



ACT
Mental Health
Consumer Network

NETWORK NEWS

Quarterly Community Forum

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The Office for Mental Health and Wellbeing has now been established, and consultations have been held to inform the development of a shared vision and the identification of priorities for mental health and wellbeing in the ACT.



The guest presenter at this quarterly forum will be Dr. Elizabeth Moore, Coordinator-General, Office for Mental Health and Wellbeing (*pictured*).

Dr. Moore will speak about her early impressions of feedback from consultations on developing a shared vision and identifying key priorities for Mental Health and Wellbeing in the ACT.

Dr Moore has been a Fellow of the Royal Australian and New Zealand College of Psychiatrists for over 25 years and has worked in public, private and community settings in five states and territories. Dr Moore also volunteers with a not for profit organisation involved in youth mental health and multicultural wellbeing.

At the time of her appointment to

her current role, Dr. Moore said *"My focus for the Office will be underpinned by evidence-based care pathways and better coordination of services across all sectors to promote mental health recovery.*

I am also looking forward to helping create the Territory-wide mental health services needed to meet the needs of the community, from prevention and early intervention through to rehabilitation and recovery.

To do this I'll be working closely with carers and consumers, mental health service providers, experts in the sectors and across all ACT Government directorates to raise the prominence of and make changes to enhance mental health."

**Time and Date: 12.00 - 2.00pm,
Tuesday 19 March 2019**

Registration: Register at [Eventbrite](#) (FREE)

Venue: In Civic. Address will be found on the Registration page

From the EO's Desk



Dear Readers

Welcome to the first edition of the Network News for 2019. This year is already flying by!

There are a few things I would like to mention in this report, most of which are things that are coming up rather than things that have happened since the last newsletter. As usually, the first

couple of months of the year have been relatively quiet, with not much to report on.

At the time of writing, all staff have returned from well-deserved annual and long service leaves, although Jen has unfortunately been off sick recently. I will soon be taking three weeks' planned annual leave while I evaluate a water project in Pakistan. During this time, Purity will be acting in my position, and Terri will be providing some additional supports in the office. I expect things to run smoothly while I am away but, should any difficulties with communication etc arise, please understand the dedicated staffing team always do their best to assist as quickly as possible.

As mentioned in the Summer edition, at the end of this year we will be celebrating the Network's 20th birthday from incorporation with a This is My Brave concert event! We have formed a working group of interested consumers who will work with the staffing team to plan this important event. At present, I am pleased to confirm that we have secured the Canberra College Theatre Centre as the venue for the event, which is scheduled to take place on Friday 25 October which falls both in Mental Health Month and just three weeks shy of our actual date of incorporation.

As you may be aware, the Network will be undertaking a second digital resources project in the first half of the year – similar to the one undertaken in 2014 to create training and promotional videos for our Self-Advocacy and Consumer Representation courses. Katrina Bracher, Executive Director of Mental Health, Justice Health and Alcohol and Drugs Services, has kindly agreed to co-fund this project to support the development of digital resources for the My Rights, My Decisions program, as well as our NDIS and Co-facilitation courses. For more information on this exciting new project, contact Petra on 6230 5796 or education@actmhc.org.au.

Those of you who have come in on Thursday for a drop-in for the past couple of weeks will have met Allegra who is a volunteer from Volunteering ACT. Allie has kindly offered to step into the small role of Drop-In

Coordinator (Volunteer), a role which was created for her to support the interests of consumers in the ACT. If you have an idea for an upcoming Drop-in session, please email Allie on dropin@actmhc.org.au. Allie's hours are 10am-1pm on Thursdays only.

Finally, I would like to commend the work of the Mental Health Community Coalition of the ACT who have successfully launched the first ACT Recovery College (RC) courses. Very soon, the RC offices will open at the North Lyneham shops, with courses delivered throughout Canberra on a range of topics.

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

New Network mobile number

In an effort to reduce rising telecommunication costs, the Network has begun using mobile phones to make outgoing calls.

Please note the Networks' new standard mobile phone number for calls and SMS' is **0424 468 620**. If you currently have a Network mobile number stored on your device, please update the contact with this new number.

