



ACT  
Mental Health  
Consumer Network

# NETWORK NEWS

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**SPRING 2017**

**Offering You a Voice**

# From the EO's Desk



Dear Readers

Just a quick message from me to welcome you to the 2017 Spring edition of the Network News... I was away for most of the past season, and it is good to be back!

I would like to extend a huge thank you to Purity who filled in as acting Executive Officer during my absence. She unfortunately had to manage a few more difficulties than expected, but did so with the style and professionalism that I knew she would.

Recently the staffing team and several Board members and Consumer Representatives attended the Mental Health Symposium hosted by the Mental Health Community Coalition ACT at the Australian National University. It was an excellent event filled with information about evidence based practice in mental health for three key marginalised groups – people in or having been in the criminal justice system, people in the LGBTIQ+ community, and Aboriginal and Torres Strait Islander peoples.

We will very soon be advertising for a brand new peer role at the Network – Education Officer (Peer Identified). This position will be for 12-15 hours per week until 30 June 2018. If you are interested and have experience and/or qualifications that you think might be suited to this role, make sure you look out for the advertisements that are expected to be posted on 8 October 2017.

You will no doubt have noticed our bright and cheery notice on the front page for our upcoming Mental Health Week event 'A Beary Lovely Morning' where participants will be able to build and keep their own bear at the Westfield Belconnen Build-A-Bear Workshop, followed by a great lunch at Grill'd. Make sure you RSVP for this event quickly as places are limited and will fill fast!

- Dalane Drexler

## Notice of ACT Mental Health Consumer Network Annual General Meeting

**Tuesday November 21, 2017**  
**12.30pm to 2.30pm**

**Formal notification of the AGM and  
papers will be mailed out to  
Members in early November 2017.**

# Chair's Report

I write to you having recently returned from the 2017 TheMHS conference, where the theme was “embracing change through innovation and lived experience”. It is always encouraging to see greater inclusion of lived experience perspectives and workers in the sector at the same time as it is difficult to see how people with lived experience continue to struggle to get the services and supports they need.

As we come nearer to the end of the year we begin to think about what we have achieved and what we have yet to do. I know that as I come to the end of my two year term as Chair I am reflecting on what I, and the Network have done in a time of great change for mental health services in the ACT. There is still change ahead, and we will continue to work for positive change for mental health consumers, as do all of our reps, members and partner organisations.



*Terri and Jen at TheMHS 2017 Conference...no chill*

I am sure that you all join me in looking forward to warmer weather. I am also looking forward to using what I have learned at TheMHS and the contacts I have made to continue to advocate for systemic change for people with lived experience, be they peer workers or whatever their current life circumstances.

*Terri Warner  
Chair*

## Introduction: Tilly

Tilly has joined the Network from the Social Work Master's Program at the Australian Catholic University. She is currently in her first year of the two year program. Her focus at the Network is Culturally and Linguistically Diverse (CALD) populations and how the Network can help this group access our services more easily. From her time spent at the Network Tilly will produce a tool kit for us to use to enhance the CALD populations experience at the Network.

Any readers that identify as being from a CALD background and would like to be involved in the development of this tool kit, can contact Tilly on 6230 5796 or email to [student@actmhc.org.au](mailto:student@actmhc.org.au)

# Network Update

We know that over the past few months, the Network has had substantial amount of staff absences due to illness and other circumstances, which necessitated that our Drop-In and some other events required cancellation or closures. We appreciate your patience through this period and hope that Spring is little kinder to us all.

## Consumer Rep Program

As previously reported in the Winter 2017 edition of Network News, Network staff and consumer representatives attended site visits to bed-based mental health units, including our first visit to Calvary Hospitals Ward 2N and the Older Persons Mental Health Unit in June. The visits to these units were a great opportunity for the Network to talk with consumers about what we do and offer as an organisation. Currently the Network is in correspondence with ACT Health, about the possibility of expanding our bed based mental health unit visits to include the Dhulwa Mental Health Unit at Symonston.

