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Michael Firestone

Memorial Scholarship

Awarded each year by the Network, the Michael Firestone Memorial Scholarships are granted to mental health consumers who wish to further their education but may not have the means to do so due to financial or other constraints. The Scholarship was established in recognition of Michael's tireless efforts in assisting mental health consumers through information, education and referral, as well as his long personal battle with an education provider regarding his own issues of discrimination.

Felicity Maher (right) was one of the recipients of the Scholarship in 2016, to undergo training in the art of cake decoration. Felicity has completed the first of her courses, Exploding Cakes, and we at the Network were lucky enough to get to share the fruits of her labour. Felicity decorated the cake with liquorice allsorts and ropes made out of fondant exploding out of the middle of a pond of cachous at the top of the cake and it looked fantastic!



Two Scholarships of up to \$500 are awarded each year during Mental Health Week. If you are interested in applying, please contact Jen (representation@actmhc.org.au) or look out for advertisements around August this year.

From the EO's Desk



Dear Readers

Welcome to the first edition of the Network News for 2017... I hope you all enjoyed a break and some time doing something you enjoy.

I am pleased to report that our staffing team has remained steady since the last newsletter, except for staff taking leave, and in fact for almost two full years now without change! You will notice a short term change in staff coming up mid-year when I go on leave from 1 June to 11 August 2017 though. During this time Purity will be acting Executive Officer and we will soon begin recruitment for the temporary vacancy Purity will leave as Policy and Participation Development Coordinator. If this sounds like a good match for your or someone you know's skills, watch out for the documentation in bulletins and other communications towards the end of April. If you don't receive electronic notifications from the Network, please consider signing up so you don't miss these important messages between newsletters.

Speaking of recruitment, following the successful pilot of the Network's new Consumer Co-facilitator course we have commenced a formalised recruitment process for consumers to become co-facilitators at the Network. So far we have interviewed and officially signed on one co-facilitator, Chris Corcoran, who is expected to co-facilitate a course we are partnering with Directions ACT to run at their premises. Welcome on board (officially), Chris!

Finally, regarding people you may have seen around the office in recent times; we are very pleased and proud to report that our 2016

administrative volunteer, Michael Freiberg, was successful in gaining a placement in a government graduate program. These places are very highly sought after so this is a fantastic achievement for Michael. We extend our congratulations to him and wish him the best of luck in the program and beyond.

Our Board is operating very well with Terri Warner as Chair for her second year. So far this year's Board is operating very effectively and it is a pleasure to work with them. Over the coming few months we will be working looking at the recommendations from our recent accreditation process, along with the Strategic Plan 2016-19, to plan the 2017-18 financial year. We will report back on this process in upcoming bulletins, as well as in the winter newsletter so keep an eye out for the exciting work we have coming up soon.

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 Events

Needs Assessment Consultation

ACT Mental Health Consumer Network (ACTMHCN) is hosting ACT's Primary Health Network, Capital Health Network's (CHN) consumer consultation. Consumers are invited to have their say and provide feedback about mental health service issues/needs in the ACT.

When: Tuesday 28 March, 12.30pm -1.30pm
Where: Members Area Room 11, Level 2, 20 Genge Street, Civic

CHN conducts an annual needs assessment to identify areas of need in the ACT community. The consultation will focus on mental health and give consumers an opportunity to provide valuable input about service issues/needs and help inform the development of priority areas relating to mental health.

March

Tuesday 28 March 11am—12.30pm

Consumer Rep Forum, Members Area (Drop-In Closed)

Tuesday 28 March 12.30pm—1.30pm

Capital Health Network Needs Assessment Consultation

Thursday 30 March

Co-facilitation Training

April

Tuesday 4 April

Staff Planning Day (Drop-In Closed)

Thursday 6 & 13 April

Co-facilitation Training

Friday 14 April

Good Friday Public Holiday (Office Closed)

Monday 17 April

Easter Monday Public Holiday (Office Closed)

Tuesday 18 April 11am—1pm

Network Board Meeting

Tuesday 25 April

ANZAC Day Public Holiday ((Drop-In Closed)

May

Tuesday 2 May 11am—1pm

Consumer Rep Forum (Drop-In Closed)

Tuesday 23 May 11am—1pm

Consumer Rep Forum (Drop-In Closed)

Monday 29 May & 5 June 10am—4.30pm

NDIS Peer Worker Training

Want to stay up-to-date with future Network events? If you have email access, then signing up to our weekly e-bulletin is the best way. Contact us on 6230 5796 or email to actmhcncn@actmhcncn.org.au and ask to be added, or come in to our office during Drop-In.

