Zoom Meeting

<https://us02web.zoom.us/j/87437245871?pwd=eDI0Umlwc25xNm5TeFpodUhjU3l0QT09>

Meeting ID: 874 3724 5871
Passcode: 445077

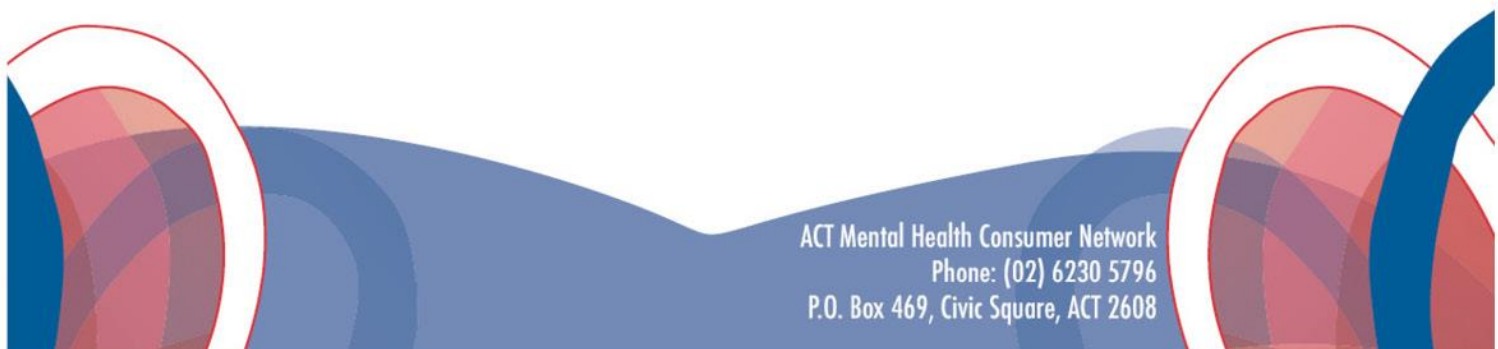
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+61280156011,,87437245871#,,,,*445077# Australia

Dial by your location
+61 2 8015 6011 Australia

Meeting ID: 874 3724 5871
Passcode: 445077

[Attachment: 2021_11_Delirium and Cognitive Impairment](#)

If you are a **consumer** and you would like to participate please send your RSVP to policy@actmhc.org.au by 5pm, Thursday 9 December 2021. If you are an **organisation**,



please forward this invitation to your members with lived experience of mental illness or contact Jen Nixon at policy@actmhc.org.au to discuss any feedback you may have.

Feedback due date: 5pm, Thursday 9 December 2021 to policy@actmhc.org.au

2. For your information

2.1 ACT Mental Health Consumer Scholarship Scheme

The ACT Mental Health Consumer Scholarship Scheme is a partnership between ACT Health, CIT and ACT Mental Health Consumer Network. It is designed to support mental health consumers to study in the community services area. The aim of the scheme is to increase employment opportunities for mental health consumers in mental health, alcohol and other drugs, community development, youth work and community services. The scholarship scheme recognises the immense value offered by persons with lived experience of mental illness.

Further information is included in the attachment.

Application forms for ACT Mental Health Consumer Scholarship are available from CIT Health, Community and Science, Department of Community Work. Call (02) 6205 4161 or email CITCommunityWork@cit.edu.au to request an application form or use the application form attached to this email.

[Attachment: ACT MHCG Scholarship Application Form 2022 \(Word\)](#)

2.2 Launch of National Guidelines for Lived Experience Workforce

The National Mental Health Commission are launching the National Lived Experience (Peer) Workforce Development Guidelines, details below.

The launch will be held via Zoom on Wednesday, 1 December 2021 at 11am (AEDT)

To attend the launch, please register your details at the link below.

https://us02web.zoom.us/webinar/register/WN_E-do10clSz6FdArQQYL3rq

2.3 Disability Gateway

Around 4.4 million Australians are living with disability and there are a wide range of services and supports available. However, searching for information and services can sometimes be difficult and complex.

The Disability Gateway provides free, nation-wide information and services to help people living with disability,



their families, friends and carers, in key areas of life including but not limited to finance, employment, health and equipment.

To access these or more services provided by the Disability Gateway visit www.disabilitygateway.gov.au or call 1800 643 787. The Disability Gateway phone line is available Monday to Friday, 8am to 8pm AEDT.

2.4 Health Records (Privacy and Access) Act 1997 - Fee increases

For your information, the ACT Health Directorate has increased a range of fees within the fee schedule under the Health Records (Privacy and Access) Act 1997.

The Determination has been signed by the Minister and will become effective on 1 January 2022.

For a complete listing of the ACT Health Directorate's fee schedule in relation to this Act, please visit the ACT Legislation web site and refer to Disallowable Instrument DI2021-265 (link below).

<https://www.legislation.act.gov.au/di/2021-265/>

3. Surveys and research participation opportunities

3.1 Depression study

Participants Needed! Study on Depression

An ANU study is looking for people willing to take part in a one-hour interview about their experience of depression (in Zoom or in person in Canberra).

Why participate? You will help researchers to better understand depression and develop clinical tools.

Participants must be over 18 years old, currently live in Australia and have received a diagnosis of depression.

If interested, please contact Dr Baptiste Brossard: Baptiste.Brossard@anu.edu.au.