### Appointments

- MHJHADS Publications Advisory Committee  
Bianca Rossetti
- MHJHADS MAJIC-eR Steering Committee Robert Pedlow
- Recovery College Steering Committee Graham Jackson and Chris Corcoran
- UCPH Operational Working Group  
Peter Dwyer

### Consumer Representative Opportunities

The Network is pleased to offer 2 representative opportunities to current and eligible representatives. Details of each opportunity can be found on page 12.

### New Eligible Consumer Representatives

Following the completion of the recent Self-Advocacy and Consumer Representation training in July and August, the Network welcomes our new eligible consumer representatives:

- Jason Cebalo; and
- Denise Rostirolla

While Jen was away attending the TheMHS Conference 2017 and due to unforeseen circumstances, the August

CRP Forum had to be cancelled. The next CRP Forum will be held on September 26.

The Consumer Reps Forum is an important opportunity for consumer representatives, and those who are eligible to be a representative but are not yet on any committees, to discuss issues being considered by committees enabling consumer representatives to comment on issues that cross over the many different committees. It is also a place for representatives to replenish their advocacy energy as they can receive support and encouragement from other consumer reps. The Network encourages our active and eligible representatives to attend as often as possible.

## Policy Program

On Wednesday 19 July, Terri Warner, Chris Corcoran, Michael Hausch and Jenny Adams from the Network Board attended a meeting with the ACT's inaugural Mental Health Minister, Mr Shane Rattenbury MLA. The meeting served as a formal introduction between the Network and Minister Rattenbury in his new role as Minister for Mental Health. The meeting was very productive in developing a rapport with Minister Rattenbury and we look forward to a continuing relationship.

Through her duration in the Policy coordinator role, Jo had been assisting the Health Care Consumer Association with the review of the consumer resources in the mental health section of the HealthPathways website.

In early July, the Network hosted a Forum for consumers to provide feedback on the new "Guide to the Canberra

Hospital". Staff from ACT Health, were present to collect feedback and answer questions regarding the information contained in the document.

The National Mental Health Commission launched the Engage and Participate in Mental Health Project in July. The purpose of this project was for consumers, carers, families, support people and other stakeholders to share their knowledge and experience. The project held web-based consultations in mid-July for specific minority groups including refugees and immigrants, youth and seniors, people with disability, as well as the Aboriginal and Torres Strait Islander and LGBTI communities. In participating in this project, The Network held a Community Conversation on Friday 21 July, which was well attended and valuable input provided.

Backing on to the July CRP Forum, representatives from ACT Health presented to a forum on the expansion of the Dental Health Program and sought feedback from consumers.

The Network also hosted a feedback forum with Mary Durkin, who was engaged by the ACT Government to undertake a Gap Analysis regarding access to the justice system for people with a disability. The gap analysis covered criminal and civil jurisdictions and sought to address areas in which people with disabilities may interact with the justice system e.g. with the police, prosecutors, legal representatives, courts, tribunals, etc. The information captured with this gap analysis was used to form the basis for developing a Disability Justice Strategy for the ACT (an election commitment).

This forum was extremely well attended by consumers, as well as a diverse cross section of key stakeholders from across the ACT disability and legal sectors.

The Network publicised a community forum held by the Justice and Community Safety Directorate (JACS) and the Public Trustee and Guardian (PTG) to give people the opportunity to provide input to the review of the Official Visitors scheme in late July. The aim of the review was to determine whether the Official Visitor scheme is achieving its purpose of providing independent oversight of visitable places, increasing transparency in visitable places and reporting to Government about conditions and concerns in visitable places. The Network is currently in the processing of determining a date to hold a consultation with mental health consumers in the near future.

# Community Education

Through July and August, the Network facilitated another round of the Self-Advocacy and Consumer Representation training. Both of these training courses were well attended, with some participants from the Self-Advocacy course continuing into Consumer Representation. This round of training also included some current and eligible consumer representatives, who undertook a refresher course in preparation for participating in the Co-Facilitation training. We would like to thank our Co-Facilitators Terri, Evalyn and Michael for their time and effort in running these training courses.