Network Update

This is My Brave

The Network organised a lunch time concert to promote auditions for “*This is My Brave, The Show*” Canberra. The lunchtime concert was a great success with twenty people attending the concert. We were privileged to listen to music, spoken word, poetry and Narrabundah College performed a short play. Thank you to all who were able to attend or support the lunchtime concert.



This is My Brave is a live storytelling event where real people tell real stories about their real life mental health issues through poetry, original music, comedy and essays. Billed as #StorytellingSavesLives, This is My Brave seeks to remove the stigma of mental illness, open a dialog, and create opportunities for people to thoughtfully engage around the topic of mental health.



The event will take place on:

Saturday, May 26th at the Tuggeranong Arts Centre, 7pm.

Volunteers are urgently needed, if you are interested please contact Tim Daly, Producer 0455747168 or tim@thisismybrave.org

Drop-In activities

The Network has nominated a special Drop-In day each month for consumers to attend and interact with other members and staff.

The nominated day is the second Tuesday of the month.

Commencing on Tuesday 11 April, the Network will have a Games Drop-In. Future months will see a variety of activities on offer. Even if the activity isn't of interest, we do have other activities like art that you can indulge in, as well as being able to use the Members Area facilities for personal use.

We would also welcome any ideas for future Drop-In events.

If any readers have any specific skill or talent in a craft and wouldn't mind sharing that knowledge with other consumers, we'd be happy to hear from you about what you have to offer.

Also if any readers have any old board games, jigsaw puzzles etc. that they no longer use, you're welcome to bring them in to the Network for other consumers to use.

We look forward to seeing members during Drop-In.

Chair's Report

I write this to you having recently returned from the Mental Health Services Summer Forum, where the topic was choice and control in mental health. The Forum was a strong reminder for me that while we need to be very active in advocacy related to the NDIS, the majority of people with mental illness will not be eligible for individually funded NDIS packages but will still need psychosocial and other supports that are provided by both mainstream and non-mainstream services. We need to make sure that services, supports, policies and processes that affect people with mental illness will lead to good outcomes and good lives for all people who experience mental illness, whatever the level or duration of the resulting functional impairment.

There are many things happening in mental health in the ACT and nationally right now, and we need to be not only aware of, but actively contributing to the processes that will lead to change. We should, when we can, make it a priority to attend

consultation forums and to provide input in as many ways as possible to ensure that nothing about us happens without us.

While I am often in the Network office, it is rare that I have the opportunity to just sit down and have a conversation with consumers about issues that affect them, from legislation changes through to how the Network is governed. Starting this month I will be attending one drop in session each month to be available to talk to any consumers who would like to talk to me in my role as Chair about anything that they feel is important to discuss. I want to make sure that this activity does not interfere with other consumers who want to use the drop in facilities or with staff going about their duties, so when I have worked out these details I will make sure you all know when I will be kicking off.

*-Terri Warner
Chair*

2016 End of Year Barbecue

The Network along with the Consumer and Carer Caucus held a joint end of year event on Thursday 15 December 2016.



Traditionally we hold this event in an area of Glebe Park, but the weather being how it was at the time, the decision to move the barbecue indoors was made.

Despite the rain, the barbecue was extremely well attended, with up to 45 members of the Network and Caucus coming along.

Everyone who came had a great time with games being played, good food and of course good company!



The Network and Caucus thanks everyone involved in organising the event (and cooking!) and to everyone that came along.

Hopefully this year, we'll get some great weather and head back outdoors.

Events & Notices

ACT Mental Health Recovery College development

The Mental Health Community Coalition ACT (MHCC ACT) is seeking your assistance to develop an innovative, recovery-oriented education service that aims to improve understanding of mental health and help participants develop greater self-management skills.

A recovery college is a place of learning, connection and hope for people living with mental illness, their carers, families and friends. Colleges operate in a similar way to adult learning centres, but with all courses focussing on mental health.

Colleges are developed and operated entirely on the principles of co-design and co-production – that is, in equal partnership between mental health professionals and people with lived experience of mental illness. They are well-established in the UK but relatively new in Australia. Currently only a small number operate, in south-eastern Sydney and regional Victoria.