There will be no significant change for members etc. calling in, as the landlines will remain in place without change.

For people coming in for Drop-In, there will be mobile phones which members can use to make calls. Use of the landlines is also still available.

Chair's Report

For various reasons, I have been reflecting over the past months on what 'meaningful engagement' looks like, from a mental health consumer perspective. Health services in particular talk about 'partnering with consumers.' They develop engagement strategies and implement quality improvement initiatives to involve consumers more actively in their own treatment, care and support, as well as in the design and delivery of services and programs. Health services have been given a policy directive to involve consumers at all levels. However, they still largely have control over the terms of engagement, and this leads to situations such as we have just seen in Victoria, where the consumer perspective is to be presented to, but not represented on, the Royal Commission into Victoria's mental health system.

If their aim is to provide safe, quality and effective programs and services, people involved in both governance and government must recognise that lived experience is necessary expertise. Consumers must be meaningfully involved at all levels. For our part, we should do more than accept the opportunities we are given. We should point out missed opportunities, identify new ones, and advocate for real partnerships, true co-design and co-production, and equal standing with other experts in related fields. We should not simply be included in the decision-making process. We should be actively and meaningfully engaged in making decisions that affect us.

Terri Warner
Chair

Drop-In Notices

The Network is pleased to introduce Allegra (Allie) Senior, who will be a new volunteer with the Network. Allie's primary role here will be to support consumers during Drop-In times and work toward creating a calendar of information events for upcoming Drop-In sessions.

If you have any ideas for session topics, or if you have a skill you would like to share, please contact dropin@actmhc.org.au, phone the office on 02 6230 5796 or let us know during Drop-In.

Welcome Allie



Coming Event

What: Feros Care Drop-In Information Session

When: 21 March 2019, 11 am – 12 pm

Why: Feros Care provides advice regarding NDIS, they can help you whether you would like to apply or you need support understanding your existing plan, they can assist by providing guidance and information. They can also provide information on alternative options if you are not eligible for NDIS.

Network Update

My Rights, My Decisions

A priority for the Peer Education program involved the finalisation of updating the My Rights My Decisions Form Kit. These changes were identified as potentially useful through the training last year. For example, changes included making it clearer how to submit the form, that it needs to be signed by a treating clinician, and when it can be overridden.

The revised version of the MRMD Form Kit was sent to ACT Health in mid-February for approval. Once approval has been given, the Network will update the PDF forms on our website. Additionally, ACT Health will have the Form Kit converted into an electronic format, for accessing within Canberra Health Services (and hopefully available via our website). An electronic form is very important to allow consumers to save and update information easily.

Upcoming My Rights My Decisions workshops for consumers are tentatively scheduled for late March and May 2019. If you wish to attend an upcoming workshop, please contact Jenny Adams by email to peer.education@actmhc.org.au or call 6230 5796 to register your interest.

Training for Canberra Health Services personnel in the My Rights, My Decisions program is currently being scheduled.

For 2019 it is anticipated that MRMD training will be held every two months.

The first course for 2019 will be held on Fridays 22 and 29 March from 11am—2pm.

Future dates will be advertised on the Network website, as well as in Newsletters and Bulletins. You will need to register by emailing peer.education@actmhc.org.au or calling 6230 5796, and indicating any dietary requirements you may have.

Community Education Program

The Community Education program commenced training workshops for 2019 with Self-Advocacy from February through to early March. Participants. Thanks go to Terri for running these workshops and to our co-facilitators Liz, Evalyn, Bianca and Thi-Nha for their assistance. Following the Self-Advocacy training, the Network will be holding the Consumer Representation training commencing 18 March for five weeks. Additionally in April and May, the Network will be facilitating the Understanding the NDIS for Peer Workers workshop. See page 9 for details.

Current Projects

Video Resources

The Network will be creating a series of short videos for the training and promotion of our Community and Peer Education Programs. As part of this project we aim to interview consumers and other stakeholders about consumer rights, mentoring, and the NDIS.

The Network held two discussion groups in March, to begin the development of these resources. These discussion groups gave members an opportunity to have input into the project (for example developing questions that could be used in the interviews).

