



ACT
Mental Health
Consumer Network

NETWORK NEWS

Contents

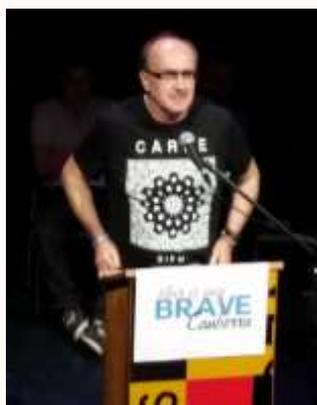
From the EO's Desk	Page 2
Network Events	Page 3
Network Update	Page 4-5
Chair's Report	Page 5
Events and Notices	Page 6
ACT Budget 2017/18	Page 7
Policy Program Update	Page 8
Community Education Update	Page 9
Upcoming Training Workshops	Page 10
Consumer Rep Program Updates & Representative Opportunities	Page 11—12
Membership Form	Page 13-14
Training Registration Form	Page 15
About the Network	Page 16

this is my **BRAVE**

On Friday 26 May, the first ever for Australia 'This is My Brave – the Show' was held in Tuggeranong. This is My Brave is a live performance by individuals living with, or loving someone with, a mental illness, including essays, original music and song, comedy and poetry. A sold out audience was taken on a roller coaster ride of personal stories of strength, pain, adversity, and overcoming it, and resilience.



The Network would like to congratulate everyone who participated in the evening, with a special congrats to Network members Chris Corcoran and Rose Beard.



For more information on 'This is My Brave' please go to the following web address:
<https://thisismybrave.org/events/australia>

From the EO's Desk



Dear Readers

Welcome to the 2017 Winter edition of the Network News... it already feels like it's going to be a cold one.

I am now on leave, as advised in previous newsletters and other fora. I am pleased to report that we had a very successful recruitment round to backfill Purity's Policy and participation Coordinator position while she is A/g Executive Officer. I have great confidence in Purity's ability to fill my proverbial shoes while I am away and know that she will be well supported in the role by our excellent Board, staffing team, members and associates.

The temporary vacancy left by Purity's acting role will be filled by Jo Hargense whom many of you have come to know from her roles on the Network Board and her office support during our recent database changeover preparation. Jo will be taking a leave of absence from her Board position during this period and brings with her a great deal of experience from both the government and community sectors. I am sure Jo will be a welcome and suitable addition to the team.

On the topic of database changeover, recently Val and I have been busy transporting data from our existing online database to our new computer-based database; Ivo. Ivo is a tailored database that will provide much greater usability for staff and remove security concerns that remain with

any online system. We will officially go live with the Ivo database on 1 July 2017 and do not expect any disruption to be experienced by members. Of course we cannot plan for or foresee everything and for this reason I apologise in advance for any inconvenience that may arise during the first week or so in July.

The staffing team and executive committee recently had the opportunity to participate in planning meetings for the coming three years' work plan. These meetings led to the development of a solid work plan which is based on the priorities and strategies as outlined in our strategic plan as well as recommendations received through our recent accreditation process. Work for the coming six months includes projects such as preparation for the 2018 consumer survey; engagement plans for expanding our reach with marginalised groups; forming a policy reference group; and forming a working party to develop the Network's 20th Birthday booklet/other. We look forward to engaging with members and other consumers for these exciting projects.

Until next time, thank you for reading and I look forward to seeing you on my return.

- Dalane Drexler

Network Events

June

Tuesday 20 June 11am—1pm

Network Board Meeting

Thursday 22 June 1.30pm—4pm

Self-Advocacy Training, Members' Area

Tuesday 27 June 11am—1pm

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

Thursday 29 June

Self-Advocacy Training, Members' Area

July

Thursday 6 July 1.30pm—4pm

Self-Advocacy Training, Members' Area

Friday 7 July 12.30pm—2pm

Consumer and Carer Caucus, MHCC ACT Meeting Room 6, Level 1, Griffin Centre

Thursday 13 July 1.30pm—4pm

Self-Advocacy Training, Members' Area

Thursday 20 July 1.30pm—4pm

Self-Advocacy Training, Members' Area

Tuesday 25 July 11am—1pm

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

Thursday 27 July 1.30pm—4pm

Consumer Representation Training, Members' Area

August

Thursday 3, 10, 17 & 24 August 1.30m—4pm

Consumer Representation Training, Members Area

Tuesday 15 August 11am—1pm

Network Board Meeting

Tuesday 29 August 11am—1pm

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

Network Update

Network Submissions

The Network previously held consultations with consumers to formulate a response to inquiries on Employment and Disability and provision of services for people with psychosocial disability under the NDIS.