MHCC ACT has overall responsibility for the Canberra project and will undertake the design and implementation in collaboration with organisations and participants in the mental health community. It is anticipated the recovery college will open in 2018.

A stakeholders reference group will be formed in the coming weeks. MHCC ACT would like to hear from anyone who wishes to be involved and contribute ideas in areas such as:

- courses to offer;
- course content and frequency;
- what facilities and services might be needed;
- what support participants might need; and
- reaching the target audience.

If you would like to learn more about the Canberra recovery college project, or join the stakeholders reference group, please email the Project Officer Karen Leary at karen.leary@mhccact.org.au

Community Advocacy Forum

Are you concerned about the ways in which people affected by mental illness and disability are stigmatised, discriminated against and excluded from full participation in community? Are you interested in learning about advocacy and developing skills to make a difference?

Wellways has developed this workshop as an opportunity for community members to discuss the most important mental health advocacy issues in ACT and collaboratively develop change-making strategies.

Date: 29th of March 2017.

Registration, tea & coffee: 9.30am to 10.00am

Time: 10.00am to 3.00pm

Address: University House - The Common Room, 1 Balmain Cres Acton, ACT, 2601

Bookings are essential and can be made online at <https://www.eventbrite.com.au/e/act-advocacy-forum-tickets-32307652057>

The workshop aims to:

- provide advocacy knowledge and skills, and a takeaway advocacy toolkit;
- encourage people to provide lived experience advice about combatting stigma, discrimination and exclusion;
- identify the most important mental health issues in the region;
- conduct an audit of interests, skills, values and affiliations in the room;
- reflect on potential advocacy projects/activities that are within scope of knowledge, skills and resources in the room and beyond; and
- motivate and equip attendees to be involved in developing and activating projects in the community.

Come along and help make a difference in your community.

Strategic Framework for Suicide Prevention Workshop

Mental Health Community Coalition (MHCC ACT) and Suicide Prevention Australia (SPA) are holding a consultation workshop on the proposed Strategic Framework for Suicide Prevention.

Date: Thursday, 30 March 2017

Time: 2:00 pm to 4:00 pm

Place: Room 6, 1st Floor, Griffin Centre, 20 Genge Street Canberra City

Cost: Free

The session will begin with a briefing on Lived Experience followed by a 90 minutes consultation workshop.

The workshop will begin with an introduction and background followed by a break out group workshop to discuss and gather feedback on the proposed framework. Feedback will be recorded and used for the SPA Board and the National Coalition for Suicide Prevention in developing a recommended framework to Government by mid-year.

For further information and to register for the workshop go to the [Eventbrite invitation](https://www.eventbrite.com.au/e/strategic-framework-for-suicide-prevention-workshop-tickets-32486341522) page (<https://www.eventbrite.com.au/e/strategic-framework-for-suicide-prevention-workshop-tickets-32486341522>)

Do you use apps on your phone or tablet, websites, social media, or online searches to find information about, or help manage, health and medical issues?

Women's Centre for Health Matters are hosting discussion groups from March to June 2017 for women in the following groups:

1. 18-25 year old women;
2. Women with babies & young children under 5 years;
3. Women with chronic health conditions;
4. Women with mental health conditions;
5. Women who have or have had cancer;
6. Women aged 65 or over;
7. Women from culturally and linguistically diverse backgrounds; and
8. Women with a disability

The discussion groups will be hosted by Women's Centre for Health Matters, in collaboration with researchers from the University of Canberra.

If you are interested in talking about how you use digital technologies for health and medical reasons, please email admin@wchm.org.au with your name, contact phone number, postcode, and which group you are interested in. WCHM will send you an invitation to your discussion group once the time and place have been set.

Mental Health First Aid Guidelines for Depression Study

Mental Health First Aid Australia and the University of Melbourne are conducting research to update the mental health first aid guidelines for depression that were published in 2008. To read the current guidelines visit the [MHFA website](#).

The researchers are looking for 30 people with a lived experience of depression, 30 people who have cared for or provided significant support to someone with depression, and 30 professionals with experience researching or treating depression. Participants will be asked to complete three online surveys over a 4-6 month period (so no travel or meetings!). The total estimated time commitment is approximately 2 hours.

