



Network Bulletin

21 December 2021

Welcome to our last bulletin for 2021.

All attachments for this bulletin have 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 actmhcncn@actmhcncn.org.au

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1. Network update

1.1 End of Year Office closure

The Network office will close from 1pm Wednesday 22 December 2021 and reopen at 9am Monday 31st January 2022

When we re-open in 2022, we will be returning to face-to-face operations as well as incorporating online services at our events.

1.2 Drop-In

Our Drop-in service is now closed for 2021 and will reopen at 10am on Thursday 3 February 2022.

We will continue to offer the online Drop-In to members for social contact purposes. The online Drop-In will be open between **11am – 12pm** via Zoom.

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

1.3 Upcoming Policy Consultation: CHS Clinical Procedure: Seclusion of Persons with Mental Illness or Mental Disorder Detained under the *Mental Health Act 2015 (ACT)*

The Network is holding a Forum for consumers with lived experience of mental illness on Friday, 4 February 2022 from 11am to 12.30pm regarding the attached Canberra Health Services Clinical Procedure: Seclusion of Persons with Mental Illness or Mental Disorder Detained under the *Mental Health Act 2015 (ACT)*.

Attachment: CHS Clinical Procedure: Seclusion of Persons with Mental Illness or Mental Disorder Detained under the *Mental Health Act 2015 (ACT)*

This Forum will be held both in person (Members' Area, Level 2, Rm 11, Griffin Centre, 20 Genge Street) and via Zoom (details below) and will be an opportunity for you to provide feedback to the Clinical Procedure.

If you are a consumer and you would like to participate please send your RSVP to policy@actmhc.org.au by Thursday, 3 February 2022. If you are an organisation, please forward this invitation to your members with lived experience of mental illness or contact Jen at policy@actmhc.org.au who will be in touch to discuss any feedback you may have.

If you are unable to attend this Forum but would like to provide feedback to the attached document, you can send your feedback to policy@actmhc.org.au by 5pm, Thursday 3 February 2022.

Zoom Meeting

<https://us02web.zoom.us/j/85233449673?pwd=dC9mWnhxaVJtZHRsVEhFdVN5V3JNdz09>

Meeting ID: 852 3344 9673
Passcode: 887548

One tap mobile
+61731853730,,85233449673#,,,,*887548# Australia
+61861193900,,85233449673#,,,,*887548# Australia

Dial by your location
+61 2 8015 6011 Australia

Meeting ID: 852 3344 9673
Passcode: 887548

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.

Round 1 applications are now closed. Round 2 applications are due by 14 January 2022.

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 Greenleaf Disability Services Activity program

Please see below Greenleaf Disability Services Canberra Activity programs. Some new activities to their weekly program have been added for all participants in Canberra and surrounds.

Contact Tamara Black on 1800 800 777 or email tblack@glds.com.au for further information

		GREENLEAF SOCIAL CONNECT																We  REGISTERED NDIS PROVIDER					
		Skill Development & Capacity Building Group Activities																					
		9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	
MONDAY				MUSIC GROUP North Side (80 Beaufort Cres HOLT)							MUSIC GROUP South Side (1 Collett Place Pearce)									PUB GRUB North Side			
				COMMUNITY OUTING Different Location Weekly							BOARD GAMES (LFG Kambah Village, KAMBAH)									PUB GRUB South Side			
TUESDAY		CRAFT & CREATE South Side (1 Collett Place Pearce)							CRAFT & CREATE North Side (80 Beaufort Cres HOLT)									DISCO/KARAOKE (MONTHLY) Weston Creek Community Centre					
							COMMUNITY BBQ Different Location Weekly						RELOAD GAMERS (Northbourne Ave City)										
WEDNESDAY				BOARD GAMES (LFG Kambah Village, KAMBAH)																For booking, please contact: Ms. Tamara Black on 0401 466 734 Email: TBLACK@GLDS.COM.AU			
THURSDAY																							
FRIDAY																							

2.3 Systems of Sanity: Mental Health Theatre project

A ground-breaking theatre project asking the hard questions about mental health and the mental health system, for anyone with lived experience of mental ill-health, including people who aren't sure if they exactly fit that definition, or aren't comfortable with that language. Directed by Rebus Artistic Director Robin Davidson and Assistant Director Joel Swadling.

Systems of Sanity has been meeting by Zoom since August, and is opening up for new participants to join us when we return to in-person rehearsals.

When? Tuesdays 1pm – 4pm during school terms. Restarting 1 February 2021. There is no initial commitment, come for as long as it suits you.

