



ACT
Mental Health
Consumer Network

NETWORK NEWS

Contents

| | |
|--|-------------|
| From the EO's Desk | Page 2 |
| Network Update | Pages 3 |
| Drop-In Events | Pages 4-5 |
| Autumn Celebration | Page 6 |
| What the Network does | Page 7 |
| Network Program Updates | Pages 7-13 |
| Upcoming policy consultations | Page 9 |
| Caring Together: Mental Health Carers Voice Conference | |
| Training Calendar | Page 11 |
| Free Self-Advocacy & Consumer Representation Training | Page 12 |
| About the Network | Page 14 |
| Primary Membership form | Pages 15-16 |



MENTAL HEALTH MONTH ACT

Connect · Support · Empower

Mental Health Month 2021 Theme and Reimbursement Grants have been released. The Mental Health Month theme this year is **Navigating Your Mental Health**, which looks at how we can guide our journey using tools and resources such as self-care for wellbeing, communication about support needs and connection to support persons and service providers.

Keep an eye out for the MHM Dogs as they spread this message on their Journey around Canberra, thanks to Transport Canberra!

The Network has submitted an application for a Reimbursement Grant to host another Beary Lovely Morning, tentatively scheduled for 21 October. Previous years has shown this event to be very popular amongst consumers and we are pleased to be offering this again after a hiatus.



Further details about this event will be included in the Spring 2021 edition of Network News. Until then, if you are interested in attending then please SAVE THE DATE!

In response to the current COVID-19 situation in NSW and restrictions, the Network will be holding all scheduled events online, anticipated until mid-July 2021. For Consumer Reps and Co-Facilitators who require the use of Network facilities for their duties, we ask that a face mask be worn while attending the office.

From the EO's desk



Dear Readers

Welcome to the winter edition of the Network News for 2021... we're not far in just yet but it seems to be a cold one!

It has been an interesting few months for the Network, with most of our programs moving toward the hybrid model (face to face and online) mentioned in my

last report, with thanks to our new conferencing camera (and our external tech support team!). The exception to this so far has been our Community Education Program courses as Petra continues to need to work remotely. We are planning to start delivering these courses in hybrid forms soon, with the help of our dedicated Co-facilitators. Coming up, we'll be trialling true hybrid model, with some participants online and some face to face with a facilitator in each place, and a 'PC party' model, where all participants and facilitators are online but some will be using computers at the Network to participate where others will participate remotely.

Preparations for Mental Health Month are well underway throughout the sector, and the Network is no exception! Back by popular demand this year will be our highly sought after 'Beary Lovely Morning', with a fun day filled with bear making and hugging and a nice lunch with friendly faces. Due to COVID-19 restrictions, we will arrange the day in groups, with one small group of participants at a time working first at Build-A-Bear then going on to lunch. We're not quite sure just yet where lunch will be held – in previous years we have attended Grill'd, but this year we may have a few options available for the smaller groups. Keep a look out for more information over the coming months about this exciting event.

We were very pleased to finally hold our BBQ in the park – much later than we would have liked, but holding it in April meant we could ensure everyone's safety. Thankfully we were blessed with very pleasant weather

for the day! It was great to see lots of members in attendance, despite the difficulties many continue to face in the continued wake of the pandemic. Paul continues to fill in for Allie as Drop-In Officer while she manages her health. We are hopeful that her health will soon be on the mend for many more reasons than one! It has been great to have been able to hold a few Drop-In events for consumers to learn and contribute, such as for the COVID-19 vaccination roll out, the Queen's Birthday morning tea, and of course our BBQ as mentioned earlier. We hope to hold many more events over the coming months. Feel free to drop in on Thursdays between 10am-1pm for a cuppa, a chat, and anything else that may be happening that day!

Organisationally speaking, a few things will be happening this year. We are currently in the process of organising a strategic planning day. Thank you to all those readers who completed the Consumer Survey as this information will form the basis of the review. We are also hopeful to complete a review of our Constitution over the coming months which will be a large but important project. We don't think much needs to be changed, but there are a few important items to ensure we're operating as best we can for consumers. Finally, after a long wait, the Network's workers will this year be getting our newly designed branded polo shirts! Be on the look out for these over the coming months when you see Network workers out and about.

