



flourish

*Mental Health Action
In Our Hands Inc.*

VOICES

Vol. 2, No. 6, July 2017

From The Editor's Desk

In 2017, people with disabilities, including mental health, are still facing stigma and being discriminated against. Recently an Australian Christian group called Family Voice applied for an exemption to the Disability Discrimination Act. They want to stop people with a mental illness from attending their church services. Family Voice claims that a person with a mental illness has the potential to interfere with the "sacred" nature of their church services. Aside from the obvious discriminatory nature of the exemption request, such actions increase the level of stigma around mental illness at a time when people are working hard to de-stigmatise the illness. Meanwhile, Federal MP, Pauline Hanson, has stated that children with disabilities should be separated from mainstream schools. The Tasmanian government tried that with the draconian eugenics based Mental Deficiency Act (1920). Hundreds of children were locked up in the Lachlan Park Asylum where they were exposed to abuse, neglect and medical maltreatment. When will we learn from history that isolating, stigmatizing, and demonizing vulnerable people within the general population only leads to a worsening of discrimination? Remember Hitler? Stalin? Pol Pot? Donald Trump?

'Rethink: Achievements, Reflections And Future Thinking'



October 2017 marks two years since the launch of Rethink Mental Health: Better Mental Health and Wellbeing – A Long-Term Plan For Mental Health in Tasmania 2015-2025. The Mental Health Council of Tasmania invites you to attend a workshop for stakeholders to consider and inform the ongoing implementation process of Rethink.

Date: 8th of August 2017

Time: 10:00 am - 1.30 pm

Venue: To be confirmed

For further information, contact: Brittany Szlezak, Mental Health Council Tasmania.

Phone: 03 6224 9222 or Email: bSzlezak@mhct.org

Congratulations Harry!



Congratulations to Flourish's Board Chairperson, Harry Wilsdon, who was included in the Queen's 2017 Birthday Honours List. Harry was awarded an Order of Australia Medal (OAM) for service to people with disabilities and to the Tasmanian community.

Since his retirement in 1998, Harry has served on the boards of the Multiple Sclerosis Society of Tasmania and Australia, Parkinson's Tasmania, Carers Tasmania, Hobart District Nurses, The Hobart Clinic, and the Fundraising Institute of Australia. Harry has also been on the Premier's Disability Advisory Council, and the Advisory Council for the Tasmanian Commissioner for Children, as well as the Neuro Muscular Alliance of Tasmania. Adding to the exhausting list, Harry has also sat on the Community Capacity Building Gants Program Assessment Panel and the Tasmanian Government Sport and Recreation Sport and Disability Committee. Meanwhile, Harry somehow finds time to run a football tipping competition, which has raised thousands of dollars for the Cancer Council of Tasmania. Harry began his career as a science teacher with the Tasmanian Education Department, eventually becoming Director of Human Resources for the Education Department until his retirement. Harry said he was proud to have been able to volunteer his time to the various community organisations, and would like to see closer links between them all in the form of partnerships. Harry also has a dream; that being to see Tasmania's closed schools utilized as community resource hubs with community organisations sharing the space and resources. Harry will receive his AOM at Government House in September.

Image: Courtesy of The Mercury Newspaper

Lilly And OCD

I have a struggle in life. it's hard to describe, and I slump at the thought of trying to find words for this experience called Obsessive Compulsive Disorder (OCD). Although I just found someone who does. The other day I was listening to ABC Radio National. Lilly Bailey spoke on the 'conversations' program of her experience in words, tone, and in a kind of poetic way that I could not. So, I thought I would share this 'conversation' with you, a Podcast on ABC Radio National:

<http://www.abc.net.au/radio/programs/conversations/conversations-lily-bailey/8519436>

Lilly has also written a book "Because We are bad" which I look forward to reading.

