



ACT
Mental Health
Consumer Network

NETWORK NEWS

Contents

From the EO's Desk	Page 2
Network Events	Page 3
Network Update	Page 3—5
Chair's Report	Page 4
Events and Notices	Page 6-7
Member Article	Page 7—8
Community Council for Australia Launch	Page 8
Mental Health Week	Page 9
Community Education Update	Page 10
Policy Program & Consumer Rep Program Updates	Page 11-12
Consumer Representative Opportunities	Page 13—14
Committee Nomination Form	Page 15-16
Membership Form	Page 17—18
Training Registration Form	Page 19

It's time for
another smashing



Thursday 15 December 2016

Starting from 12.30pm

Glebe Park, Civic

RSVP by 8 Dec to 6230 5796, SMS 0406 457 557 or
email acmthcn@actmhc.org.au

SUMMER 2016

Offering You a Voice

From the EO's Desk



Dear Readers

Welcome to the final edition of the Network News for 2016... wow this year has gone fast!

Firstly, I would like to welcome our 2016-17 Board who were elected at our Annual General Meeting on 15 November. Details of elections can be found on page 4 . It was great to see so many members present, and to hear from our guest speakers. We were also very pleased to present Peter Dwyer with the inaugural 'Dedicated five years' Board Service' award – Peter is the very first Board member to serve five consecutive years under the new Constitution which ensures Board members take a well-earned break after five years of service.

Next, I am very pleased to announce that the Network received accreditation against the Australian Service Excellence Standards on 14 November 2016. Thank you to all of the members and other stakeholders who supported this process by attending focus groups or interviews about their experiences and opinions of the Network. Our accreditation is valid for three years, during which time we will continue to grow and strengthen our practices to ensure quality work and supports for consumers in the ACT.

This year's Mental Health Week was fantastic, with a great many events across the calendar and the introduction of an outdoor Expo in Garema Place. This change, from indoor venues in previous years, enabled the participation of many more people than usually attend. The event captured the interest of many people on their lunch break who would otherwise not have been able to participate. The Network's 'Faces of Mental Illness and Recovery' event was a great way for people to come together and express their experiences through art. Please see page 9 for further details from the event.

I would like to extend my sincere gratitude to the Network's staffing team, without whom none of the great work we do would be possible. Purity, Jen, Petra and Val continue to provide caring, professional supports to consumers to enable them to participate in ways that suit their needs. We look forward to continuing to grow our methods of gathering and utilising consumer concerns and feedback over the coming year. Our student, John, will be finishing his placement with us in early December. It has been a pleasure having John with us, working toward finalising his report to help us work better with young people. Once John's report is finalised we will place it on our website as well as making a number of hard copies available.

Finally, this year the Network's last Drop-In day will be Wednesday 14 December followed by our annual end of year BBQ at 12:30pm on Thursday 15 December. Food and drinks will be provided, as always, and we recommend you wear a hat and sunscreen to protect you from being sunburnt. I look forward to seeing you there! We will reopen for Drop-In on Monday 16 January 2017 at 11am.

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

Free Meal & Emergency Relief Providers Guides

CONTACT Canberra Community Services are currently compiling guides for free meals and closing/opening hours of emergency relief providers and critical community services over the Christmas/New Year period.

The guides are expected to be available from 1 December 2016.

To access the guides go to [www.http://vc-act.org.au/info-guides/](http://vc-act.org.au/info-guides/) and select the guide you require from the left side of page.

The Network will also have some hard copies available in the Members Area.