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 Update

Network staff are in attendance to the office for at least a few days per week, with the remaining days still having the option of being worked remotely. This arrangement ensures that our office is more open Monday to Friday, 9am to 3pm whilst also providing flexible working arrangements for the team.

Our standard core events such as the Consumer Representative Forum, policy consultations and training workshops are still continuing either solely online or in a hybrid mix of face-to-face and online attendance. **Currently only online events are available until mid-July 2021**

We can be contacted on our main phone number (02) 6230 5796. If unanswered, please leave a message and we will return your call as soon as possible. Also if the staff member you need to speak with is not in attendance on the day of your call, a message will be sent to that staff member who will contact you as soon as they are able to.

Events at the Network

In order for the Network to hold face-to-face events within our office, we have implemented the use of the Check-In CBR QR code system. The QR code is on display around the office, so please keep an eye out for them and check-in.

Use of this QR code system applies to all face-to-face events such as Forums and consultations, Drop-In, general Network events and other attendance to the office (including trade workers etc.) that are expected to be longer than 15 minutes. This is to ensure that should a breakout of COVID-19 be associated with the Network, all contacts who could potentially be infected are identified and contacted by health authorities.

The Check-In CBR app can be downloaded free from the App Store or Google Play, depending on your device. If you do not have a mobile phone or the Check-In app, we can manually enter your details into the system and only require you to provide your name and a current contact detail.

Of course, if you are feeling unwell, the Network asks that you not attend events in person, and seek advice from your GP about any symptoms you are experiencing.



We're using the Check In CBR app

The safe and easy way for you to record your visit with us and support ACT Health contact tracing

Download before you visit us

ACT

For further information visit covid19.act.gov.au/check-in-cbr

STOP THE SPREAD OF COVID-19

Network Update

Drop-In

Our Drop-In sessions resumed in February 2021 in the regular timeslot of 10am to 1pm on Thursdays, with the inclusion of the online Drop-In via Zoom from 11am to 12pm.

Currently we will be operating the online Drop-In only and expect to resume face-to-face Drop-In from Thursday 15 July 2021.

We have a range of activities for members to do during Drop-In including board games, puzzles, colouring in etc. as well as the use of the Members' Area computers. These computers have inbuilt webcams, so members' can use them for Skype/Zoom calls with distant friends and relatives and Consumer Representatives are able to use these for attending online committee meetings etc.

Paul Thompson is in attendance each Drop-In to assist consumers who attend and organise events and activities that are of interest and benefit to consumers.

To organise Drop-In events, we need some guidance from consumers as to the types of activities, topics or skill shortages of relevance to you and of benefit if you were more informed. If you have ideas or wish to propose specific events, please send through an email to dropin@actmhc.org.au or call us on (02) 6230 5796.



Recent Drop-In events

Over the previous few months, the Network has organized a number of events for consumers during Drop-In. Where we were able to, these events were offered in a hybrid format for participants, who were unable to attend in person.

For Mental Health Month 2020, we purchased a bulk lot of pot painting kits as a contingency should our bowling event not be able to go ahead as planned.

As a Drop-In activity, a workshop was held on 6 May for members to come in and spruce up a kit. Maree Pavloudis also came in with an assortment of flowers and cacti for attendees to plant in their newly decorated pots and to offer advice about how to care for the potted plants.

There are still a few of the pot kits available for members to come and work on during Drop-In, but the flowers and cacti are no longer available.



COVID-19 Vaccination Program

Megan Cahill, CEO of the Capital Health Network was a guest speaker at Drop-In on 20 May and presented to attendees about the COVID-19 Vaccination Program in the ACT.

Megan answered questions initially about the rollout of the COVID vaccination program in the ACT.

Some points of interest included:

- That if the population were represented by a crowd at the MCG, some 3-4 people would have side effects from the AstraZeneca vaccine
- Residents from NSW e.g., Yass, and Queanbeyan can obtain vaccinations in the ACT at present
- The Moderna vaccine being produced in Australia is awaiting TGA approval



Megan also spoke about the Adult Mental health Centre concept, which has targeted funding, and aims to complement the ACT Safe Haven project currently underway with ACT government funding. It is aimed at not duplicating what the ACT is doing, and should include a more detailed assessment and referral process.

