



ACT
Mental Health
Consumer Network

NETWORK NEWS

Mental Health (Facilities) Bill 2016 exposure draft retracted!

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At the end of January the Network was informed that new legislation had been drafted to apply to all mental health facilities, with an extremely short time in which to give verbal and written feedback to Health on the matter.

In our submission, the Network strongly expressed concern that the legislation drafted would apply to all mental health facilities, but not other health facilities. We accepted that legislation is required to govern the operation of the Secure Mental Health Unit (SMHU), particularly in relation to consumers who had contact with the criminal justice system. However, we did not accept that all mental health facilities require legislation that is not required for other health facilities.

We were very concerned that the proposed legislation would provide powers in relation to all mental health facilities, to:

- limit visitors;
- search visitors and their possessions;
- search consumers, including by using force;
- prevent a consumer from contacting people outside the facility;
- open, search and prevent delivery of correspondence and packages to the consumer; and
- prevent 'contraband' entering the facility, without expressly providing an exhaustive statement of what constitutes 'contraband'.

The Network believed that the exposure draft was inherently discriminatory and had taken an unnecessarily restrictive and punitive approach to mental health facilities. We argued that if these powers were necessary for the safety and good order of mental health facilities, then they were also necessary for the safety and good order of all health facilities.

A number of organisations advocated alongside us for the legislation to be revoked or for the Bill to *only* apply to the secure mental health unit. On Thursday 18 February, we were informed that the minister had retracted the exposure draft for the *Mental (Facilities) Bill 2016 (ACT)*! The Network would like to thank all the members who participated in this process. We should all give ourselves a big pat on the back for being part of this incredible change.

From the EO's Desk



Dear Readers

Welcome to the first edition of the Network News for 2016... and a belated welcome to the New Year!

The first thing you will no doubt have noticed today, if not in earlier communications, is that we have officially been rebranded! We were very pleased to engage a young student who worked closely with us on our branding, taking into consideration the views of staff, the Board and members more broadly. We do hope you like the final result! The last few items we have yet to finalise are our brochures and business cards so keep an eye out for these in the near future.

There have been no changes to the staffing team so you can look forward to seeing the same faces over the coming months that you have come to recognise. One important thing to mention is that we were very pleased to offer Petra Kallay a permanent role as the Community Education Coordinator after her having been with us on a parental leave contract for quite some time. Petra graciously accepted our offer so we officially have a full

team and can now formally welcome Petra to our little team! We currently have a volunteer spending a couple of days per week in the office, Michael Freiberg. Michael will be sharing his broad expertise by providing program and member support. Make sure you take the opportunity to introduce yourself to Michael next time you pop-in for Drop-In! Jen, Purity and Val round out our strong team, complemented by our consumer representatives who each contribute an amazing amount of time, effort and expertise to work towards a better mental health system for everyone.

Our Board is operating very well with Terri Warner as Chair and Chris van Reyk appointed to the role of Deputy Chair at their December meeting. I would also like to extend a very warm welcome to Michael Hausch who joined the Board at this time in the Ordinary Member position left vacant by Chris's move. Michael is a 2015 graduate of Self-advocacy and Consumer Representation (SCR – note the acronym change!) training and is already a consumer representative!

Over the coming few months we will be working closely on the strategic plan, engaging members along the way to ensure the plan accurately represents the views of consumers. The first step in this process is the biennial Consumer Survey which you

should have received with this newsletter. We hope you can find the time to complete and return this survey, as well as telling other consumers about it. The more responses we receive the stronger the voice. Because we value consumers' time and expertise, each consumer who completes a survey will receive a \$20 gift voucher – as has occurred in previous years. We look forward to hearing from you about your thoughts and experiences.

The other major item we are working on over the coming year is our accreditation under the Australian Service Excellence Standards. Amanda Davies, our former Program Manager, is consulting with us on the improvement of our internal policy set so we are very pleased to be working with her again even just in this small way. We hope this process will make the Network stronger and better for consumers throughout the ACT and will report progress to you along the way.

