



ACT
Mental Health
Consumer Network

NETWORK NEWS

The Network turns 20!

Contents

From the EO's Desk	Page 2
Chair's Report	Page 3
New Scholarship available	Page 3
Drop-In events	Pages 4
Network Events & end of year closure	Page 5
End of year celebration	Page 5
Network Update	Page 6-7
OMHW Commitment to Community	Page 8
Mental Health Month	Page 9-12
Network 20th Birthday celebration	Page 9-10
Mental Health Month Awards	Page 11-12
2019 Annual General Meeting	Page 12
Primary Membership form	Pages 13-14
For your information	Page 15
About the Network	Page 16



The Network celebrated 20 years since Incorporation as part of Mental Health Month 2019. These are some of the polaroids taken at the celebration. Turn to pages 9 and 10 for more images and details.

From the EO's Desk



Dear Readers

Welcome to the Summer 2019 edition of the Network News.

Things have been very busy these past two months with a variety of events having happened or in planning.

We were very pleased to elect in our new Board at the Annual General Meeting on 19 November. We had some vacancies after the AGM, two of which the Board has since filled out of session. I am pleased to announce this year's Board members to date: Bianca Rossetti (Chair); Chris Corcoran (Deputy Chair); and Paul Thompson (Treasurer), along with John Brookes, Peter Dwyer, Thi-Nha Tran, Lei Wang and Maree Pavludis. This is a great mix of new and continuing Board members, providing both continuity and fresh ideas. We still have vacancies for the Secretary and two Ordinary Member positions, so if you are interested in having a go and can spare two hours per month we'd love to hear from you!

Our Mental Health Month event for our 20th Birthday was a lovely day, with many members coming along to share in the festivities. We had many speakers, both consumers and non-consumers, who shared their stories and experiences along the way. Look out on page/s 1 and 9-10 for more information and photos from this event.

The digital resource project nearing completion, with an aim of having them in their final form and ready to launch at the end of January. Petra, Terri and I will be working hard on their completion throughout January so that they are ready for the courses we will run throughout 2020.

We recently completed our accreditation review under the Australian Services Standards and, while we do not yet have the report in hand, we have received positive feedback about our documentation and processes, along with some recommendations for improvement that are not expected to impact our accredited status. I would like to extend our heartfelt thanks to all of the consumer and other stakeholders who participated in this process to ensure we are always doing the best work we can.

Deahne McIntyre recently finished up her contract as Program Coordinator with us, a few weeks earlier than scheduled to support her to undertake training for a new role in another organisation. There have been no other

changes in the staffing team – Isobel and Kathryn remain in their temporary roles, filling in for Jen and Purity while they are on extended leave, and Val and Petra continue to fulfil the duties of their administrative and education roles. Terri Warner will be delivering My Rights, My Decisions training over the coming months, until Jenny is ready to return. And of course Allie is still working hard each week as Drop-In Volunteer. Thank you to all of these staff, as well as the myriad of volunteers who support the Network through Consumer Representation, Co-Facilitation, mentoring and many other roles too numerous to name!

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 Scholarship available

As announced at our 20th Birthday celebration, we are pleased to provide details of a new Scholarship for consumers.

The Rufus Scholarship was established in December 2019 by a private donor, facilitated by the ACT Mental Health Consumer Network Inc. This Scholarship will provide an annual grant of up to \$600 to support a mental health consumer to further or continue their education whom would not otherwise have the financial means to do.

This scholarship can be used to cover direct education costs and other associated costs (such as textbooks, equipment, transport and so on), and is for residents attending an educational institution, or equivalent in the ACT.

Individuals may self-nominate or be nominated by another person or an agency/organisation. The individual must be aware of and agree to their nomination prior to submission.

Further information and a nomination form is included as an insert with this edition of Network News. If you would like a copy of the form, please contact the Network.

Chair's Report



I am excited to be the new chair of the Consumer Network. As I identify as someone with lived experience of mental illness and been through the mental health system in Australia, I have seen the impacts of

quality mental health support both clinically and in the community. My recovery has led me to a discovery and passion for health promotion; we need to create communities that value mental health literacy, support and empower each other and look at mental health in a holistic approach. I have a primary teaching background, now studying nursing with the dream of being a mental health nurse.