To be eligible as a participant, you will be able to read and speak English, be 18 years or older AND fall into one of the 3 categories below:

1. Have a lived experience of depression, feel well enough to participate, AND are engaged in activities that give you a broader exposure to people's experiences of depression, e.g. you are a member of a consumer advisory or advocacy group, providing peer support to others, etc.
2. Have experience in caring for or providing significant day-to-day support to someone with depression AND are engaged in activities that give you a broader exposure to people's experiences of depression, e.g. be a member of a carer support group or carer advocacy organisation.
3. Are a mental health professional or researcher with at least 2 years experience working in the area of depression.

If you are interested in participating please contact Dr Kathy Bond at Mental Health First Aid Australia: kathybond@mhfa.com.au or (03) 9079 0207.

2017 TheMHS Summer Forum Report

Jen Nixon and I were lucky enough to attend the 2017 TheMHS Summer Forum, the theme of which was choice and control. The forum looked in depth at different kinds of personalisation of mental health services. We heard from speakers from Canada and the UK about how they personalise their services using personal budgets and other mechanisms, and we heard from the NDIA and one of the PHNs about what they are doing to personalise care for people who experience mental health issues.

At the core of the Forum was the idea that people need to be able to make choices about things that matter to them, but choice is only meaningful when you have control, just as control is only meaningful when you have choice. Just as important is the concept of recovery – recovering a life, not recovering from an illness. One of the problems identified by the Canadian speaker, Ed Mantler from the Mental Health Commission of Canada, is that faith in recovery can be lacking for healthcare professionals, and this can permeate into the people they are trying to help. The truth is that recovery is possible, and personalisation of services can help to facilitate it.

We heard from Frank Quinlan about the 5th National Mental Health Plan and the areas where it falls short. There is no clarity on governance and responsibility, no action on sector capacity and integration and no transparency. This is worrying news because the 5th Plan is intended to outline the actions the government will take to maintain and improve mental health services over the next few years and there are still obvious gaps and problems that could do a great disservice to mental health consumers in Australia.

One of the highlights of the Forum was Kathy Eagar's presentation on funding personalisation. Her presentation clarified some of the assumptions that the introduction of personal budget approaches like the NDIS are based on and how some of the new

Australian government initiatives like health care homes are intended to benefit people with mental illness.

The presenters from the Primary Health Networks talked about how their work in commissioning services can move the sector towards personalisation by funding providers whose services enable choice and control. They also outlined some of the workforce issues that are occurring as a result of NDIS style personalisation and challenged providers to continue to engage in advocacy both for themselves and for their clients even though advocacy may technically be unfunded.

The Forum ended with a panel of experts discussing workforce capacity building. Historically in mental health the underlying assumption of the workforce has been that people won't recover but we have now moved into a better understanding that people can live great lives in spite of mental illness and the purpose of the workforce in this area is to support people to do that. In order to have a flexible and responsive workforce that can really support people to live good lives, we need to work on both capability and capacity in the workforce and we need to be constantly innovating.

The two days were enlightening, educational and invigorating. I am still sifting through all of the thoughts and ideas that I had during and since the Forum, but I know that attending the Forum has made me a better informed and more effective advocate.

Terri Warner



Community Education Update

The Network recently completed the intensive self-advocacy and consumer representation training. We finished the course off in the large conference room of the ACT Health building at 1 Moore St by having a Q&A discussion with Bruno Aloisi from Adult Community Mental Health Services and a lively simulated committee meeting. We are delighted to have 5 new eligible consumer representatives!

Since our co-facilitation course last year, many of those who had completed it and become eligible co-facilitators have been using and developing their newfound skills! We look forward to more consumers undertaking the training and joining them. We are excited to be delivering the second series of co-facilitation training which will start on 30 March 2017. Even more exciting is that some of our co-facilitators will be participating in the delivery of the training!

Despite the fact that the word 'exciting' is being used a lot, that's exactly how we feel about the upcoming pilot course for Mentoring! This we are currently in the process of developing, and we will be delivering the training in May! This is a great opportunity for our Consumer Representatives to develop skills and confidence to share their knowledge and experience with newer members. We have already had consultation with Network members about content and development of this workshop, and we will be having more opportunities for consultation and discussion as the training is developed.

-Petra Kallay
Community Education Coordinator

Upcoming Training

On page 10 is a list of FREE training courses that the Network is pleased to offer.

