

Mental Health Carers Participation And Representation Program E Bulletin - 2 April 2012

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CARERS VOICE

ACT Mental Health Services Reform

The Directorate of Mental Health, Justice Health, Alcohol and Drug Services is leading a focused service reform agenda through six key projects:

1. CAMHS – Young Adult Model of Care
2. Improve care, transfer and discharge processes and planning;
3. Web based bed tool and cross divisional bed management
4. Development of a true 24/7 inpatient unit
5. Review community team geographic boundaries, staff caseloads and MHAGIC data accuracy
6. AMC Medication Management

These are critical reform projects that directly impact on families' service experience in the mental health system. As such Carers ACT is seeking nominations from interested Carers who would like to be a MH Carer Representative on any of the six projects and/or the Steering Committee that oversees all six projects. Click [here](#) to download the nomination form, Code of Conduct, Selection Process Chart, Terms of Reference and Nomination Form – MH Services Reform and please return by 30 April. The normal process will apply, if there are more than two nominees for any committee, a panel will review the applications based on the individual's application.

However, all MH Carers will have a chance to be part of informing these service reform projects. Simply come along to any of the next six Carers ACT forums which will be co-hosted by the Directorate and led by Tina Bracher, Executive Director, Mental Health, Justice Health, Alcohol and Drug Services. See details on the upcoming Carers Voice Forum.

Carers Voice Networking and Consulting Forum

The Carers Voice Networking and Consulting Forum is an opportunity for carers of people with mental health issues and carer representatives to come together to discuss topics relating to mental health care and to network with each other.

For the next six MH Carer Voice Forums, Tina Bracher, Executive Director of Mental Health, Justice Health and Alcohol & Drug Services, will attend to seek input from Carers into the proposed reforms (see above). This is the ideal opportunity to have your say and provide input into these important reforms and ask Tina questions directly. Tina is keen to get MH Carers input to these important projects and wants to meet Carers. Don't miss out on having your say – make sure you secure your place at the next MH Carers Forum.

Date: Thursday 19th April 2012

Time: 12 noon to 2pm – a complementary light lunch will be served

Venue: Pilgrim House Conference Centre, 69 Northbourne Avenue, Canberra

RSVP: by close of business 18th April to 62969952 or via email to: mhcarers@carersact.org.au

We would love to see you there as this is a great opportunity to network and keep everyone informed of what's happening, particularly at a strategic level. A light lunch will be provided, and there is no charge to attend the Forum.

Carers ACT is delighted that Ms Bracher will be attending the next six Carers Voice Networking and Consulting Forums. Information about the topic of each Forum will be posted on the Carers Voice website and provided in future Carers Voice ebulletins.

Need a break?

Applications are now open for the next Carers Gathering at Murramarang Beach Resort, South Durras. The gathering will be held from Tuesday 22 May to Thursday 24 May 2012. The application form and further information can be found [here](#).

Carers Voice Website

The Carers Voice website for mental health carers living in the ACT was launched in December 2011. Go to the website to check out the latest news and resources, participate in a discussion forum, or find out more information about mental health carer participation on working groups and committees.



New Mental Health Carers Policy & Representative Officer

Doris Kordes has joined Carers ACT as the Mental Health Carers Policy & Representative Officer. Doris has a research background in mental health spanning over 10

years, including work with mental health carers. If you have any questions about carer representation or any mental health carer policy concerns, please give her a call on 6296 9936 or email mhcarers@act.org.au.

ACT NEWS

Adult Mental Health Unit at Canberra Hospital- NOW OPEN!

The new, state-of-the-art 40-bed Adult Mental Health Unit has been designed to incorporate architectural elements that are supportive of recovery and the delivery of therapeutic programs. To view more information about the Unit, including floor plans, please follow this [link](#).

ACT Greens push for twice-yearly publication of suicide statistics

Amanda Bresnan, the ACT Greens Health Spokeswoman is pushing for reforms to the way that suicide statistics are made available to the ACT public.

Under the ACT Greens proposal, the Territory suicide toll would be published twice a year (currently this occurs on an annual basis) and a target set for the reduction of suicide rates. To read the full Canberra Times article, please follow this [link](#).

Public Consultation: Women Mental Health Consumers and Carers in the ACT

The Women and Mental Health Working Group and the Women's Centre for Health Matters are holding a public consultation forum for women who are living with mental health issues or caring for someone with a mental health issue on Monday 30 April, 5pm-7pm – please note the location is to be advised.

The focus of the forum is for consumers and carers to provide feedback on factors impacting on mental health and wellbeing, experiences in accessing services and supports and if being female affects the experience of mental health. The purpose of the forum is to improve current and ongoing advocacy work.

If you are interested in attending, please RSVP by Monday 23 April to admin@wchm.org.au. You may also contact Laura Pound from the Women's Centre for Health Matters on 6290 2166 or email L.pound@wchm.org.au. For more information please click [here](#).

NATIONAL NEWS

FESTofALL

FESTofALL is a national initiative recognising the contribution of the estimated 380,000 young carers in Australia. Designed to coincide with Young Carers month in June this year, FESTofALL events will be held on 24 June in capital cities around Australia, including the ACT. There are two main ACT events on 24 June: young carers can either visit Questacon, or they can travel to Sydney's Luna Park, with free transport provided.

Option 1 (5 – 13 year olds): 10.30am to 3.30pm Questacon, King Edward Terrace, Canberra ACT (50 tickets available)

Option 2 (14 – 25 year olds):



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Luna Park Sydney, 1 Olympic Drive, Milsons Point, NSW (150 tickets available)

If you would like more information about these events, or you would like to register, call 1300-655-906 or email tickets@festofall.com.au. Carers Australia and the network of Carers Associations lobbied for this initiative in support of Young Carers.

New Early Intervention In-Patient Service for Young People

The 20-bed Young Adult Mental Health Service, based at Sydney's St Vincent's Private Hospital, for people aged 16 to 30, is Australia's first private early intervention in-patient service for young people with mental health problems. Some beds will be set aside for patients who do not have private health insurance cover. For more information about the new service, check out this [link](#).

NEW BOOK

Shedding the Black Coat: A Story about Living Well with Schizophrenia

This book examines the lives of a Greek-Australian migrant family caring for a family member with schizophrenia. Central to the story is the experience of Kali Paxinos, a mother who not only cares for her adult son, but also takes on an advocacy and representative role to support other carers from culturally and linguistically diverse communities. For more information about the book click [here](#). Alternatively, you can purchase a kindle copy on [Amazon](#).

Uniquely Us: New Café at Holt Community Hub!

A new café, Uniquely Us, has opened at the Holt Community Hub, 80 Beaurepaire Street HOLT. Open on Monday, Tuesday and Thursday from 9:30am-12:30pm, Uniquely Us will be cooking up a storm, providing a range of delicious, high quality and fair trade coffee, tea and hot chocolate to patrons. The café also stocks mouth-watering biscuits and muffins – which are made on premises! Uniquely Us is staffed by young people with disabilities who are transitioning from school, or young people needing more training before they can enter the workforce, so make sure you come along and

help support this fantastic initiative!

Uniquely Us also caters for functions. If you would like to get in contact, please call Pat Reid after 3pm on 6262 9691 to make arrangements.