



# e-bulletin



**27 January 2010**

MHCC ACT is the peak body representing the not-for-profit Community Mental Health sector in the Australian Capital Territory. This e-bulletin is compiled on a fortnightly basis for members to promote local sector news and events. Contributions in plain text format are welcome, please email [admin@mhccact.org.au](mailto:admin@mhccact.org.au).

You can contact us on 02 6249 7756 or visit our web site [www.mhccact.org.au](http://www.mhccact.org.au)

## 1. MHCC ACT News Update

The staff and board at the Coalition wish all members and friends a very Happy New Year and welcome you back for 2010!

### Staffing at MHCC ACT

At the end of 2009 MHCC ACT sadly said farewell to our wonderful Office Manager Narelle Hart. Narelle has been a very important member of the team and her enthusiasm and open, friendly nature is much missed in the office. We wish Narelle all the very best in her new position at MIEACT and know she will do a fantastic job!

New Executive Officer Brooke McKail also began work at the Coalition in late 2009. She is keen to chat with all interested members and individuals and would love you to give her a call on 6249 7756 or send an email to [brooke.mckail@mhccact.org.au](mailto:brooke.mckail@mhccact.org.au) to introduce yourself. Brooke is looking forward to an exciting year ahead with the Coalition.

### Positions Vacant at MHCC ACT

We are currently looking to fill two positions:

#### Office Manager

We are seeking an Office Manager who has a unique combination of skill and disposition, to provide high level professional administrative support to a small and busy team. Key responsibilities of this position include oversight of key office systems, maintaining administrative systems, providing support to the finance officer, coordinating communication to membership and maintaining the organisation's website.

#### Quality and Workforce Development Officer

We are seeking a Quality and Workforce Development Officer who will work to grow and develop the community mental health workforce and improve the quality of services delivered to the ACT community. Key responsibilities of this position include representing the organization on identified government and community committees, working with membership to prioritise workforce initiatives, coordinating workforce development and training initiatives and supporting organisations in developing and implementing quality improvement processes.

For further information about either position please download the position description and selection criteria from our website [www.mhccact.org.au](http://www.mhccact.org.au) or contact the office via email [admin@mhccact.org.au](mailto:admin@mhccact.org.au) or phone on 6249 7756.

### Coalition's Annual General Report and 2010-12 Strategic Plan

MHCC's 2008-09 Annual Report is now available on our website at [www.mhccact.org.au](http://www.mhccact.org.au). It contains a range of information celebrating the work of the Coalition over the previous financial year, including highlights such as:

- Publication of the *Workforce Development 2009 Survey Report*;
- Formation of the Outcomes Measurement Working Group;
- Publication of the *Mental Health Recovery in our Community: 2020 Vision and Action Requirements*;
- Support of the Stepping out of the Shadows stigma reduction program for culturally and linguistically diverse communities; and
- The Consumer and Carer Caucus Review.

The Coalition has also developed a new Strategic Plan for 2010-12. Copies of the Strategic Plan are now available from the office or can be downloaded from our website. The Strategic Plan sets out priorities and goals for the next three years including that by the end of the period we will be able to say:

- MHCC ACT is a member driven Coalition taking its members voices to Government and influencing policy and service outcomes for the sector;
- MHCC ACT has a clearly articulated governance framework supported by appropriate procedures and guidelines;
- Caucus is revitalised;
- MHCC ACT has strengthened relationships with its networks and partners; and
- MHCC ACT has built capacity in the sector.

### Review of the Mental Health (Treatment and Care) Act 1994

A review of the ACT Mental Health Act has been ongoing for several years and MHCC ACT has been a part of the process from the start. The Review is currently in a public consultation phase with two Options Papers, on the legislative framework and on forensic matters respectively, out for public comment. The Option Papers are available on the ACT Health website:

<http://health.act.gov.au/c/health?a=da&did=10010771&pid=1155860255>

The key question posed by the Legislative Framework Options Paper is whether the ACT should continue to have a separate MH Act based around criteria of risk of harm to self or others OR pursue the path of generic capacity law? A capacity law would focus solely on the capacity to make a specific decision and not distinguish between mental and physical causes of incapacity.