I am grateful for the various opportunities the Network has provided me; attending TheMHS, completing my certificate 4 in Mental Health Peer Work, the Michael Firestone Memorial Scholarship and their continuous encouragement. I have also been involved in the National Mental Health Leadership fellowship program which has shown me the diversity of mental health at a national level. As a member of the Mental Health Community Coalition ACT, Mental Health Australia, the Mental Health Foundation, the Recovery College, National Mental Health Commissions and ACACIA: The ACT Consumer and Carer Mental Health Research Unit, I am committed to improving wellbeing outcomes for all Australians and value the importance of collaboration to have consumers' voices heard to create changes and reform .

Bianca Rossetti
Chair

In the news

Geologist slams proposed Harvey Quarry

AT a meeting with the Northern Grampians Shire Council Planning Officers, the Caraquarry Action Group pulled a rabbit out of a hat when it presented a report by Environmental Geologist Philip Brown recommending that the proposed quarry not go ahead.

Advertised Events' Diary

- St. Arnaud Cup
- Saturday 20th October
- Jung Market
- Saturday 20th October
- St Arnaud ArtSpace
2019 Art Exhibition
- Saturday 2nd to Saturday 8th Nov.
- Wedderburn Mothers' Club Concert
- Friday 8th November
- Wedderburn Community Christmas Festival
- Friday November 29th.
- Charlton Rex Cinema
"Goldfisch" - Showing details page 2
- St. Arnaud Community Cinema
"Bride like a Girl" - Showing details page 2

The report entitled "Geological Investigations of the Harvey Quarry Gravel Prospect" documents factors of groundwater contamination and situation of the Carapooze Creek to support his recommendation.

The Caraquarry Action Group presented the report to the Planning Department at the meeting last week to discuss both objections to the planning application and any measures that could be taken to alleviate their concerns. Both the Kara Kara Ward Councillors, Cr Tony Driscoll and

Cr Merrilee Reid were in attendance along with Planning Officers and the Shire Engineer, Nic Murphy and Director of Operations, Trenton Fithall.

Groundwater contamination

Mr Brown says in his report that he has studied the regional geology and the GeoVic Geology maps and that a fault that he believes runs through the proposed Harvey Quarry, at Carapooze, would cause an unstable basement rock, and dramatically affect the groundwater in the area.



Above: Philip Brown (centre) discusses with Ian Moorman (left) and Peter Rose (right) the faults occurring under the proposed quarry and the implications of mining to that level.

"If the council were to excavate this site, and expose the major basement fault", Philip Brown says "and this happened during a

flood event, it would channel water into that major fault and down into the groundwater table and exacerbate that flood event, which

would then break out at a lower level down the slope and flow into a catchment such as the Carapooze Creek.

• Cont. page 7.

Long time member of the Network, Philip Brown (middle in the image), recently sent us through a copy of the North Central News newspaper in which he appeared.

The article was in regard to the development of the Harvey Quarry Gravel Prospect and the report that the Caraquarry Action Group developed, and Philip presented to Northern Grampians Shire Council Planning Officers.

Drop-In events

Our Drop-In Volunteer Allie continues to come to Drop-In to support consumers during Drop-In times and work toward creating a calendar of information events for upcoming Drop-In sessions.

Future Drop-In activities that we are currently in the process of organising include, a joint Drop-In with Advocacy For Inclusion around the NDIS with representatives from Feros Care LAC in attendance, and a workshop on mental fitness.

Of course, members are still welcome to just come in and relax or use the computers etc.

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.

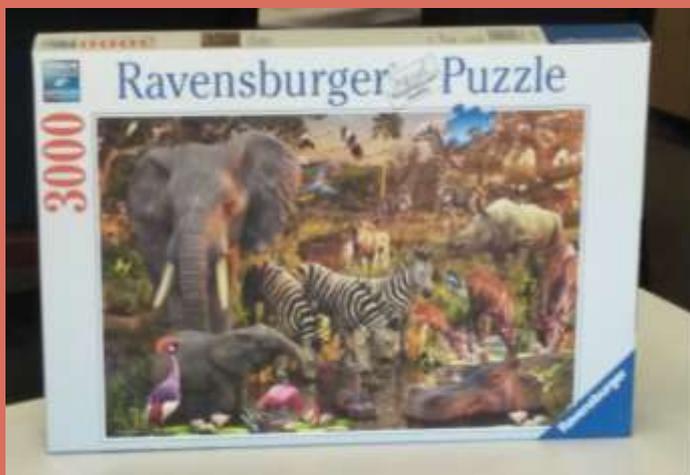


The Network decided to hold a Halloween themed activity Drop-In on 31 October, where members and staff got together and made masks, while the Nightmare before Christmas was playing in the background.