Preparing for my NDIS Review

The Community Education Program is looking to develop a workshop for consumers who will be undertaking a review of their NDIS plan. The ideal outcome of this workshop is that consumers will be better prepared for this review process.

If either of these projects is of interest to readers or for more information about getting involved, contact us at 6230 5796 or send an email to education@actmhc.org.au

Policy Program

The Network is working alongside Carers ACT and MHCC ACT to support the work of the Office for Mental Health and Wellbeing. This work is evidenced by the three workshops to co-design a vision and identify priorities for the Office of Mental Health and Wellbeing. The Network is pleased to be working closely with the Office to ensure that mental health consumers are able to steer the work and direction of this instrumental government body.

The Network continues to participate in the work regarding the ACT's Regional Mental Health and Suicide Prevention Plan. Given the robust involvement of mental health consumers and other key stakeholders, it is encouraging to see that this Regional Mental Health and Suicide Prevention Plan will guide the work of the Office.

Preparing a submission for the Productivity Commission inquiry on Mental Health is a key focus for policy program. The Network is also working with MHJHADS to ensure mental health consumers have the opportunity to shape their discharge planning and recovery documents.

Events & Meetings

- Meeting with Jon Ord, Manager of Mental Health Policy Unit (24 Jan 2019)
- Meeting with Minister Shane Rattenbury (31 Jan 2019)
- Quarterly Forum discussion group (22 January 2019)
- Vision and Priority for Mental Health and Wellbeing: Co-design-Workshop (12 Feb 2019)

Submissions

In October last year, the Network and Health Care Consumers Association wrote a joint submission for the ACT Budget strongly recommending training in trauma-informed care and practice for all staff in the Canberra Hospital and Calvary Hospital Emergency Departments. We also recommended that trauma-informed care and practice should be embedded in the Adult Mental Health Day Service.

The Network made a submission for the Independent Review into Workplace Culture within ACT Public Health Services. The final report has been released and can be found on the following website <https://www.health.act.gov.au/Culture-Review>.

Consumer Rep Program

In May 2018, Mental Health, Justice Health and Alcohol & Drug Services commissioned an independent external review of all Mental Health Inpatient Unit, Alcohol and Drug and Justice Health facilities to assess the level of safety and risk to consumers of the service. The review made 11 recommendations, one of these being that CCTV cameras should be installed in patient areas such as reception, lounge areas, courtyards etc. as a tool to aid and support identification of incidents that may be attended to prior to escalation. The Network is engaged in this piece of work and will be seeking input into this recommendation. We have also been requested to provide a consumer representative to the Canberra Health Service Occupational Violence Strategy Working Group. Details on this vacancy can be found on page 6 for representatives to consider nominating for.

The Network sought three consumers to join a Working Group of Board and staff members for the development of our upcoming 20th Birthday Celebration! The role of the Birthday Working Group will be to develop a 'This is My Brave' personal storytelling concert, featuring Network members from foundation to today. For more information about 'This is My Brave', please check out the following website: <https://thisismybrave.org/>

The functions of the Birthday Working Group will include involvement in:

- Fundraising;
- Auditions and casting;
- Ticket sales;
- Supporting cast members;
- Marketing and more!

The first Consumer Reps Forum was held Tuesday 5 March, this forum saw a great turn out of representatives in attendance.

Continued over page for details on Consumer Representative Appointments and Current Committee Vacancies.

Consumer Representative Program Appointments & Vacancies

At the end of 2018, there were a number of opportunities for Consumer Representatives to fill committee vacancies. Congratulations to the following people for their recent appointments:

- Consumer and Carer Feedback and Quality Committee: Chris Van Reyk (New appointment)
- Adult Community Mental Health Model of Care Steering Committee: Chris Van Reyk (New appointment)
- Consumer Handouts Committee: Terri Warner (Reappointed)

The following vacancies are for established committees where the current representative will shortly finish their two year term. Note that these vacancies **close Thursday 18 March 2019. Most have been advertised before with only one new opportunity.**

Occupational Violence Strategy Working Group

To develop an overarching strategy and clear communication plan to reduce the incidences resulting in harm to CHS staff from occupational violence.

Meetings: Third Thursday, every 2 months

Duration: 9.30 am – 11.00 am

Location: Bowes St, Phillip.