Yet in writing this last sentence, my fear kicks in, as I wonder, 'Will someone die because of me recommending this book? Will I have killed someone, or many people with these words?' Lilly would understand. Then I wonder, 'Where will this thought register on the graded list of horrendous faux pas that keep me up late at night; "a big reservoir of toxic thoughts and memories" (Lilly). Lilly will explain...

Darren (edited)

Changes To The Mental Health Act (2013)



Tasmania's Mental Health Act (2013) provides people with a mental illness, who lack decision-making capacity, to receive the treatment they need for their health and safety, or for the health and safety of others. Last year parliament approved changes to the Act. The changes come into effect on 1 July 2017. Some of the changes specific to patient care include:

Streamlining the processes for patient assessment, treatment and care.

Improving the way patients are provided with emergency 'urgent circumstances' treatments when needed; and streamlining the process for authorising these treatments.

Ensuring that people are consulted about extending or varying the leave granted to certain patients.

Some of the changes specific to treatment orders include:

Extending timeframes for the Mental Health Tribunal (MHT) to review treatment orders from 30 to 60 days and from 90 to 180 days.

Allowing the MHT to make treatment orders that cover different settings, and in certain conditions authorising patients to be re-admitted or detained in an approved hospital.

You can find further information about all the changes and how they may affect you at www.mentalhealthtribunal.tas.gov.au

Source: Mental Health Tribunal (edited)

Borderline Personality Disorder Survey



Private Mental Health Consumer
Carer Network (Australia) Limited
engage, empower, enable choice in private mental health

The Private Mental Health Consumer Carer Network invites people with a lived experience of, or is supporting someone with,

Borderline Personality Disorder (BPD) to undertake a survey. These surveys are important.

The purpose is to better understand the issues, needs, and barriers and gaps there are to accessing support within the public and private mental health systems. It is a comprehensive national survey and the findings will be released during BPD Awareness Week in the first week of October. In appreciation of the time and effort required, there will be an opportunity to win a \$50 pre-paid Visa card for 5 consumers and 5 carers completing the survey and registering on the voucher link within the surveys. We will randomly select these people.

Consumer lived experience survey link: <https://www.surveymonkey.com/r/nnconsumer17>

Carer lived experience survey link: <https://www.surveymonkey.com/r/nncarer17>

Janne McMahon OAM
Chair and Executive Officer
Phone: 1300 620 042

A Brief MHCT Analysis Of The State Budget



Community Mental Health Care Packages

The packages of care are state-wide and cover at risk children and youth, adults with complex needs and adults with severe and persistent mental illness. Funding of \$11.4 million is available for packages of care for vulnerable Tasmanians with mental illness. Bapcare will receive \$7.2 million over 4 years for the MI Care Program, while Life Without Barriers will receive some of that funding over 4 years for the #iConnect Program.

Recruitment of Tolosa Street Staff

While there is not yet a lot of detail on this measure, it has been determined there will be beds available 24/7. This will cater for people who are at the sub-acute level whose needs would be better served in the community rather than in an in-patient facility.

Expanding Support For School Mental Health and Well-being Initiatives

The Department of Education has included \$250,000 to Speak Up Stay ChatTy to continue its innovative Team ChatTy schools program with the support of Relationships Australia. The program has been developed using best practice programs in this space, including Beyond Blue's SensAbility Program and ReachOut's Building Resilience in Young People. Professional support staff will be employed across Government schools including speech pathologists, psychologists and social workers. This will also be supported by the \$4 million investment into the school nurse program.

Investment in Rural Outreach Programs

\$2.2 million Mental health outreach services in rural Tasmania will receive \$2.2 million, with \$1.7 million going to Rural Alive and Well for the next three years.

Early Referral Service After a Suicide Attempt

An additional \$1.8 million over three years to Anglicare's early intervention and referral services. The program will ensure individuals discharged from hospital following a suicide attempt will receive wrap around supports to ensure they are referred into appropriate services for their needs. The program is based on the Beyond-Blue initiative 'The Way Back.'