All in all, this was a very fun day, which saw quite a few members come in and get involved (and occasionally sing along to the soundtrack).



A brilliant idea came to us for another Drop-In activity that will take some time and effort to do. We recently purchased this amazing 3000 piece jigsaw puzzle that members are welcome to come in and piece together. If you're a puzzle nut (like some of the staff here), this will be a great activity to get involved in, particularly over Summer, if you're looking to escape the heat. We can't promise that at least the outside edges won't be completed (because some of us here really, REALLY like puzzles)



End of year closure

The Network office will be closed for the Christmas and New Years' period from 3pm Friday 20th December and reopen 9am Friday 3 January 2020.

Drop-In has now closed for 2019 and will reopen at 10am on Thursday 16 January 2020.

We wish our all members a safe and happy holiday period and look forward to seeing you all again in 2020.

Network Events

Jan

Mon 6 January

Network office reopens

Thurs 16 January 10am—1pm

Drop-In reopens

Members' Area

Mon 27 January

Australia Day Public Holiday

Office Closed

Feb

Tues 4 February 11am—1pm

Consumer Rep Forum

Members' Area

Thurs 18 February 11am—1pm

Network Board Meeting

Members' Area

End of year celebration

The Network held an end of year celebration for our members on Wednesday 11 December. As the weather in previous years has been questionable at the best of times, we again held it in the Griffin Centre.

Initially there was only a low turn out of members attending, which was mostly influenced by the growing smoke haze that was blanketing the Territory on the day. Eventually, more and more members turned up and it all ended up being a great little event.



Network Update

Community Education Program

Currently the Community Education Program consists of the following workshops:

- Self-Advocacy
- Consumer Representation Training
- Understanding the NDIS for Peer Workers
- Peer Co-facilitation Skills Training
- Peer Mentor Training.

This training assists our members to use their lived experience in various self-advocacy and volunteer roles to enable systemic change. We are always open to ideas for new workshops on topics that are of interest and benefit to our members, so please let us know if you have an idea!

Recent Training

Over the last few months we facilitated the following workshops:

Sept: Self advocacy and Consumer Representation Training

October: Understanding the NDIS training

Some projects we have been working on:

You may have received a phone call or email from Petra or Deahne recently related to the 6 Month Post-training Feedback survey! The purpose of this survey is to help the Network to measure how practical the self-advocacy training has been, and how the participants were able to apply it in their life. We want to identify possible ways to improve the training to meet the objectives and needs of our members.

The survey tool was developed with input from consumers/Network members and staff. The participants are being contacted by phone, and are given the option to complete the survey by phone, electronic (email) format or hard-copy.

Upcoming Training Events

The training schedule for 2020 is currently under development. But the following courses will be scheduled in early 2020:

- Peer Mentor Training
- Self-Advocacy Training
- Consumer Representation Training

If you are interested in participating in any of these, please contact us!

Policy Program

Policy Reference Group (PRG)

The Network thanks the outgoing members and welcomes four new members to the PRG for a two year appointment:

- Caroline Davidson
- Bianca Rossetti
- Sarah Shepherd
- Thi-Nha Tran

The Network also thanks four existing members who will remain with the PRG for one year to ensure continuity:

- Peter Dwyer
- David Lovegrove
- Chris van Reyk
- Terri Warner

Mental Health Month

Naturally, the Network was heavily involved with Mental Health Month. There was a strong turnout for the Q&A Forum on Peer Work (22 Oct). Having opened the event, Minister Rattenbury stayed to listen to the key speaker and questions from the audience. Two consumers and a staff member spent two hours speaking with Calvary Staff about My Rights My Decision (28 Oct). Several of our own members were honoured in the [2019 Mental Health Month Awards](#) (29 Oct):

Support for Individuals, Families and Carers Award

- Jenny Adams

Michael Firestone Memorial Scholarships, 4 including:

- Bianca Rossetti
- Natalee Thomas
- Terri Warner

Policy consultations with consumers

- Peer Worker Concept Brief (27 Nov)
- Performance and Monitoring of the Regional Mental Health and Suicide Prevention Plan (27 Nov)
- Design of Southside Community Services Step Up Step Down (27 Nov)
- Design of Extended Care Unit (27 Nov)

Consumer Rep Program

Consumer Representative Forums are now bi-monthly. Following a feedback request sent to all active and eligible Consumer Representatives in September 2019, the meetings it was agreed to hold bi-monthly forums on the first Tuesday in even months. The suggestion to hold Consumer Representative Forums bi-monthly was based on more time for consumer feedback and preparation of forums for Forums.