This is not necessarily an easy question to answer, but we encourage everyone to have a look at the options in the paper and to let the Review know what their feeling about this question is. **For more information or to provide input to the MHCC ACT submission contact Simon Viereck, MHCC Policy and Sector Development Manager, on 6249 7756 or [simon.viereck@mhccact.org.au](mailto:simon.viereck@mhccact.org.au)**

## 2. Community Sector Events and Programs

### Well Ways Mental Illness Recovery

MI Fellowship will be running an 8 week peer education - recovery group in early March 2010. The group is called MI Recovery and we are currently seeking interested people to participate in the program.

Well Ways MI Recovery is a peer education program for people living with a mental illness. The program offers a peer based approach to the complex issues faced by people living with a mental illness by combining knowledge gained through this lived experience with up to date best practice research. The program adopts a holistic approach where a person can acknowledge their whole self rather than living 'as there illness'. The eight week program focuses on individual strengths in relation to personal goals, well-

being and personal change in order for participants to re-discover and start to achieve their hopes and dreams.

For information or to obtain a copy of the registration form **contact the Mental Illness Fellowship Victoria at PO Box 1204 Dickson ACT 2602 or Gavin Bussenschutt, ACT Program Manager on 02 62456400.**

### **The ACT Alcohol, Tobacco and Other Drug Strategy 2010 - 2014**

The ACT Government has commenced a phase of community consultation to further the development of the draft ACT Alcohol, Tobacco and Other Drug Strategy 2010-2014 – the ACT's next Drug Strategy.

**The consultation period runs from 28 November 2009 to 28 February 2010.** The ACT Government invites individuals and organisations to consider the draft Strategy and to engage with its development by lodging a submission.

For more information about the community consultation phase, and for a copy of the draft Strategy, visit the ACT Health website or follow the link <http://health.act.gov.au/c/health?a=&did=11061849>.

The date for submission to the draft ACT Comorbidity Strategy has also been extended. The draft ACT Comorbidity Strategy articulates the roles of mental health services, AOD services and primary care services in ensuring those at risk of or experiencing both mental health and AOD problems concurrently receive the right services at the right time. It also outlines the areas in which further investment is required in terms of effort and / or funding to strengthen the support available for those who deliver and receive these services. To obtain a copy of the draft Strategy or to provide comments **email Johann Sheehan on [Johann.Sheehan@act.gov.au](mailto:Johann.Sheehan@act.gov.au) by close of business on 28 February 2010.**

### **Volunteering ACT - 15 Years of Connections Success**

In January 2010 Connections will have been successfully operating for fifteen (15) years and a dinner function in recognition of this momentous occasion is planned for Thursday, 4th February 2010. Volunteering ACT would like to invite you all to celebrate this significant milestone.

If you are unable to attend, please consider donating the cost of your ticket to enable a member to attend in your place.

To be held at **Vivaldi's Restaurant ANU, 4 February 2010 at 6:30pm for a 7pm start. Tickets are \$65 per person or \$60 per person for a group discount of eight people.** For any more information please don't hesitate to contact Sharon or Yvonne on 6251 4060.

### **Inclusive Leisure Program for Those Living with Mental Illness**

Belconnen Community Service's Leisure Program is an inclusive recreation and fitness program for people with mental health issues. The timetable for Term One 2010 is currently available and includes a number of events each day.

These include learning to play guitar, philosophy, women's groups, exercise for all age groups, chess, badminton, woodworking, Tai Chi, Ten Pin Bowling and impressive discounts on swimming at CISAC.

**If you are interested in learning more contact John Vance in Belconnen on 6264 0202 and John or Carmel in Tuggeranong on 6293 3951.**

### **NGO Mental Health Workforce Study**

The National Health Workforce Taskforce (NHWT), in collaboration with PricewaterhouseCoopers, is undertaking a NGO Mental Health Workforce Study that is aiming to better our understanding of the existing nongovernment mental health workforce, and what the future needs of the workforce may be. For those organisations that have completed the Mental Health NGO landscape survey - the NHWT thanks you for your assistance! We hope that this survey enables us to gain an accurate snapshot of our sector by giving us insight into the non-government mental health workforce's profile, skills and future needs.

To encourage responses NHWT and PricewaterhouseCoopers would like you to note the following:

- 1) The closing date for the survey has been extended to the 5th of February 2010;
- 2) Completed surveys will go into a draw for a \$100 Coles Myer card for your organisation;
- 3) A newsletter is attached which provides an update on progress and outlines how you will be kept informed.