NEW!!

Seclusion & Restraint Review Meeting Co-Chair (Mar 19)

This committee has the key role to extensively review all incidents of seclusion and restraint, code black and Early Support & Intervention Team (ES&IT) in both the Adult Mental Health Unit and the Emergency Department Short Stay Mental Health Unit. Reviews of incidents of seclusion and restraint include (but are not limited to) an overview of consumer's admission to date, medications offered/given/requested, description of incident, staff skill mix on unit at the time, details of seclusion order, post seclusion support and seclusion reporting compliance.

Please note that this role will provide you with access to very sensitive information that you will not be able to discuss with people outside of the meeting room unless advised. The information may be distressing at times, so please consider these two things when deciding whether to nominate. Please ensure that you address these issues in your nomination.

There is one other consumer representative on this Committee in the role of co-Chair.

Meetings: third Friday each month

Duration: 10.30am – 12noon

Location: Room 2, AMHU

Partners In Recovery Consortium (Mar 19)

The Partners in Recovery Consortium (PIRC) in the ACT is an inter-agency forum that brings together stakeholder organisations with a specific interest in working collectively towards improving the health and wellbeing of local people experiencing severe and persistent mental illness and with complex needs, as well as their carers and families.

The PIRC aims to progress the needs of people with mental illness and carers within the ACT.

Meetings: Quarterly

Duration: 2hrs

Location: Capital Health Network, Deakin

Access and Acute Collaborative Engagement Forum (Feb 19)

Reporting to the MHJHADS Safety, Quality and Risk Management Committee, the AMHS Collaborative Engagement Forum engages the community mental health sector in a governance partnership to support the oversight of the Adult Mental Health Unit (AMHU) with the aim of developing and improving strategies to better support the transition of people admitted to the AMHU back into the community sector.

A large Committee, with approximately 25 organisations in the membership, so will suit a consumer representative who enjoys working in a detail focused committee.

Meetings: second Tuesday, every 2 months

Duration: 11.30am – 12.30pm

Location: Tribunal Room, AMHU

****please remember that taxi vouchers for travel to and from meetings must be applied for through ACT Health Services if required****

TheMHS Summer Forum Report

This year's TheMHS Summer Forum topic was "Community Mental Health Systems: Human Rights and Services". The format was slightly different to previous years, with more opportunities for small group discussions focusing on key questions such as:

- How can mental health services better engage with people in the community?
- What role is there for consumer run services and peer support?
- How can evidence and research inform implementation and practice?
- What is the emerging evidence and growing points in the community mental health system?
- How do clinical services, support and mental health promotion fit together to provide "no gap" services?
- What are the most effective ways to gain support for a more community-oriented service system?

While I can't say that we made any binding decisions that will have an impact on how community mental health services develop over the next 40 years, it was interesting to reflect on the change I'd like to see, and whether that change aligns with current thinking in research, service delivery or policy. The Forum was, I think, a microcosm of the Australian mental health system, with clinicians, service providers and 'people working within the system' positioning themselves as the best people to answer those questions, with some consumer participation. Where the consumer perspective was included, it was as counternarrative, or for context. Different conceptual frameworks (those outside the medical model) gain some traction, but they were again positioned as counternarrative rather than alternative. Food for thought, but perhaps not for wholesale implementation. There was some recognition of the role that the system has played in generating negative outcomes, but the underlying assumption was that the system we have should be expanded, improved or fixed, rather than entirely rethought.

There were some definite highlights: Dr Margaret Grigg, an Executive Director in the Mental Health Division of the Victorian Department of Health and Human Services identifying herself as an agent of oppression and calling on others to recognise the harm they do in trying to do good; Associate Professor Roger Gurr, a psychiatrist, saying the same things about trauma that we as consumers have been saying; Dr Barbara Disley making it clear to everyone that New Zealand has emerged as a leader in mental health reform, committing not only to remedial action, but binding future governments to those commitments. While these moments gave me hope, I couldn't help but leave with a sense of frustration that TheMHS, like the major players in mental health reform, acknowledges that changes can't be made without consumers, but misses the mark with respect to meaningful engagement. Getting more peer workers and peer leaders in the audience (it was suggested that they should make up 1/3 of the attendees) to listen to people who position themselves as decision makers talk to each other about them is at best counterproductive. The consumer perspective should be presented to, and not just represented in, the audience. (The proportion of lived experience presenters over the two days was substantially lower than one in three.) If TheMHS wants to make an impact on the development of mental health services over the next 40 years, that might be where they should start. Positioning consumers as equal partners and experts is, after all, the path to meaningful engagement and lasting positive change.