The first bi-monthly forum was held during Mental Health Month on 1 October 2019. The chair role continues as a rotating chair role and thanks is extended to all Consumer Representatives who chaired and attended forums this year. The September and December forums were cancelled due to lack of quorum. For this reason, an email requesting feedback from active and eligible representatives will be sent seeking responses regarding a preferred day for forums. Should feedback indicate a preference for another day, this may occur.

Feedback from Consumer Representatives attending meetings continues to be due to the Program Coordinator at the end of each month. Reminders will be sent to provide a due date. Feedback may be given via the Consumer Representative Program Feedback form or by making a time to provide over the phone or in person with the Program Coordinator.

Thinking about becoming a Consumer Representative?

If you are interested in becoming a Consumer Representative and would like more information please contact the Program Coordinator, Isobel Shearman by email at representation@actmhcn.org.au or by phone on (02) 6230 5796.

Appointments

Since the Spring 2019 Newsletter a large number of new committee requests were advertised. The following Consumer Representative roles have been appointed:

Bianca Rossetti

- Centenary Hospital for Women and Children Expansion Project Control Group (PCG)
- Surgical Procedures, Interventional Radiology and Emergency Centre (SPIRE) Project Consumer Reference Group
- SPIRE Mental Health Short Stay Working Group
- Adolescent Mental Health Unit (AdMHU) and Day Service Working Group

Terri Warner

- National Psychosocial Support Measure (NPSM) Stakeholder Reference Group

Paul Thompson

- MHJHADS Mortality and Morbidity Committee

Thi-Nha Tran

- Organisation Wide Mental Health Working Group
- Recognising and Responding to Acute Deterioration Committee

Graham Jackson

- ACT Recovery College's Co-Design Committee

Vacancies

There are currently no outstanding vacancies. All vacancies have been advertised and current nominations are now in process to be reviewed. Thank you to all Consumer Representatives for continued interest in vacancies and nominating throughout 2019 as well as the continued dedication and work by active Consumer Representatives.

Two year term vacancies will be prepared for advertising in February 2020. Consumer Representatives appointed to these committees may re-nominate.

The Office for Mental Health and Wellbeing Commitment to Community Engagement

We are committed to working with the community to ensure that a range of viewpoints are considered, and that quality community engagement is used. We recognise that it is not possible to involve all interested people in each decision-making process. Hence, we make the following commitments to working together.

We will uphold our principles

We will use quality engagement approaches

We will use the highest appropriate level of community involvement

A kind connected and informed community working together to promote and protect the mental health and wellbeing of all



Our Principles

Upholding our principles will ensure that people who are affected by decisions are represented in the process.

Collaborative

- We will share leadership with the community
- We will provide and communicate opportunities for engagement

Person-centred

- We will meet with the community at times and places that suits them
- We will tailor our approach according to the nature of the task and the people involved
- We will provide adequate information and time to understand the issues

Evidence-informed

- We will provide clear, relevant, timely and evidence-based information
- We will be clear about the scope of possible changes, the decisions that need to be made, and the decision-making process

Inclusive

- We will encourage and support people to be heard
- We value the insight and experience our diverse communities

Innovative

- We will encourage creative thinking
- We will provide opportunities to learn from each other (e.g. fostering communities-of-practice)

Levels of Community Involvement

There are different levels of community involvement on a spectrum,

- from Empower and Collaborate (the highest levels of involvement)
- through seeking your advice and input (Involve and Consult) to Informing you of what we are doing.



INFORM We will keep you informed

CONSULT We will keep you informed, listen to and acknowledge concerns and aspirations, and provide feedback on how stakeholder input influenced decisions

INVOLVE We will work with you to ensure your concerns and aspirations are reflected in the process and provide feedback on how your input influenced the decision

COLLABORATE We will look to you for advice and innovation in formulating solutions and incorporate your advice and recommendations into the decisions to the maximum extent possible

Mental Health Month

Mental Health Month for 2019 was held throughout October. The theme for 2019 was 'Conversations and Connections'.