Megan is happy to field further questions for those unable to attend today's drop in. Her contact details are as follows: ph. 02 6287 8057 m.cahill@chnact.org.au

The Capital Health Network is a separate incorporated body as part of the Private health Network, of which there are 31 regions in Australia. They are funded by the Federal Government to identify service gaps in primary health services and develop services which address these gaps according to the federal Governments funding priorities.

Inclusive Volunteering Program

Katie Kennedy (left in below picture) Inclusive Volunteer Program (IVP) Coordinator of Volunteering ACT was guest speaker at Drop-In on 10 June and gave a presentation on the Inclusive Volunteering Employment Program.

The Inclusive Volunteer program is aimed at getting participants to improve their self-esteem and confidence, and to work towards paid employment. The process starts with participants either completing a registration form, or a service completing a referral form on behalf of the applicant.

From then an initial meeting is arranged by the IVP Coordinator. At this meeting goals are developed, and any limitations to the types of roles are established. Some host organisations are identified, and the participant is invited to have a meet and greet meeting with their preferred host to see if a placement is mutually agreeable. IVP has many host options, including Indigenous organisations, and cultural sensitivities taken into account.



If the participant wishes, the IVP Coordinator will arrange a mentor who can accompany the participant to provide moral support (the mentor won't necessarily have clinical expertise).

Most placements will require a Working with Vulnerable People registration card, and if a Police Check is necessary, the host usually pays for this. A risk assessment of the worksite will be conducted before any placement commences, and a duty statement will have been negotiated. Participants will be covered by voluntary workers insurance. All host organisations are given training by IVP on inclusive volunteering practice.

Participants are usually over 16 years old, but school age placements are sometimes negotiated.

As we were coming up to the Queens Birthday long weekend, we also held a high-ish morning tea to celebrate Queen Elizabeth's 95th birthday.

Autumn Celebration

As we didn't hold an end of year celebration in 2020 due to COVID, the Network planned an Autumn celebration for our members in April leading up to the Easter long weekend as COVID concerns were minimal at that time.

While only a small turnout of members attended on the day, we still had a good time and thank everyone who attended in coming along. It was great to see members again face to face after such a long time.

As we progress through 2021 and life continues to return to a familiar state, we hope to see more members at future events.

Special thanks to Tree83 for again providing an excellent range of salads and to Bryan Kilgallin for taking pictures of the day.



What the Network does

It has been brought to our attention that there is some misunderstanding of the work the Network does by some community members in regards to advocacy and clinical mental health services.

ACT Mental Health Consumer Network is a consumer-led peak organisation representing the interests of mental health consumers in the ACT in policy and decision-making forums. We do this through our foundation activity of systemic advocacy, which is done by our Consumer Representatives and through consultations with consumers.

Systemic advocacy is the process of advocating for change in the systems that guide the delivery of mental health services in the ACT.

We do not provide individual advocacy services and can only refer you to a service that can provide this assistance.

If there is an issue, or you have concerns, with the services you have received, we welcome you to contact us with your feedback. Your feedback can then be utilized by our Consumer Representatives where an opportunity to include this arises. We are also looking out for new representatives, so if this interests you and you have a passion to improve mental health services in the ACT, you are welcome to attend our free training to become one. See page 12 for details about this training and upcoming workshop dates.

The Network is also not the formerly known ACT Mental Health and does not provide any clinical services to people experiencing a mental health crisis or require assistance in managing their mental health through the community mental health teams or the mental health units. These services are operated by Access Mental Health/Home Assessment and Acute Response Team (1800 629 354 or 02 6205 1065), Central Health Intake for community Mental health teams (02 5124 9977) and Lifeline (13 11 14) respectively.

We understand how these misunderstandings have been occurring and only wish to highlight that in these circumstances, the Network is not the appropriate service to be contacted.

Of course, we are happy to receive contact from the community to offer advice and provide referrals for issues or services as best we can.

