



16 August 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.

You can contact us on 02 6249 7756 or visit our web site www.mhccact.org.au

1. MHCC ACT News Update

Upcoming MHCC training in October - Program Logic

Helen Jordan from the School of Population Health at the University of Melbourne will be conducting a one day training workshop on **Tuesday 26th October 2010** called Program Logic, which explores program logic, program evaluation and outcome measurement.

More details will be advertised through the next e-bulletin and via email.

For more information please contact **Margaret Charlton on 6249 7801 or e-mail margaret.charlton@mhccact.org.au**

Consumer and Carer Caucus Monthly Meeting and the upcoming Quarterly Forum

Sticking to a schedule of monthly meetings, the next meeting of the Consumer and Carer Caucus will be on **Friday 20th of August 2010, 12:00 – 2:00pm, Room 13, (Level 3), Griffin Centre, Civic.**

To learn more about Caucus, or to be put on the Caucus mailing list, please contact **Simon Viereck on 6249 7756 or email admin@mhccact.org.au**

2. Community Sector Events and Programs

Mental Health Candlelight Vigil

On Tuesday 10th August 2010 GetUp! Facilitated a Mental Health Candlelight Vigil in the ACT. GetUp! are an independent, non-partisan, grassroots movement for all Australians.



The Vigil was part of a nationally coordinated event, for people to join their community to highlight the need for greater funding for preventative mental health care reform. There was music, stories and reflection on the suffering caused by the problems in our mental health system.



These wonderful photos were taken by Steve Keough Photography.

WCHM Survey of Older Women

Are you a woman living or working in the ACT or Queanbeyan who is 65 years or older? And do you have a spare 15 minutes? Then perhaps you could assist us by completing our short survey?

The Women's Centre for Health Matters Inc. (WCHM) is a community-based organisation that works in the ACT and surrounding region to improve women's health and wellbeing. We believe that women's health and their ability to live healthy lifestyles is affected by both social and economic factors, and we endeavor to understand how the circumstances and experiences of ACT women can be improved to ensure better health and wellbeing outcomes.

A key focus for this year's work is to increase WCHM's knowledge about the factors that act as barriers to social inclusion and which impact on health and wellbeing for older women. WCHM has developed the following survey to better understand the issues that affect the social connectedness of older women within the ACT and the impacts of these issues upon their health and wellbeing. The results will be represented in a final report paper and will help to raise awareness of the issues impacting on the health and wellbeing of older women and to advocate for improved responses as well as aiding the development of strategies to help older women connect or reconnect with their communities.

This project is being carried out by Kat Darlington, a final year student of Community Education and Social Studies at the University of Canberra, on behalf of WCHM.

By sharing your thoughts and experiences, you will be assisting WCHM to develop a fuller picture of the diverse needs and circumstances of women in the ACT. Your responses will be completely confidential.

We will be collecting responses to the Survey until COB Friday August 27th. The more responses that we receive in this time, the more useful the results will be in helping WCHM to develop a better understanding of older women in the ACT. You can access the survey by following this link:

<http://www.surveymonkey.com/s/DB2G85Z>

Once you have completed the survey please feel free to forward this, with the link to the online survey, to as many friends, contacts, workmates and family members in the ACT as you like.

If you need hard copies of the survey for distribution please contact **Marcia Williams on 6290 2166 or e-mail ed@wchm.org.au**

Mental Health Week (10th - 16th of October 2010)

Mental Health Week 2010 Reimbursement Program

National Mental Health Week is an annual event celebrated in Australia and over 100 countries in an effort to increase the public's understanding of mental illness, encourage the reduction of stigma and discrimination against people living with mental illness, and promote positive mental health. This year the week runs from the **10th to 16th of October 2010**.

ACT Health will offer reimbursement amounts in collaboration with the Mental Health Community Coalition and Mental Health Recovery ACT to assist community organisations with mental health promotion activities during Mental Health Week 2010. Mental health promotion encompasses a range of activities that maximise the mental health and wellbeing of individuals and the wider ACT community. The scope of Mental Health Week activities is only limited by your imagination and enthusiasm. Small reimbursement amounts will be provided on a cost recovery basis to community organisations who demonstrate their project or activity will contribute to the objectives of Mental Health Week as outlined above.

Applications open on Monday 2nd August 2010. Proposals from all ACT community organisations with an ABN to undertake a project or activity will be considered by a community Mental Health Planning committee consisting of representatives of ACT Health, ACT Mental Health Community Coalition, Mental Illness Fellowship Victoria, Carers ACT, Belconnen Community Centre and consumer and carer representatives.

Reimbursements from \$200 up to \$1500 will be considered and provided on a cost recovery basis. If your proposal is successful, you will be notified in writing of the maximum amount of your reimbursement and organisations will be reimbursed for purchases up to that amount.

Applications close by close of business on **Friday the 20th of August 2010**.