Dec

Tuesday 13 December 10am—1pm

Network Board Meeting (Room 9, Lvl 2, Griffin Centre)

Thursday 15 December to Friday 13 January

Drop-In Closed (Office closed)

Thursday 15 December 12.30pm

Network & Caucus End of Year Barbecue (Glebe Park, Civic) (Office closed)

Wednesday 21 December to Friday 13 January

Network Office Closed (Office closed)

Jan

Monday 16 January

Network office and Drop-In reopens

Thursday 26 January

Australia Day Public Holiday (Office closed)

Monday 30 & Tuesday 31 January

NDIS Peer Worker course

Feb

Tuesday 21 February 11am—1pm

Network Board Meeting

Tuesday 28 February 11am—1pm

Consumer Rep Forum (Drop-In Closed)

Thursday 16 & 23 February 10am—4.30pm

Self-Advocacy Intensive Training

Drop-In and Office closing for the Christmas/New Year period

Drop-In will close for 2016 from 1pm Wednesday 14 December 2016 and reopen at 11am Monday 16 January 2017.

Office Closed from 3pm Wednesday 21 December and reopen 9am Monday 16 January 2017.

Network Update

Network Annual General Meeting 2016

On 15 November we held our Annual General Meeting for 2016 and had a fantastic turnout of members, external stakeholders and great speakers.

The AGM held a number of presentations. Ben Matthews from Wellways (previously called Mental Illness Fellowship), gave a presentation on the new ACT Mental Health Peer Led Helpline. This free service operates Monday to Friday 1pm to 9pm and provides confidential information, support and referral advice service that provides information to people experiencing mental health issues, as well as their family, friends and carers.



John Ikechukwu Akujobi, the Network's student placement from the Australian Catholic University, presented to attendees his initial findings for his project: Enhancing the Network's Reach to Young People.

This AGM also saw the inaugural presentation of Five Years' Dedicated Board Service Award. The recipient of this was Peter Dwyer. The Network thanks Peter for his high level of commitment to the Network and consumers in the various Board positions he has held.



The event also saw the final drafts of our new rebranded brochures for commenting. At the time of print, the final drafts were submitted to the printers and are expected to be received and distributed in the near future.

As always at the AGM, the election of Board members was held. The outcome of the elections and the new Board of the Network for 2016/17 are as follows:

Chair: Terri Warner (continuing)
Deputy Chair: Chris Corcoran
Secretary: Dianna Smith (continuing)
Treasurer: Jacqui Price

Ordinary Members:

Jennifer Adams;
Michelle Banfield;
Kerry Fry;
Jo Hargense;
Michael Hausch
Adele Lewin; and
Chris van Reyk.

The Network thanks outgoing Board members Matthew Martin, Peter Dwyer, Doris Kordes and Phillip Green for their dedication and hard work over the previous year.

Chair's Report

The last few months have been very eventful. In the last newsletter, I wrote about presenting at the Mental Health Services conference in Auckland with Petra. Petra and I have just recently attended the Service Users in Academia Symposium, a conference that highlights consumer involvement in academic research. As well as having delivered a very well received presentation about self-advocacy and consumer representation training, we walked away excited by the work that is being done by consumer researchers at universities and the innovations in coproduction that are happening in Australia and New Zealand at the moment.

It was also made even clearer to me through the presentations I attended and the conversations that I had at the Symposium that many of the issues we

face here in the ACT regarding access to appropriate, responsive, recovery-focused mental health services are also of concern around the country and across the ditch. This has reinforced for me the need for us to continue to campaign for positive reform in as many areas as we can until we have services and systems that support people with mental illness to live a good life as they define it.

I'm looking forward to continuing to work with the staff and the new and continuing board members in 2017 to ensure that the Network can continue to facilitate consumer involvement in the decisions that affect us.

I wish you all a safe and restful holiday season.

Terri Warner, Chair

Women of Spirit Awards

Rose Beard was recently recognised as one of the finalists for Lifeline's Women of Spirit Awards. Despite what many would say has been a life full of struggles and challenges Rose Beard is arguably one of the most inspiring Women of Spirit. Rose is pictured (3rd from left, front) with fellow finalists and winners. Congratulations Rose!



It Lives!!!

In Mental Health Week 2015, the Network organised an event called Mind the Art. At this event, participants each created a panel that was collated into one giant artwork piece.

It was a lengthy process in arranging the panels and creating background artwork that complimented the surrounding panels, but by George, it got there in the end!