Both of these submissions are now available for reading on the [Submissions](#) page.

The Network was also invited to present at an Inquiry on Employment and Disability on Tuesday 23 May at the Legislative Assembly. An article published in the Canberra Times about this Inquiry can be read online at the following address: <http://www.canberratimes.com.au/act-news/treat-those-with-disabilities-like-people-not-numbers-act-mental-health-consumer-network-20170523-gwaymy.html>

New Database

Commencing in July, the Network will be utilising a new database program for our membership, education and representative information purposes. The huge workload of establishing the new database content began in April and is near completed.

Whilst it is anticipated that a smooth transition will occur to this new system, we also acknowledge that some teething issues may arise in regards to our communications with members.

If members note any issues with what or how communications are being received, please do not hesitate to contact us on 6230 5796 or email to actmhcnc@actmhcnc.org.au

Michael Firestone Memorial Scholarship

In the last edition of Network News, we included a short piece on 2016 Michael Firestone Memorial Scholarship, Felicity Maher, and how she used her scholarship for tutoring in a cake decorating course.

Well following that edition, Felicity recently dropped by our office with another example of what she learnt how to do, and the word that springs to mind is fabulous. Amazing work Felicity!

Nominations for the 2017 Michael Firestone Memorial Scholarship are now open. Forms are included as an insert with this edition of Network News.



Chair's Report

I hope you are all adjusting well to the changing weather. I encourage you all to remember the importance of self-care at this time of year, because good self-care practices help to make us effective advocates for ourselves and for systemic change, in addition to being protective of our mental health generally.

I had the opportunity recently to speak with the national Mental Health Commissioners about mental health and the NDIS. Michelle Banfield (on behalf of the Health Care Consumers Association) and I met with the Commissioners on their recent visit to Canberra, where we spoke about the challenges facing mental health consumers who are eligible for the NDIS and our grave concerns about how the support needs of those who are ineligible will be met. While the ACT Government has committed to ongoing support for mental health consumers who are not eligible, there is still much uncertainty about how this gap is to be addressed, and consumers have already been adversely affected by the closure of some services and the conversion of others to providing only NDIS supports. With respect to NDIS eligible consumers, we spoke of the ongoing issues current participants face, the problematic access request process and

the impact of the instability in the sector that has been created by the NDIS model on individual consumers. I also attended the consumer and carer consultation session and heard many individual stories that reflect my concerns. I hope that the Commissioners gained a good understanding of the structural problems the NDIS has created and that their response will be to advocate for much needed changes to ensure that mental health consumers are not disadvantaged by the ongoing reform process, but instead rightly benefit from it.

I would like to thank everyone who contributes to systemic advocacy for mental health consumers in the ACT by attending forums and consultations as well as taking on formal consumer representative roles on committees. Your efforts are invaluable.

Finally, starting in July I will be attending drop in on the second Tuesday of every month, specifically to meet with members and talk about any governance or advocacy related matters you would like to raise. I look forward to meeting many of you on 11 July, and over the coming months.

*Terri Warner
Chair*

Poet's Corner

Only Human

By Kate Rowland

Since I'm only human
each day is loomin'
with traps
even after naps.

Judge not
or you will be judged; what a lot
of truth!

My mum did proof give.

Oh! Let's all live!
There is enough for all
to have a ball!

Want to stay up-to-date with
future Network events?

If you have email access, then
signing up to our weekly e-
bulletin is the best way.

Contact us on 6230 5796 or email
to actmhcncn@actmhcncn.org.au and
ask to be added, or come in to
our office during Drop-In
(11am—1pm Monday to Friday).

Events & Notices

Introducing Next Step

Capital Health Network (CHN) has been working with stakeholders over the past 12 months to develop a new primary mental health stepped care service model called Next Step to replace existing CHN mental health services, as part of the national mental health reforms.

Through the CHN programme, Next Step aims to provide greater flexibility for people experiencing mental ill health to access services that will meet their changing needs.

Next Step has two key service components:

- **Low Intensity Service** - (formerly NewAccess) a short term and intensive program that consists of guided self-help and practical strategies over a six session basis. This is delivered by a coach who is specially trained and skilled in helping people find practical ways to manage their difficulties. Sessions can be delivered over the phone or face to face.
- **High Intensity Service** - (replacing ATAPS) builds off the low intensity model to provide more intensive psychological over a 6 - 18 session basis dependent on individual needs. This is delivered by trained mental health professionals.