Hospital Beds and Patients First

The Patients First initiative 'Stage 2' has been announced with an additional \$67.3 million over four years. An additional 106 hospital beds state-wide, plus 350 more staff to run them, all to be delivered within a year.

Source: Mental Health Council Tasmania (edited)

Suicide Prevention Australia To Lead National Research Fund



The Minister for Health, The Hon. Greg Hunt MP, has announced Suicide Prevention Australia (SPA) as the lead agency for a new national \$12 million Suicide Prevention Research Fund.

SPA CEO, Sue Murray, said, "We are proud to be named the independent leadership body tasked with facilitating a research environment that improves the way we map gaps in current knowledge and strengthen Australia's research capability. Prioritising research and establishing pathways to move research findings into policy and practice, in a timely manner, is integral to achieving a downward trajectory in suicides. This concept, in other health areas such as breast cancer, cardiovascular disease and diabetes has clearly demonstrated the power of coordinated research in Australia."

National Coalition for Suicide Prevention Chair, Matthew Tukaki, said, "With mental health and suicide prevention reform a priority, we are seeing movement in the right direction in terms of practice, based on collaboration, with a solid evidence base. This is complementary to regionally based planning and innovative population based trials. Making change in our research settings to ensure we also efficiently direct those efforts is another logical step change in suicide prevention."

About the Suicide Prevention Research Fund (SPRF)

Suicide Prevention Australia (SPA) has long advocated for an independent research plan as set out in the National Research Action Plan. This plan was developed through a series of workshops with SPA members, lived experience representatives, researchers, service providers, policy makers, funders and community leaders. As fund manager, SPA will build strategic partnerships across the suicide prevention including Primary Health Networks, private, philanthropic and community organisations, academic institutions and governments. Such partnerships are crucial to supporting a national approach to reducing the impact of suicide on individuals and Australian families.

Suicide Prevention Australia has also been tasked with developing a Best Practice Hub, an online resource to facilitate knowledge sharing of the best available evidence on which to base the development of suicide prevention programs and services. The Best Practice Hub will be a user-friendly online tool of evidence-based suicide prevention resources that will support and inform Primary Health Networks (PHNs) and other providers involved in the regional approach to service planning and commissioning of suicide prevention activities.

About Suicide Prevention Australia (SPA)

SPA provides national leadership for the suicide prevention sector in Australia. SPA works collaboratively to develop a community that knows how to ask for help and how to give help.

www.suicidepreventionaust.org (edited)



National NDIS Mental Health Conference 2017 Scholarship Program

Scholarship applications are now open for people with lived experience of a mental health condition or family or carers of someone with lived experience of a

mental health condition to attend this national conference.

Scholarship applications close 20 July 2017.

Register your interest: National NDIS Mental Health Conference: Towards a Good Life

Date: Thursday, 16 November 2017 at 9:00 am - Friday, 17 November 2017 at 5:00 pm

SMC Function and Conference Centre, 66 Goulburn Street Sydney, NSW 2000

Organised by Community Mental Health Australia



Peer work leaders from Queensland, Victoria, NSW, and colleagues from the USA, participated in an International Initiative for Mental Health Leadership match in Brisbane on 27 and 28 February 2017. The Australian peer work leaders resolved to issue a 'Statement of Intent' that would communicate our intention to form a national professional association for the Australian mental health consumer peer workforce. We feel that such a statement is necessary to provide the focus for national consultations to occur that will lead to the development of a peer-run organisation that can support and sustain the development of the peer workforce across all sectors. The 'Statement of Intent' is supported by the international peer work leaders who attended the match – Gary J Parker, Executive Director, Kansas Consumer Advisory Council for Adult Mental Health and Sherry Tucker, Executive Director, Georgia Mental Health Consumer Network. Both Kansas and Georgia offer certified peer specialist training, certification and support. To view the Statement of Intent in full, please click on the link: <http://www.iimhl.com/files/docs/IIMHL-Updates/20170618.pdf>

IIMHL encourages current or emerging national Peer Support organizations from other IIMHL and non IIMHL countries to contact Tim Heffernan direct (theffernan@coordinare.org.au) as this might be a great opportunity to build an international partnership.