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

Network Event Calendar

March

Monday 14 March

Canberra Day Public Holiday (Office closed)

Wednesday 16 March 11am—1pm

Co-Facilitation Training Forum (Drop-In closed)

Friday 25 March

Good Friday Public Holiday (Office closed)

Monday 28 March

Easter Monday Public Holiday (Office closed)

Tuesday 29 March 5pm—7pm

Consumer Representative Forum

April

Monday 11 April

Network Strategic Planning Day 1 (Office closed)

Tuesday 12 April

Network Strategic Planning Day 2 (Office closed)

Tuesday 19 April 11am—1pm

Network Board Meeting

Monday 25 April

ANZAC Day Public Holiday (Office closed)

Tuesday 26 April 11am—1pm

Consumer Representative Forum (Drop-In closed)

May

Tuesday 24 May 5pm—7pm

Consumer Representative Forum

Training dates for Self-Advocacy, Consumer Representation and other Community Education programs can be found on page 9.

Network Update

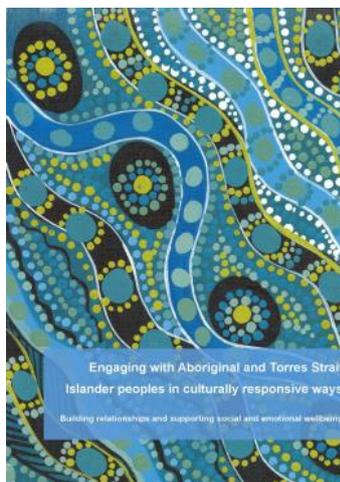
Drop-In opening times for 2016

Throughout 2015, the Network trialled having the Drop-In service open at different times throughout the week. After 11 months, it has been viewed that having Drop-In open at different times, as not seen an increase in the number of members attending, and many reported the times caused confusion. For this reason we reverted back to the standard Drop-In time.

Drop-In will be open from 11am to 1pm, Monday to Friday.

We will continue to advise members of changes to the schedule through the fortnightly door sign and week e-bulletins.

Student Placement report now available



From August through to November 2015, the Network hosted Dianne Perkins, a student placement from the Australian Catholic University.

As part of her studies in Social Work for her degree, Dianne conducted a project for the Network which aimed to identify and examine culturally appropriate practices that the Network can use to actively engage with Aboriginal and Torres Strait Islander people who identify as having lived experience of mental illness.

The final report, titled "*Engaging with Aboriginal and Torres Strait Islander peoples in culturally responsive ways: Building relationships and supporting social and emotional wellbeing*" is now available for viewing and can be accessed from the Network's website (www.actmhcn.org.au) under Publications, Reports. Alternatively, the Network has hard copies available from our Library for members to come in and read.

Introduction

Michael joined the Network in mid-February as a Program Support Volunteer. In this role, Michael assists the Network's staff with various duties around the office. Michael has experience in the community mental health sector where he developed a number of consumer-based programs supporting community education and participation. Michael

believes that the key to building individual and collective capacity and resilience lies with active community involvement in peer-based learning and support.

To contact Michael, please email him at programs@actmhcn.org.au



Newsletter distribution change

Due to the significant increase in postage costs over the past year, the Network has had to make a decision to cease posting out our newsletter to members who have listed a workable email address on their membership form.

This change in how some members receive their newsletter will commence when the Winter 2016 edition of Network News is due for distribution.

Members affected by this change, will only receive an email with a direct link to the newsletter from the Network's website. Please note that our Members' Area has computers available for members to use for accessing email, during Drop-In times.

If a hard copy is required, please contact the Network and we'll prepare one for you to collect.

For those members who we currently do not have an email address for, you will continue to receive our newsletter by post. If this has changed since joining the Network, you can update your details by contacting the Network on 6230 5796 and advising us or by completing the membership form located on the back pages of Network News.

2016 Consumer Survey

ACT Mental Health Consumer Network is the peak systemic advocacy body for mental health consumers in the ACT. The Network defines a consumer as a person who identifies as having lived experience of mental illness or disorder, past or present, or has personally used a mental health service for their own mental health needs. As required under our funding agreement with ACT Health, we survey consumers in the ACT every two years. This year we are surveying consumers to gather information to:

- Develop the ways in which the Network receives and uses feedback from consumers;
- Improve and focus the Network's systemic advocacy;
- Inform the planning and development of the Network's 2016-19 Strategic Plan; and
- Meet the goals of our funding agreements to better support consumers in the ACT.