Attached is the Mental Health Week 2010 reimbursement application for more information and application form. For more information please contact **Gavin Bussenschutt on 6245 6400 or e-mail gavinb@mifellowship.org**

Mental Health Week 2010 Events Calendar

Mental Health Week 2010 Events Calendar

This year ACT Health have given the Mindscapes Committee the responsibility of putting together the Events Calendar for activities during Mental Health Week 2010.

This is an opportunity for your organisation to promote mental health and wellbeing of individuals and the wider ACT community. The scope of Mental Health Week activities is only limited by your imagination and enthusiasm.

Applications open Monday 9th August and Close Wednesday 25th August 2010. Please find attached the Mental Health Week Events Calendar 2010 submission form.

For further information please contact **Gavin Bussenschutt on 6245 6400 or e-mail gavinb@mifellowship.org**

Mental Illness Fellowship Victoria - Well Ways MI recovery program



well ways helping people find better ways

MI Fellowship will be running an 8 week peer education - recovery group in early October 2010. The program will run over 8 consecutive weeks, every **Thursday starting the 7th of October**.

Do you want to:

- want to learn how to better deal with mental illness
- want to meet others who are on a similar journey?
- have a diagnosis of mental illness?
- want to pursue your goals?
- have the courage to make positive changes in your life?

The group is called MI Recovery and we are currently seeking interested people to participate in the program.

If you experience issues with your mental health and want to work on your recovery, this group may be for you.

Please take the time to have a look at the attached brochure or pass on to someone who may benefit from the program.

If you are interested in participating in the program please send the attached registration form to **Gavin Bussenschutt, Mental Illness Fellowship Victoria, PO Box 1204, Dickson, ACT 2602 or fax 02 6230 0071**

For any further information please contact **Gavin on 02 62456400 or email gavinb@mifellowship.org**

3. Creative, Recreational and Wellbeing Happenings

Let's Get Together Bowling!

It is time to plan to have some fun for "Let's Get Together". This is a wonderful opportunity to get outdoors, participate in some light physical activity or just meet the many people who undertake a variety of roles within the sector.

This exciting event is being held on Friday 29th October 2010 from 11:00am – 3:00pm, Canberra Southern Cross Club, Canberra North Bowling Club, McCaughey St Turner, ACT.

What do you need to do?

Get a team of four who are willing to have some fun, if you like dress up in your favourite colour, or perhaps your team would like to make up a uniform.

Cost?

For those wishing to bowl, \$2.50 for consumers and carers \$5.00 for staff.

What to bring?

Sun cream, hat, flat soled shoes for those choosing to bowl or coach.

In order to assist with catering and final arrangements for the day please send all team registration and singular **RSVP's to Maret Rebane by 15th October 2010 Ph 6207 6279 or e-mail maret.rebane@act.gov.au** See attached flyer.

Women's Information and Referral Centre - Personal and Professional Workshops

Cherish Yourself

As women we get very used to putting others ahead of ourselves. We look after our families, our friends and our colleagues and often lose sight of how to best look after ourselves. When we do this we often wear ourselves out and then we wonder why we have so little energy, why we seem to have trouble remembering things and why our life seems quite unrewarding and lacking in pleasure and joy.

This workshop looks at why it is so important to look after ourselves in nurturing, encouraging and healthy ways and how cherishing ourselves is one of the keys to better relationships, better health and a happier self.

This workshop is an enjoyable opportunity for women to come together and evaluate positive steps they can take to understand their own needs and desires and how to get more of what they want for themselves without feeling guilty or overwhelmed.

The workshop will be held on **Tuesday 24 August 2010 from 9.30am – 4pm at the Women's Information and Referral Centre, Ground Floor, London Court, 13 London Cct, Canberra City.**

Presenting and Speaking Skills for Women

Do you want to speak and present with confidence? Are you ready to improve your skills and present your concepts more effectively in all areas of your life? Then this workshop is for you. Come and learn techniques that allow anyone to speak and present with ease and confidence. This interactive and practical program will build your skills in a supportive and fun environment.

The workshop will be held on **Friday 14 September 2010 from 9.30am – 4pm at the Women's Information and Referral Centre, Ground Floor, London Court, 13 London Cct, Canberra City.**

The cost for both workshops is \$100 or \$50 for concession per session.

For more information or to register your interest for either workshop, please contact **WIRC on 6205 1076**, or drop in and visit us at the above address. Registration forms can also be found on our website.

5. Professional Development and Training

The Youth Coalition of the ACT - Young People and Alcohol and Other Drug Use Workshop

The Youth Coalition of the ACT would like to invite youth workers to attend this one-day workshop on Young People and Alcohol and Other Drug (AOD) Use. Facilitated by Annie Bleeker, this workshop will explore issues such as:

- What are the effects of AOD?
- How are young people affected by AOD use?
- What is the youth worker role in supporting young people with AOD issues?
- What interventions are appropriate for young people?
- How to assess and refer young people to AOD services?