To complete the survey please follow this link:

[http://www.nhwt.gov.au/NGO\\_survey.asp](http://www.nhwt.gov.au/NGO_survey.asp)

If you have any questions or comments please contact the **Mental Health NGO Workforce Study hotline: (03) 9092 1890 from Monday to Friday, 9am-5pm.**

### **Meeting of People providing Health and Community Services to CALD Communities**

From talking to a number of people in both ACT Health and Community Organisations about provision of services to CALD communities, it is clear that people have different contacts and techniques to reach communities. We thought it might be valuable to have a planning day from 1.30 to 4.30 pm on Wednesday 10 February in Civic to discuss this and, if people are prepared to share their information, then I will coordinate it into something useful for everyone. The meeting will be very hands on and there will be a lot of work involved but we believe it will be possible to develop some useful ongoing networks and working parties which will make our work easier and more effective in the long run.

A large number of organisations have already put their hands up but if you are interested in participating please email Ailsa Turrell on [acthealthcpp@act.gov.au](mailto:acthealthcpp@act.gov.au) with your email contact details.

## **3. Creative, Recreational and Wellbeing Happenings**

### **Radiance Dance Project 2010 – Inclusive Community Dance Theatre Project**

This program is a 40 week inclusive community arts project open to women with \*and\* without disabilities in the ACT region using the mediums of creative dance and movement theatre and culminating in two public performances. It is an annual project offered each year since 2005 by independent community arts worker Morgan Jai-Morincome with co-facilitator Min Mae and funded in 2010 through ArtsACT.

The project values difference as a rich source of creative material and promotes a broad definition of dance accessible to all people. No specific skills, abilities or experience are required to participate. It is an opportunity for women from diverse backgrounds to come together and create, collaborate and connect.

Radiance is an award winning community arts education program unique to Canberra and continues to be a leading example of social inclusion through the arts.

When: Wednesdays 10am-12.30pm. Starts Wednesday 3rd February for 40 weeks (excluding ACT school holidays)

Where: Majura Community Centre Hall, Rosevear Pl, Dickson

Cost: Free (support worker/ carer & transport costs need to be met by participants using these services).

Participant places are subsidised by project funding. Enrolment is essential as places are limited.

**For further information contact Morgan Jai-Morincome on 62951601 or 0400 455 965 or email [enquiry@expressivearts.com.au](mailto:enquiry@expressivearts.com.au).**

### **Women's Drumming Workshops**

Drum Effect in conjunction with Inanna Inc provides fortnightly classes in which students learn traditional djembe/dun dun rhythms from West Africa in a group setting for free. Term 1 classes begin 4 February 2010. All workshops are held in Kingston.

**To find out more or to enrol please phone Kell on 6295 3323. Closing dates for enrolments 29 January 2010.**

### **Clemente: Community Program Commencing Early March 2010**

Are you interested in learning but not ready for an assessed course? Commencing early in March 2010 the Community Program will offer an Introduction to Literature and Film.

This free course will give you an opportunity to explore some of the great classics in Literature and Film. In a relaxed and informal learning environment you will have an opportunity to read and view works that you will have heard of but perhaps never had the opportunity to fully appreciate.

Enrolment will take place in February but please enquire soon so that you can get all the information you may need. **Email or phone Max Vardanega 02 6121 2954, 0417 290 893 or [Max.Vardanega@svdp-cg.org.au](mailto:Max.Vardanega@svdp-cg.org.au) for more information.** The course will be held one day per week, on Fridays.

## 4. Professional Development and Training

### Mental Health First Aid

Mental Health First Aid is a 12-hour program for people from all cultural backgrounds who may be carers, friends or support workers supporting someone with mental health issues.

The course teaches,

- Mental Health First-Aid Skills,
- How to Recognise the Symptoms,
- Provide Initial Help and
- Guide a Person towards appropriate Professional Help, etc.

Date: 11, 18, 25 February and 4 March 2010

Time: 9.30am - 12.30pm

Cost: \$150.00

Place: Palmerston Community Centre, Tiptree Crt. Palmerston, Gungahlin (next to Palmerston shops)

RSVP: Thursday 4, February 2010

**For further information contact: Branka on (02) 6123 4402, Email: [familysupport@gungahlin.org](mailto:familysupport@gungahlin.org), or mobile: 0411 361949**

### ACTCOSS Human Resources Network

The ACT Community Sector Human Resources Network (HRN) is a network of individuals and organisations interested in sharing, networking and improving processes for services and employees of ACT Community Sector organisations. The Network aims to provide support to HR workers with linkages to information and good practice procedures.