The launch for this month long event was a comedy evening at the Dickson Tradies. Comedians from Comedy for A Cause performed at the launch to help promote positive mental health and break down stigma associated with mental illness.

Recently, Minister for Mental Health, Shane Rattenbury MLA, gave a presentation to the Legislative Assembly summarising Mental Health Month 2019. There were some mentions of the good work that event organisers undertook to make it such a successful and enriching month, and of course acknowledgment of all the Mental Health Award winners.

You can view the video recording here - <http://aod.parliament.act.gov.au/A82998>

Mental Health and Wellbeing Expo

The Network participated in the Mental Health and Wellbeing Expo in Garema Place on Thursday 10 October, which also coincided with World Mental Health Day. The Expo saw high level of attendance due to its timing and location and included around 80 organisations and services in the ACT participating in this event.

Thank you to our Consumer Representatives Bianca and Thi-Nha who helped out on the day.



Network 20th Birthday Celebration

As our activity for Mental Health Month, the Network held a Birthday celebration on Thursday 24 October. 2019 marked 20 years since the Network became Incorporated.

We held a morning tea celebration held at 65 Northbourne Bar and Restaurant, which also fit in with a new conversation initiative, Morning Pori-Tea, for Mental Health Month. This event saw a great turn out of members coming to celebrate the work of the Network, and their involvement.

Presenters were invited from across the history of the Network, including long time Network members, and key stakeholders both past and present, to speak about how mental health services etc., had changed over the past 20 years, thanks to the efforts of consumers.

This event also saw a special announcement about a new Scholarship to become available for consumers in 2020. If you missed reading details about this, turn back to page 3 for details.

Val and Deigh created this marvellous banner which acknowledged the significant developments or just achievements achieved by the Network, through the hard work and dedication of consumers. This banner was displayed on the day and we welcomed attendees to write and attach messages and photos for permanent fixing later. This banner will go on display in the Network office and will continue to be added to.

A special thank you to 65 Northbourne for the providing their venue and catering, Balloon Brilliance for the marvellous balloon decorations they made for us, our special presenters and to all the members and staff.

See page 10 for more images from this event.

20th Birthday Celebration!



Mental Health Month Awards

The Mental Health Month Awards were held on Tuesday 29 October 2019 in the Bradman Room at Manuka Oval.

A change in the majority of the award titles were implemented this year. The Network provides two Awards and a Scholarship as part of the Awards. We are pleased to announce the following recipients of our awards for 2019.

Lived Experience Ally Recognition Award (LEARA formerly Reciprocity Award)

Katrina Bracher

Tina Bracher was a strong ally of consumers as Executive Director, Mental Health, Justice Health, and Alcohol and Drugs Services. She was always willing to engage with consumers face-to-face and strongly supported the My Rights, My Decisions, ensuring that consumers' rights are known and upheld during periods when they have reduced decision-making capacity.



David Perrin Award

Tianne Casey, Monumental Health ACT

Tianne Casey was given a diagnosis of Borderline Personality Disorder (BPD) and told that life would never get better. However, Tianne sought the therapy and support she needed, worked hard and now lives an independent and self-determined life, helping others see that recovery from chronic mental illness is a possibility. "She is a true BPD Warrior and is a beacon of HOPE for many people."

Michael Firestone Memorial Scholarship

Scholarships of up to \$500 per person, to a maximum of \$2,000 in total each year recognise mental health consumers who are furthering their education by providing scholarship(s) to cover general education expenses such as computers, course texts and course fees.

Nominees this year include but are not limited to:

Bianca Rossetti - Mental Health Nursing
Natalee Thomas - CIT (Communities Services & Development)
Terri Warner – PhD

From the other Awards, our very own Jenny Adams received the Support Individuals, Families and Carers Award, for her work in developing the My Rights, My Decisions program.

Jenny Adams developed the My Rights My Decisions form kit and training program through a co-design process that maximised consumer input. She also ensured that the training and resources are person-centred, use consumer friendly language, and support consumers to complete the forms. Throughout this Jenny drew selflessly on her lived experience, while encouraging and facilitating input from many people and organisations.