Consumer Rep Program

Following on from a request by consumer representatives, a poll was sent out to determine how many consumer representatives would like to have alternating day time (11am – 1pm) and early evening (5pm to 7pm) Forums. The alternating meeting times concept was the overwhelming winner and so the Forums were rescheduled to meet the new alternating format. The Network would ensure the office was open if consumer representatives wanted to attend the Forum in person.

The Consumer Representative Program Forum held in April was the first evening meeting held, with a great turnout easily making quorum. This meeting was held virtually with no representatives requesting face to face in the Network.

A special Thank You Celebration for consumer and carer representatives from Health Care Consumers' Association, Carers ACT and the Network was held on Wednesday 9 June 2021 at the Legislative Assembly. Rachel Stephen-Smith, Minister for Health, and Emma Davidson, Minister for Mental Health were also in attendance.

This event was an opportunity to recognise and celebrate the important work consumer/carer representatives contribute to making our health system safer for everyone. Due to COVID restrictions, organisations were limited in the number of their representatives that could attend. The Network had five Consumer Representatives in attendance.

Appointments

Elise Crouch (new consumer rep)

- UCH Facility Wide Operations Meeting

Maree Pavloundis

- Adult Mental Health Centre sub-Committee, Capital Health Network
- Safewards Adult Mental Health Unit

Paul Thompson

- Capital Health Network Community Advisory Council
- Safewards Older Persons Mental Health
- co-Chair, MHJHADS Seclusion, Restraint and Restrictive Practices Review Committee

Terri Warner (re-appointment)

- Consumer Handouts Committee

Bianca Rossetti

- The Nurses and Midwives: Towards a Safer Culture (TASC) Steering Committee

Erin Stewart

- ACT Safe Haven Café Evaluation Working Group

Policy Program

Policy issues and Consultations

Policy forums, consultations and meetings continue to be held via online platforms at the Network and members may also attend in person. COVID restriction guidelines are in place for face-to-face meetings so it is important to RSVP.

The Network's responses to a number of policy issues include:

Canberra Health Services Operational Guideline Consumer Handouts

A policy forum was held on 10 March for consumers to provide comment to the operational guideline. A Submission was provided following the forum. The Network's Submissions are available on our website.

CHS Operational/Clinical Procedure Incident Management Clinical

A hybrid policy forum was advertised for 13 April 2021. Heather Needham, Senior Manager Consumer Participation and Incident Management - Quality, Safety, Innovation and Improvement with Canberra Health Services was invited to attend the forum and provide a PowerPoint presentation and accepted this invitation.

Written feedback was received ahead of the forum from four consumers who were apologies and could not attend the forum. The forum was cancelled as no registrations to attend were received. A Submission based on the written feedback provided by the four members was submitted.

Canberra Hospital Expansion Project

The Network attended a site selection meeting for the Mental Health Short Stay Unit at the Canberra Hospital. Members will be provided information when the information is available to us and we will continue to engage in planning discussions.

Quarterly Forum – Safe Have Cafes Co-Design Process

The first 2021 Quarterly Forum with the topic Safe Haven Cafes Co-Design Process was held via Zoom on 7 April 2021. The forum was coordinated in collaboration with Carers ACT and the Mental Health Community Coalition ACT.

Bec Cody, MHCC ACT's new CEO opened the forum and introduced Minister Emma Davidson who provided an overview of the Safe Haven Cafes pilot project. Minister Davidson attended the quarterly forum throughout. Speakers included:

- Jon Ord, acting Executive Branch Manager, Mental Health Policy Branch at ACT Health Directorate

- Helen Glover, Director enLIGHT'ened Consultants
- Terri Warner, Consumer and Consumer Representative with ACT Mental Health Consumer Network
- Natalie Malcolmson, Carer and Carer Representative with Carers ACT

83 registrations were received for the forum and a panel session enabled questions from participants. Speakers spoke about their experience of the co-design process for Safe Haven Cafes in the ACT.

Review of the Mental Health (Secure Facilities) Act 2016 (ACT)

Members of the Network provided input to an e-consultation facilitated by ACT Health and a second Network policy forum to provide feedback to this review. The Submission is available on the Network's website.