The final piece titled Mind the Art, made its public debut at the Mental Health Week Awards in October 2016 at the Legislative Assembly and immediately captured attention. Mind the Art will reside in the Network's office and members are invited to come in and view during Drop-In times.



Events & Notices

Volunteer Educators Recruitment

Have you ever sought help for a mental health problem, or experience caring for someone with mental illness?
Would you talk about your experiences with young people and the community?
Are you interested in volunteering to help change community attitudes about mental illness?

Mental Illness Education ACT is currently recruiting for new Volunteer Educators. All MIEACT Volunteer Educators work from lived experience, which means sharing personal stories to promote understanding of what it is like to live with and recover from mental illness.

To become a Volunteer Educator, interested people are to:

- Be 18+ years of age;
- Complete MIEACT's flexible Mental Health Educator Training;
- Talk about your personal experiences with mental illness objectively; and
- Obtain a Working with Vulnerable People Check/card

The next round of Volunteer Educator training is scheduled to begin in February 2017.

If you are interested in become a MIEACT Volunteer or require more information about becoming one, contact MIEACT on 6257 1195 or email to bookings@mieact.org.au



ACT
helpline
(02) 6246 7180

**Extended opening hours 1pm to 9pm
Monday to Friday (excluding public holidays).**

Helpline is a FREE and confidential information, support and referral advice service that provides information to people experiencing mental health issues, as well as their family, friends and carers.



The ACT Peer Leadership Program has been established with support from a Partnership Recovery Innovation Grant through Capital Health Network.



Wellways Australia is a proud Recovery Mental Health Fellowship across Australia. Seeking us? Call 6246 7180.

Mental health training grants

Seen an exciting opportunity for training and professional development, but can't afford it?

The Mental Health Community Coalition of the ACT is offering Training Grants to organisations, consumers and carers. Grant amounts available are:

- For organisations, up to \$750 per person
- For consumers and carers, up to \$1000 per person

Training grants can be used to attend events in Australia or internationally. They can also support organisations to hold an event, or to create a joint opportunity with MHCC ACT.

These grants are only available to members. Become a member today, and you can apply for a grant immediately. Membership is free for consumers and carers, and affordable for organisations.



Find out all the details from the MHCC ACT website.

Member Article

What happens with a Psychiatric Treatment Order from a Carers perspective?

A Psychiatric Treatment Order (PTO) is a Mental Health Order made under the provisions of Chapter 5 of the Mental Health Act 2015. At the Adult Mental Health Unit (AMHU) an application for a PTO is heard in a special meeting room by a component of the Administrative and Civil Affairs Tribunal (ACAT).

The chief psychiatrist or his/her nominee (generally the key psychiatrist in the Unit) makes an application for a PTO, which is a written statement (1) addressing [the criteria which ACAT must consider, and \(2\) which includes a plan "setting out the proposed treatment, care or support of the subject person" \(S 51\(3\) \(b\)\)](#). ACAT must also consider an assessment made of the person and before making a PTO must consult with a range of relevant people. If the person has identified a support person and/or carer they must be told of any proposed hearing. The support person/carers may make a submission to ACAT and/or attend the hearing.

ACAT is required to take into consideration quite a range of matters, including the views of those attending the proceedings, what has been proposed for the PTO, and care and/or support of the person.

ACAT cannot order "a particular form of treatment, care or support" (S 57).

ACAT can make a PTO even if the person refuses to consent

to the plan. The PTO can state where a person may be admitted, his/her treatment, and even limitations on inter-personal communications. There are other more extensive requirements relating to a PTO.

The Tribunal consists of three people – a Chair, a consultant psychiatrist, and a community representative. In addition, the following attend the hearing: a liaison officer, the applicant or their representative (quite possibly a Registrar who has had contact with the person who is subject to the application), the person's legal representative (if they have one, most likely from Legal Aid), and the person's support person/carers (if they have chosen to attend). The proceedings are recorded.