A Consumer and Carer Engagement Project

The National Mental Health Commission is collaborating with mental health experts with a lived experience of mental illness and/or suicidality to co-design a new Consumer and Carer Engagement Project to enhance opportunities for participation. The Project Steering Group is being chaired by Commissioner Jackie Crowe and guides the project and provides advice to the Commission on what we can do together that supports reform implementation. The Steering Group will examine consumer and carer engagement policies and practices across key parts of the mental health and suicide prevention systems. Craze Lateral Solutions has been engaged to work with us on this project and undertake consultations with key stakeholders across Australia.

During June and July, consumers, carers, families, support people and other stakeholders are invited to share your knowledge and experience through our consultations. To access information about the project or to view membership of the Steering Group please visit the National Mental Health Commission website at www.mentalhealthcommission.gov.au

To participate, go to: <https://consultation.mentalhealthcommission.gov.au/>

New CEO For Richmond Fellowship Tasmania



Miriam Moreton has been appointed to the position of Chief Executive Officer for RFT. Miriam is new to the mental health sector and offers fresh eyes and a people centered approach. An accomplished leader, Miriam brings experience in business, strategy, contracts, procurement and supply chain across Australia and globally, with a Master of Business Administration, Bachelor Commerce and Bachelor of Management. Her passion is helping people and organisations reach their potential. Miriam has been a Board member with Hobart Women's Shelter for the past three years, and served for an interim period as their Acting CEO. It was this experience that solidified her desire to work with an organisation engaged in helping the marginalised in our Tasmanian community.

Ian Munday, President

Richmond Fellowship Tasmania

Strength

There are many different words for strength: Intestinal Fortitude, Hutzpah, Resilience, BALLS (I have your attention now?). What is it? Where does it come from? Is it generic? Can it be learned? When you need some, where can you get it from?

The strong personality: WHAM! makes an impact. The instant they walk in to a room, they are noticed. They may have a presence or energy about them. Externally, they may be striking in some way, e.g., height, size, mannerisms, the way they dress, their colouring. They may have a voice like honey, or a voice that could scare cockroaches. What they say may leave an impression, or have an impact. They may be wise and insightful, or may irritate, as every second word is: 'Like' or a curse word. They might ooze charm, manners and charisma, or have quite the opposite effect, leaving you drained and confused.

Strength OF character, is not necessarily detectable at first. It is a quiet kind of strength, not freely advertised. It may come from intestinal fortitude; from meeting day to day challenges; from the knowledge and experiences a life has endured; an inner knowing that you can stand whatever the future may hold. Strength OF character is available to us all. It is a quality which can be developed over a lifetime, regardless of age, experience, physical or personal impact. Strength OF character is what distinguishes bravado from bravery, bullying from leadership, rigidity from resilience, arrogance from integrity, accountability from blame. It comes from the doing, not the talking. It comes from every single time, someone or something, has knocked you down and yet, you've chosen the perfect time to pick yourself up and decided to move forward. It is the spiritual muscle very few people acknowledge. The more you use it, the stronger it gets... Just like you. It is a quality people sense, rather than see. It does not fade, like memories, and it does not head south like the body's physicality when one gets older (or is that just me?). What is Strength? Strength is YOU! Where does it come from? Everywhere. Your genetics, past and present, your god, your friends, colleagues, your animals, the lady bird sitting on that leaf outside that you can't see because you were reading this story. When you 'believe' it's not there, ask for it. It will be there. It does not matter where it comes from for access is within you already. When you find someone with a strong personality who has a strong character, who, through life, has developed strength OF character; a person who commands respect and whom is respectful with a high moral compass and who conducts themselves with integrity, you have met a very strong individual indeed.

