



Network Bulletin

12 July 2022

Welcome to our latest bulletin.

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 Office openings

The Network office is lightly staffed between 9am to 3pm Monday to Friday.

With events, these are now being held in a hybrid format (combination of online and face-to-face). In instances where face-to-face participation cannot be done due to unforeseen circumstances, we will advise of this change to participants as soon as possible. **Because of this we strongly encourage members to RSVP to events.**

1.2 Drop-In

Drop-In is held on Thursdays from 10am to 1pm. At times, due to working arrangements etc., Drop-In may need to close a little early some weeks at 12 noon. If this happens, we will try to give members as much notice as possible.

We continue to offer the online Drop-In as well from 11am to 12 noon via Zoom. This is for members to connect with us for social contact purposes.

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

<https://us02web.zoom.us/j/85389263153?pwd=MVNkaWZIR21wWDMrSjY1MVhkZ2JlQT09>

Meeting ID: 853 8926 3153

Passcode: 991826

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

Below are activities planned for July 2022, all of which are available to attend in-person (Network Office, Room 11, Level 2, The Griffin Centre, 20 Genge Street, Canberra City) or online via Zoom (Online Drop-In details above).

If you are unable to attend but have any questions that you would like an answer to, please send these to actmhc@actmhc.org.au or SMS to 0424 468 620. We'll ask this question for you and return a response following each activity.

1.2.1 Wellways Standby Support Service

Thursday 21 July 2022, 10am to 12 noon

A death by suicide can be difficult and confusing for families, friends, workplaces and communities. It can be a time of increased risk for those directly impacted as they struggle to understand why it happened or what they could have done to help prevent it. People may not know what to say or do. For some people impacted by this kind of loss, it can feel isolating due to the stigma associated with suicide.

It's important for communities to have the capacity to respond to people affected by suicide. As well as having someone to comfort them in their pain, families also often need practical support.

Drop-In will be hosting Elliott Wray from the Wellways Standby Service to speak with community members about this service and how it can help people who have been affected by suicide.

1.2.2 Mental Health Justice Clinic

Thursday 28 July 2022, 10am to 12 noon

The Mental Health Justice Clinic was recently established to provide legal assistance and education to people with lived experience of mental ill-health conditions.

Key focus areas of the Clinic are:

- Discrimination based on mental health
- Mental health related employment matters
- Health and disability services complaints
- Vulnerable person complaints to the ACT Human Rights Commission for people with lived experience of mental ill-health
- Mental health related Centrelink matters, including accessing the Disability Support Pension
- Mental health related public housing matters

Georgina Meikle, Solicitor from Canberra Community Law will be coming to Drop-In to speak with consumers about the Clinic, explaining how the clinic can assist consumers and answer any questions you may have about this new service.

2. For your information

2.1 Free on-demand school to Work webinars

Imagine More is hosting webinars that aim to build the capacity of families and supporters to help secondary students with disability find meaningful, paid work.

Many people with disability don't have the same opportunity to obtain real employment, with many attending grouped employment, day programs or disability-specific employment options.

Secondary school goes by in a flash. It's never too early to support your son or daughter to start thinking about what life after school could look like by having meaningful employment.

Work and contributing to society is important for everyone, and everyone can have a real job. School to Work will help your child with disability and your family dream of work and build confidence to explore what work might look like for them.

View these Webinars on-demand 11 July - 12 August 2022 [Register now](#)

Our foundational School to Work webinars guide families to help their students imagine, discover and find valued work roles. Webinars are relevant for secondary school students and include:

Imagining Work

Learn how students with disability in Years 7 and 8 and their families can start thinking about meaningful work during and after school. We'll help you and your student to imagine the valued work roles they can strive towards.

Discovering Work

Learn about how students with disability in Years 9 and 10 can start planning for meaningful work during and after school. We'll help you and your student to imagine the valued work roles they can strive towards.

Finding Work

Learn about how students with disability in Years 11 and 12 can get started towards finding meaningful work during and after school. During these final years of secondary school, it's important for students with disability and their families to be planning for their future in the workforce. In these two introductory webinars, we'll help you and your student to do this planning.

For more information please visit the [event page](#) on the Imagine More website.

All four of the School to Work webinars are available to enjoy **on-demand from 9:00 am AEST Monday, 11 July until 5:00 pm AEST Friday, 12 August 2022.**

These webinars are free and you'll have 24/7 access to enjoy them at a time that suits you. Each webinar has been published in sections less than 10 minutes long to make it easier for you to find and watch the sections that interest you most. There are also plenty of resources to help you take action. Please note that these introductory webinars were recorded in August 2021.