The Tribunal members are given time to consider the application and supporting documentation, including any written submission by the patient or their support worker/carers. The Chair ensures that everyone can comment and answer questions and will ask the applicant's representative detailed questions about the submission. The applicant is most likely seeking to fit the criteria on which an application will be granted and that could include a belief that the person has, evidence they will the person will not be medication compliant, or they will refuse to comply with any developed plan.

The Tribunal can, of course, decide not to grant the

Continued on page 8

application. But if granted it is not clear if the existence of a PTO will lead to any better treatment by mental health staff or the facilities in which they work e.g. in terms of more frequent access or oversight by specialists. If the Chief Psychiatrist advises ACAT that the person is no longer someone for whom it could make a PTO, then ACAT must review the PTO within 72 hours.

** This article has been written to provide a brief background of how the ACAT tribunal works. It is based on a carers experience and should not replace you seeking legal advice if you are involved in the tribunal**

Denis Strangman

Community Council for Australia: The Australia We Want, First Report, 2016

Attending the launch of the Community Council for Australia's launch of their first report "The Australia We Want", the Reverend Tim Costello was the key note speaker. Thanks to Mental Health Community Coalition for making it possible for Peter and myself to attend. This is a brief summary of Tim Costello's excellent talk.

Reverend Costello thanked the Press Club for supporting the event and the around 100 or so charities that were involved in providing information for the compiling of the report. Especially Equity Trustees the partners in the project that helped Philanthropy to get involved in the Community Services Sector.

He went on to state that this is not a blame game, it's our Australia and we all need to take responsibility for changing it! This report is based on Vision Casting, not about blaming & about people taking ownership to make Australia the way we want it to be. With Governments usually concerned about costs benefit philosophies not about people, evidenced by the removal of wellbeing from the standards of measurement regarding how "Australia" is going.

The Reverend Costello moved onto justice, and how we, as a nation, treat the most vulnerable of our population. Incarceration rates have been increasing, by up 15% in 2015 to 96/100,000 Australians. The Justice Revolving door is a deterrent that has, and will, not work. This is double the figure in Scandinavian Countries & twice as many as Canada, generally refereed to as a comparable society to ours. With Indigenous Australians 15 times those figures with 3% of that population representing 31% of the prison population. Indigenous people have poor literacy

and substantially fewer than white population make it to year 12.

Isolated societies continue to become fragmented with Indigenous suicide 4 times the National average, with more suicides than road deaths, and the figures reported are false as single men road deaths, single vehicle road accidents and drug over doses not included. Under reported in most jurisdictions, Reverend Costello referred to those suicides we know about as "being like the canaries in the mines".

Generosity today is below the 2009 figure in philanthropic giving. This increases the expectations on Charities to deliver, though they have less. To create more hope, we need to increase volunteering, which is known to be the best thing you can do for your mental health. Volunteering is about encouraging community & serving our community. So generosity is turning inwards and things are getting worse not better in most aspects of our communities.

So we have a huge need to be more empathic with our relationships in community being the greatest guides to where we are right now. Politicians need to speak about values more not economics & the economy. Lots of people are struggling, with the Right/Left of politics eating away at us, so what are the bi-partisan things we can all do to change this.

How do we change the Report Card, with ACT living like Toorak but vote like Footscray!! Are there any spare beds in the ACT community tonight? Of course there are. With more" level of Community now living on the street is important to recognise some feel the street is safer than their homes. Volunteering among 15 to 17 year olds is increasing, schools are influencing this.

With the rise of Politicians like Trump, and the rise of ill-winds blowing across Europe, nothing is impossible! Bi-partisanship is the way to move away from extremes to change this. Let us be pro-active, not open our borders completely, but significantly increase our intake of asylum seekers and refugees to a much higher figure. Communities will need to put in the effort to get this done as we have given up on Governments doing it!

Rev. Tim Costello
National Press Club
26th October 2016.

Summary written by Peter Dwyer, edited by Jen Nixon

Mental Health Week

Mental Health Week was held in October. This year saw the structure of the formal events altered, with the launch, Expo and Awards ceremony held as separate events.