For the participants who may have missed attending a module or two from any of the courses, please get in contact with the Network and discuss options to complete any missed sessions. The Network will be offering the Intensive versions of the Self-Advocacy and Consumer Representation training courses in late November and early December.

Following on from the Self-Advocacy course, participants and current consumer representatives also have the option to enrol into the Network's Co-Facilitation training. Unfortunately a slight postponement was required for the commencement of this training, and the new dates have been scheduled for late October.

See page 11 for details about the Co-Facilitation and Intensive Self-Advocacy & Consumer Representation courses.

Below is a calendar outline of the above training courses.

## 2017 Training Calendar



**Key**  
 Co-facilitation Training ■  
 Self-Advocacy Training ■  
 Consumer Representation Training ■

# Network Events

Oct

**Monday 2 October**

*Labour Day Public Holiday (Office Closed)*

**Tuesday 10 October 2pm—4pm**

*Mental Health Week Awards, Legislative Assembly*

**Thursday 12 October 11am—2pm**

*Mental Health Week Expo, Garema Place (Office Closed)*

**Tuesday 17 October 11am—1pm**

*Network Board Meeting*

**Thursday 19 October 10am**

*A Beary Lovely Morning, Network Mental Health Week event (Office Closed)*

**Thursday 26 October 10am—4pm**

*Co-Facilitation Training (venue to be confirmed)*

**Tuesday 31 October 11am—1pm**

*Consumer Representative Forum, Members' Area (Drop-In Closed)*

**Thursday 2 November 10am—4pm**

*Co-Facilitation Training (venue to be confirmed)*

**Thursday 9 November 10am—4pm**

*Co-Facilitation Training (venue to be confirmed)*

**Tuesday 21 November 12.30pm—3pm**

*Network Annual General Meeting, Griffin Centre (Office Closed)*

**Monday 27 November 5pm—7pm**

*Quarterly Community Forum, Griffin Centre*

**Thursday 23 November 10am—4pm**

*Self-Advocacy Intensive Training (venue to be confirmed)*

**Tuesday 28 November 11am—1pm**

*End of Year Consumer Representative Forum (Drop-In Closed)*

**Thursday 30 November 10am—4pm**

*Self-Advocacy Intensive Training (venue to be confirmed)*

Nov

# Events & Notices

## Communications upgrade

The Network is in the process of upgrading our communication systems in-line with the change to telecommunications infrastructure in the vicinity where our office is located. This upgrade is anticipated to occur end of September, and we will notify members via email prior to the upgrade commencing.

While we hope that the process goes smoothly and without any interruptions, where this doesn't occur, the Network can be contacted on the following details as a contingency:

Mobile: 0406 457 557 or 0424 339 565. Please leave a message if your call is unanswered or send an SMS and we will respond as quickly as we can.

Email: [executive@actmhc.org.au](mailto:executive@actmhc.org.au) or [policy@actmhc.org.au](mailto:policy@actmhc.org.au)

For emergency situations, please call Lifeline on 13 11 14 or 000.

The Network will again notify members via email, when the upgrade has been completed and working.

## Book giveaway drop-in

At the Network we have a large collection of books for our members to come in and borrow or swap out. As we only have very little storage space in our office, we need to begin clearing these books out.

For the week commencing 23 October, each Drop-In day members can come in and take any selection of books with them. We have books in a variety of genres, including self-help. Any remaining books following this week-long event, will be donated to charities in the ACT and surrounding regions.

## Free Diabetes test kits

Many people live with Type 2 diabetes for up to 7 years before it's diagnosed, and this can cause serious health complications. Awareness and early detection of diabetes is vital. If you don't get to your GP regularly, the MyHealth Test diabetes HbA1c simple finger prick blood test is any easy way that you can check your risk. The MyHealth Test HbA1c diabetes test simply requires a couple of spots of blood dropped onto a specialised card which is then sent the lab via regular mail.