- Terri Warner



Network Events

Mar

Monday 11 March

Canberra Day Public Holiday

Office Closed

Thursday 14 March 10.30am -12pm

Network Birthday Working Group

Members' Area

Monday 18 March 10am—1.30pm

Consumer Representation Training

Members' Area

Monday 18 March 2pm—3.30pm

Forum: Productivity Commission Inquiry, economic impact of mental ill-health

Members' Area

Thursday 21 March 11am—12pm

Feros Care NDIS Information Drop-In

Members' Area

Monday 25 March 10am—1.30pm

Consumer Representation Training

Members' Area

Tuesday 26 March 11am—1pm

Consumer Representative Forum

Members' Area

Fridays 22 & 29 March 11am—2pm

My Rights, My Decision workshops

Members' Area

Apr

Monday 1 April 10am—1.30pm

Consumer Representation Training

Members' Area

Monday 8 April 10am—1.30pm

Consumer Representation Training

Members' Area

Monday 15 April 10am—1.30pm

Consumer Representation Training

Members' Area

Tuesday 16 April 11am—1pm

Network Board Meeting

Members' Area

Friday 19 to Monday 22 April

Easter Long Weekend

Office Closed

Thursday 25 April

ANZAC Day Public Holiday

Office Closed

Monday 29 April 10am—4.30pm

Understanding the NDIS for Peer Workers training

Members' Area

Tuesday 30 April 11am—1pm

Consumer Representative Forum

Members' Area

May

Monday 6 May 10am—4.30pm

Understanding the NDIS for Peer

Workers training

Members' Area

Monday 20 May 11am—1pm

Training Graduation

Members' Area

Monday 27 May

Reconciliation Day Public Holiday

Office Closed

Tuesday 28 May 11am—1pm

Consumer Representative Forum

Members' Area

Upcoming Training

MARCH

S	M	T	W	T	F	S
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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						


APRIL

S	M	T	W	T	F	S
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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

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Key:


Public Holidays 

Workshops/Training:


Self-Advocacy 

Consumer Representation 


Understanding the NDIS for Peer Workers 

Preparing for my NDIS Review Workshop 

Co-Facilitation 

Mentoring 

Other Events:

Graduation 

Training Design Discussion Group 

Consumer Representation Training

Mondays 18 & 25 March and 1, 8 & 15 April, 2019 (11am – 1:30)

Educates mental health consumers about:

- Consumer Representation
- The consumer movement and systemic change
- The importance of human rights and legislation
- Committee skills

Understanding the NDIS for Peer Workers

Mondays, 29 April & 6 May 2019 (10am– 4pm)

Do you want to learn more about the NDIS?

Are you or someone you know unsure about transitioning to NDIS?

The aim of this workshop is to provide mental health consumers and peer workers an overview of the NDIS, with a focus on supporting people with psychosocial disability to access the Scheme.

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

- Learn about the NDIS, eligibility requirements and registration process
- Explore how to assist potential NDIS participants with decision making and planning
- Explore how the recovery approach relates to the NDIS
- Identify how they can support someone when accessing the NDIS

To register for any of these courses, complete and return the registration form on page 15 or online via the Network website

Participants needed

Trajectories: the interplay between mental health and housing pathways

Do you have a mental health condition and are having, or have had difficulties with your housing situation?

Are you:

- Aged 18 or over?
- Have a mental health condition?
- Experienced difficulties with your housing situation, including homelessness, now or in the past?

If so, you may be interested in talking about your experiences in a research project.

What's involved? Participation is one private, voluntary interview with a trained researcher, and/or one group discussion. Interviews will take 60-90 minutes, and the group discussion approximately 90 minutes. You will receive a \$60 voucher for the interview and/or a \$60 voucher for the group discussion as a thank you for your time and reimbursed of any travel costs.