This survey is 28 questions long and may take up to 20 minutes to complete. We would really value your input and look forward to your feedback.

As we value your contribution, for completing the survey we would like to offer the choice of either a \$20 Woolworths or Coles voucher

Responses to this survey will be analysed for research and planning purposes. No identifying information will be associated with your responses.

A copy of the survey have been included with this edition of Network News for members. Hard copies are available from the Network office, other outlets and online at www.actmhcncn.org.au

Events & Notices

Volunteers Wanted for ACT Peer Led Helpline

A new mental health service for the Canberra community will be launched in June 2016. The ACT Peer Helpline will be run by volunteers with a lived experience of mental illness. It will provide emotional support, information and referral, together with scheduled calls to people requiring additional social support Monday-Friday, 9am to 9pm. The Helpline is funded by a Partners in Recovery Innovation Grant through Capital Health Network.

MI Fellowship is now recruiting for volunteers. This is an exciting opportunity for you to contribute to your community as well as learn new skills. Volunteers will be provided with comprehensive, ongoing training and support. As a Helpline Volunteer you will:

- bring a lived experience of mental illness either individually or as a carer
- be available at least once a fortnight (preferably once a week) for a 4 hour shift
- have excellent communication skills both written and verbal
- possess a non-judgemental and supportive attitude and an ability to empathise
- be able to remain calm in a crisis situation
- have an ability to conduct basic computer tasks such as internet searching and word processing as well as a

willingness to learn to use the information database system.

The closing date for applications is 5pm, 17 March 2016.

For more information about the ACT Peer Helpline, including how to access an application form, contact Ruby Bellchambers on 02 6246 7110, email HelplineACT@mifellowship.org or visit <http://mifellowship.org/content/act-helpline>.

2016 NDIS Grants

Applications are now open for individuals to access this grants program

Community Participation Grants: for individuals

Grants up to \$1000 are available for people with disabilities who have not yet phased to the NDIS and who need the assistance of a planner to prepare for, and connect to, the NDIS.

Closing date for applications is 13 June 2016.

Registering as a Planner – for the purposes of these Community Participation Grants

The ACT NDIS Taskforce webpage hosts a non-endorsed list of individuals and organisations which offer planning support for people preparing for the NDIS. Guidelines have been updated,

so please read the Application Guide carefully before applying. Guidelines, application forms and further information is available from the ACT Community services website www.communityservices.act.gov.au/disability_act/national_disability_insurance_scheme/grants

Law for Non-Lawyers

Legal Aid ACT, Community Legal Centre's, Mental Health Community Coalition and Victim Support ACT plus others are partnering to deliver a range of legal training modules during 2016.

Time: 12pm to 2pm

Location: Legal Aid, first floor, 2 Allsop Street, Canberra City

Cost: FREE. Materials and light refreshments included.

Registration: Required.

Contact details are below

Details about each module, including dates, that will be delivered during February to June are listed on the right side of this page. Further information can be obtained from Legal Aid ACT.

Places are limited so register early. Please contact Carol Benda at Legal Aid ACT on carol.benda@legalaidact.org.au or by phone on 6243 3463 if you have any questions about the training modules or to register.

Training Modules

Wednesday 17 February Identify & Respond to Modern Slavery

This module is an overview of the issues involved in modern slavery and human trafficking. The module is designed for people who need some basic information. A full day training will be on offer in March. The module will be presented by members of the Human Trafficking Network.

Wednesday 9 March Consumer Law

The majority of people living in Canberra will have a consumer law problem at some stage. Problems can be about the warranty of products, contracts, repairs and replacements of goods. This module will give workers basic information about people's rights under consumer laws.

Wednesday 23 March Mental Health Act 2015

The ACT Mental Health Act 2015 comes into force on the 1 March 2016. This module will inform community sector workers about the new Mental Health Laws in the ACT and how they impact on their clients.

Wednesday 6 April Child & Youth Protection Services

This module aims to assist community sector workers who have clients dealing with OCYS.