Next Step - Eligibility

If you are:

- Not currently accessing other mental health services
- Reside, work or study in the ACT
- Unable to get the support you require through Better Access
- Over 18 years old for the low intensity service

Referral process

- For the low intensity service, individuals can self-refer by calling 02 6287 8066 during business hours.
- For the high intensity service, please talk with your GP for a referral.

For more information, please visit next-step.org.au

Mental Health Week Awards and Michael Firestone Memorial Scholarship

The ACT Mental Health Week Awards officially opened on Tuesday 16 May 2017. There are six Awards and a Scholarship.

The awards are: Promotion Prevention and Early Intervention Award; The Mental Health Carer Award; The Mental Health Volunteer Award; the Mental Health Consumer Award; the Reciprocity Award AND the David Perrin Award which is presented in conjunction with the ACT Mental Health Consumer Network.

The Scholarship is the Michael Firestone Memorial Scholarship, a reimbursement worth up to \$500 (up to 2 scholarships are awarded each year) recognising 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.

Information about the Awards and Scholarship, as well as nomination forms, are included as inserts with this edition of Network News.

Additional nomination forms are available for download from the Mental Health Week website: <https://www.mentalhealthweekact.org/awards>

If you have any questions or require clarification, please contact Jen Nixon by email to representation@actmhc.org.au or phone 02 6230 5796.

Nominations close 5pm Friday 15 September 2017.

ACT Budget 2017/18

The ACT Government released their Budget for 2017/18 on Tuesday 6 June 2017.

Whilst the Budget covers funding for a broad cross-section of industries and issues, the following is a breakdown of how the Budget affects the mental health sector. The information is sourced from the Mental Health Community Coalition ACT, who recently compiled a more detailed Budget breakdown. This document will be available in the near future from MHCC ACT's new website.

Main Budget Points

The \$23.8 million package of investment in mental health breaks down into a number of key initiatives and a variety of funding initiatives as follows:

\$2.9 million over 4 years to establish an Office of Mental Health. The Office will support the coordination of services and work towards closing gaps in the ACT mental health system.

\$1.8 million over 4 years for suicide prevention. This initiative will fund aspects of implementation of the Black Dog Lifespan approach to suicide prevention. The Capital Health Network also has responsibility for commissioning suicide prevention activities and it is unclear how this funding will align with other activities.

\$5.3 million over 4 years for supporting the mental health of vulnerable Canberrans. This budget allocation will fund a number of different initiatives:

- Expansion of the Child and Adolescent MH Service to operate 7 days per week
- Expansion of perinatal mental health services. No detail is provided on what this entails.
- \$500,000 for minor upgrades to Brian Hennessy Rehabilitation Centre (BHRC). This reflects that the proposed closure of BHRC will be deferred until there are appropriate alternative options for current residents.
- One year only program funding for headspace and the Detention Exit Community Outreach program.

\$13.8 million over 4 years to open seven rehabilitation beds in the Dhulwa secure mental health unit.

Overview

The 2017/18 ACT Budget provides a \$23.8 million investment in mental health.

Outside of Mental Health the 2017/18 Budget includes a range of investments including more school psychologists, an Office of LGBTIQ affairs, policy and oversight capacity regarding NDIS, and further investment in the Throughcare program for people exiting the prison.

There are concerns that some funding aspects for mental health programs, such as Way Back and headspace etc., within the Budget are for short time periods (ie. One year). There is also the uncertainty of any continued funding beyond this period.

Other Initiatives

- Health checks for Year 7 ACT school students to be conducted from 2018-19. The new health checks will help identify students at risk of developing mental health issues or chronic diseases;
- Employment of five full-time school psychologists in 2018 as the first step in delivering the Government's commitment of 20 additional school psychologists;
- Establish the position of the ACT Senior Practitioner to provide oversight of the use of restrictive practices and work towards reducing and eliminating their use in the disability services sector;
- Provision of improved mental health services for frontline Emergency Services Agency (ESA) staff, to better protect the wellbeing of first responders;
- Support ongoing policy and oversight responsibilities related to the implementation of the National Disability Insurance Scheme within the Office for Disability; and
- Commitment to find matching funds to the offer of Commonwealth funding for psychosocial supports for people who are not eligible for the NDIS.