The Network has been donated 12 of these test kits for use by consumers free of charge.

Please note that the test results are only available online and you will need an email account to access the reports, which become available in around two days.

## Policy Reference Group

Are you keen to engage in systemic policy work? We are seeking six to eight consumers to form a Policy Reference Group (PRG). The role of the PRG is to provide expertise and advice regarding the policy program. The functions of the PRG will include but are not limited to:

- Monitor, support and review projects.
- Provide a forum to discuss potential new projects and opportunities.
- Design the biannual survey and put outcomes into actions.
- Make recommendations in relation to projects where required.

Meetings will take place on a monthly basis and members of the group will be reimbursed. If you would like more information or would like to express your interest, contact Purity Goj by email to [policy@actmhc.org.au](mailto:policy@actmhc.org.au),

# Equally Well Consensus Statement

## Equally Well National Consensus Statement

On 25 July 2017, the National Mental Health Commission Chair, Professor Allan Fels, spoke at the National Press Club to launch the Equally Well National Consensus Statement and discuss mental health and physical health. The Network was invited to send five consumer representatives at no cost, which was wonderful. Peter, Jenny, Graham, Chris and Michael were able to attend.

Equally Well is the National Consensus Statement by 53 organisations. The Equally Well Statement sets out practical approaches of addressing poor physical health. There is evidence that those who suffer mental illness have a need to also consider their physical health. The National Mental Health Commission has promoted a contributing life i.e. people with mental illness are thriving not just surviving.

Professor Fels advised that we need leadership from the top and a whole of Government approach to advance this cause. The mental health system is fragmented and requires a strong commitment from the Federal Government to strengthen it.

Along with the usual stigma and discrimination of people with mental illness, this cohort also have coexisting physical illness, with diagnostic overshadowing a major issue resulting in physical conditions going unnoticed and undiagnosed, if people get to care services at all.

Inadequate housing is also an associated concern, and the life expectancies of Aboriginal and Torres Strait Islander persons are much less for those with mental illness.

Economically, there is scope for much improvement by investing more in mental health, with mental health not getting the priority it needs when budgets, Federal and State/Territory, are prepared.

The Mental Health Commission has heard of much concern about the NDIS and that assessing the eligibility of people with a mental disability is proving a major problem. Professor Fels adding that mental health is the poor cousin of the National Disability Insurance Scheme.

Graham Jackson & Jen Nixon



The Network's Community Education Program was nominated for an Award at the recent TheMHS 2017 conference. While we lucked out in receiving an Award, we were however, credited with a Letter of Commendation.

The Network has been running a Community Education Program for a number of years now and includes training courses in Self-Advocacy, Consumer Representation, NDIS Peer Worker and Co-Facilitation.

# TheMHS 2017 Reports

The Mental Health Services conference is always educational, energising and thought-provoking. This year's theme, 'embracing change through innovation and lived experience' saw a wide range of fascinating presentations from lived experience researchers, peer workers, clinicians, consumers, community workers and carers, all of whom had important knowledge to share.

The consumer forum was a great day for solidarity and sharing what works for individuals in their recovery. We explored what recovery means and heard about two lived experience research projects that will hopefully inform future service delivery for people with schizophrenia and those who have undergone electroconvulsive therapy (ECT). If you wish to participate in the ECT project, please contact Jen (further information has been emailed to all on the mailing list). A Zumba class got us out of our seats and much laughter was had during the class. At the major conference, the three keynote speakers were engaging and made important points that we should all be thinking about as we advocate for better systems and services. Mike Slade imagined a world without mental health services. Lewis Mehl-Madrona exhorted us to embrace different ways of knowing and seeing the world. Holistically in everyday living in all aspects of work/life balance (social inclusion, environmental and financial wellness) to sustain and progress MH recovery thriving.