Annie Bleeker has worked in the drug and alcohol and HIV/AIDS field since 1990. In 1992, she began working internationally and has divided her time between Australia, the Netherlands and Indonesia where she worked as a writer, trainer and health promoter. Her specialisations include community education, young people, peer-led interventions and harm reduction. In 2006 - 08 she was employed by the National Drug and Alcohol Research Centre to coordinate a research project looking into the efficacy of peer-led interventions for ecstasy and related drug users (ERDs). She currently works as the National Community Training Manager at the National Cannabis Prevention and Information Centre in Sydney.

The Young People and Alcohol and Other Drug Use workshop is targeted at generalist youth workers who want to increase their knowledge, understanding and skills when working with young people with AOD issues.

The workshop is being held on **Wednesday 25 August 2010 from 9.30am - 4pm at 46 Clianthus Street, O'Connor (Youth Coalition office)**. The cost is \$80 for Youth Coalition members and \$100 for non-members. Morning tea, lunch and afternoon tea will be provided

RSVP: Essential by Tuesday 17 August as places are limited. For more information please contact **Katrina on 6247 3540 or katrina@youthcoalition.net**

6. Positions Vacant

Directions ACT - Inside Out Support Worker

The Inside Out Support Worker will provide support, advocacy and referrals to prisoners and their families, to successfully reintegrate back into the community. This is a part-time position within a small team. People with lived prison experience, Aboriginal and Torres Straight Island people, culturally and linguistically diverse people are encouraged to apply. The support worker will work directly to the Inside Out Program Manager. The successful applicant will require a clear understanding of issues faced by prisoners with substance use disorder and be highly motivated, proactive, organised and professional in all aspects of their work.

For the position description and selection criteria please contact **Joanne on 6122 8000 or email jos@directionsact.com** applications close on **Friday 20th of August 2010**.

Advocacy for Inclusion – Advocate

Advocacy for Inclusion works within a human rights framework. They acknowledge the United Nations Convention on the Rights of Persons with Disabilities, and their obligations under the ACT Human Rights Act. All staff are expected to understand these instruments and work within their parameters.

Summary of responsibilities:

- The Advocate provides individual and self advocacy support to people with disabilities.
- You will work with individual people with disabilities to achieve their desired outcomes through liaison with organisations, support services and key stakeholders.
- You will also assist workers in other organisations seeking support or information, and/or family members on matters regarding services and issues for people with disabilities.

While this position has a primary focus on providing individual and self advocacy support you will also contribute to systemic advocacy by alerting the General Manager to emerging issues. You will contribute to a well managed organisation through team participation, maintaining up to date records, and providing reports as necessary.

To apply **see attached flyer** or send your application addressing the selection criteria to **Christina Ryan, PO Box 3653, Weston Creek ACT 2611 or email info@advocacyforinclusion.org** Applications close **Wednesday 18th August 2010**.

Galilee Transport and Supervision - Transport and Supervision Worker

Galilee is a not-for-profit community organisation providing support services to disadvantaged children and young people. We coordinate foster care placements, provide transport and supervision services and operate the Galilee School. Galilee offers a supportive and flexible working environment.

Galilee is seeking a reliable and motivated person to join the Galilee Transport and Supervision Program as a casual Transport and Supervision Worker/Driver. You will be responsible for transporting babies, children and young people to contact visits with family members with whom they do not currently reside, supervising contact visits and writing supervision reports. You will need to be available to work across a 7 day roster.

You will be expected to have:

- a commitment to the community sector with a focus on Galilee's vision and direction.
- a current driver's license
- a comprehensively insured, registered and road worthy motor vehicle
- a 'Working With Children' Criminal History check
- a basic understanding of report writing, and sound writing skills
- a non-judgmental approach and attitude
- availability, punctuality, and reliability

The position is CASUAL (across a 7 day flexible roster), and offers an attractive remuneration package that includes salary sacrifice and flexible working conditions.

Galilee Transport and Supervision Worker/Driver Selection Criteria

Essential

- Willingness to adhere to and work within the strategic vision, direction, and Philosophy of the organisation.
- Demonstrated experience and/or understanding of the out of home care sector, client transport, or similar.
- Ability to work autonomously.
- Sound written and oral communication skills with particular reference to unbiased, objective, and factual report writing.
- An understanding of appropriate safety requirements for clients (eg: harnesses, booster seats etc.) and how to install them, and a demonstrated safe driving history.
- A current driver's license and a registered and comprehensively insured clean and tidy motor vehicle.

To apply, please send an email with a short response to each selection criteria, your resume, and a cover letter detailing your interest in the position to claire.roennfeldt@galilee.org.au For a confidential discussion regarding the position, please contact **Claire on 6290 2191**. Applications close **26th August 2010**.



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 visit our web site at 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.