Wednesday 4 May 2016 Victims of Crime Assistance

This module is aimed at giving community support workers information about the recent changes to the victims of crime financial assistance scheme.

Wednesday 18 May How to Spot a legal issue & making warm referrals

Law Week is an annual event held to promote public understanding of the law and its role in society. This session is for front line workers who assist people every day but may not know when the person should receive legal advice.

Wednesday 15 June How to write a good support letter

Every day community support workers are assisting clients with letters for a variety of reasons. Often these letters are directed to the courts. This module will give community support workers the skills to ensure letters are taken into account and not discarded when they come before a magistrate or tribunal member.

Wednesday 29 June 2016 NDIS

The National Disability Insurance Scheme is a Commonwealth scheme to provide individualised support for eligible people with a permanent and significant disability, their family and carers.

New Mental Health Act

A Brand new Act!

The *Mental Health (Treatment and Care) Act 1994 (ACT)* was replaced by the *Mental Health Act 2015 (ACT)* which has come into effect as we write this piece! After all the years of hard work, we can finally celebrate what has been a long and difficult battle. The Network would like to especially thank David Lovegrove for his outstanding and unwavering contribution to the review of *Mental Health (Treatment and Care) Act 1994*, Review Advisory Committee as our consumer representative. We would also like to thank Amanda Davies for her immense contribution on this Committee.

On Monday 29 February seven Network members attended what was a very engaging and robust Quarterly Community Forum which focussed on the *Mental Health Act 2015 (ACT)*, the new Act. Mark Jehne from Legal Aid spoke about the new Act in action and what it means for making orders, advance consent directives and

representation in the ACT Civil Administrative Tribunal. Kate Rea from ADACAS spoke about decision-making capacity and supported decision-making under the new Act and what it will mean in practice. Lastly, Dr Peter Norrie from ACT Health focused his energy on the impact of the new Act on service delivery and what clinicians will have to do differently.

David Lovegrove and John Franklyn, consumer and carer rep respectively, joined the panel members and kick-started a stimulating and engaging question and answer session. Questions ranged from how to balance dignity of risk especially for consumers who refuse treatment, how people can access the various forms for appointing a nominated person/advance consent directions/advance agreements and the role of carers and access to information. There are still many questions about the new Act and even more about how it will be implemented that remain unanswered – as they say, the proof is in the pudding. The Network and many others will be watching carefully the implementation of this new Act.



whm!
women's centre for health matters

The Women's Centre for Health Matters wants to hear from LGBTIQ community members interested in assisting us to develop resources for the community about Family and Domestic Violence (FDV).

The issue of FDV within the LGBTIQ community cuts across gender. The experiences of lesbians, gay men, transgender men and women, gender fluid, queer, and intersex people are sought to strengthen and diversify the information and resources for our community about addressing FDV.

**THE VOICES OF ALL COMMUNITY MEMBERS ARE IMPORTANT.
PLEASE CONTACT THE PROJECT WORKER, JILL SCANLON,
ON 6290 2166 TO GET INFORMED OR INVOLVED.**

Community Education

Update

Self-Advocacy and Consumer Representation Training

We've had a great expression of interest for the Self-Advocacy and Consumer Representation Course in February! So much so, that due to the high number of participants who expressed interest in the training, the training was divided into 2 separate groups, on both Tuesday and Thursday.

This series of Consumer Representation training will also be the first instance of including our exciting new digital video resources! We are currently half-way through the course, and look forward to getting a new batch of enthusiastic Consumer Reps!

Self-Advocacy Training empowers the mental health consumer to:

- Feel good about themselves
- Express their feelings
- Recognise the importance of responsible decision-making
- Make informed decisions

Consumer Representation Training covers:

- Introduction to the Consumer Movement and Consumer Representation
- Social Justice, Legislation & Introduction to Committee Structures

- Committee Skills

Co-facilitation training

This is a new, exciting project that we are currently developing!

The course is for experienced representatives who are interested in co-facilitating the network's Self-advocacy and Consumer Representation training.

The training is currently in development and a forum seeking feedback on the proposed training outline is scheduled for Wednesday, 16 March, 11:00 - 1:00 in the Members Area at the Network office.