The launch and awards ceremony were both held at the Legislative Assembly, with a great number of attendees at each. For the awards ceremony, a number of awards and scholarships were awarded to the following and pictured:

Michael Firestone Scholarship

Chris Corcoran
Felicity Maher
Terri Warner

Consumer Award

Joel Holland
Sophie Hope

Volunteer Award

Jenny Hodgson

Reciprocity Award

Andrew Hore

Carer Award

Hannah Redman

Promotion, Prevention and Early Intervention Award

Capital Chemist Wanniasa

The Expo was held at the end of the week in Garema Place. This event saw an estimated 1200 people attending – many of whom from the lunchtime crowd and would not have had the chance to attend in previous years.

The Network was proud to auspice a poetry anthology project, created for Mental Health Week. The anthology, *The Lived Experience*, gathered together poetry contributions from mental health consumers.. The Lived Experience was launched on Monday 10 October at Smith's Alternative. Congratulations to Maureen McInerney and Denise Burton for their work in creating this book and a special thank you to all consumers who contributed their poetry!!

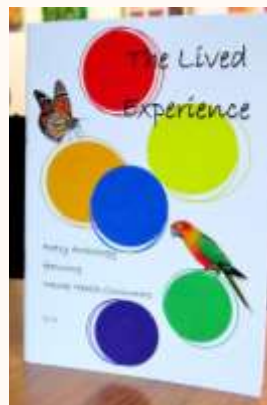


Mental Health Week Award Recipients

Photo by A. Boyer



Photo by A. Boyer



The Network's event for Mental Health Week 2016 was called 'Faces of Mental Illness and Recovery'.



Following our successful art event in 2015, the Network decided to continue the creative experience except this time

participants created a mask (or masks) that visualised their personal view or experience of mental illness and recovery.

Bella Insch from Inkbrush Art Therapy was happy to return and facilitate this workshop.



Whilst a small turn out attended this event, everyone who did enjoyed themselves immensely.



It was great to watch attendees go back in time and just play and create like children.

A special thank you to Bella for facilitating this event and to Ray Simpson from Canberra



Supervision and Counselling Service for being at hand to provide debriefing support to attendees when needed.

Community Education Update

The Network recently completed the intensive self-advocacy and consumer representation training. We are delighted to have six eligible consumer representatives through the recent course and our previous August course. Our co-facilitators have been using and developing their newfound skills in the past three months, with six consumers able to co-facilitate our training! We look forward to more consumers undertaking the training next year.

A full calendar of training opportunities can be found to the right of the page.

*Petra Kallay
Community Education Coordinator*

2017 Training Calendar

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

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

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

KEY

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

Upcoming Training

The Network is pleased to offer the following FREE training courses in the first quarter of 2017. To register, complete the form on page 19 and send back to the Network, or register online via the our website (www.actmhc.org.au). If you have any questions, please contact the Network on 6230 5796 or email Petra at education@actmhc.org.au

NDIS Peer Worker

This courses provides Mental Health Peer Workers knowledge and ability to assist a person with psychosocial disability in accessing/transitioning to the NDIS.

Dates: Monday & Tuesday, 20 & 21 June 2016
Time: 10:00am - 4:30pm

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

Self-Advocacy & Consumer Representation

Self-Advocacy - Thursdays, 16 & 23 February 2017
Consumer Representation - Thursdays, 2 & 9 March 2017
Time: 10am – 4:30pm each session

Self-Advocacy Training empowers the mental health consumer to: feel good about themselves; express their feelings; recognise the importance of responsible decision-making; and make 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. Upon completion of this course, they will have the opportunity to apply for Consumer Representative opportunities that the Network advertises. The Network gives full ongoing support to all of our Consumer Representatives.

Policy Program Update

The last few months have been full of various activities and events – including accreditation; we were overjoyed to complete and pass our accreditation process and would like to extend our heartfelt gratitude to all members, especially consumer reps and board members for their invaluable contribution and enthusiasm.