If you wish to register for any of the listed course, please complete the training registration form on page 15 and submit to the Network (contact details are on page 16). Alternatively can you register via the Network's website (www.actmhc.org.au)

A full calendar of training opportunities can be found to the right of the page. Contact the Network for more information!

2017 Training Calendar

January	February	March	April
S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
May	June	July	August
S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
September	October	November	December
S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

KEY

■ Self-Advocacy Course	■ Consumer Representation Course
■ Co-facilitation Course	■ Mentoring Course
	■ NDIS Peer Worker Course

If you have any questions about the courses that the Network offers, please contact us on 6230 5796 or email Petra at education@actmhc.org.au

Upcoming Training Courses

Co-facilitation Training

Objective: The purpose of this training is to provide eligible members the skills and opportunity to use their expertise of lived experience by becoming co-facilitators in the delivery of the Network's training.

Dates: Thursdays, 30 March, 6 & 13 April 2017
Times: 10am – 4:30pm
Location: Canberra City, venue to be confirmed with participants

This 3 day workshop consists of training modules, as well as the opportunity for the participants to put into practice the skills learned during the training by facilitating practicum activities.

- Module 1 – Why Peer Work?
- Module 2 – Group Facilitation Skills 1 (How We Learn and Introduction to Facilitation)
- Module 3 – Group Facilitation Skills 2 (Facilitation and Co-facilitation Skills)
- Module 4 – Self Care

Morning tea and light lunch will be provided.
Contact the Network to determine if you are eligible!

NDIS Peer Worker

Objective: To provide Mental Health Peer Workers knowledge and ability to assist a person with psychosocial disability in accessing/transitioning to the NDIS.

Dates: Mondays 29 May, 5 June 2017
Time: 10:00am - 4:45pm
Location: Canberra City, venue to be confirmed with participants

By the end of this two-day workshop, the participants will have:

- Developed an understanding of the NDIS, eligibility requirements and registration process
- Explored strategies to assist potential NDIS participants with decision making and planning
- Explored how the recovery approach relates to the NDIS
- Identified strategies for supporting someone when accessing the NDIS

Morning tea and light lunch will be provided.

Mentoring Training

Objective: To provide eligible consumer representatives an opportunity to develop skills and knowledge to mentor new consumer representatives.

Dates: Thursdays, 1 & 8 June 2017
Time: 10:00am - 4:30pm
Location: Canberra City, venue to be confirmed with participants

This 2 day workshop will explore principles of mentoring and how these apply in the consumer representation context, as well as self-care!

Morning tea and light lunch will be provided.
Contact the Network to determine if you are eligible!

TRAINING REGISTRATION FORM ON PAGES 15-16

Policy Program Update

The start of the year has proven to be a busy time for the Network, in this first quarter of the year, we have organised and hosted seven consultations and opportunities for consumers to have their voices heard. (Priority One in our Strategic Plan)

1. **A new Assertive Youth Outreach Program - 20 Jan**
2. **University Medical Leave Statute and Rules – 24 Jan**
3. **New Women’s Mental Health Service - 31 Jan**
4. **Proposed new Model of Care for Adult Mental Health Services - 6 Feb**
5. **Audit of Mental Health Services - 17 February**
6. **NDIS Consultation – 21 February**
7. **Consultation regarding Restrictive Practices here in the ACT - 28 February**

The Network was pleased to learn that in the 2015/16 ACT Government budget Child and Adolescent Mental Health Services (CAMHS) was successful in getting recurrent funding to develop a small young people’s outreach program for two priority groups:

1. First priority group - Young people aged 14-25 who are experiencing first episode psychosis.
2. Second priority group - Young people aged 14 to 18 years experiencing or at significant risk of developing severe anxiety, and/or severe depression with significant barriers to treatment and care engagement.

We were also enthused to learn that Wellways Australia in partnership with ACT Health, is providing a short to medium term supported accommodation for Women over the age of 18 experiencing a mental health issue.

Following the NDIS consultation, the Network made a formal submission to the Joint Standing Committee on the NDIS. The Network will be working on second submission regarding the NDIS to the Senate Community Affairs Reference Committee before the end of April. We look forward to talking to members about some of the experiences and what they might want to contribute to the submission.

-Purity Goj
Program Manager

Change is coming to ACT Health Adult Community Mental Health Services.