The HRN aims to create a safe networking environment, where an opportunity for the following will be provided:

- Building networks and greater co-ordination between people working within human resources;
- Sharing good practice policies and procedures, including recruitment, probationary reviews, performance management and performance appraisals;
- Share information on topical issues such as superannuation, industrial relations, awards, OH&S;
- Training, development and more!

Anyone who has an interest in or is working in the human resources arena, be that carrying out whole of organisation HR management, or parts of (such as payroll, policy development, performance management, worker conditions, supervision, training and development, recruitment, rewards/recognition etc) is invited to join.

The Network meets quarterly, with the first meeting being held Wednesday 10 February 2010, 9:00am - 11.00am at Australian Red Cross, Cnr Hindmarsh Drive and Palmer St, Garran ACT 2605.

**RSVP by 5 February 2010 for catering purposes to [kiki.korpinen@actcoss.org.au](mailto:kiki.korpinen@actcoss.org.au) or 6202 7224.**

### Core Health Promotion Short Course

There are still some places left for the 5-day Core Health Promotion Short Course in February/March 2010. ACT Health is pleased to be bringing the course to Canberra. The course, developed by the Victorian Department of Human Services, is a practical introduction to the principles and practice of health promotion for those without any formal qualifications in health promotion.

The course content reflects the latest developments in health promotion and applies these to the local health policy environment.

Registration is by expression of interest. Course participants will be expected to be working with the ACT community, or studying in the ACT.

Dates: February 16, 17, 18 and March 2 & 3, 2010

Time: 9.00am – 4.30pm

Venue: National Botanic Gardens

Cost: \$330 per person

Registration forms are available from the ACT Health Promotion website at [www.healthpromotion.act.gov.au](http://www.healthpromotion.act.gov.au)

## 5. Positions Vacant

### **Selling the Big Issue – a new opportunity to find out more**

By selling The Big Issue magazine, homeless and marginalized people have the opportunity to earn an income and be actively included in society.

In the past, potential vendors have had to visit us in Woden to sign up. In order to be more accessible, we will now be available to talk to people interesting in selling The Big Issue at the Early Morning Centre in Civic, every Tuesday from 10 - 11am. The Early Morning Centre is in Pilgrim House, Northbourne Ave.

We can be also contacted on 6234 6813, 0448 476 184, [thebigissue@wcs.org.au](mailto:thebigissue@wcs.org.au) or at Woden Community Service, 26 Corinna St, Woden (behind the discount pharmacy). Office hours are Monday - Friday, 8.30 – 4pm.

### **Richmond Fellowship of the ACT - Program Manager**

The Richmond Fellowship of the ACT Inc. is looking for a Program Manager for our Community Assistance Network, which provides strength based, recovery focused services to mental health consumers living in the community. The Program Manager will lead and supervise a staff team, manage the day-to-day operations of the program, and liaise with stakeholders across the sector.

This is a full-time position offering an attractive salary package and excellent working conditions. For further details see the Employment page on our website [www.rfact.org.au](http://www.rfact.org.au) or call the office on 6249 7912 for an application pack.

**Applications close 15 February 2010.** Previous applicants do not need to reapply



# mental health

## community coalition ACT

### About Us

The Mental Health Community Coalition ACT (MHCC ACT) is the peak body representing the not-for-profit Community Mental Health sector in the Australian Capital Territory. Founded in 2004, the organisation works with and promotes a diverse range of community agencies that support people recovering from a mental illness in the community.

### Membership Services

MHCC ACT members receive a range of benefits that include:

- Access to sector development networks,
- Discounted workforce training and education
- Engagement with and promotion of sector interests to ACT, interstate and national stakeholders
- Information services (including our fortnightly e-bulletin)
- Policy and service development advice
- Consumer and Carer Participation

**For further information please contact us on (02) 6249 7756 or email; [admin@mhccact.org.au](mailto:admin@mhccact.org.au) visit our web site at [www.mhccact.org.au](http://www.mhccact.org.au)**

### Disclaimer

This bulletin is a compilation of material submitted by individuals, organisations and government departments. The views expressed by contributors may not reflect those of the Mental Health Community Coalition ACT.