Where? Ainslie and Gorman Arts Centres, Braddon.

How much? Free.

This group is for you if:

- You want more play in your life;
- You are interested in thinking and talking about different perspectives on mental health and mental illness;
- You love theatre;
- You want to grow your confidence and skills to advocate for yourself and others.

Systems of Sanity is a project of Rebus Theatre in partnership with the Mental Health Foundation ACT. It is supported by the ACT Government under the ACT Health Promotion Grants Program, and assisted by Ainslie and Gorman Arts Centres.

For more information or to register an expression of interest email info@rebus theatre.com or call 0403 815 784.

2.4 GP Registrar - Bulk Billing for the LGBTIQ+ Community at Meridian

Meridian is thrilled to announce that they will be hosting a Hobart Place General Practice GP Registrar (Dr Jacqui Nicholson – She/Her) at the Meridian wellbeing space for the LGBTIQ+ community to engage with safe and affirming primary health care.

This is an appointment-based and bulk billed service that operates at Meridian on a Thursday from 8.30am to 12.00pm (last appointment) and a Medicare card is required.

The GP Registrar can help with things such as:

- Mental Health Treatment Plans
- Gender Affirming Care
- Sexual Health Testing
- HIV focused services including S100 and PrEP.

Bookings are essential.

For further information and bookings please contact the Meridian offices on 6257 2855 or email wellbeingservices@meridanact.org.au or call 0412 882 855.

2.5 National Lived Experience (Peer) Workforce Development Guidelines

The National Mental Health Commission has developed the National Lived Experience (Peer) Workforce Development Guidelines under Action 29 of the Fifth National Mental Health and Suicide Prevention Plan.

The National Lived Experience (Peer) Workforce Development Guidelines are primarily intended to inform decision makers, including employers and funding bodies and to support change across the mental health sector by improving understanding of the benefits of the Lived Experience workforce and by supporting employers to assess their local readiness and prioritise activities that support successful implementation.



<https://www.mentalhealthcommission.gov.au/Mental-health-Reform/Mental-Health-Peer-Work-Development-and-Promotion/Peer-Workforce-Development-Guidelines>

2.6 AFCA launches Easy English fact sheet

The Australian Financial Complaints Authority (AFCA) receives thousands of requests each year from people who need additional assistance to use their service. On the International Day of People with Disabilities, AFCA launched an Easy English fact sheet to increase access to financial dispute resolution for members of the disability community.

A copy of [AFCA's Easy English fact sheet](#) is included as an attachment.

For more information about AFCA head to their website (<https://www.afca.org.au/>)

3. Surveys and research participation opportunities

3.1 Study Participants: Forensic Mental Health Service Planning

The Queensland Centre for Mental Health Research are looking for mental health consumer and carer advocates to take part in a study using focus groups to generate information on the mental health services needed by people within the criminal justice system (i.e., forensic mental health services).

If you would like to read more about this study, and to sign up, please follow [this link](#). The registration link will remain active until 10 January 2022, with the first focus groups planned for the week of 24 January 2022.

A lived experience relating to forensic mental health settings is desirable but not essential. Consumer and carer advocates will be compensated for their time.

This study is part of the ongoing development of the Australian National Mental Health Service Planning Framework (NMHSPF), a tool used to guide mental health service planning. For more information on the NMHSPF, email nmhspf@qcmhr.uq.edu.au or visit their [website](#).

4. Position Vacancy

4.1 Job vacancies at HCCA

Health Care Consumers Association ACT (HCCA ACT) have a couple of exciting opportunities to work with them in 2022. These are listed on [Ethical Jobs](#).

HCCA ACT are looking for an enthusiastic and motivated **Research Officer** (Level 5/6 SCAHDS) with experience in social research and community engagement who can work both independently and as part of a collaborative team. This person will contribute to the design and implementation of research on the topic of integrated care. They will also promote effective engagement between health care consumers, as well as health and medical researchers in the Canberra Region.

There is more detail in the job description

https://static.ethicaljobs.com.au/media/1639365903_tRokW_.pdf

HCCA ACT are also looking for an **Administration Officer** (Level 3/4 SCAHDS) to work with their Consumer Reps team and on health literacy events. This person will be

- highly motivated, organised and a good time manager
- a great team player
- Have experience in hosting events using online platforms eg Zoom and Webex and
- Want to work to bring about systemic change in health systems

There is more detail in the job description

https://static.ethicaljobs.com.au/media/1639360430_oX1D5_.pdf

Applications close at 4pm on Tuesday 18 January 2022. HCCA ACT anticipate that interviews for these positions will take place in early February 2022.