There will be a change in the structure of service provision which will be reflected in the following service components:

Access Assessment and Triage (AAT) - This team manages new referrals for mental health care or urgent mental health assistance. It will operate 24 hours a day, 7 days a week. The team will be able to give you information and guide you to the best service for you.

Acute Response and Intensive Home Treatment (ARIHT) - This team will provide short-term intensive crisis care and provide links with other services when the crisis has abated.

Community Recovery Service (CRS) - This team will provide longer term care for people, working with each person’s strengths and recovery goals.

Assertive Community Outreach Service (ACOS) - This team provides frequent and specialist care to people who have complex and longer-term support needs.

Individual therapies—the team will provide assessments and talking therapies specifically targeted to an individual’s requirements.

Benefits for consumers and carers:

- One access point.
- Faster access to the care you need.
- More direct contact with health professionals.
- More care provided in the community.
- Greater involvement in decisions about your treatment and care.
- Carers will be better supported in their caring role.

When will the changes happen?

The Access, Assessment and Triage line is scheduled to be operational by mid-2017. All other planned changes are scheduled to be in place by late 2017.

Concerns/questions: If you have any concerns or would like more information, please contact Amber Shuhyta on 6207 7382 or email ACMHSModelofCare@act.gov.au.

Consumer Rep Program Update

The first Consumer Representative Forum for 2017 was held on Tuesday 28 February. When a consumer nominates to be a consumer representative, they agree to report on their representative activities at the Consumer Representative Forum. This includes submitting reports from the meetings attended and attending the Forum as often as possible.

These Forums offer an important opportunity for consumer representatives to discuss issues being considered by their committees and provide an avenue 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 it is possible. Meetings are held on the

last Tuesday of the month from 11am to 1pm. The next Forum is to be held Tuesday 28 March at the Network drop in room.

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 participate in the consumer representative program. Don't hesitate to contact me at the details below if you have any questions regarding being a consumer representative.

As part of the Network's contract requirements with the ACT Health Directorate, the Network schedules visits to all bed-based

mental health units in Canberra at a minimum of twice a year. One or two members of staff and an active consumer representative attend these visits, with the aim to inform consumers at these units about the Network, with particular reference to the free training offered.

To start off 2017, The Network will be visiting the Brian Hennessy Rehabilitation Centre on 16 March and the two units at Canberra Hospital (the Adult Mental Health Unit and the Mental Health Short Stay Unit, part of the Emergency Department) on 23 March. Discussions are continuing with Calvary Hospital to arrange visits to Ward 2N and the Older Persons Mental Health Unit.

Jen Nixon

Volunteer Coordinator

Representative Opportunity

Hello to all consumer representatives and eligible consumer representatives. We have one representative opportunity you might be interested to nominate for. Please contact Jen Nixon if you have any questions regarding these vacancies or require a Committee Nomination form.

To nominate for this representative position, please complete a Committee Nomination Form and return to the Network by **Friday 28 April 2017**.

Post: ACTMHCN, Reply Paid 469 Civic Square ACT 2608

Email: representation@actmhcn.org.au

In person: Room 11, Level 2, The Griffin Centre, 20 Genge Street, Civic

The Mental Health Clinical Effectiveness Committee (CEC)

Reporting to the Clinical Governance Committee, the purpose of the Clinical Effectiveness Committee (CEC) is to ensure that clinical effectiveness and quality are fully embedded within the operations of the approved Model of Care for the delivery of adult acute mental health inpatient services. The CEC provides an important forum for expert advice and informed decision making to support and ensure that all services are informed by best available evidence for clinical and cost effective care, treatment and recovery including: Clinical Practice Guidelines, clinical reviews, research and applied research. This Committee would be suitable for recent graduates of the consumer representative program.

Meeting days: 3rd Tuesday of the month

Meeting Time: 2.30pm – 4.00pm



ACT
Mental Health
Consumer Network

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	
Self-Advocacy and Consumer Representation Training (SCR)	<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



ACT
Mental Health
Consumer Network

Training Registration Form

Name: _____

Street Address: _____

(Suburb) _____ (Postcode) _____

Phone: (h) _____ (m) _____

Email: _____

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

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

3. Please explain why you want to attend the above training.

4. 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

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

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
The Griffin Centre
20 Genge St, Civic



(02) 6230 5796



www.actmhcncn.org.au



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