For more information please contact Fiona McIntosh - fiona@imaginemore.org.au

2.2 Invitation: National Mental Health Commission Community Conversation

Many Australians have an experience of the mental health and suicide prevention system, whether they have reached out to a service, provided care and support to a family member or friend who has a lived or living experience of mental ill-health, or they are involved in delivering mental health or suicide prevention services.

The National Mental Health Commission Connections 2022 is an opportunity to share how the mental health system is working for you and your community, any challenges you have experienced that impact your mental health and wellbeing and thoughts about what a functioning mental health system would look like for you

- o What has been the biggest challenge for your community in the past 2 years?
- o What has supported your mental health during those times?
- o How will you know when things are getting better for your mental health?
- o What improvements would you like to see happen in your community?

Your voice is vital to understanding what is and isn't working and if real and impactful change is being made in communities across Australia. By sharing your experience, you can help the Commission to build evidence that shapes outcomes for future national mental health and suicide prevention reform.

Attend the Canberra community conversation:

Where: Manuka Oval, Manuka Circle, Griffith, ACT

When: Tuesday, 19 July 2022

Time: 5:30 – 7:00pm

RSVP/Registration online: making-connections-civic.eventbrite.com.au

Refreshments will be provided

For more information contact the National Mental Health Commission by:

Visiting: making-connections.com.au

Call toll free: 1800 220 246

email: community@making-connections.com.au

2.3 MHCC ACT Mid-Year Forum

Mental Health Community Coalition ACT is pleased to be bringing together the ACT community-managed mental health sector for an afternoon of celebration, learning and networking at its free [2022 mid-year forum](#).

This year, a panel of speakers from the ACT and interstate will focus on mental health workforce strategies, covering topics like:

- the development of the national mental health workforce strategy, with particular attention on the role of lived experience (peer) workers and the community-managed mental health workforce
- lessons from other jurisdictions, including the implementation of the NSW mental health workforce strategy
- challenges in the sector that must be considered when implementing workforce strategies to ensure workforce wellbeing



- the about-to-be-released ACT mental health workforce strategy, focusing on the co-design process and how the strategy will be implemented.

We will also be taking this opportunity to celebrate the achievements of the ACT community-managed mental health sector over the last six months, and attendees will have ample opportunities for networking over food and drinks.

We look forward to seeing you there.

When: 12:30 to 4:30pm, Thursday 21 July 2022

Where: Ainslie Football Club, 52 Wakefield Avenue, Ainslie

Cost: Free

If you would like more information about this event, please contact
admin@mhccact.org.au.

[Find out more and register](#)

2.4 Youth Aboriginal and Torres Strait Islander Mental Health First Aid

This two-day workshop is for adults interested in learning how to assist Aboriginal or Torres Strait Islander Young People who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received, or the crisis resolves, using a practical, evidence-based action plan.

This course is based on evidence from the expert consensus of Aboriginal mental health professionals, many of whom also have lived experience of mental health problems.

At the end of the course, you can become an accredited Mental Health First Aider by completing an online assessment.

NB: You do not need to be an Aboriginal or Torres Strait Islander person to do this course.

No prerequisites needed, but participants must attend the two full days.

Morning tea, lunch and afternoon tea provided, please tell us if you have any dietary requirements.

Where: ACTCOSS 'The Hub' 1/6 Gritten Street Weston ACT 2611

Date: 26-27 July 2022 (You must attend both days)

Time: 9.30am - 4.30pm

Cost: FREE for Aboriginal and Torres Strait Islander people

ACTCOSS Members \$150 / Non-Member/ Government/Corporate \$250

RSVP: Please Register here <https://www.eventbrite.com.au/e/youth-aboriginal-torres-strait-islander-mental-health-first-aid-tickets-368706239287>

If you have any issues or questions about this workshop, please contact Rachelle or Brendan on **02 6202 7202** or via Gulanga@actcoss.org.au

Numbers are limited so get in quick

2.5 Free NDIS Legal Advice



FREE !!

NDIS clinic's and Legal advice. (Bookings Essential)

Face to face and teleconference available.

2nd - 3rd July
9th - 10th July
15th - 16th July

During the clinic I will provide free advice, problem solving and other assistance as needed with any NDIS related matter on a pro bono basis.

Tim O'Hare
General Manager AbilitySeer
Specialist Support Coordinator

Ph: 0421 794 901
Email: info@abilityseer.com.au

Block D Canberra Technology Park
49 Phillip Avenue Watson ACT



2.6 Social support groups for connection and fun!

CS#1 runs social support programs to assist people across all stages of life to enjoy physical and mental health, build strong social connections, participate in their communities and feel safe.

CS#1 are seeking socially isolated Canberrans to join our Crafts & Games social support group for fun and connection.



CRAFTS & GAMES

Join our Narrabundah craft & games group every Monday 2-4pm for crocheting, knitting, sewing & scrabble followed by afternoon tea.