Flick Gray encouraged us to look beyond the existing clinical frameworks and fight against benevolent 'othering' because it reinforces existing power relations rather than achieving what it sets out to do, promote inclusion.

Aside from these keynote speakers, some highlights of the conference include:

- the presentation by the Victorian Mental Health Complaints Commissioner which was not only an example of co-design done well but was also evidence that the states and territories are beginning to take very seriously the experiences of consumers who have been ill treated by public mental health services.

- hearing about what other states are doing in terms of their consumer peaks. The South Australian Lived Experience Leadership and Advocacy Network, for example, has been looking at what unique competencies are required for service user leadership.
- seeing our former Chair, Ben Matthews, call for us to go a step further than 'recovery oriented practice' and instead aim for recovery driven culture
- attending the one Indigenous Culture paper session, with specific interest in the Maby Liyan Project and Engaging a Blackfella for better outcomes. Learnt some interesting things in regards to the engagement process of Aboriginal and Torres Strait Islanders that hopefully the Network can learn from.
- problematic hoarding workshop showing that both peer support and knowing that the hoarding can be managed is positive and helpful.
- a very interesting series of papers which talked about consumers transferring from jail to the community and the particular importance of having a home.

Each year, TheMHS provides the opportunity for us to learn something, and the impetus to come away even more determined than ever to be a strong systemic advocate both as a Network consumer rep and more broadly.



*Front: Thi-Nha Tran and Evalyn Smith*

*Back: Jen Nixon, Terri Warner and David Lovegrove*

# Mental Health Week 2017

Mental Health Week is just on the horizon, with only 2 weeks to go, kicking off on Sunday 8 October. The theme for this year is 'Stronger Together'.

A calendar of events has been created that expands beyond the nominated Mental Health week to all of October. The calendar of events can be accessed via the [Mental Health Week website](#).

## Key dates:

1. Sun 8 Oct, 2.30pm—4pm, Glebe Park:  
**Mental Health Week launch & Community concert**
2. Tues 10 Oct, 2pm—3.30pm, Legislative Assembly:  
**Mental Health Week Awards Ceremony**
3. Thurs 12 Oct, 11am—2pm, Garema Place  
**Mental Health and Wellbeing Expo**

## A Beary Lovely Morning

This year for Mental Health Week, the Network has organised a teddy bear making workshop, and warmly invites consumers for a 'beary' lovely morning on Thursday 19 October. At this event participants will build their own personal teddy bear buddy to help in their recovery journey, whilst making new friends or reconnecting with old ones.

All materials and lunch will be provided. Carers and support persons are welcome to attend.

**RSVP's are essential!** Participant numbers are limited to 20 people, so get in quick. If you register and are later unable to come, please let us know ASAP so we can fill in your spot. Workshop details will be provided to registered participants closer to the date.

To book your place contact the Network via email: to [actmhcnc@actmhcnc.org.au](mailto:actmhcnc@actmhcnc.org.au) or call 6230 5796.

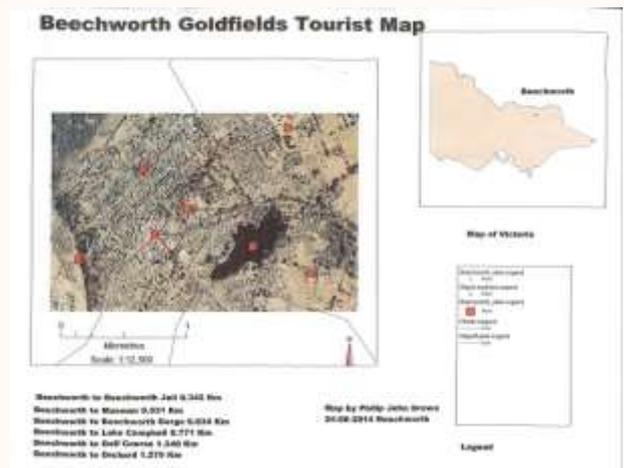
# Michael Firestone Memorial Scholarship

Nominations for the 2017 Michael Firestone Memorial Scholarship have closed. To encourage consumers to begin thinking about opportunities they can use the Scholarship and apply for in 2018, a previous recipient recently sent in some examples from his studies.