Policy Program Update

The Network is pleased to have made a formal submission for the Standing Committee on Health, Ageing, Community and Social Services to the Inquiry into the Employment of People with Disabilities.

In our submission we highlighted five key areas with regard to increasing the employment of people with mental illness. We outlined that the needs of people with mental illness are very different to those living with other forms of disability. We illustrated that reasonable adjustments need to be made to enable workers with disability to carry out their job to the best of their ability, making them productive members of the workplace. We strongly emphasised that countless mental health consumers face stigma and discrimination in the workplace and whilst searching for work. A lot more needs to be done to address stigma and discrimination; we recommended that employers should begin through education and awareness raising.

We also discussed the importance of safe and healthy workplaces that allow consumers to thrive and maintain their employment. We emphasised that employers need to foster safe and healthy workplaces that are supportive and inclusive for all employees throughout their employment. We stated that mental health should be prioritised equally with other health and safety issues. We recommended that there needs to be better supports for workers to maintain their employment and good mental health; and improvements need to be made to human resource processes to help employees raise their mental health in a safe, non-judgemental environment.

As a result of our formal submission, the Network was invited and to appeared as a witness to the Inquiry into the Employment of

People with Disabilities. Through this opportunity we were able to reiterate and expand on our submission. If you would like to read our full submission, please have a look at our website in the Publications Section. We would like to extend a big thank you to all those who contributed to our submission.

As you are aware, Jo Hargense will be working in the Policy and Participation role until mid-August. Please make her feel welcome if you come in or if you would like to talk about policy issues, please direct your inquiries to Jo.

Purity Goj
Policy and Participation Coordinator

Introduction

Jo joined the Network in May 2017 on a temporary contract as the Policy and Participation Coordinator.

After many years working in the Commonwealth Public Service, Jo is enjoying the transition into community sector work and has a particular interest in mental health.

Jo acted briefly as the Network's Program Support Officer in 2014 and became a board member in November 2016. Additionally, Jo was temporary employed at the Network in April 2017 to provide administrative support for Val, while he was working on entering data into our new database.

Community Education Update

The Network recently completed a two day workshop on Understanding the NDIS. The aim was to provide the participants knowledge and ability to assist a person with psychosocial disability in accessing/transitioning to the NDIS. Although it was originally designed for mental health peer workers, over time it became clear that the information is not just for peer workers, but would be of use for many others. Recently we have had a range of different participants attending – from carers, to others working in the mental health sector. So, if you know someone who is transitioning to the NDIS, or just would like to know more about it (even if you are not a peer worker!), think about participating for the next time we run the workshop. It is anticipated that this workshop will be run again in 2018.

Throughout May and June the Network, in conjunction with Directions ACT, facilitated Self-Advocacy training at Arcadia House. This was an interesting opportunity to see how the training we conduct for mental health consumers applies to other target groups. These workshops were well attended with positive feedback, and thanks go out to Chris Corcoran for initiating the idea and for co-facilitating the training.

Beginning on Thursday 22 June, the Network will again be running the Self-Advocacy and Consumer Representation training. This is a great chance for consumer reps who haven't attended the revised training to update their skills, and share their knowledge with other participants! Details can be found over the page.

Recently, I had the opportunity to become a member of a Steering Committee in the development of an ACT Recovery College. This is a project I'm very excited about!

What is a recovery college!? It is a place of learning, connection and hope for people living with mental illness, their careers, families and friends. Colleges operate in a similar way to adult learning centres, but with all courses focusing on mental health. Colleges are developed and operated entirely on the principles of co-design and co-production – that is, in equal partnership between mental health professionals and people with lived experience of mental illness.

Recovery colleges are well-established in the UK but relatively new in Australia. Currently only a small number operate, in south-eastern Sydney and regional Victoria. Keep an eye out for this project, and opportunities to get involved!

For the details of upcoming training, see over the page.

Petra Kallay
Community Education Coordinator

Upcoming Training Workshops

The Network is pleased to offer the following FREE training courses in the third quarter of 2017. A full calendar of training opportunities can be found below. 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

Self-Advocacy and Consumer Representation

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.

Dates and times:

Self-Advocacy - Thursdays, 22, 29 June, 6, 13, 20 July (1:30 – 4:00pm)

Consumer Representation - Thursdays, 27 July, 3, 10, 17, 24 August 2017 (1:30 – 4:00pm)

Location: Member's Area

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, 7, 14, 21 September 2017

Times: 10am – 4:30pm

Location: Canberra City, venue to be confirmed with participants

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

Module 1 – Why Peer Work?