The recruitment process for the co-facilitation training will be in May/June and the first lot of co-facilitated Self-Advocacy training is scheduled to start in July (10x sessions over 10 weeks).

Co-facilitation Training includes:

- The role of peer co-facilitators and using lived experience in a training environment
- Strategies to co-facilitate a fun and informative training session
- Tips for being an effective communicator
- Practice in facilitating group activities from the 'Self-Advocacy and Consumer Representation' Training

Understanding the NDIS for Peer Workers training

The objective of this two day workshop is to provide Mental Health Peer Workers knowledge and ability to assist a person with psychosocial disability in accessing/transition to the NDIS.

NDIS Training includes:

- Exploring strategies to assist potential NDIS participants with decision making and planning
- Exploring how the recovery approach related to the NDIS
- Identifying strategies for supporting someone when accessing the NDIS

Mentoring training

We are planning to develop and deliver the mentoring training from July. Keep an eye out in the bulletin and future issues of Network News for dates of forums to gather input on the development of this course!

If you are interested participating any of these FREE courses please have a look at the training dates on the following page.

Upcoming Training Dates

Self-Advocacy (Intensive) (2x day sessions)

Dates: Thursdays, 5, 12 May 2016

Time: 10:00 – 4:30

Location: The Griffin Centre

Consumer Representation (Intensive) (2x day sessions)

Dates: Thursdays, 5, 12 May 2016

Time: 10:00 – 4:30

Location: The Griffin Centre

Co-Facilitation Training (3 x days)

Dates: Thursdays, 14, 21, 28 April 2015

Times: 10:00 – 4:30

NDIS Training (2 x days)

Dates: Mondays, 2 & 9 May 2015

Times: 10:00 – 4:30

If you are interested participating in any of these FREE training opportunities please contact Petra on: education@actmhc.org.au or call 6230 5796 with any enquiries. Alternatively you can complete the registration form over the page and send to ACTMHCN Reply Paid 469, Civic Square ACT 2608 or register online at www.actmhc.org.au/advocacy-and-representation-training/art-course-registration.html?view=rsform



Training Registration Form

Name: _____

Street Address: _____

(Suburb) _____ (Postcode) _____

Phone: (h) _____ (m) _____

Email: _____

Which training are you registering to attend? (*Training Name and Date*)

Do you have any additional needs? (*e.g. wheelchair accessibility, dietary requirements*)

Please explain why you want to attend the above training.

How did you hear about this course?

Signed: _____ Date: _____

Thank you for your registration. We will confirm your place as soon as possible.

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

Policy Program Update

The year has definitely begun with a bang here at the Network with one major win that gave staff and members an excuse to celebrate and sigh with relief! When the exposure draft for the *Mental Health (Facilities) Bill 2016* (ACT) came out for consultation, members and staff were dismayed at the implications that such a Bill would have to the very concept of recovery. We, together with other organisations, advocated for the legislation to either apply to all health facilities or to apply exclusively to the Secure Mental Health Unit and won! Please see the front page for the full story.

With 1 March 2016 upon us, ACT Health has been churning out policies for review and endorsement at a very fast rate. Our consumer rep on the policy committee has been working closely with the policy unit to ensure that the policies are true to the Act. This work will continue as the Act is implemented. The Network is very interested to see how the cultural shift will happen within the mental health division.

The Mental Health Short Stay Unit (MHSSU) opened its doors on Wednesday 27 January, and so far the unit is operating well and still adjusting to a new governance model that involves a closer working relationship with the emergency department. The Mental Health Assessment Unit is no longer there; instead mental assessments will

now be carried out within the emergency department in the two “safe assessment pods”. The short stay unit is a standalone six bed unit adjacent to the emergency department. The unit is providing opportunities for extended clinical observation, crisis stabilisation, mental health assessment and intervention for consumers for up to a 48 hour period. Consumers who require admittance to the Adult Mental Health Unit will go there directly after assessments at the emergency department.

We recently held a consultation forum for members to scrutinise the Model of Care for the short stay unit, one of the concerns highlighted is regarding waiting times at the emergency department. Secondly, some members felt that there is an inherent risk that the new short stay unit could become a waiting area for admission to the inpatient unit when no beds are available.