Australian
National
University

3.2 Scoping study regarding mental health of older persons

Please find below an email from Peter Feldman from the National Ageing Research Institute (NARI) who is working on a project called *A scoping study to identify key issues for the mental health of older people*. Peter is currently recruiting mental health consumers to participate in focus group discussions and individual interviews, which will inform their report to the National Mental Health Commission. Please contact Peter directly regarding this project at the details provided below.

Dear ACT Mental Health Consumer Network

My name is Peter Feldman and I work at the National Ageing Research Institute (NARI) on a project called: *A scoping study to identify key issues for the mental health of older people*. This project is funded by the National Mental Health Commission and seeks to understand the key issues for older adults with mental illness and their carers in terms of aged care and mental health services policy and practice.*

We are currently recruiting mental health service providers, family carers and mental health consumers to participate in focus group discussions and individual interviews, which will inform our report to the National Mental Health Commission.

We hope that members of your organisation may be interested in adding their voices to help shape the future of mental health services for older people.

We will be running focus groups and individual interviews as follows:

1: Focus group discussions (conducted online via Zoom). We are recruiting for the following participant groups:

Persons aged 65+ (or 50+ if Aboriginal and/or Torres Strait Islander or with other experience leading to premature ageing such as living with HIV or long-term homelessness) who are either community dwelling or in residential care. These persons do not need to have any personal experience of mental illness.

Family carers of older persons who are living with mental illness and use mental health service

Focus group participants will receive a gift card of the value of \$40 for their participation.

2: Individual interviews (conducted online via Zoom or by phone)

Persons aged 65+ (or 50+ if Aboriginal and/or Torres Strait Islander or with other experience leading to premature ageing such as living with HIV or long-term homelessness) who have a lived experience of mental illness and have used mental health services in the past 12 months (there is no criterion about type or severity)

Individual interview participants will receive a \$75 gift card.

I've attached some information that can be distributed to anyone who you think may be interested.

If you would like more information, please phone 0493 093 969, or you can email me at p.feldman@nari.edu.au, or my colleague Jo Antoniadis at j.antoniadis@nari.edu.au.

Thanks & regards,
Peter Feldman

*"Ethical aspects of this study have been approved by Bellberry Human Research Ethics Committee (HREC)".

Attachments:

1. [Focus Group older persons flyer](#)
2. [Interviews flyer](#)

4. Position Vacancy

4.1 Southside Community Step-Up, Step-Down program Outreach Recovery Worker

For this position, it is unclear whether the closing date for applications is Friday 26 November or Monday 29 November. Please call the contact person directly to check.

The Mental Health team at Woden Community Service (WCS) has a fulltime (or two part-time / job-share) opportunity for a qualified and committed Outreach Recovery Worker for the Southside Community Step-Up, Step-Down program (SC-SUSD).

In this dynamic role, the SC-SUSD Outreach Recovery Worker will work in the Outreach phase of the program.

The Outreach Recovery Worker will provide person-centred, recovery-focused outreach support to participants coming out of the residential phase of the program, back into community life and linking them to primary health and mainstream services to sustain their recovery.

Under ACT Public Health Directions, workers in the SUSD program are now required to be vaccinated against COVID-19. During the recruitment process you will be asked to confirm your COVID-19 vaccination status or approved exemption.

Qualifications in Mental Health, Psychology, Social Work or Community Services, and experience in therapeutic models such as motivational interviewing, acceptance and commitment therapy and solution-focused therapy, will be highly regarded.

People with a lived experience of mental illness and recovery are encouraged to apply for this role.

To apply and for a full position description please visit the WCS website at <https://www.wcs.org.au/join-our-team/vacancies>. Applicants who do not address the essential selection criteria may not be considered.

For further information please contact Paul Russell, Manager MH Recovery, on 0438 253 896 or email Paul.Russell@wcs.org.au

To be eligible for employment, you must be fully COVID vaccinated, have working rights in Australia, current ACT Working with Vulnerable People registration and a National Police Check.

WCS is proud to be an equal opportunity employer. We value diversity and encourage applications from people of all abilities and life experiences including people with lived-experience of mental illness and recovery.

WCS also encourage Aboriginal and Torres Strait Islander people, and those from culturally and linguistically diverse backgrounds, to apply.

5. COVID-19 information

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>

Vaccination program – <https://www.covid19.act.gov.au/stay-safe-and-healthy/vaccine>

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**.

5.1 Vaccination and Testing information for Aboriginal and Torres Strait Islander people

5.1.1 In-reach services

The ACT has passed the 95% fully vaccinated milestone which is a fantastic result, but it is important that we all continue to get tested and vaccinated.

However, some Aboriginal and Torres Strait Islander people may find it hard to visit a testing or vaccination location due to a number of reasons including injury, chronic health conditions, new baby in the household, or transport issues.

In these situations, it may be possible to arrange for testing or vaccination to occur in the home. Carers can also request an 'in-reach' service on behalf of the person they are caring for.

To find out whether you are eligible for in-reach service, email ACT Health on covid19heccloaboriginalandtorresstraitislander@act.gov.au

5.1.2 Vaccination FAQ

Please find [attached the FAQs](#) developed from the Aboriginal and Torres Strait Islander Online Community Forum held on 3 November 2021.

If you have any questions, please email ACT Health on covid19heccloaboriginalandtorresstraitislander@act.gov.au