Module 2 – Group Facilitation Skills 1 (How We Learn and Introduction to Facilitation)

Module 3 – Group Facilitation Skills 2 (Facilitation and Co-facilitation Skills)

Module 4 – Self Care

Morning tea and light lunch will be provided.

Contact the Network to determine if you are eligible!

2017 Training Calendar

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

KEY

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

**TRAINING
REGISTRATION
FORM ON
PAGES 15-16**

Consumer Rep Program Update

I would like to take this opportunity to thank all our hard working volunteers for their efforts over the last twelve months. A celebration was held for consumer representatives, board members and our administrative volunteers on May 2nd. A hot lunch and celebratory cake was devoured, and the celebration gave us all the chance to sit back and chat socially. Volunteer Pins were made available for our volunteers, as part of Volunteer Week, which was on the week beginning 8 May 2017.



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. Active representative should attend and eligible reps are invited to attend whenever possible. The next meeting is on Tuesday 28 June.

*Jen Nixon
Volunteer Coordinator*

We have continued our visits to the bed-based mental health units, with Purity and Jenny Adams visiting Brian Hennessy in April 2017. Visits are scheduled for the Adult Mental Health Unit/ Emergency Department Mental Health Short Stay Unit and, at long last, our first visits to Calvary Hospital Ward 2N and the Older Persons Mental Health Unit, both in June 2017.

Mental Health Week Awards for 2017 have been launched, and nominations and Award information are available in this Newsletter. Please take the time to consider the nominations, and nominate someone for this year. The Theme for 2017 Mental Health Week is '*Stronger Together*' and the Launch will be a community style party with a sausage sizzle, live music and some official speakers in Glebe Park, Sunday 8 October. The Awards Ceremony will be on Tuesday 9 October in the afternoon, and the Mental Health Week Expo will be held on City Walk again, this time on Thursday 12 October. For further information, please go to www.mentalhealthweekact.org

The Consumer Reps Forum is an important opportunity for consumer representatives, and those who are eligible to be a representative but

Representative Opportunities

Hello to all consumer representatives and eligible consumer representatives. On page 12, we have three 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 three 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 14 July 2017**.

Post: ACTMHCN, Reply Paid 469 Civic Square
ACT 2608

Email: representation@actmhcn.org.au

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

Representative Opportunities

Partnering with Consumers Standards 2 Group

Reporting to the Clinical Governance Executive, this Peak Committee will provide leadership and governance on the Standards 2 topic to ACT Health in accordance with the National Safety and Quality Health Service Standards (NSQHSS). The committee will be accountable for the Standard it governs to ensure that the decisions made around patient care within CHHS reflect the requirements of this Standard.

The meetings are held at the Canberra Hospital.

Meeting days: 1st Thursday of every 2nd month **Duration:** 2.30pm – 4pm

MHJHADS MAJIC-eR Steering Committee

Responsible with approving the overall vision and direction of the evolution of MHJHADS MAJIC-eR the role of the Steering Committee is to ensure the project remains strategically aligned to the direction of ACT Health by monitoring and auditing project milestones and outcomes.

Providing leadership and direction to the MAJIC-eR Project Clinical and Technical Working Groups, the Committee will direct and monitor project implementation and resource utilisation to ensure timely and successful completion of the project.

If you enjoy working with spreadsheets and have an interest in the types of data collected, and how it is collected, this is the Committee for you.

Meeting days: 4th Monday of every month **Duration:** 2pm – 3.30pm

UCPH Operational Working Group

The role of the working group is to lead activities that enable the commissioning mental health services at UCPH. This includes the development of the operational procedures for the Mental Health Inpatient Rehabilitation Unit and the Day service to deliver range of multi-disciplinary clinical services at UCPH as per the endorsed Models of care (MoCs). The UCPH Operational Working Group, as well as other things, will identify, develop and implement MHJHADS Inpatient and Day Service procedures (and associated policies) and Identify and develop MHJHADS workforce to implement the endorsed MoCs.

If you enjoy working on the nuts and bolts of a project and tackling anything from the appropriate design of rooms to looking at workforce requirements, then this is the Committee for you.

Meeting days: 3rd Tuesday every month **Duration:** 2pm – 3.30pm



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.actmhc.org.au



www.facebook.com/actmhc/