Register with Emma on 6126 4723 or wellbeing@communityservices1.org

Community Services #1
63 Boolimba Cres. Narrabundah

This group is free and open to all ages.

2.7 New 'Pathways to Independence' Courses 2022

Project Independence are pleased to announce two more dates for their highly successful 'Pathways to Independence' courses, on 7 August and 16 October 2022.

These small group courses (max 6 participants) are tailored for people with an intellectual disability, or mental health issues, to assist them to transition to a more independent lifestyle. They are a prerequisite for living in a [Project Independence](#) residence, but equally are suitable and **open to anyone who wishes to learn and/or consolidate independent living skills**. Participation can be funded through the NDIS.

[Please see the attached file on this link for more information.](#)

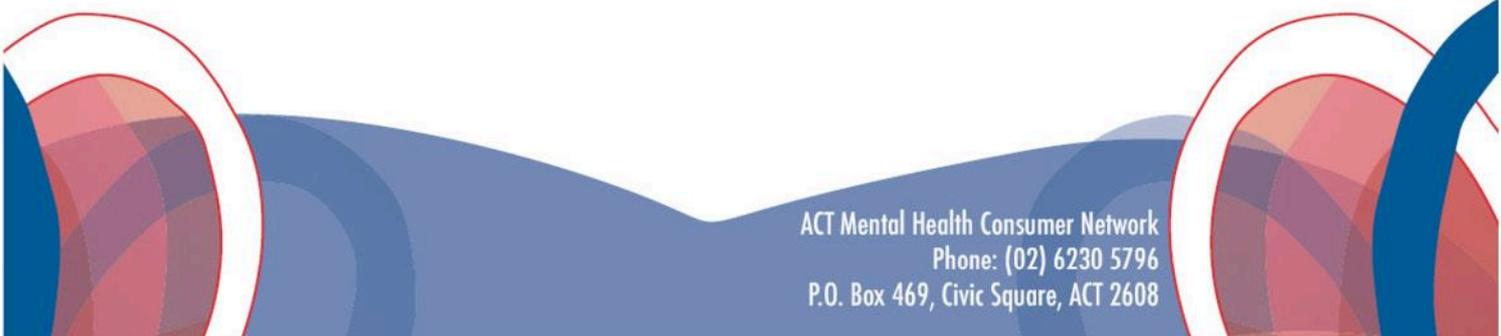
<h3>2.8 Resources of Health Care Complaints in the ACT Webinar</h3>	<h3>2.9 Carers Recognition Act 2021</h3>
<p>You can now download the Guide to Health Care Complaints and Guide to Mental Health Care Complaints at hcca.org.au/takeaction.</p> <p>On this page you will find:</p> <ul style="list-style-type: none">• Copies of the Guides and tipsheets• Information about your rights under the Australian Charter of Healthcare Rights• The Directory, which lists organisations that can help with complaints and ways to make complaints for most hospitals and public health services in the ACT <p>As mentioned during the launch webinar, you can search AHPRA's public register to check the registration of a health care provider.</p>	<p>The Network has received correspondence received from Emma Davidson MLA, about the implementation of the Carers Recognition Act 2021.</p> <p>You can read about this new legislation on the following attachments.</p> <p>Correspondence from Minister Davidson</p> <p>Information sheet - Carers Recognition Act 2021</p>

2.10 Head to Health Centre: Free mental health support

The [Canberra Head to Health Centre](#) is a new, free adult mental health centre to help Canberrans find the mental health support they need. The centre is staffed by psychologists, social workers and other mental health professionals who work closely with GPs, psychiatrists and non-health services to support connections to services your patient may need.

No appointment or referral required.

Just call **1800 595 212** or drop in at ALIA House, First Floor, **9 Napier Close, Deakin** (Mon-Fri, 8.30am-5pm).



ACT Mental Health Consumer Network
Phone: (02) 6230 5796
P.O. Box 469, Civic Square, ACT 2608

2.11 Disability Inclusion Action Plan now available online

The National Gallery is pleased to share our Disability Inclusion Action Plan 2022–2024 (DIAP), now available to the public on our website. The DIAP sets out a three-year roadmap for us to become more inclusive and reduce barriers to full accessibility when you join us onsite, online or on tour.

Our DIAP was developed in partnership with arts and disability peak body Accessible Arts, ensuring that the voices of people with disability were at the centre of our actions and planning. We thank Accessible Arts for their leadership and guidance, and our staff and broader community for getting involved in our consultation last year.

You can access the DIAP in PDF, RTF and easy English formats on our [Disability Inclusion webpage](#). While we have been preparing these formats for you, we have already started work on our actions for 2022. If you'd like to receive news on our progress, please [subscribe to our monthly eNews](#) and select 'Access programs' as an interest.