Philip Brown received a Scholarship in 2015 which he used to enrol in a Certificate III in Spatial Information Services course. Spatial information is the digital connection between location, people and activities, and can graphically illustrate what is happening (where, how and why) to show the insight and impact of the past, the present and the (likely) future.



Congratulations to Philip for achieving success in his studies!



# Upcoming Training workshops

The Network is pleased to offer the following FREE training courses for the remainder of 2017. A full calendar of training opportunities for 2018 will become available over the coming months. 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](mailto:education@actmhc.org.au)

## Co-facilitation Training

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, 26 Oct and 2 & 9 Nov 2017  
Times: 10am – 4:30pm  
Location: The Griffin Centre.

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!

## Self-Advocacy and Consumer Representation (Intensive)

Our Self-Advocacy Training educates those with lived experience of mental illness to develop skills to speak up for themselves, by exploring the following topics:

- Feeling good about themselves
- Expressing their feelings
- Recognising the importance of responsible decision-making
- Making informed decisions

Our Consumer Representation Training enables mental health consumers to become informed and confident Consumer Representatives, equipping them with the skills to represent themselves and other consumers in the provision of mental health services.

Morning tea and light lunch provided.

### Dates and times:

Self-Advocacy - Thursdays 23 and 30 November 2017 (10:00am – 4:00pm)

Consumer Representation - Monday 4 and Tuesday 5 December 2017 (10:00am – 4:00pm)

Location: The Griffin Centre

*To register for any of these courses, fill out and return the registration form on page 15.*

# Representative Opportunities

Hello to all consumer representatives and eligible consumer representatives. We have two representative opportunities 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.

The following two vacancies are for Committees where the representative will shortly finish their two year term.

To nominate for these representative positions, please complete a Committee Nomination Form and return to the Network by **Friday 6 October 2017**.

**Post:** ACTMHCN, Reply Paid 469 Civic Square ACT 2608

**Email:** representation@actmhcن.org.au

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

## MHJHADS Recovery Planning Steering Group

This new committee has been formed to provide integrated service leadership to action the specific Auditor General's recommendation regarding Recovery and Care Planning in mental health service delivery and from the ACMHS CUTE Care Mental Health Services Model of Care and implementation.

This Committee will look at moving the service to a person centered model, moving away from the silo approach. Recovery planning framework across the inpatient community will be developed along with rehab and older persons.

This Committee has stemmed from both the ACMHS MoC implementation where we were covering this in our new procedure development, and also stems from the recent Auditor general's report on transition from acute care.

This Committee would be of most interest to a representative that enjoys working with a clinical focussed team. The next meeting is scheduled for 3 October 2017.

**Meetings:** 1<sup>st</sup> Tues every month    **Duration:** 2pm – 3pm

## ACACIA Advisory Group (the Consumer and Carer Research Advisory Group)

Meeting four times a year, ACACIA, The ACT's Consumer and Carer Mental Health Research Unit, was developed in 2013 to extend the work of the current Consumer Research Unit at the National Institute Mental Health Research. ACACIA aims to undertake research relevant to mental health consumers and carers in the ACT. The Advisory Group, comprised of local consumers and carers and includes the heads of key ACT consumer and carer organisations, and is actively engaged in the process of research and helps to develop research agendas and priorities. If you have a keen interest, or background, in research, this is a committee worth considering.

**Frequency:** Bi-monthly (first Thursday 2<sup>nd</sup> month)

**Duration:** 2 hrs



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:	
<b>Do you have lived experience of mental illness?</b>	<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 <b>BEST</b> 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
<b>DEMOGRAPHICS</b>	
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: .....
<b>INTEREST and INVOLVEMENT IN NETWORK ACTIVITIES</b>	
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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## 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 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](http://www.actmhcncn.org.au)



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