As always, we are always looking for ideas of how we can improve and develop our programs, so if you have any suggestions or ideas of how the policy program could better advocate for consumers and more closely reflect your views and opinions and would like to get involved please drop in, give me a call 6230 5796 or email me at policy@actmhc.n.org.au.

Purity Goj

Consumer Rep Program Update

The calm of the December/January period has long since passed especially for the consumer representatives program. All the committees are back in full swing with numerous new ones coming on board. We have four members who will be eligible to become consumer representatives once they finish the current consumer representatives training. We look forward to welcoming them into the consumer reps program very soon.

We recently held our monthly consumer representatives forum, and we had eight consumer representatives in attendance. The Consumer Reps Forum is an important opportunity for consumer representatives to discuss issues being considered by their committees enabling consumer representatives to give a broad consumer view. It is also a place for reps to replenish their advocacy energy as they can receive support and encouragement from other consumer reps. Reps and eligible reps are invited to attend whenever

possible. Meetings are held on the last Tuesday of the month, with the next one to be held Tuesday 29 March from 5pm – 7pm, in the Networks Members' Area.

You might be interested to know that the our consumer reps spent 220 hours attending and preparing for committees from July to December 2015, with 410.5 hours spent for the year January – December 2015.

If you have recently completed the Advocacy and Representative Training course (self-advocacy and consumer representation training) or are about to complete your training we encourage you to have a look at the current vacancies, please see the bulletin on the next page. Don't hesitate to contact me (representation@actmhc.org.au or 6230 5796) if you have any questions regarding being a consumer representative.

Jen Nixon

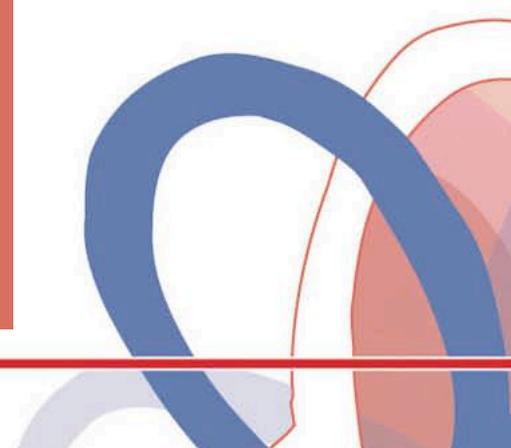
Consumer Representative Appointments

Rose Beard - University of Canberra Public Hospital Workforce Development Working Group

Chris Corcoran - University of Canberra Public Hospital Project Control Group

Patricia Green - Policy Procedure and Guideline Development and Review Committee

Peter Dwyer - Transition to Recovery (TRec), Woden Community Services



Consumer Representative Opportunities

Hello to all consumer representatives and eligible consumer representatives. We have two representative opportunities you might be interested to nominate for. Nominations close **30 March 2016**. Please contact Jen Nixon if you have any questions regarding these vacancies.

University of Canberra Public Hospital Mental Health, Justice Health, Alcohol and Drug Service (MHJHADS) Operational Working Group (UCPH MHJHADS OWG)

This working group will develop the operational procedures for the Mental Health Inpatient Rehabilitation Unit and the Day service to deliver a range of multi-disciplinary clinical services at UCPH. The working group will identify, develop and implement MHJHADS inpatient and Day Service procedures, integrate existing Ambulatory Care Services including community based clinics and provide input in the UCPH communication plan.

Frequency: Monthly, Third Friday afternoon of the month **Duration:** 1hr

Transition to Recovery (TRec) Consumer and Carer Advisory Group, Woden Community Services (1 vacancy)

The Transition to Recovery program (TRec) is an intensive community outreach mental health program that aims to assist people to transition to the community following an acute episode of mental illness and to prevent relapse. Woden Community Service runs TRec Consumer and Carer Advisory Group to provide consumer, carer and community input into the TRec program. This includes providing advice on key issues for consumers, carers and community services about consumer and carers and family's needs following discharge from acute facilities or sub-acute phase of illness. The Group also advises on recovery focused educational and support programs form families and clients.