Joint Workshop Mental Health Victoria Workshop: What is good NDIS Psychosocial support?

The Network hosted a workshop facilitated by Mental Health Victoria who engaged a facilitator with Lived Experience to run the workshop. Participants provided feedback in relation to the question, What makes a good NDIS Worker? Ten participants attended and provided feedback to the consultation.

Safe Haven Cafes and the Quarterly Forum

Ongoing consultation and input across the ACT community sector continues for the co-designed model for Safe Haven Cafes in Canberra.

A venue in the north of Canberra is close to being announced and we hope to have more detail for members soon. Unfortunately, no site is available at the Canberra Hospital but efforts to secure two Safe Haven Cafes in the ACT continues.

Regional Mental Health and Suicide Prevention Plan (The Plan)

A Sub-Committee of the ACT Mental Health and Suicide and Prevention Plan Steering Committee has been created.

The Network continues as a Member of this Steering Committee as well as on the sub-committee for a new mental health facility for adults. A name will be chosen that will not cause confusion with the Adult Mental Health Unit (AHMU) at Canberra Hospital

Upcoming policy consultations

The Network will be holding a number of policy forums and consultations through July 2021. These events will be held in a hybrid arrangement, so you can either attend in person or online via Zoom.

There are additional documents that have been emailed out along with the initial invite. If you would like to participate and require the documentation, please contact us on 02 6230 5796 or email policy@actmhc.org.au so we can forward this out to you.

All of these forums will commence at 1:30pm on the specified dates below.

15 July 2021 **Dhulwa Use of Force Policy and the Procedure document**
Dhulwa MH Unit Searching Policy and the Procedure document

29 July 2021 **Closed Circuit Television - Procedure**

If you wish to attend in person, so we can maintain COVID Safe arrangements within our office space, please RSVP to 02 6230 5796 or email to policy@actmhc.org.au

If you are unable to attend, but would like to provide feedback, please submit your feedback to policy@actmhc.org.au by the date of the consultations.

Consumer and Carer Consultation: National Mutual Recognition Project

You are invited to attend a consumer and carer consultation on the new National Mutual Recognition Project. Currently, all state and territories have their own separate mental health laws which have orders that allow for a person to receive involuntary mental health treatment referred to as civil mental health orders. This order is not automatically accepted or "mutually recognised" when a person with one of these orders moves to another state or territory. This can result in unnecessary barriers as well as inconsistencies between jurisdictions making moving more difficult. This project aim to address this by developing a national scheme allowing orders to be recognised by the persons new state or territory. This will allow persons to continue to received mental health treatment under their existing order.

When: Tuesday 13 July 2021, from 10am to 12noon.

Where: via Zoom (details to follow). You are welcome to attend the Network and we can run a group Zoom.

Reimbursement: a reimbursement of \$40 per hour will be offered to all participants to cover their time, travel costs, child care etc. See attachment for further details.

RSVP: please RSVP by end of business Tuesday 6 July 2021 by email to policy@actmhc.org.au. Please advise if you wish to come into the Network's office for this consultation.

Territory Wide Health Services Plan

Feedback on the draft Plan to date has been largely positive. In order to provide more time for feedback including from broader stakeholder groups and the public, we are extending the invitation to provide feedback. The Draft Plan and Feedback Form is now available on the ACT Health Directorate website at [Territory-wide Health Services | Health \(act.gov.au\)](https://www.act.gov.au/territory-wide-health-services) and the closing date for feedback has been extended to 30 July 2021.



Mental Health Carers Voice is excited to invite you to their first ever conference for mental health carers, Caring Together on August 26th at the Hotel Realm. Caring Together is a one-day summit for carers and families of people with mental ill health to hear from speakers about the

carer journey, research into mental health, build skill in supporting loved ones and improve your wellbeing.

Tickets are \$25 for carers and consumers, or \$80 for mental health sector employees. You can register at [this link](#) by hitting the 'register' button. All attendees are also invited to attend a cocktail party after the conference.

If this cost is a barrier to you or you require more information, please contact us on 6296 9993 or email mhcarers@carersact.org.au.