The Network was pleased to host members of ACT Health's mental health policy unit to discuss and consider the current draft of the 5th National Mental Health Plan. At this important consultation, some members were able to share some of the experiences regarding physical health and mental health, others highlighted that there was no mention of peer work. We still have time to provide feedback, we hope to provide our feedback in writing – we are happy to continue receiving comments and suggestions.

We are also excited to be involved in a brand new service here in the ACT – Way Back Support Service. This service is a new, innovative suicide prevention

service for people who have attempted suicide. Research has shown that the highest risk period to die by suicide is the first three months after an attempt. The service addresses a significant gap here in the ACT.

The Network is also keen to continue our involvement in the development of the new Adult Services Models of Care. We are in discussions regarding consultation dates and processes.

As always, we are always looking for ideas of how we can improve and develop our programs, if you have any suggestions or ideas of how the policy program could better advocate for consumers and more closely reflect your views and opinions – please let me know.

Finally, I would like to say thank to all who have given so generously throughout the year and wish you a safe holiday season.

*Purity Goj
Program Manager*

Consumer Rep Program Update

In 2016, 17 consumer representatives have sat on over 45 different committees, culminating in approximately 350 hours of representation this year, from January to mid-November. A big congratulations and thank you to all the hardworking representatives for 2016. The enthusiasm and professionalism you bring to these committees is recognised and well respected. It is an honour to work beside you all.

Ralph Nelson was congratulated during the last Consumer Representative Program Forum

for 2016 in late November for his 5 years' service in the Consumer Representative program. Executive Officer, Dalane, awarded Ralph's trophy at the last meeting for the year, where cake was duly eaten. Congratulations Ralph on this well earned award.

This year has been the year of hospital committees considering aspects of either the Secure Mental Health Unit, Dhulwa, the new Short Stay Unit at The Canberra Hospital Emergency Department and the University of Canberra Public Hospital. As these committees end, especially those associated with Dhulwa, new Committees emerge, with focus on the *Mental Health Act 2015 (ACT)* (implementation,



Ralph Nelson and Dalane Drexler

evaluation) and the ACT Mental Health Community Services Adult Model of Care will take their place.

The Network has successfully restarted its visits to the mental health in-patient units. Network staff and two members, one for

Continued on page 12

Consumer Rep Program Update



each, attended these visits, including The Canberra Hospitals Adult Mental Health Unit and Short Stay Unit and Brian Hennessy Rehabilitation Centre. We will be continuing these visits in 2017,

visiting 6 monthly, or more regularly when required. If you are interested in joining us, please contact me at representation@actmhc.org.au or call on 02 62305796.

A formal mentoring training program is being designed to provide the participants with key skills to make the mentoring relationship between themselves, and a new representative, even better. If you are interested in participating in this training, or want further information, please do not hesitate to contact either me (representation@actmhc.org.au) or Petra Kallay (education@actmhc.org.au).



Celebration at last CRP meeting 2016. From L to R: Pratap Chandra, Uttam Kor Chandra, Graeme Jackson, Ralph Nelson, Matthew Martin, Rose Beard, Chris Corcoran and Peter Dwyer.



New Eligible Representatives (2016)

Congratulations to the new eligible consumer representatives for 2016. I look forward to working with you on a committee or in other ways in 2017. In addition, a warm welcome to Jenny Adams, Michael Hausch and Deanne Michaels who were

new to the scene of representation this year.

- Adam Brandy
- Olivia Behan
- Pratap Chandra
- Uttam Kor Chandra
- Graeme Jackson
- Christopher Kerr
- Matthew McPetrie
- Luminita (Lenuta) Qurarishi

I look forward to working with all the representatives and members in 2017, where we have another interesting year of consumer representation ahead, with the ongoing implementation and evaluation of the new Mental Health Act, the continued planning and building of the UCPH Public Hospital and all that that entails and the ongoing NDIS roll out and evaluation as well as the usual, important, representation work that will continue!