Frequency: Quarterly, last Thursday afternoon **Duration:** 1.5hrs

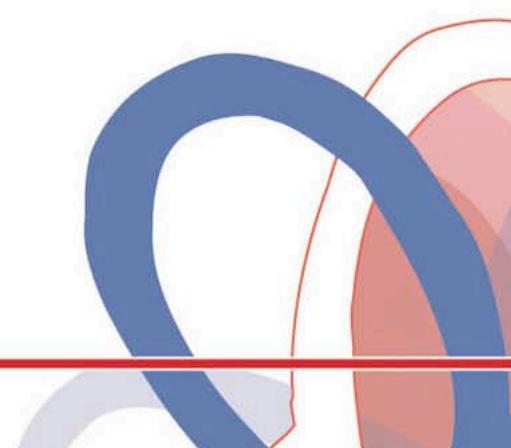
To nominate for these representative positions, please complete the Committee Nomination Form on pages 15 to 16 and return to the Network by

Post
ACTMHCN
Reply Paid469
Civic Square ACT 2608.

Email
representation@actmhc.org.au

Or

Hand deliver to the Network office
Room 11, Level 2, The Griffin Centre
20 Genge Street
Civic ACT 2601





COMMITTEE NOMINATION FORM

Name of Nominee:	
Committee:	

I wish to nominate as a candidate for the role of Mental Health Consumer Representative and agree to the following terms and conditions if appointed to a Representative position:

I will actively participate in the Consumer Representatives Program.

I undertake to report on my representation activities at Consumer Representatives Forums coordinated by the ACT Mental Health Consumer Network.

I agree to sign a confidentiality agreement with ACT Health.

I give permission for the staff of the ACT Mental Health Consumer Network to contact me regarding Consumer Representation educational activities and associated events.

I understand that my participation is voluntary, and that I can withdraw from participating in this program at any time by notifying the ACT Mental Health Consumer Network in writing or in person.

I understand that my participation is dependent upon my intention to act in good faith and that if I don't without remorse then my appointment to a Committee can be withdrawn in accordance with the "Conclusion of Appointment" policy and procedure.

I give permission for the ACT Mental Health Consumer Network to publish my name as a Consumer Representative in official publications and reports.

I also understand that the ACT Mental Health Consumer Network will keep all other details regarding my personal contact information and lived experience confidential, unless I give permission for this information to be released.

Signed _____ Date _____

Please turn over

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

Have you undertaken Consumer Representative or Advocacy Training?

Yes – Year: _____

Delivered by:

* Mental Health Consumer Network

* NSW Institute of Psychiatry

* Mental Health Community Coalition

* Health Care Consumers Association of the ACT

or

* Other: _____

No, but I am willing to undertake this training

No and I am unwilling or unable to undertake this training

Please supply a short explanation of no more than 150 words describing why you wish to nominate; and what your experience or interest is in representing the needs and concerns regarding people with a mental illness.

Poet's Corner

Babydoll

The most fragile little girl in every room she skips her little way through
Don't look or she'll crumble like the floor beneath her
In her lace & waves, wide eyed & pure
Never did you see a soul so far cracked open
Too open.
She dreams of love & poetry & daisy gardens
Holding hands with the little tattooed boy pretending nothing in this little life
is real
She eats kindness for dinner, gets drunk on e for empathy
Don't touch.
Just like snow she'll melt in your hands
Just hug her until she smiles
What happened to her you wonder
As she dances to the radio in her mind
Tune into 1111.7 for illusions and delusions
Watch from afar as she spins & twirls
Falling down & not getting up
Making where she fell her new home
Forever fearful her monsters will find her
She hides behind the willow tree
Peeking out only to retreat back in
Laying on the grass painting pictures in the clouds
with her big doe eyes
Dreaming of another life

By Natalie S

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 following pages or by filling out and submitting via our website.

Drop-In Service

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.

Our Drop-In hours are 11am – 1pm, Monday to Friday.



Level 2, Room 11
20 Genge Street,
Canberra City



(02) 6230 5796



www.actmhcn.org.au



[www.facebook.com/
actmhcn/](https://www.facebook.com/actmhcn/)

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	
Advocacy and Representation Training (ART)	<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