Community Education Program

Brrr! As winter settles over Canberra, it's nice to be able to still participate in our workshops via Zoom from the comfort of your own home!

So grab yourself a cuppa and some cosy slippers - We have lots of training opportunities coming up over the next few months if you want to do something throughout these chilly months!

Autumn Recap:

In May the Network facilitated the 2-day 'Understanding the NDIS' workshop online. The participants learned about eligibility requirements, the registration process, how to support someone when accessing the NDIS. We were able to get a guest speaker from the NDIA to attend on day 2.

In the second half of the year we have scheduled another session with an NDIA guest speaker during drop-in – keep an eye out for that special event!

CRP Masterclasses

Anyone who is eligible to be a Consumer Rep is invited to come along to the CRP Forums, and the CRP Masterclasses which take place at that time – in addition to discussions that contribute to systemic change, these are a great opportunity to refine and further develop your skills and knowledge through Masterclasses on a range of topics.

Jen and I have continued working on new ideas and resources for the CRP Masterclasses – the latest in June explored the value of Lived Experience and Peer Roles, and peer co-facilitation.

During this session the participants discussed the value and types of lived-experience roles, and principles of good peer work.

Upcoming Training Highlight:

Peer Co-Facilitation Training (5x sessions – 7, 14, 21, 28 July, 4 Aug; 10:30 – 1:30)

WANTED: Peer Co-facilitators!

This is an additional way that our members can share their skills and knowledge!

The workshop is for eligible members to develop skills to co-facilitate CEP and My Rights, My Decisions training at the Network. Only a few of the qualified co-facilitators are currently active in this role so we are hoping to add a few more to the list!

To be eligible, members need to:

1. Have participated in and completed current Self-Advocacy training, and in addition any other workshop that they are interested in co-facilitating.
2. Have a desire to share expertise gained through lived experience in training/workshop settings!

This training will be held online using Zoom. There is opportunity for participants to use the computers in the Members' Area for Zoom if needed.

What's new?

The Network is exploring how the Community Education program might move into a 'hybrid' approach to training, and I have contacted HCCA and arranged to meet with them to find out what they are doing and to get some ideas of approaches we could take.

Upcoming Training:

A calendar of our training programs for the remainder of 2021 is available on the next page. Details about the Self-Advocacy and Consumer Representation training are on page 12.

If you are interested in participating or have enquiries please contact Petra by email to education@actmhc.org.au or call us on 02 6230 5796.



| July | | | | | | | August | | | | | | | September | | | | | | |
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| 19 | 20 | 21 | 22 | 23 | 24 | 25 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 26 | 27 | 28 | 29 | 30 | 31 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 27 | 28 | 29 | 30 | | | |
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| October | | | | | | | November | | | | | | | December | | | | | | |
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| | | | | | | | | | | | | | | | | | | | | |

(Public holidays in grey)

| Workshop | Dates | Times |
|---------------------------------|---------------------------|------------------|
| Peer co-facilitator | 7, 14, 21, 28 July, 4 Aug | 10:30 – 1:30 |
| Self-Advocacy | 11, 18, 25 Aug | 10:30 – 3:30 |
| Consumer Representation | 22, 29 Sept, 6 Oct | 10:30 – 3:30 |
| Mentoring Consumer Reps | 27 Oct, 3 Nov | 10:30 – 3:00 |
| Understanding the NDIS workshop | 11 Nov | During drop-in |
| CRP MasterClass | 3 Aug, 5 Oct, 7 Dec | During CRP Forum |



Free Self-Advocacy and Consumer Representation Training!

Would you like to:

- Have more control in your life?
- Be able to ask for what you need and want?
- Know your rights and responsibilities?

Self-Advocacy is the ability to speak up for yourself and the things that are important to you.

Our training will support you to identify how effective you can be as a self-advocate, and how to be a voice for others.

This training is a unique opportunity to discover, reflect and respond to issues of barriers and supports to mental health consumer participation in the ACT. Those who complete both the self-advocacy and consumer representation training then have the capacity to represent the consumer voice in the wider community where systemic change can happen.