The interviews and focus groups will be held on:

Monday 8th April and Tuesday 9th April, 2019
Wellways, Callam Office, Section A, Level 1, 50 Easty St, Woden

This research project is conducted by Mind Australia, working with the Australian Housing and Urban Research Institute. We are interested in understanding of the housing and mental health pathways of people with mental health issues, and the relationships between them.

If you receive services, taking part or a decision not to take part in this study, does not have any impact on the services you receive, or your relationship with your service provider

Why is this of interest? The evidence indicates that poor mental health is a risk factor for homelessness, and that unstable housing and homelessness are risk factors for poor mental health.

The researchers want to learn more about people's housing and mental health experiences and preferences, by talking directly with people who have experienced mental health and housing difficulties. It is believed this research will help improve mental health and housing systems to enable people with mental health issues to access and sustain affordable and appropriate housing.



Forum: Productivity Commission Inquiry, Economic impacts of mental ill-health

The Productivity Commission has announced an inquiry into the economic impacts of mental ill-health. The scope of the inquiry includes the role of mental health in supporting economic participation, enhancing productivity and economic growth. The aim is for the Productivity Commission to make recommendations to improve population mental health to support economic participation, enhance productivity and promote economic growth.

The Network will be hosting a forum to hear your views on the issues this inquiry is exploring. Your views will form the basis for our submission to the Productivity Commission, which has a deadline of Friday 5 April. The details of the forum are:

Date and time: Monday 18 March, 2-3.30pm
Location: Members Area, ACTMHCN Office

If you cannot attend the forum, we would still appreciate your contribution to the submission. A list of the questions the Productivity Commission has asked is available for review. You do not have to provide an answer to every question, but if there are any that you feel are particularly relevant or important to you, please feel free to provide as much detail as needed to address those questions. If you need a copy of the questions, please contact Terri on the details below.

For further information, or to RSVP, please reply to this email, contact Terri Warner (Policy Officer (Temp)) on policy@actmhc.org.au, or call the office on (02) 6230 5796. Terri will be accepting written responses until 22 March. These can be emailed, posted or dropped at the office. You can also make an individual submission or comment and lodge it directly with the Productivity Commission at <http://www.pc.gov.au/inquiries/current/mental-health/submissions>.

Social Support Groups

Hearing Voices Support Group

Woden Community Service facilitates a fortnightly social support group for people who hear voices and/or experience other auditory, tactile and visual sensations. The groups aim is to offer a place where people can feel accepted and comfortable discussing their experiences with others in a non-judgemental and safe atmosphere. Hearing Voices groups offer an opportunity for people to accept and live with their voices, and aims to help people gain back some control and empowerment over their lives and experiences.

The Hearing Voices Group allows you to talk about anything, inasmuch as the group consensus & facilitator supports the subject matter. In the future, it is hoped that service providers, families and friends to join and connect with us as allies, inasmuch as they seek to agree with the above group values.

The Hearing Voices Group meets every second Tuesday from 2pm to 4pm, at the Network office (Room 11, Level 2, Griffin Centre, 20 Genge St, Canberra City).

If you have any questions about the Hearing Voices Group, please contact Owen Elvin on 6221 9503 or at www.wcs.org.au



with the support of MHCCACT presents....

March Mental Health Forum

Josh Vaughan

CanberraCare, Canberra and Oxidant, CEO of Kivvostans

Liberal MLA, James Milligan

Member At Large

6pm-7:30pm

Tuesday 26th March 2019

Meeting Room 6, First Floor, The Griffin Centre,

20 Genge St, Canberra City

Free Entry

MENTAL
HEALTH
SUPPORT
GROUP

Safe Harbour

Do you experience symptoms of depression, anxiety or other mental health conditions?

Do you want to gain support, share your experiences in a non-judgemental setting and learn strategies for dealing with it?

We can learn from each other.

We are a grassroots support group not affiliated with any other program.

The aim of the group is to find a "safe harbour" with peers and learn more about dealing with mental health challenges with a supportive group of like-minded peers.