Turn over page for more Award winners

Mental Health

Congratulations also go to the recipients of the following Awards:

Mentally Healthy Communities and Workplace Award

Australian Kookaburra Kids Foundation, ACT Branch
Elise Apolloni, Capital Chemist Wanniasa

Support for Individuals, Families and Carers Award

Scott Hodgson - Commendation Award
The Connected Program, Marathon Health
The Way Back Support Service, Woden Community Service

System Capacity and Workforce Award

Jan Jolly, Arthritis ACT

Research, Evaluation and Quality Improvement Award

Centre for Mental Health Research, The Australian National University



2019 Annual General Meeting

The Networks' Annual General Meeting was held on Tuesday 19 November 2019. The AGM saw only a minimum number of members attend, but eventually, quorum was made.

For this year some things had changed, holding it earlier in the day. Due to an error on the duration of the AGM which was stated in the original notice, the order of the agenda required to be changed accordingly to enable the official business to be conducted while quorum was held.

As part of the AGM, elections for the Network's Board was held. This year saw the positions of Chair and Secretary open to nominations. The position of Chair was highly contested. The outcome of the election saw the following positions filled:

Chair: Bianca Rossetti

Ordinary Members: Peter Dwyer, Thi-Nha Tran, John Brookes

Following this, a notice was sent out to members regarding nominating for the positions of Secretary and remaining ordinary member positions.

At the time of printing, we are pleased to announce the Network Board for 2019-20:

Chair: Bianca Rossetti

Deputy Chair: Chris Corcoran

Treasurer: Paul Thompson

Secretary:

Ordinary Members: Lachlan Atyeo, John Brookes, Peter Dwyer, Maree Pavludis, Thi-Nha Tran and Lei Wang

Other business conducted at the AGM included the presentation of 5 years of service Awards to outgoing Board members Terri Warner (chair) and Diana Smith (Secretary), and presentation of gifts for all Board members.

Presentations included an update on the National Mental Health Consumer Carer Forum by Matthew Martin and a special presentation on the ACT Mental Health Consumer Scholarship Scheme by Stuart Anderson (CIT Teacher – Mental Health and Peer Work) and a Scholarship student.



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

For your information

ACT Mental Health and Suicide Prevention Plan - survey

The ACT Mental Health and Suicide Prevention Plan outlines the challenges facing us as a community and what we will do, working in partnership over the next five years. It consists of three parts:

- Part A. Framework (completed – [one page summary here](#) or <https://news.chnact.org.au/t/t-l-nzikht-yukkyddry-j/>)
- Part B. Implementation Plan (under development)
- Part C. Performance and Monitoring Plan (under development)

The ACT Plan was developed by a working group including CHN, ACT Health Directorate, Canberra Health Services, Office for Mental health and Wellbeing, Mental Health Carers Voice - Carers ACT, Mental Health Community Coalition of the ACT and the ACT Mental Health Consumer Network.

CHN wants to know what success would look like for you, your family, your community, your clients and your colleagues. Please complete a short online survey by 7 Jan. Your answers are confidential and we will not be able to identify you. Your answers to this survey will help us to develop the Performance and Monitoring Plan. If you would like more information please contact CHN at pophealth@chnact.org.au.

NDIS Annual Price Review 2020-21 submissions open

The NDIS Annual Price Review 2020-21 has commenced and will examine whether the existing pricing framework and other pricing related policies under the NDIS continue to be appropriate, or whether modifications are required.

As part of this process, the NDIA aims to identify options to improve the flexibility for participants to purchase supports to meet their goals, and where possible, reduce the administrative burden for providers.

The NDIS is inviting providers, as well as participants, their families and carers, community, peak bodies and other sector representatives are encouraged to provide feedback as part of the Review.

We encourage you to provide your comment/s on all issues relevant to the Annual Pricing Review? Terms of Reference outlined in the Issues Paper please visit www.ndis.gov.au/providers/price-guides-and-pricing/annual-price-review/annual-price-review-consultation

Submissions close at 12 midnight, Sunday 2 February 2020. For further enquiries about the Annual Price Review, email provider.support@ndis.gov.au or phone 1800 800

Share Your Story of Mental Health and the NDIS

MHCC plans to film short videos on psychosocial disability and the NDIS. We would love to hear from NDIS participants living with a psychosocial disability, or people that have a story to share about the NDIS, as well as their carers, family and other supporters. We strongly encourage people from diverse backgrounds. The videos will form part of [reimagine.today](#), a free online resource that supports people living with a mental health condition to understand the NDIS. If you are interested in being part of the videos, email Elisabeth Wilkinson elisabeth@mhcc.org.au or phone (02) 9555 8388 ext 127

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



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