Rachel Kyle (edited)

Comments And Submissions

Feedback is always welcome. This can be done via SharePoint, e-mail, phone, or mail. Newsletter content does not necessarily reflect the views of the Flourish Board or staff. Flourish is not responsible for, and refutes all liability for, damages of any kind arising out of use, reference to, or reliance on any information contained within the newsletter. There is no guarantee the information provided in the newsletter is correct, complete, or up-to-date. Although links may be provided to Internet resources, including websites, Flourish is not responsible for the accuracy or content contained in these sites.

Newsletter guidelines

Submissions should be neatly written or typed articles. A maximum of 500 words per story applies. More than one article per person is welcome, but dependent on space and other restrictions, publication is at the editor's discretion. The editor reserves the right to edit spelling, punctuation, and if needed, grammar. Contributors may be anonymous, use only their first name, or use their full name. If reporting on Flourish project/policy committee involvement, it is the responsibility of the author to check with the relevant organisation and/or the Flourish CEO, to ensure confidentiality is not being breached.

Deadline for submissions for Vol. 2 No. 7 August 2017 is Friday 28 July

Flourish Participation

Membership of Flourish is free to all Tasmanian's who have a lived experience of mental illness. Participating in Flourish activities can provide you with information about mental health through our newsletter, website, Facebook page, and regional forums where people with an interest in mental health can meet and share their experiences and ideas. To participate, complete the attached form, and agree to the Flourish Code of Conduct. If you would like to discuss Flourish participation in more detail, please phone our office on 03 6223 1952 or email admin@flourishtas.org.au

Flourish Code of Conduct

The Code of Conduct guides all Flourish members. The term 'member' refers to employees, Board members, volunteers, Regional Advisory Group (RAG) members, Consumer Representative Consultants (CRS), and anyone undertaking work-experience. Flourish expects a high standard of behaviour from members and there is an expectation that members will conduct themselves in a professional manner. This code underpins other policies, e.g., Anti-Discrimination Act. The following principles form the Code of Conduct:

Members work in a professional manner, adhering to relevant professional and organisational codes of ethics, and working with respect, fairness and integrity at all times.

Workplace Health and Safety and the Anti- Discrimination Act are adhered to.

Flourish policy and procedures such as Anti-Discrimination and Harassment, Complaints, Privacy and Confidentiality are adhered to.

Members are respectful of colleagues and work to resolve conflict in an appropriate manner.

Members conduct themselves professionally and do not act in a manner that might jeopardise the safety of others or themselves or bring the name of Flourish into disrepute.

Members show due care when using all assets and property belonging to Flourish.

Members are aware of diversity in the workplace and are respectful of others.

Members are aware of harassment and bullying issues, discrimination and sexual harassment.

The Code of Conduct mandates the need for appropriate working relationships and the resolution of conflict in a safe and respectful manner. Where conflict is not resolvable members should refer to the Grievance Policy or the Bullying and Harassment policy.

I understand and agree to abide by the Flourish Code of Conduct.

Name:

Signature:

Date:

Flourish Participation Application Form

Application date:

First Name:

Last Name:

Gender:

Date of Birth (optional)

Phone:

Mobile:

Email:

Preferred method of contact:

I agree to Flourish disclosing my contact details to other members for the purposes of contacting me about relevant matters (circle). YES NO

Do you have any special needs that Flourish should be aware of?

What activities would you like to participate in?

- | | | |
|---|-----|----|
| 1. Flourish Action Group (FLAG) | YES | NO |
| Which group? WEST NORTHWEST NORTH SOUTH | | |
| 2. Consumer Representation Service (CRS) | YES | NO |
| 3. Volunteering for Flourish | YES | NO |

By signing this application for membership, you have read and agree to abide by the Flourish Code of Conduct. This is a requirement for participation in Flourish activities.

Signature of applicant:

OFFICE USE ONLY

Application processed (date)

Information on register (date)

Letter sent to applicant (date)