Jen Nixon
Volunteer Coordinator

FOR YOUR DIARY

Consumer Representative Forum dates for the first half of 2017

Date	Time
28 February	11am – 1pm
28 March	11am – 1pm
2 May	11am – 1pm
30 May	11am – 1pm
27 June	11am – 1pm

Consumer Representative Opportunities

Hello to all consumer representatives and eligible consumer representatives. The following vacancies cover Committees where the representatives have finished their two year term. Due to there being no CRP Forums between the end of November and the end of February, note that the vacancies are for between December 2016 and March 2017. Please contact Jen Nixon if you have any questions regarding these vacancies.

To nominate for these representative positions, please complete the Committee Nomination Form on pages 15 to 16 and return to the Network by **Friday 3 March 2017**.

Post: ACTMHCN, Reply Paid 469 Civic Square ACT 2608

Email: representation@actmhc.org.au

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

Seclusion and Restraint Review Meeting (Co-Chair)

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.

There is one other consumer representative on this Committee.

Frequency: monthly on Thursday afternoon

Duration: 1.5 hours

Access and Acute Collaborative Engagement Forum

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.

Frequency: 2nd Tuesday, every 2 months

Duration: 1.5 – 2 hours

Consumer Handouts Committee

The Consumer Handouts Committee provides governance for the initiation, consolidation and development of consumer handouts for ALL aspects of health, not just mental health. The Committee aims to provide leadership and advice for development and review of Consumer Handouts, reporting to Standard 2 (Partnering with Consumers). In addition, To the Committee ensures externally sourced sites meet the four criteria in the Consumer Handouts Policy and ensure permission for use by ACT Health is acquired appropriately when required.

If you are interested in the way information is provided to consumers in the handout form and have an interest in reading and commenting on individual pieces of work, then this Committee is for you!

Frequency: Third Thursday of each month

Duration: 4pm to 5pm

Partners In Recovery Consortium

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 by:

Drawing on their experience of knowledge of the community, health and mental health sectors in the ACT to support the development of the PIR program in the ACT (ACTPIR).

Developing strategies for incorporating the experiences, values and input of people with severe mental illness and their carers and families into the development and running of the ACTPIR.

Promotion a coordinated systems approach across all sectors and organisations to address the needs of local people.

Informing the development of local policy and associated priorities to build a more responsive and coordinated system of care and support.

Receiving feedback on the outcomes of associated strategies and work plans relating to PIRACT.

Approving PIR reports for the Department of Health

Providing a representative for ACT Medicare Local's Mental Health Strategic Advisory Group.

Frequency: Quarterly.

Duration: 2 hours

Mental Health Week Committee 2016

Mental Health Week Committee is made up of consumers, carers, service providers, peak bodies and public servants. The Committee decides what activities to run, including the opening ceremony, arts events such as Poetry Reading, considers nominations for reimbursement for mental health week activities (such as school organized events, arts events, book publications etc), considers Award nominees and makes decisions on Award winners and organizes and work at the Mental Health Expo.

On the wave of such a successful week in 2015, the Committee has agreed to hold Mental Health Week **Month** in 2016. This will allow more time to be spent on organising activities as well as allowing both organisers and participants to attend more events.

So, if you are into planning and organizing a ground roots program of activities, this Committee is for you. NB: as the month gets closer, meetings do become more frequent, usually fortnightly.

It is expected that the first meeting will occur either February or March.



COMMITTEE NOMINATION FORM

Name of Nominee:	
Committee:	

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

I will actively participate in the Consumer Representatives Program.

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

I agree to sign a confidentiality agreement with ACT Health.

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

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

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

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

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

Please turn over

Have you undertaken Consumer Representative or Advocacy Training?

Yes – Year: _____

Delivered by:

- * Mental Health Consumer Network
- * NSW Institute of Psychiatry
- * Mental Health Community Coalition
- * Health Care Consumers Association of the ACT

or

* Other: _____

No, but I am willing to undertake this training

No and I am unwilling or unable to undertake this training

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



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.

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



www.facebook.com/actmhcncn/