Contact us

We will continue to work closely with people with lived experience of disability to inform our thinking and design of our future projects. We welcome your feedback at disabilityinclusion@nga.gov.au

2.12 YWCA Canberra Housing Programs

YWCA Canberra's housing team has the skill, experience and networks to work with women from all walks of life, including Aboriginal and Torres Strait Islander women, women with disability, gender and sexuality diverse women and culturally and linguistically diverse women.

We also have strong links to other services within the ACT, including medical, social service, legal, domestic violence and emergency accommodation service providers. This allows us to take a holistic approach to help our clients achieve positive outcomes.

YWCA Housing Programs can assist you if: If you currently have housing (whether a mortgage or renting) and you are in housing stress*, you can access our Supportive Tenancy Service.

If you are a single older woman age 50+ (or 45+ for Aboriginal or Torres Strait Islander women) and are homeless or in housing stress*, you can access our Next Door program.

If you are a single woman in unstable housing or homeless, you can access our Affordable housing program.

If you are a woman with dependent children (with or without a partner) and are in unstable housing or homeless, you can access our Transitional housing program. To find out more head to [YWCA Canberra: Housing \(ywca-canberra.org.au\)](http://ywca-canberra.org.au)

2.13 MHFA National Consumers Art Competition 2022



MHFA National Consumers Art Competition 2022

Theme: Resilience & Mental Health

Create your creative artwork using submit it online in any form be it either paintings, drawings, mosaics, photos, computerised images or other art mediums.

Winning artwork will be selected by a panel of judges for virtual showcase at the Mental Health Month Launch on the 1st of October 2022. Open to all members of the community.

Submission
This year, the competition is being conducted **online and nationwide**. You can submit your artwork through the web form link.
Form link: <https://tinyurl.com/NICACM>

Winning Prizes & Awards
The winning artwork will be showcased digitally at the respective states and territories launch event on 1 October 2022.
The winning artist in each state will be awarded with prize money and trophy during the National Mental Health Month 2022.
Prize: \$500

Applications close on 31st July 2022, 11:59pm

NATIONAL MENTAL HEALTH MONTH 2022

Mental Health Foundation Australia
www.mhfa.org.au

Further information is available at the [MHFA website](http://www.mhfa.org.au)

3. Surveys and Research participants needed

3.1 Research into mental health challenges during COVID-19

Researchers from Monash University and the National Mental Health Consumer and Carer Forum are seeking participants to complete a survey about Family experiences supporting people with mental health challenges during COVID-19 in Australia.



The research will be used to inform a report to the National Mental Health Commission, as well as policy advice to governments, non-government organisations and peak bodies, and to further future projects relating to the mental health of family carers.

If you would like more information, please email caroline.walters@monash.edu

[Take survey](#)

3.2 Validation of the Narrative Enhancement Cognitive Therapy (NECT) treatment for Australian youth

If you have a mental illness and are aged 18-24 years you are invited to participate in this research project.

Participation involves:

ACT Mental Health Consumer Network
Phone: (02) 6230 5796
P.O. Box 469, Civic Square, ACT 2608

- Completing 4 weekly 60–90-minute online group sessions using Zoom software
- Participating in these sessions with 7-8 peers from across Australia
- In each session, a mental health nurse will discuss the NECT program and request for the participants to make comments and suggestions on the program's suitability for Australian youth with a mental illness

The NECT program aims to provide improvements in reducing self-stigma. Internalised stigma or self-stigma is the process of thinking negatively of oneself and one's future due to having a mental illness. The NECT has been extensively used internationally and this study aims to adapt the program for Australian youth.

The results of this study will be used in a larger project where a 12-session NECT program will be delivered to Australian youth in a clinical trial.

FURTHER INFORMATION AND TO CONSENT

<https://bit.ly/3OHMtUE>

3.3 Research Opportunity: NDIS Participants

Flinders University is researching the formal supports that NDIS Participants with primary psychosocial disabilities are likely to receive once they receive a life-limiting diagnosis. We want to understand what kind of supports NDIS Participants with primary psychosocial disabilities are likely to receive, which service (ie. NDIS, Health, Mental Health, Community) would be likely to fund which kind of supports and equipment. Further, we want to understand what the various stakeholders (NDIS participants, family carers, workers) think of these current arrangements.

We are looking to interview:

- NDIS Participants with primary psychosocial disabilities.
- Informal supports of NDIS Participants with primary psychosocial disabilities.
- NDIA Planners and Local Area Coordinators.
- Mainstream Mental Health Providers
- Palliative Care providers,
- NDIS Providers

If you are part of any of the above groups and you can set aside some time to take part in an interview. (The interview can take part in your preferred method - video conference, telephone or, if possible, in-person) we ask that you contact Kathy via email kathy.boschen@flinders.edu.au or phone 0401 187 582.