Meeting Monday evenings 6.00-7.30 in March
Gungahlin Library Training Room 1
5, 12 and 19 March February 2019



listen2consumers@gmail.com

Question, Persuade, Refer

An important part of suicide prevention is knowing what to do when someone needs help.

As a part of ACT LifeSpan, ACT Health is encouraging all Canberrans to undertake Question, Persuade, Refer (QPR) training. It's an evidence based online training program developed by the QPR Institute in collaboration with Black Dog Institute, and supported by Capital Health Network.

You don't need to be a mental health professional to complete QPR training. It has been developed for people with no assumed knowledge of mental health or suicide prevention. It could help you to save a life.

QPR training is delivered through a mixture of videos, written content and quizzes and can help you respond positively to someone exhibiting suicide warning signs and behaviours. It will provide you with knowledge, skills and confidence to:

- identify warning signs that someone may be suicidal
- talk to someone who is having suicidal thoughts
- connect someone in need of help with professional care.

It will take approximately one hour to complete the training. This can be done over multiple sessions, if needed. Once you've finished QPR you can continue to access the program for 3 years to refresh your skills and knowledge. Visit the [Capital Health Network's website](#) to learn more and access the training.

ACT Recovery College

The ACT Recovery College will be established under a unique model that combines the strengths and expertise of the three critical sectors concerned with the mental health of the Canberra community – the community mental health sector, the adult education sector, and the government sector.

After lobbying efforts by many in the community mental health sector and strong support from the ACT Minister for Mental Health, the ACT Recovery College was able to secure funding of a two year trial of a Recovery College. [To learn more, please see the Report: A Mental Health Recovery College for Canberra](#)

Currently the College is in the process of developing course content. A number of course design workshops have been held already, on subjects such as physical activity, with more to come. See below for some upcoming workshops.

If you are interested in becoming involved with the Recovery College, you can subscribe to their mailing list via the ACT Recovery College website (www.recoverycollegeact.org/) or call the Mental Health Community Coalition of the ACT on 6249 7756

"If you can dream it, you can do it."
Walt Disney



(Downloaded from YouTube.Com - <https://www.youtube.com/watch?v=m7QNYQ4A0>)


Specific	Measurable	Achievable	Realistic	Timely
S	M	A	R	T
G	O	A	L	S
What do you want to do?	How will you know when you've reached it?	Is it in your power to accomplish it?	Can you realistically achieve it?	When exactly do you want to accomplish it?

(Downloaded from FullFunctionRehab.Com - <https://www.fullfunctionrehab.com/smart-goals/>)

What do you want out of life? Come along to a brainstorm session for a Recovery College goal setting course about how to make your hopes and dreams a reality. Have your say on what you want included. "Nothing about us without us."

Date: Tuesday 19 March 2019
Time: 10:00am—11:00am
Venue: ACT Mental Health Consumer Network, Room 11, Level 2, The Griffin Centre, 20 Genge St, Canberra City
Enquiries: Jewel McMahon on 6205 3707 or Jewel.McMahon@act.gov.au

"Aim for the moon. If you miss, you may hit a star."
W Clement Stone



PSYCHOTHERAPY or PSYCHOBABBLE?

What is it anyway?

CBT
DBT
or
RBT?!

You or those you care for may need counselling one day. What do you want out of counselling sessions? Which models would work best for you? What don't you want? Come along to a brainstorm session for a Recovery College counselling models course to have your say on what you want included.

NOTHING ABOUT US WITHOUT US!

Date: Tuesday 19 March 2019
Time: 10:00am—11:00am
Venue: ACT Mental Health Consumer Network, Room 11, Level 2, The Griffin Centre, 20 Genge St, Canberra City
Enquiries: Jewel McMahon on 6205 3707 or Jewel.McMahon@act.gov.au

- Group Therapy
- Family Therapy
- Beauty Therapy?!
- Narrative Therapy
- Gestalt Therapy
- Retail Therapy?!



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
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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.

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 preceding 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.

**Drop-In hours
are 10am – 1pm,
Thursdays.**



Level 2, Room 11
The Griffin Centre
20 Genge St, Civic



(02) 6230 5796



www.actmhc.org.au



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