Self-Advocacy Training

Educates mental health consumers to:

- Feel good about themselves
- Express their wishes
- Recognise the importance of informed decision-making
- Make informed decisions

Once participants have completed the Self-Advocacy Training, they can participate in our Consumer Representation Training which 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.

Consumer Representation Training

Educates mental health consumers about:

- Consumer Representation
- The consumer movement and systemic change
- The importance of human rights and legislation
- Skills for Consumer Representatives on committees

Those who have completed Consumer Representation Training can choose to participate in our volunteer program as Consumer Representatives on various committees.

Upcoming Courses:

Self-Advocacy – Wednesdays, 11, 18, 25 August 2021

Consumer Representation – Wednesdays, 22, 29 Sept, 6 Oct 2021

Time: (10:30am-3:30pm)

Location: Online, using Zoom

If you are interested in attending or just want to know more, please contact:

education@actmhc.org.au or 6230 5796

Peer Education Program

New Peer Education Workshop to be launched

On Friday 28 May 2021, the first **Seclusion and Restraint** workshop was launched.

This workshop was different from our usual workshops in that it consists of speakers talking about the subject from different perspectives. We deeply appreciate all the speakers, and hope to include more in future workshops. We hope that these workshops generate constructive conversation between interested parties about how to progress into the future. Our aim is to promote mutual understanding and respect, and pathways forward. One highlight of the day was the entrance of Tempo, the Border Collie, and his owner, discussing the benefits of animals and nature in mental health.

The second Peer Education Workshop being developed is **Reasonable Adjustment for Mental Health Consumers in the Workplace**. We have had to hold on the development of this workshop until later in the year, but we will let members know about opportunities to participate.

My Rights, My Decisions Workshop

A new My Rights, My Decisions workshop for consumers was run on Friday 21 May. For those of you who have not yet attended the workshop, it is now a more relaxed format and shorter – 2 hours in total.

The workshop features video footage of consumers and staff from areas such as Legal Aid ACT and the ACT Human Rights Commission. It also breaks information into smaller chunks in terms of handouts. Participants discuss their views on things like their human rights, and what they would like future treatment to look like.

Like the PeerZone workshops, My Rights, My Decisions is facilitated by a Peer Educator who has personal experience to draw on.

PeerZone workshops

Peer Education ran the first cluster of PeerZone workshops for 2021. This group was highly successful not only in discussions of the content of each topic, but in generating a wonderful bond between participants. This was the goal in asking participants to attend all sessions, and it worked extremely well.

The first workshop topics were:

Cluster 1

| | |
|---------------------------------------|--------------|
| Introduction to PeerZone & each other | Fri 9 April |
| Rights when using services | Fri 16 April |
| Good relationships | Fri 23 April |
| Making decisions about medication | Fri 30 April |
| Building self-esteem | Fri 7 May |
| Finding a contributing role | Fri 14 May |

We will be running the next set of PeerZone workshops starting in July. To be fair to those who cannot attend each session, we will not be making that compulsory. However, we still suggest that attending each session is the best way to get the most out of a PeerZone set of workshops.

Workshops run for 1.5 hours.

The following are the next set of topics to be covered:

Cluster 2

| | |
|---------------------------------------|------------|
| Introduction to PeerZone & each other | Fri 16 Jul |
| Leading our Recovery | Fri 23 Jul |
| Exploring our Stories | Fri 30 Jul |
| Dealing with Self-Stigma | Fri 6 Aug |
| Finding our Voices | Fri 13 Aug |
| Empowering ourselves in MH Services | Fri 20 Aug |

Please RSVP to peer.education@actmhc.org.au or 62305796 if you would like to attend these workshops and indicate whether you would like to attend in person at the Network or virtually via Zoom.

Note: To develop a strong rapport within each Cluster, we encourage participants to enrol in the whole cluster, but apart from the Introduction session this is not compulsory for this set of workshops.

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, participate in activities, and/or to use the computers or phones for their self-advocacy needs. This service has now resumed and we welcome consumers to attend.

Due to Public Health Directives, the Network operates with the use of the Check-in CBR QR code system, which applies to the operation of the Drop-In service.

For details, please read page 4.



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



(02) 6230 5796



www.actmhcn.org.au



www.facebook.com/actmhcn/



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